



Rooted in Scripture - Pointing to Jesus

BIBLE FOUNDATIONS

Becoming a Man of God

Spiritually, Emotionally, and Physically

The Short Answer

A man of God is first a man who belongs to God. Biblical manhood is not primarily defined by personality, occupation, physical strength, marital status, income, hobbies, leadership ability, or social influence. It is defined by relationship with God and increasingly Christlike character. The goal is not becoming the strongest, wealthiest, toughest, most dominant, or most impressive man in the room. The goal is becoming more like Christ.

Micah 6:8 • Matthew 11:29 • Mark 10:42-45 • Galatians 5:22-23 • Colossians 3:1-17 • Titus 2:1-8

Opening Memory Anchor

A GODLY MAN IS NOT MEASURED BY HOW IMPRESSIVE HE APPEARS, BUT BY HOW FAITHFULLY HE FOLLOWS CHRIST.



WELCOME

This guide is meant to send you back to Scripture

You do not need to fit a cultural stereotype of masculinity before beginning this study. You do not need to be married, be a father, have a particular career, possess physical strength, earn a certain income, or always know what to do. You may be flourishing. You may be exhausted. You may be carrying grief, failure, questions, or shame. Begin where you are. Open Scripture. Look to Christ. And allow God to form the whole person He created.

Foundational truth

A man of God belongs to Christ and is increasingly being formed into His likeness.

How to use this study

- Read the cited passages rather than relying only on the summaries.
- Let Part One establish the accessible foundations before moving into the more disputed questions in Part Two.
- Where Christians disagree, note the disagreement without pretending Scripture says more than it does.
- Use the Memory Anchors and Personal Inventory to retain and apply the central ideas.



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PART ONE

BEGINNER GUIDE

Spiritual, emotional, relational, and physical formation under Christ

Memory Anchor

BIBLICAL MANHOOD BEGINS WITH BELONGING TO CHRIST.



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1. WHAT MAKES SOMEONE A MAN OF GOD?

A man of God is first a man who belongs to God. Biblical manhood is not primarily defined by personality, occupation, physical strength, marital status, income, hobbies, leadership ability, or social influence. It is defined by relationship with God and increasingly Christlike character. Micah 6:8 calls God's people to do what is right, love mercy, and walk humbly with God. Galatians 5:22-23 describes the fruit produced by the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These qualities are not feminine virtues or masculine virtues.

They are Christian virtues. MEMORY ANCHOR: A godly man is not measured by how impressive he appears, but by how faithfully he follows Christ.

2. IS JESUS REALLY THE MODEL FOR BIBLICAL MANHOOD?

Yes. Christ is more than an example-He is Savior and Lord-but His character also shows us what mature humanity looks like. Jesus displayed courage when confronting hypocrisy. Matthew 23 He displayed tenderness toward grieving people. John 11:33-35 He welcomed children. Mark 10:13-16 He defended the vulnerable. John 8:1-11 He served others. John 13:3-17 He endured suffering faithfully. 1 Peter 2:21-23 He willingly sacrificed Himself for others. Ephesians 5:2 Jesus destroys the false choice between strength and tenderness. Perfect strength and perfect love existed together in Him.

3. DOES A GODLY MAN HAVE TO FIT A CERTAIN PERSONALITY?

No. Scripture does not command every man to have the same temperament. Some men are outgoing. Some are quiet. Some enjoy leadership. Some prefer supporting roles. Some work with their hands. Some work with ideas. Some enjoy sports, hunting, tools, or outdoor activities. Others do not. None of these preferences determines spiritual maturity. Peter and John had different personalities. Paul and Barnabas had different personalities. Timothy appears to have been different from Paul. Godliness does not erase personality. It sanctifies it. The important question is not:

"Do I look masculine enough?"

It is:

"Does my life increasingly reflect Christ?"

4. WHERE SHOULD A MAN'S IDENTITY COME FROM?

Ultimately, from Christ. Galatians 2:20 describes the believer's life as rooted in union with Christ. Colossians 3:3 says:

"Your life is hidden with Christ in God."

A man's identity can become attached to many things: career, income, marriage, fatherhood, physical ability, achievement, reputation, possessions, leadership, or usefulness. These things may matter deeply. But none can safely carry the weight of identity. Jobs change. Bodies age. Children grow. Relationships change. Achievements fade. Possessions disappear. Christ remains. MEMORY ANCHOR: What I do may change. Who I belong to does not.

5. DOES BIBLICAL STRENGTH MEAN NEVER BEING WEAK?

No. Paul wrote:

"When I am weak, then I am strong."

2 Corinthians 12:10 Biblical strength includes recognizing dependence upon God. The world often teaches:

"I can handle this myself."

Scripture teaches:

"My help comes from the LORD."

Psalms 121:2 There are times when strength looks like standing firm. There are also times when strength looks like: asking for help, admitting wrongdoing, receiving counsel, confessing sin, resting, grieving, or acknowledging that something is beyond your capacity. Dependence upon God is not the opposite of strength. It is part of Christian strength.



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6. DOES A MAN HAVE TO HIDE HIS EMOTIONS?

No. Scripture never presents emotional numbness as spiritual maturity. Jesus experienced grief. John 11:35 Jesus experienced compassion. Matthew 9:36 Jesus experienced deep anguish. Matthew 26:37-38 Jesus expressed righteous anger. Mark 3:5 The Psalms contain fear, grief, joy, frustration, hope, confusion, gratitude, and sorrow. Emotions are not automatically trustworthy guides, but neither are they enemies that must always be suppressed. A mature man learns to recognize emotion, bring it before God, and respond faithfully rather than pretending it does not exist.

7. IS CRYING A SIGN OF WEAKNESS?

No. Jesus wept. John 11:35 David wept. 1 Samuel 30:4 Joseph wept repeatedly. Genesis 42-50 Paul spoke of serving with tears. Acts 20:19 Tears are a human response to grief, love, pain, relief, repentance, and compassion. A man's tears do not make him less masculine. Sometimes refusing to grieve can actually prevent healing. Ecclesiastes 3:4 reminds us that there is:

"a time to weep and a time to laugh."

Faith does not eliminate sorrow. Faith teaches us where to carry it.

8. WHAT SHOULD A MAN DO WITH ANGER?

Anger should be understood, examined, and governed. Ephesians 4:26 says:

"Be angry and do not sin."

Anger itself is not always sinful. Jesus displayed righteous anger. But anger can quickly become destructive when it produces: harsh words, intimidation, revenge, violence, contempt, or uncontrolled behavior. James 1:19-20 instructs believers to be: quick to listen, slow to speak, and slow to anger. A useful question is:

"What is underneath this anger?"

Sometimes anger is connected to hurt, fear, embarrassment, exhaustion, injustice, disappointment, or feeling powerless. Understanding the emotion does not excuse sinful behavior. It can help us respond wisely.

9. DOES BEING STRONG MEAN BEING AGGRESSIVE?

No. Strength and aggression are not the same thing. Proverbs 16:32 says that the person who controls his temper is better than one who captures a city. Biblical strength includes self-control. Jesus possessed extraordinary authority, yet described Himself as gentle and humble in heart. Matthew 11:29 Strength becomes dangerous when it is used to intimidate, dominate, frighten, or control others. Godly strength serves. It protects. It restrains itself. It does not need to prove itself by overpowering someone else.

10. WHAT ABOUT FEAR?

Fear is part of human experience. David repeatedly expressed fear while choosing to trust God. Psalm 56:3 says:

"When I am afraid, I will trust in you."

Notice that David does not say:

"I never feel afraid."

Courage is not the absence of fear. Courage is faithful action in the presence of fear. A man can acknowledge fear without allowing fear to become his master.

11. WHAT ABOUT SHAME?

Shame often says:

"I am unacceptable."

