

Trail Sessions Guide

Knights of the 21st Century – Squire: The Training of the Knight

✚ Planning thoughts and Ideas to keep in mind prior to the First Session.
(Campfires is what we call Small Groups)

- Be sure to have enough Workbooks and Campfire Brochures for each registrant.
 - Be sure to have enough Campfire Leadership Guides for each of your campfire leaders.
 - Be sure to have Campfire Leadership training for these men several weeks before starting.
 - Be sure to have your registrants broken into groups so they can meet after the first Lesson.
 - Be sure to have a welcoming atmosphere when men arrive with popular upbeat music, refreshments and name tags for everyone.
- ❖ The recommended format for the Sessions is based on 1 ½ hours broken down as such:
- ✓ 10-15 minutes of host intro. to warm up the crowd, make them laugh and feel relaxed.
 - ✓ 35-40 minutes of message time either with a live presenter or the DVD series.
 - ✓ 5-7 minute host close with announcements or housekeeping items.
 - ✓ 30-40 minutes of campfire time but allow each group to extend their time if so desired.
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Trail 1 – The Heroic Journey

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Kingdom of Heaven (Time Stamps) 24:27 – 26:15 // 1:02:35 – 1:06:17 // 1:39:49 – 1:44:52

A French village blacksmith, Balian of Ibelin, goes to aid the city of Jerusalem in its defense against the Muslim leader Saladin. He demonstrates the nobility of a knight who puts the protection of others over his own comfort and safety.

- Let the men know that the new language terms and definitions can be found in Appendix C and encourage them to use and refer to it often throughout the year.
- Make the men aware that all the “fill-in” answers are in Appendix D in case they miss them during the message time.
- Make sure every man is placed in and can find his campfire group after the lesson.
- Always be certain to keep to your schedule both starting and ending on time. Men like things that are predictable and will be more comfortable with a clearly defined timeframe.

Trail 2 – 15 Principles To Live By

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Mask of Zorro (Time Stamps) 57:39 – 1:00:57 // 1:44:05 – 1:46:20

The story is of two men, Diego, the older Zorro, Alejandro, the new Zorro. The difference between them is that one has true manhood principles that he lives by and the other simply lives for revenge. This is the story of the transfer of those key principles from one to another.

- Make sure the men know they can find more explanation of the “15 Principles of Manhood” in Appendix B.
- Encourage the men to use the discussion questions at the end of each chapter to initiate conversation in their campfires each week.
- Campfire Leaders should help the men see the benefit of journaling weekly in the back section of each chapter to be used and referred to during the year.
- Campfire Leaders should familiarize themselves with “Our Viewpoint” in Appendix G, which provides our beliefs and allows and prepares them for the diversity of discussions that can take place in the campfire time.

Trail 3 – The Man You Do Not Want To Be

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

What Women Want (Time Stamps) 00:57 – 02:18 // 06:10 – 07:45 // 1:55:20 – 2:02:04

Nick Marshall is the original “spandex male”. He is the guy that society tells us we should want to be like; but he is simply a “player”. However, while women are often enticed in the short run (like Lola in this scene), he is not the man they long for in their lives.

- Refer the men to the “Tips for Using the Guide” in the introduction if they are struggling with the new language and the campfire concept.
- Introduce the men to the concept and reason for the “Knighthood Plan” and refer them to Appendix A, as it is never too early to start discussing this requirement for graduation.
- Assure them that there will be more discussion throughout the year about the Knighthood plan with information and samples available to assist them in writing this document.

Trail 4 – 5 Influences You Can't Ignore

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Master and Commander (Time Stamps) 1:40:06 – 1:42:52 // 1:14:30 – 1:16:45
1:06:20 – 1:08:00 // 1:24:07 – 1:25:32

*Captain Jack Aubrey of the British Frigate HMS **Surprise** is ordered to pursue the French privateer **Acheron**. As we watch the “community” of the crew interact aboard the ship, we see aspects of all the “trail markers” found within the “forest”.*

- Campfire Leaders should make every effort to be modeling transparency within the group and with their men.
- Campfire Leaders should briefly look at the “Code of Honor” and “Our Solemn Commitment” on the inside cover of the workbook with his group and discuss these in a campfire session in the next several weeks.
- Campfire members should be feeling comfortable enough at this point if they have not done so already, to share email addresses, phone numbers and other pertinent information in order to stay in contact with one another.

