

# MANHOOD

# JOURNEY



Produced by

**K21**

Knights of the 21<sup>st</sup> Century

**KNIGHTS**

ISBN: 978-1-942292-15-9

Published by Pennsylvania Counseling Services, Inc.

Copyright © 2016 by Pennsylvania Counseling Services, Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, digital or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the written permission of Pennsylvania Counseling Services, Inc. Requests for permission should be emailed to: info@knights21.com

Knights of the 21<sup>st</sup> Century is a registered trademark of Pennsylvania Counseling Services, Inc.

*Printed in the United States of America*

*Cover and book design by Jory Kauffman*

All Scripture quotations are taken from the Holy Bible, New International Reader's Version®, NIrV® Copyright © 1995, 1996, 1998, 2014 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide.

## **The Bible Is God's Truth**

We believe that the Bible is the inspired, inerrant Word of God. The Bible verses that are included are used in the following ways: to include direct quotes from scripture; to support a specific point; to provide an example from Biblical history; to provide a Biblical foundation for what is being discussed; to stimulate your thinking about a related concept. The Bible is infallible; our human understanding of its use is not. Every effort has been made to interpret the Bible accurately; we recommend that you look up each verse, read it and consider how it applies to what you are reading and to your manhood journey.



## Table Of Contents

### Introduction To Manhood

01.	God Wants Us To Be...? (Part 1) .....	01
02.	God Wants Us To Be...? (Part 2) .....	07
03.	Being Men Of God .....	15

### Developing Your Manhood Team

04.	Imagine (Part 1) .....	24
05.	Imagine (Part 2) .....	29
06.	Imagine (Part 3) .....	35
	A Manhood Story: Volume 01, Chapter 01.....	44

### Committing To The Manhood Journey

07.	“Yes, Lord” (Part 1) .....	50
08.	“Yes, Lord” (Part 2) .....	55
	A Manhood Story: Volume 01, Chapter 02.....	61

### Building Manly Character

09.	Chaos (Part 1).....	67
10.	Chaos (Part 2).....	73
	A Manhood Story: Volume 01, Chapter 03.....	78

### A Man Seeks Knowledge

11.	Strangers (Part 1).....	83
12.	Strangers (Part 2).....	90
	A Manhood Story: Volume 01, Chapter 04.....	95

### Responsible Living

13.	Living Hope (Part 1).....	100
14.	Living Hope (Part 2).....	106
	A Manhood Story: Volume 01, Chapter 05.....	112

## **The Foundations Of Manhood**

15.	Developing Standards (Part 1) .....	116
16.	Developing Standards (Part 2) .....	124
	A Manhood Story: Volume 01, Chapter 06.....	130

## **Leaving Your Immaturity Behind**

17.	Expectations (Part 1) .....	134
18.	Expectations (Part 2) .....	139
	A Manhood Story: Volume 01, Chapter 07.....	143

## **Outgrowing Your Childish Tendencies**

19.	Living Down (Part 1).....	150
20.	Living Down (Part 2).....	156
	A Manhood Story: Volume 01, Chapter 08.....	160

## **The Worlds You Live In**

21.	Living Up (Part 1).....	165
22.	Living Up (Part 2).....	170
	A Manhood Story: Volume 01, Chapter 09.....	176

## **Finding Your Way To Manhood**

23.	Ambiguity (Part 1) .....	181
24.	Ambiguity (Part 2) .....	186
	A Manhood Story: Volume 01, Chapter 10.....	194

## **How We Lost Our Way**

25.	At War (Part 1) .....	201
26.	At War (Part 2) .....	207
	A Manhood Story: Volume 02, Chapter 01.....	215

## **Appendices**

A.	A Manhood Inventory .....	222
B.	Answer Key.....	231
C.	15 Principles of Manhood .....	235
D.	A Manhood Story: The Campfire Members .....	239
E.	Our Team .....	241
F.	Life Questions & Answers .....	244
G.	My Group Members .....	246



## Introduction

Welcome to the *Manhood Journey* series! God has called us to fulfill two challenging roles in this very short life—to become a man, and to live as a man of God. Unfortunately, many males never fulfill either calling. (2 Peter 1:10) As a result of males not following God’s plan, the world is spinning out of control—many people are being hurt, values are becoming extinct, brotherhood among men is rare, cultural depravity runs rampant, and women and children are crying out for change. (Romans 8:22)

If you trace the cause of almost any cultural problem—whether it’s pornography, poverty, violence, famine, addiction, corporate greed, domestic abuse or corrupt media—you will most likely find an immature male at the source. We look to our politicians for help, but their self-interest and deceptiveness are often chosen over doing the right thing. (Revelation 17:14)