The gospel says something different. Romans 8:1 declares:

"There is now no condemnation for those in Christ Jesus."

Conviction identifies sin and calls us toward repentance. Destructive shame tells us that we are beyond grace. When sin is real, confession is appropriate. 1 John 1:9 But after genuine repentance, repeatedly punishing ourselves does not make Christ's forgiveness more complete. The cross is sufficient.



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12. IS ASKING FOR HELP UNMANLY?

No. Scripture repeatedly assumes that believers need one another. Galatians 6:2 says:

"Carry one another's burdens."

Proverbs 15:22 teaches that plans benefit from many advisers. Even Moses needed help carrying responsibility. Exodus 18:17-23 Needing counsel, prayer, friendship, medical care, pastoral support, or professional help is not a failure of masculinity. God often provides help through people.

13. WHY DO SOME MEN BECOME ISOLATED?

There can be many reasons. Work demands. Family responsibilities. Past betrayal. Moving. Retirement. Embarrassment. Social discomfort. Fear of vulnerability. The belief that friendship should happen automatically. But isolation can become spiritually and emotionally dangerous. Ecclesiastes 4:9-10 says two are better than one because one can help the other when he falls. Men need Christian community too. Independence can be useful. Isolation is different.

14. WHAT DOES HEALTHY MALE FRIENDSHIP LOOK LIKE?

Scripture gives several examples of meaningful relationships between men. David and Jonathan shared deep loyalty. 1 Samuel 18:1-4 Paul called Timothy his beloved and faithful child in the Lord. 1 Corinthians 4:17 Barnabas encouraged and advocated for Paul when others feared him. Acts 9:26-27 Healthy friendship can include: encouragement, honesty, laughter, accountability, shared work, prayer, loyalty, and vulnerability. A close friendship between men does not diminish masculinity. It can strengthen discipleship.

15. WHAT ABOUT COMPETITION BETWEEN MEN?

Competition can sometimes motivate growth. But comparison can become destructive when another man's success feels like evidence of our failure. Galatians 6:4 teaches each person to examine his own work rather than building identity through comparison. Men may compare: income, career, physical strength, homes, vehicles, leadership, marriages, children, athletic ability, or accomplishments. A better question is:

"Am I being faithful with what God has entrusted to me?"

Another man's success does not reduce God's ability to work in your life.

16. HOW SHOULD A MAN THINK ABOUT WORK?

Work matters. God gave human beings meaningful responsibility before the fall. Genesis 2:15 Colossians 3:23 teaches believers to work wholeheartedly as for the Lord. But work is not a man's identity. A man's worth before God is not measured by: his paycheck, his title, his productivity, his status, or how impressive his work appears. Work is one area in which a man may serve faithfully. It is not the measure of his value. MEMORY ANCHOR: My work matters, but my work is not who I am.

17. WHAT DOES IT MEAN TO PROVIDE?

Scripture values responsible care for one's household. 1 Timothy 5:8 Providing, however, should not be reduced to a man's income alone. Provision can involve: work, care, presence, wisdom, service, protection, responsibility, and faithful stewardship. The specific circumstances of households differ greatly. Scripture should not be turned into a simplistic formula that measures a man's spiritual worth by his earnings. The deeper principle is faithful responsibility before God.

18. CAN SUCCESS BECOME AN IDOL?

Yes. Jesus warned:

"What does it benefit someone to gain the whole world and yet lose his life?"

Mark 8:36 Achievement can quietly become identity. A man may begin thinking: I matter because I succeeded. I matter because people respect me. I matter because I built something. I matter because I am needed. Success itself is not necessarily sinful. But success becomes dangerous when it becomes a substitute for God.



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19. WHAT ABOUT FAILURE OR LOSS CONNECTED TO WORK?

Work can carry meaning, responsibility, routine, relationships, and a sense of usefulness. Because of that, a significant change or loss involving work can bring genuine grief. The biblical response is not to pretend that work does not matter. It is to remember that work cannot carry the full weight of identity. A role may change. A season may end. A plan may not unfold as expected. But a man's worth before God does not rise or fall with his occupational circumstances. Peter experienced profound failure in another area of his life when he denied Jesus. Luke 22:54-62 Yet Jesus restored him. John 21:15-19

Failure or loss may teach, redirect, humble, or reshape us. It does not have to become identity. PASTORAL SAFEGUARD: Work matters, and loss can hurt deeply. But Scripture does not measure a man's value by his occupational success, productivity, or status.

20. WHAT DOES INTEGRITY LOOK LIKE?

Integrity means becoming the same person privately and publicly. Proverbs 10:9 says:

"The one who lives with integrity lives securely."

Integrity affects: money, speech, sexual behavior, work, relationships, promises, technology, and private habits. Character is often formed in places no one else sees. A man of integrity does not ask only:

"Can I get away with this?"

He asks:

"Is this faithful before God?"

21. HOW SHOULD A MAN THINK ABOUT SEXUAL PURITY?

Sexuality is part of God's creation. But Scripture calls believers to sexual holiness. 1 Thessalonians 4:3-5 Jesus teaches that sexual integrity involves the heart as well as outward behavior. Matthew 5:27-28 Sexual purity is not merely avoiding certain acts. It involves learning to see other people as human beings made in God's image rather than objects for personal gratification. Purity is not contempt for sexuality. It is sexuality brought under the lordship of Christ.

22. WHAT ABOUT PORNOGRAPHY AND LUST?

Pornography trains the eyes and imagination to consume people rather than love them. Jesus takes lust seriously because the heart matters. Matthew 5:28 For someone caught in repeated sexual sin, secrecy often strengthens the pattern. Healing may involve: confession, accountability, practical boundaries, removing access, discipleship, and professional help when needed. Temptation itself is not identical to sin. Jesus was tempted yet without sin. Hebrews 4:15 The goal is not pretending temptation never occurs. The goal is learning to respond faithfully when it does.

23. WHAT ABOUT MASTURBATION?

Scripture does not directly name masturbation, so Christians have reached different conclusions about how to evaluate it. The wisest approach is not to claim a direct biblical prohibition where Scripture does not explicitly provide one. Instead, examine the surrounding questions: Is it connected to lust? Is pornography involved? Has it become compulsive? Does it encourage objectification? Does it interfere with marital intimacy? Does it control me? 1 Corinthians 6:12 gives a useful principle:

"I will not be mastered by anything."

Where Christians differ, humility and careful conscience are appropriate.

24. WHAT IF A MAN HAS A SEXUAL PAST HE REGRETS?

The gospel is for sinners. 1 Corinthians 6:9-11 lists serious sins and then says:

"And some of you used to be like this. But you were washed..."

Past sin may have consequences. Repentance may require honesty, accountability, changed behavior, and sometimes restitution where appropriate. But sexual sin is not uniquely beyond Christ's forgiveness. Grace does not pretend the past did not happen. Grace means the past does not have final authority over a redeemed person's identity.



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25. CAN BOYS AND MEN BE VICTIMS OF SEXUAL ABUSE?

Yes. Men and boys can experience sexual abuse, assault, coercion, exploitation, and trauma. Being male does not make someone immune from victimization. A victim's physical response, fear, freezing, confusion, delayed disclosure, or inability to stop what happened does not make him responsible for another person's abuse. Shame belongs to the perpetrator's sin, not to the person who was violated. Abuse should never be minimized because the victim is male. Appropriate safety, medical, legal, pastoral, and trauma-informed professional support may be necessary.

PASTORAL SAFEGUARD: Sexual abuse is never the victim's fault. A boy or man's physical response, silence, confusion, delayed disclosure, or inability to resist does not create consent or transfer responsibility from the person who harmed him.