Trail 5 – Learn To Protect Yourself

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Knight's Tale (Time Stamps) 30:38 – 32:10 // 1:00:12 – 1:02:59 // 1:22:25 – 1:23:41

The fictional story of a man, William Thatcher, pretending to be a knight in a world reserved only for those of noble birth. Do to necessity and a lack of funds, his armorist Kate makes him some new revolutionary armor. Not all armor is the same, but it is important if you are going to interact with others.

- Some men will want to do further study in the Bible as it relates to these lessons and they should be referred to the “Bible Verse Key” in Appendix F.
- Evaluate your sessions to see if they are still running on time and if the quality of the presentation material is high. Make adjustments as necessary.

Trail 6 – What Is Worth Dying For?

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Matrix (Time Stamps) 25:28 – 29:50 // 2:04:45 – 2:06:00

During a meeting, Morpheus gives Neo a choice between two pills: red to learn the truth, blue to return to the world as he knows it. Neo chooses the red pill, and the truth that he discovers will change his life forever and free him up to change the world around him.

- The Leadership Team should provide photocopies of the Campfire Group Survey from the Leadership Guide to Campfire Leaders who should distribute them to each member to be completed and returned to the Leadership Team. This process should be performed on weeks 6, 12 and 24 in order to evaluate each campfire group.
- Some men will want other suggestions and reading material on the topic of manhood so this is a good opportunity to make the men aware of the “Manhood Resources” and books available on this subject that are listed in Appendix E.
- Make every effort to address the issues and accommodate the men as far as it is possible regarding campfire members who may be struggling and / or want to change groups.
- Let the men know where they can turn to on your Leadership Team should something need to be addressed from a campfire member that is of a more involved nature than can be handled comfortably in the campfire time.

Trail 7 – The Dangerous Truth About Men

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Bagger Vance (Time Stamps) 32:40 – 36:50 // 1:39:00 – 1:42:50

Rannulph Junuh is struggling with his past while considering representing Savannah Georgia in a golf tournament. Bagger Vance shows up in the middle of the night and offers to be his caddie. There comes a moment when Bagger helps Junuh discover who he was meant to be.

- Encourage the men to begin putting some ideas together in written form that will eventually become part of their Knighthood plan. Provide “Sample Knighthood Plans” that are supplied with these materials.
- Discuss the Core and its elements and the significance of it to our lives. Challenge the men to memorize as a constant reminder of what needs to stay in check.
- Campfire members should begin to keep in touch throughout the week with one another via email and phone or even breakfast meeting as sources of encouragement.
- Campfire Leaders should look within their groups for potential leaders who could be brought alongside the leader and trained to assist him and even fill in for him should he be absent on a particular week.

Trail 8 – If I Were God

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Family Man (Time Stamps) 1:14:47 – 1:19:52

Jack Campbell is a single, wealthy Wall Street arbitrageur living the high life in New York City. He wakes up one morning, finds himself living another life. He believes that the rules don't apply to him and he naturally moves in the pattern of his shadow.

- Share with the men the idea of graduation and that they are making progress toward that day week by week.
- Be sure to dispel the idea and fear that they will have all this together by the end of the program so they can graduate. It is an ongoing process, the Growing Life, to which we never fully arrive.

Trail 9 – Having The Body You Always Wanted

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Rocky (Time Stamps) 1:12:00 – 1:14:15 // 1:30:43 – 1:33:25

Rocky Balboa is given the chance of a lifetime to fight Apollo Creed for the boxing heavyweight champion of the world. He realizes that to be competitive he needs to get his body from where it is to where it needs to be. And he chooses to do the work necessary.