Many churches also struggle with a lack of Godly men who are willing to lead—less than 10% of churches have an effective

long-term men's ministry program. Many males who claim to be Christian men build walls between themselves and those who are not exactly like them. What we need are bridges that will bring us together to become a unified body of positive change agents for God's glory. (Hebrews 3:1)

Manhood Journey aims to correct these cultural problems by helping all males become who God wants them to be—men of God. (1 Timothy 6:12)

This workbook is meant to be a resource that you can look back on later when you're making tough life decisions or facing difficult challenges. It can remind you of important aspects of life that you need to consider and help lead you toward Godly choices. Each lesson outline starts out with a significant Life Question that the lesson should help you with answering.

Let's face these challenges, deal with life's questions and start our manhood journey together!

---

Life Question 17:

How does God truly define you?

---

- I. Boys who are raised in a healthy environment should be treated as precious gifts to their families and communities. Growing up in this environment causes them to \_\_\_\_\_ to be loved and valued by others.

The ways we were treated as children taught us to:

- A. Speak and act \_\_\_\_\_ the people we interacted with.
- B. Have the confidence to try new things.
- C. Accept that failure is a part of learning.
- D. Believe that others will \_\_\_\_\_ and help us.
- E. Recognize a standard of behavior that is expected from us as we mature fully.

- II. As we grow and change, we begin to form new self-definitions. As we develop, we take on new responsibilities and expect more from ourselves in different areas of life. If years passed but we stayed the same, common sense would tell us that something is wrong. Growing from a boy into a man changes us in many ways:
- A. Our view of God matures as we grow in our relationship with Jesus, build Godly principles into our life and experience increasingly \_\_\_\_\_ life issues. (1 Corinthians 3:1)
  - B. Our mind develops as we learn to:
    - 1. Make judgments about what is true and what is false, rather than mindlessly accepting what we're taught, what we see on the internet or what is currently popular. (1 John 4:1-6)
    - 2. Develop a love relationship with \_\_\_\_\_ woman for more than just sexual stimulation. Instead, we commit to integrating all of our God-given identity with all of hers. (Ephesians 5:31)



3. Create boundaries between ourselves and the people who are unsafe, unethical, uncaring, unproductive or ungodly.  
(2 Corinthians 6:14)
  4. Develop our communication skills so we can listen, \_\_\_\_\_, share our thoughts, confront effectively and give to others. (John 15:12-15)
- C. We realize our purpose for living and focus on God's plan for our life in each moment.  
(2 Timothy 4:1-5)
- D. Our physical strength increases as we learn to take care of our body and use it for God's glory.  
(1 Corinthians 6:19)
- E. Our behaviors improve as we recognize our internal motivations, ask God for help with our sinful tendencies and \_\_\_\_\_ His call of action.  
(Matthew 5:4; 1 John 2:16)
- F. We refine our character, and through God's presence in our life, we learn more from our mistakes, forgive ourselves through grief work and develop new strengths. (Matthew 5:4; John 8:12)

- G. We learn to not be held hostage by \_\_\_\_\_, anger and grief by someone who has harmed us in the past. Instead, we choose to forgive. (Matthew 6:14)

### Daily Prayer

God, thank you for defining me as precious and valuable. Help me accept the call you've given me as a man of God and the responsibility that comes with it. May I continue to actively develop my mind, relationships, purpose, strength, character and faith in you. Amen.

### Campfire Discussion

1. Briefly talk about your week, sharing the highlights or the concerns you may have. You may also want to give an update on what you shared last week.
2. Share a thought or an idea from this lesson that caught your attention. How does it relate to your life?
3. How have you or someone you know learned from a mistake and chosen to avoid making that same mistake again?
4. Talk about how your responsibilities have changed throughout your different stages of life.

5. Identify several positive attributes of manhood that you can express over the next week which will affirm your manhood.
6. How can you see the impact of your childhood experiences influencing your recent actions?
7. James 5:16 states, “So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it.” How does this Bible verse apply to your manhood journey?

---

**Life Question 19:**

What turns a man into a fool?