26. HOW SHOULD A MAN CARE FOR HIS BODY?

The body matters to God. 1 Corinthians 6:19-20 teaches believers to honor God with their bodies. Physical stewardship may include: nutrition, movement, sleep, medical care, rest, hygiene, and avoiding destructive habits. This is stewardship, not worship of the body. Health practices cannot guarantee health. Illness is not automatic evidence of poor stewardship or weak faith. Bodies are affected by genetics, age, injury, disease, environment, and many factors outside personal control.

27. DOES PHYSICAL FITNESS DEFINE MASCULINITY?

No. Physical strength can be useful. But Scripture never makes muscularity, athleticism, body type, height, or physical appearance a measure of godliness. 1 Samuel 16:7 reminds us that people often look at outward appearance while God looks at the heart. A man can care for his body without making his body his identity. Fitness can serve life. It should not become the measure of worth.

28. CAN BODY IMAGE BECOME A PROBLEM FOR MEN?

Yes. Body-image struggles are not limited to women. Men may become preoccupied with being: larger, leaner, stronger, younger-looking, more muscular, or more athletic. Some may develop rigid food rules, compulsive exercise patterns, constant body checking, or an inability to rest without guilt. Muscle dysmorphia is a modern clinical term sometimes used for severe preoccupation with not being muscular or large enough despite evidence to the contrary. A Bible study should not diagnose anyone. But it can ask important questions: Is caring for my body helping me live-or controlling my life?

Can I miss a workout without panic or shame? Is food becoming governed primarily by fear? Does my appearance determine how I feel about my worth? Am I sacrificing relationships, health, or integrity to achieve a certain body? 1 Corinthians 6:12 gives an important principle:

"I will not be mastered by anything."

PASTORAL SAFEGUARD: Persistent body-image distress, compulsive exercise, severe food restriction, binge-restrict patterns, or other disordered behaviors deserve compassionate attention. These are not simply failures of discipline or faith, and qualified professional care may be appropriate.

29. WHAT ABOUT PERFORMANCE-ENHANCING SUBSTANCES?

The desire to become stronger or improve athletic performance can become distorted when physical achievement begins controlling judgment. Some substances used to alter muscle growth, appearance, or athletic performance can carry significant health risks. This study will not attempt to provide medical guidance about particular substances. The spiritual questions remain useful: What am I pursuing? Why do I believe I need it? Am I risking health for appearance, approval, competition, or identity? Am I being truthful about what I am doing? Is this mastering me?

When substances may affect health, qualified medical guidance is appropriate.

30. WHAT ABOUT AGING AND CHANGES IN PHYSICAL CAPACITY?

Bodies change. Strength may change. Energy may change. Recovery may take longer. Appearance changes. Health needs change. Ecclesiastes 12 acknowledges the realities of aging without treating older people as spiritually irrelevant. Aging can expose how deeply identity has been attached to physical capability. God's usefulness of a person is not limited to youth. Older men can offer: wisdom, perspective, mentoring, prayer, steadiness, and experience. Changing capacity does not mean disappearing value.



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31. WHAT ABOUT AGE-RELATED HORMONAL, PROSTATE, OR SEXUAL-HEALTH CHANGES?

Men can experience physical changes with age involving energy, hormones, fertility, urinary or prostate health, sexual function, strength, and recovery. These changes are not all caused by the same thing, and they should not be reduced to a simplistic male equivalent of menopause. Nor should embarrassment keep a man from discussing changes with an appropriate healthcare professional. Changes in: sexual function, fertility, hormones, strength, or physical capacity do not make a man less masculine. A man's dignity does not depend upon perpetual youth or sexual performance.

PASTORAL SAFEGUARD: This study cannot diagnose hormonal, prostate, reproductive, urinary, or sexual-health concerns. New, persistent, or troubling symptoms belong in a conversation with a qualified healthcare professional.

32. SHOULD MEN SEEK MEDICAL CARE?

Yes. Ignoring a health concern is not automatically courage or faith. Jesus acknowledged the ordinary role of physicians. Luke 5:31 Men should not allow embarrassment or cultural expectations of toughness to prevent reasonable medical care. Age-appropriate preventive care and conversations about changing physical, hormonal, reproductive, urinary, or sexual health can appropriately be discussed with qualified clinicians. A Bible study cannot provide individualized medical guidance. Seeking appropriate care can be an act of stewardship rather than weakness.

33. WHAT ABOUT ALCOHOL OR OTHER SUBSTANCES?

Scripture distinguishes between alcohol itself and drunkenness. Ephesians 5:18 explicitly warns against drunkenness. Christians differ regarding whether complete abstinence is wisest. But Scripture clearly opposes being controlled by substances. If alcohol, drugs, or another substance is producing: loss of control, secrecy, relationship damage, dangerous behavior, or dependence, the issue should not be minimized. Seeking help is wisdom.

34. DOES REST MATTER FOR MEN?

Yes. Rest is not laziness. Jesus sometimes withdrew from crowds. Mark 6:31 God created human beings with limits. A man who believes he must always be productive may struggle to receive rest without guilt. But constant activity can become another form of self-reliance. Rest reminds us: God is God. We are not.

35. WHAT IF I FEEL LIKE I AM FAILING AS A MAN?

Begin by asking:

"Whose standard am I failing?"

God's? My family's? My culture's? My own unrealistic expectations? Social media's? Another man's life? Sometimes genuine conviction requires repentance. Other times, the burden comes from expectations God never gave. Romans 8:1 reminds believers that there is no condemnation in Christ. God's invitation is not:

"Become impressive enough."

It is:

"Follow Me."



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PART ONE REVIEW

36. WHAT ARE THE CORE TRUTHS OF PART ONE?

Fill in the blanks:

1. The goal of biblical manhood is becoming more like _____.
2. A man's identity is rooted ultimately in _____.
3. Biblical strength includes _____ upon God.
4. Emotions should be recognized and governed rather than automatically _____.
5. Godly strength serves rather than _____.
6. A man's work matters, but work is not his _____.
7. Integrity means becoming the same person privately and _____.
8. Sexual purity involves treating people as persons made in God's _____.
9. Caring for the body is stewardship, not body _____.
10. Asking for help can be an act of _____.

ANSWER KEY:

1. Christ

2. Christ

3. dependence 4. suppressed 5. dominates 6. identity 7. publicly 8. image 9. worship 10. wisdom
PART TWO - DEEPER STUDY AND APPLICATION Part Two explores areas where biblical teaching, cultural expectations, personal history, relationships, sexuality, leadership, family life, grief, and emotional health intersect. These questions are not intended to create a rigid blueprint for every man. The goal remains faithful discipleship under Christ.

37. WHAT DOES SCRIPTURE MEAN BY "BE A MAN" OR "ACT LIKE MEN"?

Passages such as 1 Corinthians 16:13 have sometimes been translated:

"Act like men."

The Greek term carries the idea of courage or mature bravery. The surrounding commands are: be alert, stand firm in the faith, be courageous, be strong, and do everything in love. 1 Corinthians 16:13-14 The final phrase matters. Biblical courage cannot be separated from love. The verse should not be turned into a cultural stereotype about toughness. Christian courage is strength governed by love.

38. DOES THE BIBLE TEACH ONE CULTURAL STYLE OF MASCULINITY?

No. Biblical cultures themselves differed significantly from modern Western cultures. Scripture gives moral and spiritual principles, but Christians must distinguish those principles from cultural assumptions. For example: A man does not become more godly because he enjoys sports. A quiet man is not less masculine than an outgoing leader. A man who enjoys cooking, art, music, caregiving, literature, gardening, or other activities sometimes culturally labeled "less masculine" is not violating biblical manhood. Culture creates stereotypes. Scripture forms character.

39. WHAT DOES LEADERSHIP LOOK LIKE IN THE LIFE OF A GODLY MAN?

Christian leadership is shaped by Jesus. Jesus said worldly rulers often "lord it over" others. Then He told His disciples:

"It is not so among you."