- Have someone share with the entire group what they are learning or have learned thus far in the program.
- This is a great week to get a local athlete to be part of the host time as a source of encouragement to the men.
- Check with a local Gym to see if they would be willing to offer some free quest passes or discounts on memberships to your men to encourage them to get started on this area of their life.

Trail 10 - Feelings – So Much More Than Feelings

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Gettysburg (Time Stamps) 25:40 – 30:15

Colonel Joshua Lawrence Chamberlain was a school teacher who became a civil war hero and would become the governor of Maine. His speech given to a group of Maine soldiers who were defecting is one of those amazing speeches as it reaches into what a man feels, which is key to being heroic.

- Direct the men to the Mood Faces graphic in Appendix I to help in the process of getting in touch with and learning more about their emotions and feelings.
- Campfire Leaders should be prepared for discussions in their groups that will surface based on this lesson and this often suppressed part of men.
- Ask the men to think about and discuss in their groups any man they could invite or challenge to attend the second half of the program.

Trail 11 - Breaking Free From Life's Ruts

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Prince Caspian (Time Stamps) 1:26:05 – 1:31:20

CS Lewis's Narnia Chronicles brings truth to life in ways that adults and children alike can understand. Here Prince Caspian and King Peter are falling prey to the call to their shadows, when King Edward shows clearly that he has broken free from his past ruts with the evil queen.

- Campfire Leaders should initiate campfire discussions by sharing a personal rut that they are addressing in their own lives.
- Be sure to remind and encourage the men to continue work on their Knighthood plans. Provide "Sample Knighthood Plans" that are supplied with these materials.

Trail 12 - 9 Keys For Achieving Your Dreams

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Apollo 13 (Time Stamps) 1:07:21 – 1:09:18 / 50:00 – 54:43 / 1:14 – 1:17 / 1:20 – 1:21

Apollo 13 flight director Eugene F. Kranz is working hard to save the 3 endangered astronauts (Lovell, Haise, and Swigert) with a heavily damaged space capsule. The flight director calls for as much information, problem solving and creative thinking from those under his direction to save the lives of the three men. (Watch language)

- Encourage the men by reminding them they have made it to the half way point in the program and that they can, together, make it to the finish line. Do not let them give up or bail out but strive to keep each man accountable to their campfire members and the program.
- The Leadership Team should provide photocopies of the Campfire Group Survey from the Leadership Guide to Campfire Leaders who should distribute them to each member to be completed and returned to the Leadership Team. This process should be performed on weeks 6, 12 and 24 in order to evaluate each campfire group.
- Have the men share some of their dreams in the campfire time.

Trail 13 – Crisis Management – King Thinking

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

The Passion of the Christ (Time Stamps) 41:00 – 42:59 / 1:29 – 1:30 / 1:34:13 – 1:37:21

Jesus Christ demonstrates the clarity of vision that a king must draw upon. What you pull from your mind to get you through critical times, must be carefully thought through before you get into the situation. Christ is clear and with that clarity moves towards his goal.

- If a break occurs in the overall program due to holidays, weather or the like, be sure to keep the weeks off to a minimum so as not to lose the momentum that has been achieved to this point.
- Campfire Leaders should be constantly prepared to deal with the men in their groups when the Spiritual message is presented throughout this program.

Trail 14 - Why Love Is Better Than Sex

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Last of the Mohicans (Time Stamps) 1:01:30 – 1:02:57 // 1:23:47 – 1:28:26

Hawkeye, white born, but raised by the Mohicans, desires to protect the heart of Cora Munro (they are in love) and her sister from Magua (the ruthless leaders of Hurons). He is not able to protect her under the waterfall but commits to her rescue.

- Always be prepared for and to welcome newcomers or visitors, especially on this particular lesson simply based on the title, the topic and the anticipated subject material.
- Continue to evaluate and monitor your meeting time to be certain you are staying on time and on course.

Trail 15 - Ultimate Fight Club

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Gettysburg (Time Stamps) 35:30 – 40:17 (alt. start 36:42)

Brigadier General John Buford arrives with his cavalry before the union army in Gettysburg. He can clearly see the battle as it will unfold in the next few days and knows what must be done. His knowledge as a warrior and his control of his warrior side changes the course of the Civil War.