---

- I. A man regularly evaluates himself and \_\_\_\_\_ to see himself as God does. (Psalm 139:23-24)
- A. When a man courageously assesses himself, he may discover that he doesn't treat women with honor and respect. (Romans 12:10) Some males:
1. Appear to value a woman before they're married, only to take her for \_\_\_\_\_ afterward. These kinds of males stop:
    - Actively listening to their wife. (Proverbs 18:13)
    - Genuinely \_\_\_\_\_ their heart with their wife. (Hebrews 13:16)
    - Willingly inconveniencing themselves to meet their wife's needs. (Ruth 2:11)

- Regularly giving their wife \_\_\_\_\_.  
(Luke 6:38)
  - Strengthening their faith and leadership skills. (Ephesians 5:25)
  - Investing their time and energy into regularly going on dates with their wife. (1 Peter 3:7)
  - Being an active \_\_\_\_\_ to their children. (Joshua 4:20-24)
2. Expect their wife to take care of them (“mother” them) physically and emotionally. (1 Kings 21)
  3. Lack the manly strength needed to follow through on the tough act of loving. (1 John 5:3) These strengths include:
    - Confronting
    - Sacrificing
    - Complimenting
    - \_\_\_\_\_
  4. Are afraid of commitment—they start relationships and then run from them. (Hebrews 13:4)

5. Manipulate women emotionally by making \_\_\_\_\_ promises. (Numbers 30:2)
6. Dominate and control women by:
  - Using their moods to manipulate their family environment.  
(1 Samuel 16:14-23)
  - Demanding their own way.  
(1 Corinthians 13:4-5)
  - Discouraging their children from becoming independent and having their own dreams. (Colossians 3:21)
  - Needing a woman to help them \_\_\_\_\_ like a man, instead of defining and working toward manhood on their own.
  - Using the term *love*, but not having a strong enough identity to express love.
7. Fail to work hard, control their spending, establish goals and develop effective strategies so that their family is taken care of.  
(Luke 14:28; 1 Timothy 5:8)

8. Immaturely express their sexual \_\_\_\_\_. This lifestyle creates a false definition of intimacy that results in fantasies and uncommitted behaviors. (Galatians 5:19-21)
9. Lack joy in life because their unresolved pain and negative emotions hold them back. (Proverbs 17:22)

B. When a male acts like a proverbial “fool,” he undermines his leadership role within his home. This can be seen when (Proverbs 14:16):

1. He acts passively by not regularly setting personal and family goals, and actively taking strategic steps to meet them. (Proverbs 15:21)
2. He views practical jobs within the family environment (like cleaning, doing the laundry or cooking) as his wife’s responsibilities and something he’ll never do. (Proverbs 10:26)
3. He \_\_\_\_\_ his time. (Ephesians 5:15-17)

4. He uses words that discourage his family members from being relationally close to him. (Proverbs 23:3)
5. He avoids sacrificing what he wants for his wife. (Ephesians 5:22-33)
6. He fails to allow time for fun and other types of family experiences or celebrations—he becomes boring. (Nehemiah 8:12)
7. He doesn't take the time to think through and make \_\_\_\_\_ decisions. (Proverbs 10:23)
8. He doesn't give his wife room to disagree with him in a calm and a rational way.

### Daily Prayer

God, I can see the ways my immature male tendencies affect my choices. I know I need your help if I want to control my negative behaviors and grow as a man. Show me the areas of my life that need to be changed, and give me the strength to change them. Empower me to become the best man I can be. Amen.



## Campfire Discussion

1. Briefly talk about your week, sharing the highlights or the concerns you may have. You may also want to give an update on what you shared last week.
2. Share a thought or an idea from this lesson that caught your attention. How does it relate to your life?
3. Describe the characteristics of *your* spandex male.
4. What is your opinion of the concept that immature males express their immaturity by dominating others (especially women)?
5. As a man, you are filled with testosterone, a hormone that motivates you sexually. What do you do to guide your sexual instincts and avoid hurting women with lust?
6. 1 Corinthians 3:1-2 states, “Brothers and sisters, I couldn’t speak to you as people who live by the Holy Spirit. I had to speak to you as people who were still following the ways of the world. You aren’t growing as Christ wants you to. You are still like babies. The words I spoke to you were like milk, not like solid food. You weren’t ready for solid food yet. And you still aren’t ready for it.” How do these Bible verses apply to your manhood journey?



## A Manhood Story: Volume 01, Chapter 08

The man sitting on the bleachers in front of Paul and Polly turned around after Tommy kicked yet another ball into the goal. “That son of yours is something, isn’t he!?!” he said.

“He’s been playing sports since he learned to walk,” Polly laughed. “Paul always says, ‘If they invented a new sport tomorrow, Tommy would be playing it like a pro next week.’” Paul nodded in agreement, beaming with pride. He loves seeing Tommy out on the field or court, using his seemingly unlimited energy in positive ways.