Mark 10:42-45 Greatness in Christ's kingdom is expressed through service. Leadership therefore does not mean: always getting your way, having every answer, controlling everyone, or demanding unquestioned obedience. Biblical leadership includes: responsibility, service, humility, courage, wisdom, sacrifice, and accountability.



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40. WHAT DOES EPHESIANS 5 TEACH HUSBANDS?

Ephesians 5:25 says:

"Husbands, love your wives, just as Christ loved the church and gave himself for her."

Whatever conclusions Christians reach about marital roles, husbands are never given permission to use Scripture as justification for selfishness, intimidation, coercion, or domination. Christ's pattern is sacrificial love. A husband asking:

"How much authority do I have?"

may be asking a less useful question than:

"How can I faithfully love, serve, honor, and seek the good of my wife?"

41. WHAT IS "HEADSHIP"?

Christians have long disagreed about some aspects of how passages concerning marriage and church leadership should be interpreted and applied. Complementarian Christians generally understand Scripture to teach equal dignity between men and women alongside some distinct roles in marriage and/or church leadership. Egalitarian Christians generally understand Scripture to teach equal dignity and broad equality of leadership and ministry opportunity without gender-based role restrictions. Both traditions contain serious Christians seeking to honor Scripture.

This study will not pretend that a longstanding interpretive debate can be settled in a paragraph. Whatever position someone holds, several boundaries remain essential: Men and women share equal dignity as image-bearers. Genesis 1:27 Christian leadership must resemble Christ. Mark 10:42-45 Husbands are commanded to love sacrificially. Ephesians 5:25 No interpretation of headship should be used to excuse abuse, coercion, humiliation, or domination.

42. DOES "SUBMISSION" APPLY ONLY TO WOMEN?

No. Submission is a broader Christian category. Ephesians 5:21 says believers should submit to one another out of reverence for Christ. Christians submit appropriately to: God, legitimate authorities, church leadership, and one another in various relationships. 1 Peter 5:5 also calls believers toward humility toward one another. Different Christian traditions understand marital submission differently. But no Christian man is exempt from humility, accountability, service, or yielding his preferences for another person's good.

43. WHAT DOES IT MEAN FOR A HUSBAND TO LOVE SACRIFICIALLY?

Sacrificial love asks:

"What promotes her good?"

It listens. It protects without controlling. It serves. It tells the truth. It repents. It values her wisdom. It does not use spiritual language to win arguments. Philippians 2:3-4 calls believers to consider the interests of others. Marriage does not erase that command. A husband's responsibility before God should make him more humble, not more entitled.

44. WHAT ABOUT HOUSEHOLD RESPONSIBILITIES?

Scripture does not provide a universal household chore chart. Different marriages divide responsibilities differently according to: ability, work schedules, health, season of life, skills, and circumstances. But chronic imbalance can create exhaustion and resentment. Household labor includes visible tasks and less visible responsibilities such as: planning, remembering, scheduling, anticipating needs, and carrying ongoing family concerns. A useful conversation is not:

"Which jobs belong to men?"

but:

"Are we caring for our household and one another faithfully and sustainably?"

Philippians 2:4 encourages concern for the interests of others.



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45. WHAT ABOUT DOMESTIC VIOLENCE OR COERCIVE CONTROL?

Abuse is not biblical leadership. Physical violence, sexual coercion, threats, intimidation, stalking, isolation, financial control, and other forms of coercive behavior should never be defended with Scripture. A man's strength, size, income, spiritual position, or family role does not give him permission to frighten or control another person. Christian teaching about forgiveness, submission, covenant, or reconciliation should never be used to require someone to remain in immediate danger. Where abuse is present, safety and appropriate outside intervention matter.

PASTORAL SAFEGUARD: If someone is in immediate danger, safety comes first. Church counsel should never replace emergency assistance, law enforcement where appropriate, medical care, legal protection, or specialized domestic-abuse resources.

46. WHAT IF A MAN REALIZES HE HAS BEEN CONTROLLING OR ABUSIVE?

He should not minimize it. Repentance is more than saying:

"I'm sorry."

Biblical repentance produces change. Luke 3:8 speaks of fruit consistent with repentance. Depending upon the situation, genuine repentance may require: ending abusive behavior, accepting consequences, respecting boundaries, seeking specialized professional intervention, submitting to accountability, and refusing to pressure the harmed person for immediate forgiveness, reconciliation, or restored trust. The person who caused harm does not get to dictate the timetable of another person's healing.

PASTORAL SAFEGUARD: An apology does not create an obligation for immediate reconciliation, restored access, or restored trust. Genuine repentance respects safety, boundaries, accountability, and consequences.

47. WHAT IS THE DIFFERENCE BETWEEN FORGIVENESS AND RECONCILIATION?

Forgiveness and reconciliation are related but not identical. Forgiveness releases personal vengeance to God. Romans 12:19 Reconciliation requires relational conditions such as: truth, repentance, safety, and rebuilding trust. Trust can be damaged quickly and restored slowly. Forgiveness does not require pretending harm never occurred. Nor does it automatically restore a relationship to its previous level of access.

48. WHAT ABOUT FATHERHOOD?

Fatherhood is a profound stewardship. Ephesians 6:4 warns fathers not to provoke their children to anger but to raise them in the instruction of the Lord. A godly father does more than provide materially. He can provide: presence, affection, instruction, discipline, encouragement, prayer, stability, apology, and example. Children learn not only from what fathers teach. They learn from what fathers repeatedly model.

49. WHAT IF I DID NOT HAVE A GOOD FATHER?

A man's father can influence his understanding of: authority, affection, discipline, masculinity, God, marriage, and himself. Some men received wonderful examples. Others experienced: absence, criticism, emotional distance, addiction, abuse, unpredictability, or neglect. A painful father relationship may help explain certain patterns. It does not have to determine the future. In Christ, inherited patterns can be examined and changed. You can honor what was good without repeating what was harmful.

50. CAN I BECOME A DIFFERENT KIND OF FATHER THAN THE ONE I HAD?

Yes. Ezekiel 18 emphasizes individual responsibility rather than fatalistic repetition of a parent's sin. You may not be able to change your childhood. But by God's grace, you can choose what you pass forward. Ask: What did I receive that I want to continue? What wounded me that I do not want to repeat? What do I need to learn? Where do I need healing? Where do I need accountability? Generational patterns can be powerful. They are not sovereign. God is.

51. WHAT ABOUT A SON'S RELATIONSHIP WITH HIS MOTHER?

A man's relationship with his mother may shape how he experiences: affection, care, conflict, women, independence, responsibility, and boundaries. Some men were deeply loved and supported by their mothers. Others experienced criticism, control, instability, absence, manipulation, or other painful patterns. Still others hold both truths at once:

"My mother loved me."

and:



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"Some parts of our relationship were unhealthy."

Adult maturity can include gratitude for what was good while developing wise boundaries where they are needed. Genesis 2:24 describes marriage as involving a man leaving father and mother and forming a new family bond. That does not mean abandoning or dishonoring parents. It does mean that healthy adulthood includes appropriate differentiation, responsibility, and boundaries. A man can honor his mother without allowing every expectation, fear, or family pattern to govern his adult life.

52. HOW SHOULD A FATHER RAISE SONS?

A son needs more than instructions about toughness. He needs a model of godly character. A father can teach a son that strength includes: self-control, truthfulness, compassion, responsibility, repentance, service, courage, and tenderness. A father should be careful not to shame a son for personality traits that do not match cultural stereotypes. The goal is not to produce a particular type of male personality. The goal is discipleship.