- This is a great time to show and share with the men The Knight Dog Tag that will be presented during your Knighting Ceremony for your graduates at the end of the year. The reverse side shows the importance of Chainmail, Armor and the Core.
- The Dog Tag is a great incentive and provides another opportunity to address the Knighthood plan again encouraging the men to continue working on this document setting their sights on graduation and the finish line. Provide “Sample Knighthood Plans” that are supplied with these materials.

Trail 16 - The Loyalty Formula

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Rudy (Time Stamps) 9:10 – 14:51

When nobody seems to believe in Rudy, his best friend Pete, shows him what a true friend does. On Rudy's birthday Pete helps keep Rudy's dream alive.

- Encourage your group to meet together sometime this week for breakfast to talk, get to know one another better or help with areas each man may be working on in his journey.
- Campfire Leaders should take time at this point and see how well their members are learning to think differently based on the new language and / or discuss which manhood words their members may still be struggling to understand.

Trail 17 - Thinking Inside And Outside The Box

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Pay it Forward (Time Stamps) 29:50 – 35:02

When 12-year-old Trevor McKinney takes seriously his 7th grade social studies teacher, Eugene Simonet, assignment to make the world a better place, he succeeds. Here his mother, struggling with Alcohol, is confronted with the impact of her son's ability to think outside the box.

- Have the men share the progress they have seen in their lives since the beginning of the program.
- Discuss the thinking process presented in this lesson during the campfire time and have the men relate it to a decision they may be currently dealing with in their lives.

Trail 18 - What Is In Your Genes?

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Chariots of Fire (Time Stamps) 48:46 – 50:54 // 56:16 – 59:35

In an amazing movie that contrast the lives of two British runners, Harold Abrahams and Eric Liddell, in the 1924 Paris Olympics; the reason why they run comes to the forefront. In this scene Eric reveals what helps him run with such passion and therefore, with such freedom.

- During the campfire time have the men share some of their journaling entries at the end of each chapter.
- Challenge the men to define what a “Knight” or “Hero” is based on the materials and what they have learned to this point. Have them discuss how they are progressing in becoming a “Knight” or “Hero”.

Trail 19 – The Quiet Messenger – The Knight's Soul

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Signs (Time Stamps) 41:08 – 46:09

Graham Hess is a former Episcopal priest whose wife, Colleen, died in a horrific traffic accident. When confronted with the possibility of an alien invasion, he reveals, to his brother Merrill, how people can ignore or listen to their souls.

- Have the men discuss and continue to strive to memorize the Core and its elements during the campfire time letting them know the importance of it for their lives.
- This is another great place in the journey to address the spiritual need of each man, so feel free to open up that discussion within your groups.

Trail 20 - Commander In Chief

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Bourne Identity (Time Stamps) 19:42 – 25:15

When Jason Bourne, a secret CIA operative with amnesia, finds himself trapped within the U.S. consulate in Zurich he must act decisively. Watch as he will make dozens of decisions quickly as he works to escape, while trying not to kill someone.

- Make a big push from this week forward regarding the Knighthood plans that each man must complete to graduate. Provide “Sample Knighthood Plans” that are supplied with these materials.
- Have the men discuss in their groups the types of presidents they are or have been in their lives.

Trail 21 - Breaking The Boy Habit

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Second Hand Lions (Time Stamps) 49:50 – 52:52

In the summer of 1962, 14-year old Walter Coleman is taken by his mother to live with his bachelor uncles Hub and Garth McCann. Shortly after Hub has a heart attack, the three of them are coming home from hospital when they encounter some “greasers”. Hub teaches them and Walter something about the difference between boys and men.

- Campfire Leaders should encourage each group member to bring a rough draft of their Knighthood plan to the next campfire to share and help hold them accountable to fulfill some of the goals in the coming year.
- Provide help to the members in your group who may have procrastinated to this point and have not even started their Knighthood Plan. Remember, the “No Man Left Behind” motto.
- Be aware that some men may not be able to write or type and therefore help should be made available to these men so they too can complete their Knighthood Plan and graduate with their group.