After the man turned back to watch the game, Polly said quietly, “We got another call from Tommy’s principal today.” Paul sighed. He knows his son is smart, but he also knows how difficult it is for Tommy to sit still for the length of time that is required for learning, especially when he would rather be chasing a soccer ball. He has an exceptional memory and maintains a B average, but he is easily discouraged by his teachers’ complaints about his high level of energy. Paul hopes that one day Tommy will have the opportunity to learn in a more hands-on, creative way that suits his learning style better.

Paul’s attention snapped back to the game as Polly jumped up and began cheering loudly. He clapped, smiling. Tommy had scored again!

\* \* \*

Paul is a computer engineer. He has been attending his local Knights chapter since shortly after it began. He is a quiet man who loves music and prefers listening over talking. Paul has been married twice; his first wife, Mary, died of cancer. It was a painful year and a half, and he still feels the pain today. Because of this loss, he is often fearful about the possibility of losing his second wife, Polly, to whom he has been married for nine years.

Paul realizes that he has a lot to learn about life and that he is more likely to learn from his relationships than from simply reading what books have to say. He learned a lot from Mary, as she faced tremendous levels of pain in a noble way. Because his relationship with Mary ended earlier than either of them expected, he sometimes thinks that life is not fair. But Polly always has a positive outlook on life, and Paul is learning from her too. She is a happy woman with a sense of humor, and she always has a kind word to say. She is as outgoing as Paul is quiet, but their love for each other is strong. Having Tommy as a son has taught Paul the importance of overcoming his quietness; Tommy needs to be told no quite often!

\* \* \*

Paul's biggest problem, and a regular source of conflict with Polly, is his brother-in-law, Harry. Harry practically lives with Paul and Polly, though he technically doesn't. He goes through relationships so quickly that it seems like he has a different girlfriend every other week. He likes to flirt, and it embarrasses Paul when he sees Harry openly looking women up and down. When Harry starts a relationship, he acts like it's going to become something deep and caring. Then, when a woman tries to get him to understand her at a deeper level, he always finds some kind of flaw and ends the relationship. Paul worries about the example he is setting for Tommy; he and

Polly have had to talk with Harry several times about the language he uses when he's around their son. Tommy thinks his uncle is cool and likes to spend time with him. Polly, who just wants the best for her brother, makes up excuses for Harry's behavior, which frustrates Paul. Harry acts like he wants a committed relationship, but he is too emotionally immature to form relationships that are healthy. He expects his girlfriends to take care of him, and he usually manages to talk them into taking care of a whole list of household chores, claiming that he is "too busy" to get them done. Eventually, they get tired of his dependent behaviors and end the relationship. Because of his level of male immaturity, he blames circumstances and others for his problems and ignores his own responsibility for them. Paul believes Principle of Manhood #2: "A man is responsible for all of his choices."<sup>1</sup> He believes that the constant blame that Harry gives to others is foolish.

Paul believes that Harry violates everything that Knights teaches. He doesn't like Harry's "spandex male" ways, especially the ways he uses women.<sup>2</sup> Paul has never told Harry, but he has often thought that this term from Knights fits Harry very well. *Harry's lucky I'm a quiet man*, he often thinks, chuckling to himself.

Paul is loyal to his campfire group, but he usually participates by listening. When he does choose to speak, he always has something helpful or funny to share. Everyone in his campfire group has heard about Harry, and if the campfire ever gets dull, they only need to ask Paul, "Has Harry come over lately?" and the man of few words shares a recent "Harry story," which causes laughter from the group.

---

1 Ezekiel 18:4; Romans 14:12; Galatians 6:5, 7

2 Ruth 2:1-23; 3:6-14; 4:1-15; Esther 2:7-11; 1 Corinthians 7:3; Colossians 3:19; Ephesians 5:25-28; 1 Peter 3:7

## Bricks

1. The knight recognizes that his relationships provide a crucible from which he can learn the lessons of life (Acts 14:22).
2. Women wait for the males in their world to control the lustful “look.”
3. Males have experienced an educational system that is verbally-based rather than action-based.
4. Another type of immature male is the one who uses emotional language to pull on the heartstrings of a woman. He appears loving, but he has little ability or motivation to form a permanent attachment.
5. Instead of traveling through the difficult world of manhood, a male often chooses to make his life easier by depending on his wife like he would his mother.
6. When a male tries to force someone else to take responsibility for his personal needs, he chooses not to accept the personal responsibility for himself that manhood requires.
7. The male/father expects his children to take care of him.

8. The male's spandex-like nature allows him to let his present circumstances become the single largest factor in determining who he is.
9. Each male has a "voice" (soul) deep within him, which represents God's image calling him to manhood.