53. HOW SHOULD A FATHER RAISE DAUGHTERS?

A father's treatment of his daughter can deeply influence how she understands love, respect, safety, and her own worth. Ask: Does she hear me speak respectfully about women? Do I listen to her? Do I treat her intelligence seriously? Do I criticize women's bodies? Do I model the kind of character I would hope she recognizes in others? Do I show affection appropriately? Do I apologize when I am wrong? A daughter does not need a perfect father. She benefits enormously from a father who is present, teachable, trustworthy, and loving.

54. WHAT IF I AM NOT A FATHER?

Fatherhood is not the measure of biblical manhood. Neither marriage nor parenthood determines spiritual completeness. Paul was unmarried and became a spiritual father to many. 1 Corinthians 4:15 Men can invest in others through: mentoring, teaching, coaching, discipleship, service, friendship, and faithful presence. Biological fatherhood is one meaningful calling. It is not the only way a man's life can bless the next generation.

55. WHAT ABOUT MALE INFERTILITY?

Infertility can affect men deeply. A man may experience: grief, shame, anger, confusion, helplessness, or questions about masculinity and fatherhood. Some men may feel pressure to remain emotionally strong for their wives while saying little about their own grief. Others may wrongly interpret fertility as proof of masculinity. Scripture does not measure manhood by the ability to father biological children. Nor does infertility mean that God is punishing someone, that faith is deficient, or that prayer has failed. A couple may need to make difficult decisions together, but no Christian should promise:

"If you trust God enough, He will give you a child."

God is faithful. That does not mean every faithful couple receives every deeply desired outcome. A man's grief matters even when his wife's experience of infertility may differ physically or emotionally.

56. HOW CAN A MAN GRIEVE PREGNANCY LOSS?

Pregnancy loss can be a genuine grief for fathers as well as mothers. A man's experience is not physically identical to his wife's, but that does not make his loss unreal. He may grieve: the child, the anticipated future, fatherhood expectations, his wife's suffering, or his inability to fix what happened. Sometimes men feel that their role is simply to "be strong." Supporting a grieving wife matters. But supporting someone else does not require denying one's own grief. Romans 12:15 tells believers to weep with those who weep. A father may need space to grieve too.

PASTORAL SAFEGUARD: Pregnancy loss should not be minimized with explanations such as "everything happens for a reason," "you can try again," or assumptions about what God will do next. Presence, compassion, lament, and patient support are often more helpful than attempting to explain the loss.

57. WHAT DOES TITUS 2 SUGGEST ABOUT OLDER AND YOUNGER MEN?

Titus 2:2-8 gives instructions concerning both older and younger men. Older men are called toward qualities such as: self-control, dignity, sound faith, love, and endurance. Younger men are especially urged toward self-control. The passage assumes that maturity can be modeled and taught across generations. Older men have something valuable to give. Younger men have something valuable to learn. Christian discipleship should not leave every generation isolated from the others.



Rooted in Scripture - Pointing to Jesus

58. WHAT DOES HEALTHY MENTORING LOOK LIKE?

Healthy mentoring does not create dependence upon the mentor. Paul repeatedly pointed people toward Christ. 1 Corinthians 11:1 A healthy mentor can: listen, ask questions, share experience, teach Scripture, offer correction, pray, encourage, and model humility. He should not control another man's conscience or demand unquestioned loyalty. The goal is not:

"Become like me."

The goal is:

"Follow Christ."

59. WHAT ABOUT MEN WHO FEEL LONELY?

Loneliness is not limited to people who live alone. A man can be surrounded by coworkers, family, church members, or acquaintances and still lack meaningful connection. Genesis 2:18 reflects a broader truth about human design:

"It is not good for the man to be alone."

That verse occurs specifically in the context of marriage, but Scripture more broadly affirms human community. The church should be a place where men can build relationships deeper than surface conversation. Developing friendship may require intentional effort: inviting, calling, showing up, sharing honestly, and allowing relationships time to grow.

60. WHAT ABOUT GRIEF?

Men grieve. They may grieve: death, divorce, broken relationships, lost health, lost dreams, children leaving home, parents aging, changing roles, or other significant losses. David's grief over Jonathan was profound. 2 Samuel 1:17-27 Grief does not need to be rushed. Nor must grief always look the same. Some men cry easily. Others become quiet. Some need conversation. Others need time before they can speak. Faithful grieving means bringing loss honestly before God rather than pretending it does not hurt.

Infertility and pregnancy loss carry particular forms of grief and are addressed separately in this study rather than being reduced to one item on a list.

61. WHAT ABOUT DEPRESSION, ANXIETY, OR TRAUMA?

Christians can experience serious emotional and psychological suffering. Scripture contains believers experiencing profound distress. Elijah became deeply depleted. 1 Kings 19 David repeatedly described emotional anguish. Psalm 42 Spiritual practices can be important parts of care. But serious or persistent symptoms may also require qualified medical or mental-health support. Seeking such help does not mean Scripture, prayer, or faith have failed.

PASTORAL SAFEGUARD: If someone is in immediate danger or at risk of harming himself or someone else, urgent professional or emergency intervention is appropriate. Do not attempt to manage an immediate safety crisis solely through informal pastoral counsel.

62. WHAT IS TRAUMA?

"Trauma" is a modern clinical term rather than a biblical vocabulary word. Broadly, it can describe lasting effects following overwhelming, frightening, violent, or deeply distressing experiences. People respond differently to similar events. Trauma responses can affect: memory, sleep, emotion, relationships, physical reactions, and perceptions of safety. Scripture speaks extensively about suffering, fear, lament, refuge, and God's nearness to the brokenhearted. Psalm 34:18 But biblical encouragement should not be used as a substitute for appropriate trauma-informed care when that is needed.

PASTORAL SAFEGUARD: Trauma symptoms are not proof of weak faith. Prayer, Scripture, Christian community, and appropriate trauma-informed professional care need not be treated as competitors.

63. WHAT ABOUT GOSSIP, STATUS, AND COMPETITION AMONG MEN?

Male relationships can also be damaged by: gossip, mockery, one-upmanship, status competition, sexual boasting, belittling, cliques, and humiliation disguised as humor. Ephesians 4:29 calls believers to speak words that build others up. Before speaking about another man, ask: Is it true? Is it necessary? Is it mine to tell? Would I say this if he were standing here? Am I trying to help-or trying to elevate myself by lowering him? Strength does not require humiliation.



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64. WHAT ABOUT MEN AND POWER?

Power itself is not automatically evil. Authority can be used for enormous good. But fallen human beings can use power selfishly. Jesus deliberately redefined greatness. Mark 10:42-45 Christian power should move toward service. Ask: Does my influence make vulnerable people safer? Do people feel free to disagree with me? Can I receive correction? Do I use information, money, physical size, position, Scripture, or emotion to control outcomes? Do I become defensive when challenged? Power reveals character. Christlike power serves.

65. WHAT DOES IT MEAN TO PROTECT?

Protection is good when it seeks another person's genuine safety and welfare. But protection can become control when someone assumes:

"I know what is best, therefore you must do what I say."

Healthy protection respects the dignity and agency of others. A godly man does not need to create danger in order to prove he is a protector. Sometimes protection looks like courage. Sometimes it looks like restraint. Sometimes it looks like listening. Sometimes it looks like calling for help.

66. HOW SHOULD MEN THINK ABOUT WOMEN?

First, as fellow image-bearers. Genesis 1:27 Women are not: temptations to manage, prizes to win, mysteries to decode, people to dominate, or supporting characters in a man's story. They are people made in God's image. Jesus consistently treated women with dignity in cultures where they could easily be marginalized. Luke 8:1-3 John 4:7-30 John 20:11-18 Sexual purity becomes deeper when the question changes from:

"How close can I get to sin?"

to:

"Am I seeing this woman as a person God created and loves?"