Trail 22 - Influencing The Influencers

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Les Miserables (Time Stamps) 32:40 – 38:40

Jean Valjean, former prisoner, has become a wealthy industrialist and a mayor. He rescues Fantine, a single mother, whom was wrongly fired from his employ, has become a prostitute and is arrested by Javert, Jean Valjean's former prison guard. Watch as he changes the world for one woman and her daughter.

- Campfire Leaders should begin to set things in motion to keep the group together when the end of the program arrives so they can keep each other accountable and be a support to each other on a regular basis.
- Challenge the men to be positive influencers in the various areas and aspects of the lives of those with whom they interact and have contact.
- Take time to talk about next year and each member's commitment level to continue the manhood journey either with their current group, a different group or in a leadership role.
- Encourage the men to begin turning in their Knighthood Plans to the Leadership group.

Trail 23 - At The Core Of My Being

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

Castaway(Time Stamps) 1:39:55 - 1:44:57

Chuck Nolan, survives 4 years alone on a deserted island. Finally rescued by a sheet of plastic blown onto the island he returns home to find that the one thing that kept him going on the island, Kelly, has married after believing he was dead. He is now working through what is truly important.

- Have the men in their groups explore what their "Core of My Being" statement might be or what they might want it to become.
- Challenge each man to find a positive way to refuel in his life.
- Direct each group member to the Survey in the back of the workbook and encourage them to complete it and either turn it into the Leadership Team or mail it directly to 21st Century Heroes using the address provided.
- Be sure to make a positive and encouraging push for the completion of the Knighthood Plans.

Trail 24 - Beyond Knighthood

- Show this movie clip and share this explanation at the end of the host time just prior to the lesson or if you are using the Squire DVD series show the clips right after our presenter sets up the scene(s) during the message time.

The Bucket List (Time Stamps) 1:26:50 – 1:32:10

Blue-collar mechanic Carter Chambers and billionaire hospital magnate Edward Cole meet for the first time in the hospital after both have been diagnosed with terminal lung cancer. As Carter is facing life and death surgery, Edward is reflecting on how one man changed him.

- The Leadership Team should provide photocopies of the Campfire Group Survey from the Leadership Guide to Campfire Leaders who should distribute them to each member to be completed and returned to the Leadership Team. This process should be performed on weeks 6, 12 and 24 in order to evaluate each campfire group.
- Let the men know they have one more week to turn in their Knighthood Plans in order to graduate from the program. Be available to help with this process in any way necessary so as many men succeed as possible.
- Make certain the campfire members contact information is current so the men can continue to keep in touch with their groups after the completion of the program.
- Encourage the men to Live in Knighthood as a more natural way of life and to strive toward Transparency.



The Knighthood Ceremony - Graduation

- The Knighting Ceremony serves as a celebration as well as a “watermark” moment for men who may have never had a time in their lives where they can point to or reference when they moved from boyhood to manhood. The significance of such an event cannot be underestimated. So make it memorable.
- ❖ The recommended format for the ceremony is as follows:
 - ✓ Family and friends should be invited to the ceremony.
 - ✓ Keep the room and atmosphere solemn.
 - ✓ Low light and candle make add a nice touch.
 - ✓ Large sword on the stage should be in clear view and even against a pillar.
 - ✓ The leader should share 3 or 4 elements from several Knighthood Plans to show the heart and sincerity of the men to become Knights.
 - ✓ The leader then calls each man individually to the stage who has turned in a Knighthood plan and has him kneel. He then taps him on one shoulder with the sword stating “The boy in you must die”.... And then the other shoulder stating “The man in you must live.” The man then rises and is presented with a Knight Dog Tag representing the level in the journey he has just completed.
 - ✓ The ceremony concludes when the last man is Knighted and the leader then offers some final thoughts, a charge and prayer.
 - ✓ Afterward everyone is invited to stay for refreshments and fellowship.