67. WHAT ABOUT MARRIAGE AND SEXUAL INTIMACY?

Biblical marital sexuality is mutual, covenantal, and loving. 1 Corinthians 7:3-5 emphasizes mutual responsibility between husband and wife. Marriage does not create unlimited sexual entitlement. Coercion is not intimacy. A loving husband cares about his wife's: well-being, comfort, dignity, communication, and willing participation. Sexual intimacy should never be used as a weapon, punishment, demand, or proof of authority.

68. WHAT ABOUT SINGLE MEN?

Single men are not incomplete Christians. Jesus was unmarried. Paul described singleness as a legitimate Christian calling and circumstance. 1 Corinthians 7 The church should not communicate that adulthood begins at marriage. Single men can live deeply meaningful lives of: friendship, service, work, hospitality, discipleship, ministry, and spiritual family. Marriage is good. Singleness is not spiritual failure.

69. WHAT ABOUT DIVORCED OR WIDOWED MEN?

Loss can radically change a man's sense of identity and future. A man may suddenly lose: companionship, daily routines, shared friendships, family roles, or assumptions about the future. The church can help by offering genuine community rather than treating single-again men as socially peripheral. Grief may remain even while a meaningful life continues.

70. HOW SHOULD A MAN HANDLE CONFLICT?

James 1:19 provides a powerful pattern: quick to listen, slow to speak, slow to anger. Healthy conflict does not require avoiding disagreement. It requires learning how to disagree without: contempt, threats, manipulation, insults, shouting, stonewalling, or retaliation. A mature man can say:

"I was wrong."

"I need time to think."

"I misunderstood you."



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"Please forgive me."

"Help me understand."

Humility is not losing. It is strength under Christ.

71. WHAT IF SOMEONE DISRESPECTS ME?

The cultural demand to "never let anyone disrespect you" can become spiritually dangerous. Jesus endured insults without surrendering His identity. 1 Peter 2:23 This does not mean tolerating abuse or refusing appropriate boundaries. But every slight does not require retaliation. Proverbs 19:11 says it is a person's glory to overlook an offense. Sometimes strength confronts. Sometimes strength walks away. Wisdom determines which response is faithful.

72. WHAT ABOUT FAILURE TO LIVE UP TO CULTURAL MASCULINITY?

Many men quietly wonder: Am I successful enough? Strong enough? Confident enough? Handy enough? Athletic enough? Assertive enough? Financially successful enough? These questions can become exhausting. God's standard is not cultural masculinity. Romans 8:29 describes God's purpose as conforming believers to the image of His Son. The Christian goal is not:

"Become more stereotypically masculine."

It is:

"Become more like Christ."

73. HOW SHOULD A MAN RESPOND WHEN HE HAS HURT SOMEONE?

Begin with truth. Do not explain away the harm. Do not immediately defend your intention. James 5:16 teaches confession. A meaningful apology may include: I was wrong. What I did was harmful. I am not going to blame you for my behavior. I am sorry. What can I do to make this right where possible? Then allow changed behavior to support the words. An apology is not a tool for forcing immediate reconciliation.

74. WHAT IS THE DIFFERENCE BETWEEN GUILT AND CONVICTION?

Healthy conviction is specific.

"I lied."

"I spoke harshly."

"I acted selfishly."

"I need to repent."

Destructive shame is global.

"I am worthless."

"I ruin everything."

"I will never change."

The Holy Spirit's conviction leads toward truth and repentance. 2 Corinthians 7:10 describes godly grief producing repentance. The gospel does not require a man to deny sin. It teaches him what to do with it.

75. CAN PERFECTIONISM AFFECT MEN?

Yes. Perfectionism may appear as: never admitting uncertainty, avoiding anything one might fail at, overworking, controlling details, becoming defensive about mistakes, or feeling worthless when performance slips. Ecclesiastes 7:20 reminds us that no righteous person always does good and never sins. Growth requires humility. A man who cannot tolerate being wrong will struggle to learn. A useful question is:

"Am I pursuing faithfulness-or trying to prove my worth?"



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76. WHAT DOES SELF-CONTROL HAVE TO DO WITH MANHOOD?

A great deal. Titus 2 specifically urges younger men to be self-controlled. Titus 2:6 Self-control affects: anger, sexuality, speech, money, appetite, substances, technology, and reactions. Culture sometimes portrays uncontrolled aggression or sexual appetite as masculine. Scripture does the opposite. A man increasingly governed by the Spirit becomes more-not less-self-controlled.

77. WHAT ABOUT TECHNOLOGY AND DIGITAL LIFE?

Technology is a tool. It can be used for: work, learning, communication, ministry, entertainment, or connection. But digital habits can also consume: attention, time, sexual integrity, sleep, relationships, and emotional health. 1 Corinthians 6:12 offers a useful diagnostic:

"I will not be mastered by anything."

Ask: Is this helping me live faithfully? Can I put it down? What is it doing to my attention? What is it doing to my relationships? What is it doing to my heart?

78. WHAT ABOUT MEN FROM DIFFERENT CULTURES AND ECONOMIC CIRCUMSTANCES?

Biblical manhood cannot be reduced to a Western middle-class lifestyle. Around the world, Christian men live in vastly different circumstances. Some have careers and retirement accounts. Others live through economic instability. Some own homes. Others live communally or with extended family. Some have abundant educational resources. Others have little formal education. Some live under persecution or political instability. Biblical faithfulness must therefore be distinguished from cultural expectations about: income, housing, career, education, possessions, or social status.

The gospel forms godly men in every culture.

79. WHAT IF I HAVE LIMITED CAPACITY RIGHT NOW?

Some seasons reduce capacity. Illness. Caregiving. Grief. Disability. Exhaustion. Trauma. Major transition. Family crisis. Faithfulness in these seasons may look different. Jesus told His exhausted disciples:

"Come away by yourselves to a remote place and rest for a while."

Mark 6:31 Reduced capacity is not automatically reduced faithfulness. God knows the difference between rebellion and limitation.

80. WHAT DOES A PRACTICAL FRAMEWORK FOR GODLY MANHOOD LOOK LIKE?

Use the word ROOTED. R - RELATIONSHIP WITH GOD Am I abiding in Christ rather than performing for approval? John 15:5 O - OBEDIENCE Is there something Scripture clearly calls me to do or stop doing? John 14:15 O - OWNERSHIP Am I taking responsibility for my choices without blaming others? Galatians 6:5 T - TRUTH What is actually true rather than what fear, pride, shame, or culture is telling me? John 8:31-32 E - EMOTIONAL AND PHYSICAL HEALTH What is happening emotionally and physically that I need to acknowledge honestly? Psalm 42 1 Corinthians 6:19-20 D - DISCIPLESHIP

Who can help me grow through wise counsel, accountability, encouragement, or prayer? Proverbs 15:22

81. WORKED EXAMPLE:

"I FEEL LIKE I AM FAILING AS A MAN."

Imagine a man thinking:

"I should be doing better. Other men seem more successful, confident, disciplined, spiritually mature, and capable than I am."

Walk through ROOTED. RELATIONSHIP WITH GOD Am I evaluating myself primarily by Christ's acceptance or by comparison? Romans 8:1 OBEDIENCE Is there actual sin requiring repentance? Perhaps I have neglected an important responsibility. If so, address it honestly. But do not manufacture sin simply because another man's life looks different. OWNERSHIP What is genuinely mine to address? Maybe I need to apologize. Maybe I need better habits. Maybe I need help. Maybe I need to stop blaming circumstances for something I can change. TRUTH What assumptions am I believing?

"A real man always knows what to do."

"My income determines my worth."



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"Strong men never struggle."

"Everyone else has this figured out."

"My body has to look a certain way."

"My fertility or sexual performance determines my masculinity."

Are those biblical truths-or cultural messages? EMOTIONAL AND PHYSICAL HEALTH Am I exhausted? Grieving? Lonely? Angry? Physically unwell? Carrying unresolved trauma? Struggling with body image? Facing infertility or another loss? Living in chronic stress? These realities do not automatically excuse sinful choices, but ignoring them can make wise response harder. DISCIPLESHIP Who knows me well enough to tell me the truth? Who can pray with me? Who can help me distinguish conviction from shame? The answer may not be:

"Try harder."

It may be: Repent where needed. Receive grace where Christ has already forgiven. Accept your limits. Seek help. Take the next faithful step. MEMORY ANCHOR: God is not asking me to become every other man. He is forming me to become more like Christ.

82. HOW CAN A MAN BEGIN GROWING WITHOUT BECOMING OVERWHELMED?

Choose one area. Not twenty. Perhaps: prayer, Scripture, anger, friendship, health, sexual integrity, marriage, fatherhood, rest, or accountability. Then ask: What is one faithful step? Zechariah 4:10 warns against despising small beginnings. Spiritual maturity is usually formed through repeated ordinary faithfulness rather than dramatic reinvention.

83. WHAT IF I KEEP FAILING IN THE SAME AREA?

Repeated struggle should be taken seriously. But repeated struggle does not mean grace has disappeared. Proverbs 24:16 says the righteous may fall and rise again. Ask: Have I truly repented? Do I need stronger boundaries? Am I trying to fight privately what needs accountability? Is there an underlying wound or pattern I have ignored? Do I need pastoral, medical, or professional help? Grace is not permission to remain unchanged. Grace is also not withdrawn every time growth is slower than we hoped.

84. HOW DO I KNOW IF I AM ACTUALLY GROWING?

Growth may appear as: quicker repentance, greater self-control, more compassion, less defensiveness, increased honesty, greater willingness to ask for help, more consistent prayer, healthier boundaries, greater sexual integrity, less comparison, more patience, and greater love. Galatians 5:22-23 describes fruit. Fruit usually grows gradually. Do not confuse slow growth with no growth.

85. WHAT SHOULD I DO IF I REALIZE I HAVE BELIEVED A DISTORTED VERSION OF MANHOOD?

Bring it into the light. Ask: Where did I learn this? My father? My mother? Friends? Church culture? Social media? Entertainment? Past experiences? Fear? Then compare the belief with Christ. Romans 12:2 calls believers to be transformed by the renewing of the mind. You do not have to defend an idea simply because you inherited it. Truth can replace it.



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86. WHAT ARE TEN TRUTHS A MAN OF GOD SHOULD REMEMBER?

1. My identity is rooted in Christ.
2. Jesus-not culture-is the controlling picture of godly manhood.
3. Strength and gentleness can exist together.
4. Emotion is not weakness, but emotion should not become master.
5. Leadership is service, not domination.
6. Work matters, but work is not my identity.
7. Sexual integrity begins in the heart and in how I see other people.
8. Asking for help can be wisdom.
9. My body is something to steward, not worship.
10. God is forming Christlike character, not cultural masculinity.



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PERSONAL INVENTORY

Spend time prayerfully considering these areas. **IDENTITY** What most threatens my sense of worth? Where have I attached identity to performance, status, appearance, income, relationships, fertility, physical ability, or usefulness? **SPIRITUAL LIFE** Am I regularly making room for Scripture, prayer, worship, repentance, and Christian community? **EMOTIONAL HEALTH** Which emotions are easiest for me to acknowledge? Which do I tend to suppress, deny, or express destructively? **ANGER** What tends to trigger anger? What may be underneath it? How does my anger affect others? **RELATIONSHIPS** Do I have meaningful friendships?

Who knows what is really happening in my life? **SEXUAL INTEGRITY** Are there sexual habits, secrecy, pornography, lust, or patterns that need to be brought into the light? **BODY / PHYSICAL HEALTH** Am I caring for my body reasonably? Has fitness, muscularity, weight, appearance, exercise, or physical performance become too closely connected to my identity? **MARRIAGE** If married, does my spouse experience me as loving, safe, respectful, teachable, and willing to serve? **FATHERHOOD / GENERATIONAL INFLUENCE** What am I teaching younger people through my example? What patterns from my own father or family do I want to continue?

Which should end with me? **PARENTS / FAMILY OF ORIGIN** What did I learn about masculinity, women, affection, conflict, work, and responsibility from my father and mother? What was healthy? What may need to change? **GRIEF / FERTILITY / LOSS** Am I carrying grief that I have believed I am not allowed to acknowledge? **POWER / LEADERSHIP** How do I respond when someone disagrees with me? Can I receive correction without retaliation or defensiveness? **WORK / RESPONSIBILITY** Am I working faithfully without allowing productivity to become identity? **TECHNOLOGY**

What is my digital life doing to my attention, purity, sleep, relationships, and spiritual life? **LIMITS** Am I accepting legitimate limitations-or condemning myself for not having unlimited capacity? **GROWTH** What is one area where God may be inviting me to take the next faithful step? **SCRIPTURE READING PATH** **IDENTITY IN CHRIST** Romans 8:1-17 Galatians 2:20 Colossians 3:1-4 1 Peter 2:9-10 **JESUS AND SERVANT LEADERSHIP** Matthew 11:28-30 Mark 10:35-45 John 13:1-17 Philippians 2:1-11 **COURAGE, STRENGTH, AND SELF-CONTROL** Joshua 1:6-9 Psalm 27 Proverbs 16:32 1 Corinthians 16:13-14 Titus 2:1-8

EMOTIONAL HONESTY AND LAMENT Psalm 13 Psalm 42 Psalm 56 John 11:28-36 Matthew 26:36-46 **FRIENDSHIP AND BROTHERHOOD** 1 Samuel 18:1-4 1 Samuel 20 Ecclesiastes 4:9-12 Proverbs 27:17 Acts 9:26-28 **SEXUAL INTEGRITY** Proverbs 5 Matthew 5:27-30 1 Corinthians 6:12-20 1 Thessalonians 4:1-8 2 Timothy 2:22 **MARRIAGE AND SACRIFICIAL LOVE** Ephesians 5:21-33 Philippians 2:1-8 1 Peter 3:7 1 Corinthians 7:1-5 **FATHERHOOD AND GENERATIONAL DISCIPLESHIP** Deuteronomy 6:4-9 Psalm 78:1-8 Ephesians 6:1-4 Colossians 3:20-21 Titus 2:1-8 **PARENTS, FAMILY PATTERNS, AND ADULT MATURITY** Genesis 2:24 Exodus 20:12 Ezekiel 18 Ephesians 6:1-4

INFERTILITY, LOSS, AND GRIEF Psalm 13 Psalm 34:18 Romans 12:15 2 Corinthians 1:3-4 **WORK AND FAITHFUL RESPONSIBILITY** Genesis 2:15 Proverbs 6:6-11 Colossians 3:22-24 1 Thessalonians 4:9-12 1 Timothy 5:8 **BODY AND PHYSICAL STEWARDSHIP** Psalm 139:13-16 1 Samuel 16:7 1 Corinthians 6:12 1 Corinthians 6:19-20 1 Timothy 4:8 Mark 6:30-32 **REPENTANCE, GRACE, AND RESTORATION** Psalm 51 Luke 22:54-62 John 21:15-19 Romans 8:1 1 John 1:5-10 **POWER, SERVICE, AND HUMILITY** Micah 6:8 Mark 10:42-45 Romans 12:3-21 Philippians 2:3-8 1 Peter 5:1-6 **KEY TERMS**

BIBLICAL MANHOOD Growing as a man under the lordship of Christ, with Christlike character rather than cultural stereotypes as the controlling standard. **IDENTITY IN CHRIST** The believer's fundamental identity rooted in belonging to and being united with Jesus rather than performance, status, or circumstances. **STEWARDSHIP** Faithful care of what God has entrusted to a person. **SELF-CONTROL** Spirit-produced ability to govern desires, reactions, speech, and behavior rather than being mastered by them. **INTEGRITY** Consistency between professed beliefs and actual character, including private behavior.

LUST Sexual desire directed toward another person in a way that reduces or uses the person for self-centered gratification. **HEADSHIP** A biblical term associated particularly with passages such as Ephesians 5 and 1 Corinthians 11, interpreted differently among faithful Christian traditions regarding role and authority. **COMPLEMENTARIANISM** A broad Christian perspective affirming equal dignity of men and women while generally understanding Scripture to assign some distinct roles in marriage and/or church leadership.

EGALITARIANISM A broad Christian perspective affirming equal dignity of men and women and generally understanding Scripture not to permanently restrict leadership or ministry roles according to gender. **COERCIVE CONTROL** A modern descriptive term for patterns of intimidation, isolation, threats, monitoring, financial control, or other behaviors used to dominate another person. **TRAUMA** A modern clinical term describing possible lasting effects of overwhelming or deeply distressing



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experiences.

MUSCLE DYSMORPHIA A modern clinical term describing severe preoccupation with the belief that one's body is insufficiently muscular or large. This study does not use the term to diagnose readers. **REPENTANCE** Turning from sin toward God, involving confession and a genuine change of direction. **RECONCILIATION** Restoration of relationship; related to forgiveness but ordinarily requiring truth, safety, repentance, and rebuilding trust where serious harm has occurred. **DISCIPLESHIP** Following Jesus and growing toward Christlike maturity, often with the help of other believers.



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WHERE CAN I LEARN MORE?

The best starting point is Scripture itself. Helpful Bible-study tools may include: A reliable study Bible Multiple Bible translations Bible dictionaries and concordances Trusted pastors and mature Christian mentors BibleProject for visual biblical overviews Blue Letter Bible for searchable biblical-language and cross-reference tools BibleGateway for comparing translations and passages Listing a resource does not imply agreement with every theological position or interpretation presented by that organization. ABUSE AND SAFETY

Physical violence, sexual coercion, threats, stalking, intimidation, isolation, financial control, and coercive behavior should be taken seriously. Church counsel should never replace immediate safety intervention, emergency assistance, appropriate law enforcement, medical care, legal protection, or specialized domestic-abuse resources when those are needed. SEXUAL ABUSE AND TRAUMA Male survivors deserve compassionate, trauma-informed care without shame. A boy or man's sex does not make him immune from victimization, and his response during abuse does not transfer responsibility away from the perpetrator.

Qualified trauma-informed professional support may appropriately accompany pastoral care and Christian community. SEXUAL COMPULSIVITY AND PORNOGRAPHY Persistent pornography use or other compulsive sexual behaviors may involve patterns that are difficult to address through private determination alone. Pastoral discipleship, trusted accountability, practical safeguards, and qualified professional care may appropriately work together. BODY IMAGE, EATING, AND EXERCISE CONCERNS

Severe body dissatisfaction, compulsive exercise, rigid restriction, binge-restrict patterns, or other disordered behaviors should not simply be labeled vanity or lack of discipline. Qualified medical, nutritional, or mental-health support may be appropriate depending upon the concern. MENTAL HEALTH, ADDICTION, AND TRAUMA Persistent depression, anxiety, trauma symptoms, substance dependence, or other significant concerns may appropriately involve qualified professional care. Seeking help is not evidence that Scripture or prayer have failed.

If there is immediate danger to oneself or another person, urgent professional or emergency intervention is appropriate. PHYSICAL AND REPRODUCTIVE HEALTH Questions involving prostate or urinary health, fertility, hormones, sexual function, changing physical capacity, or other medical concerns belong with qualified healthcare professionals. Biblical teaching can address identity, stewardship, fear, shame, and faithfulness. It should not be used to diagnose medical conditions. A SIMPLE SEVEN-DAY START DAY 1 - IDENTITY Read Romans 8:1-17. Ask: Where am I trying to prove my worth? DAY 2 - JESUS Read Mark 10:35-45.

Ask: How does Jesus redefine greatness? DAY 3 - EMOTIONAL HONESTY Read Psalm 42. Ask: What am I feeling that I have been reluctant to acknowledge? DAY 4 - INTEGRITY Read Psalm 51. Ask: Is there anything I need to confess honestly before God? DAY 5 - RELATIONSHIPS Read Ecclesiastes 4:9-12. Ask: Who truly knows me? DAY 6 - SELF-CONTROL Read Titus 2:1-8. Ask: Where is God inviting greater self-control? DAY 7 - CHRISTLIKE MANHOOD Read Philippians 2:1-11. Ask: What would becoming more like Jesus look like in my actual life this week?



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FINAL REFLECTION

A man can spend much of his life trying to prove that he is enough. Strong enough. Successful enough. Useful enough. Respected enough. Tough enough. Capable enough. Masculine enough. He may try to prove it through work. Through physical strength. Through achievement. Through leadership. Through sexual performance. Through fatherhood. Through independence. Through never appearing afraid, hurt, confused, lonely, or in need. But Jesus offers a different way. The gospel does not invite a man to build an identity strong enough to survive every failure. It gives him an identity he did not earn. He belongs to Christ.

From that secure place, he can grow. He can become strong without becoming hard. He can lead without controlling. He can protect without dominating. He can work faithfully without making work his identity. He can care for his body without worshipping it. He can watch his body change with age without believing his dignity is disappearing with youth. He can experience infertility or pregnancy loss without believing fertility determines his manhood. He can acknowledge fear without being ruled by it. He can grieve without being ashamed. He can repent without believing failure has destroyed him.

He can ask for help without believing dependence makes him less of a man. He can acknowledge wounds from his father or mother without believing his childhood has sovereign authority over his future. He can honor his parents while establishing healthy adult boundaries. He can love women as fellow image-bearers rather than objects, opponents, or people he must control. He can become a husband who serves. A father who is present. A son who grows into mature responsibility. A friend who is trustworthy. An older man who gives wisdom. A younger man willing to receive it.

He can examine what his family gave him-keeping what was good and refusing, by God's grace, to pass forward what was harmful. He can admit that some messages he learned about masculinity came from culture rather than Scripture. He can lay those messages down. And when age, illness, disappointment, failure, grief, changing work, infertility, loss, or reduced capacity strips away some of the things he once used to measure himself, Christ remains. Biblical manhood is not a performance. It is discipleship. It is the lifelong work of the Spirit forming a man into the likeness of Jesus. Not louder. Not harder.

Not more dominant. More faithful. More truthful. More courageous. More self-controlled. More humble. More loving. More like Christ. CLOSING PRAYER Father, Thank You for creating me and calling me to belong to You. Teach me to measure my life by Your truth rather than by the expectations of culture, comparison, fear, pride, or shame. Make me more like Jesus. Give me courage without harshness, strength without domination, leadership without pride, tenderness without fear, conviction without condemnation, and humility without passivity. Teach me to work faithfully without making achievement my identity.

Help me honor others as people made in Your image. Guard my mind, my words, my sexuality, my anger, my relationships, and my private life. Teach me to care for my body without allowing appearance, strength, performance, or youth to determine my worth. Meet me in grief and loss. Show me where I need to repent. Show me where I need to receive grace. Show me where I need help. Heal what is wounded. Correct what is distorted. Strengthen what is weak. Teach me to use whatever strength, influence, experience, resources, and abilities You have entrusted to me for the good of others and for Your glory.

Help me become a faithful husband, father, son, brother, friend, mentor, or servant wherever You have placed me. And when I am tempted to ask whether I am man enough, remind me that the better question is whether I am following Christ. Keep forming me into His likeness. Amen.

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