

5F FAMILY





MEN OF IRON

Welcome to Men of Iron. At Men of Iron, we do everything we can to ensure that you are the man God has called you to be. We want to call you up to a life where you thrive in the Core5: your faith, family, friends, fitness, and finances.

When you find balance in these areas and start to thrive in each one, you will be a man who knows God and knows your purpose.

We believe the best way to do that is with Strong27, a one-on-one mentorship. This will help you grow the most in the shortest period of time. With Strong27, we will pair you up with another man just a few seasons ahead of you. He will help you set goals and hold you accountable as you seek to thrive in the Core5.

Not everyone wants to jump into a mentorship right away. We get it. Sometimes, your schedule is pretty full, and sometimes, you're just not interested in a mentorship immediately. That's why we provide several different environments and opportunities as you strive to climb the mountain and complete your Manhood journey. Do everything you can to keep climbing towards your full potential!

Basecamp - Free Resources: Get started with free resources to jump-start your journey towards knowing God and your purpose. Explore **FREE** Basecamp resources.

Ridge Line - Grow Together: Join a small group of men for a deeper exploration of faith, family, finances, fitness, and friendships. It's a supportive environment with a minimal cost. Find a supportive Ridge Line group.

Summit - Reach the Peak: Invest in personalized mentorship from a seasoned leader who can guide you on your unique path. This is the highest level of commitment, but the rewards are unmatched. Learn more about transformative mentorship.

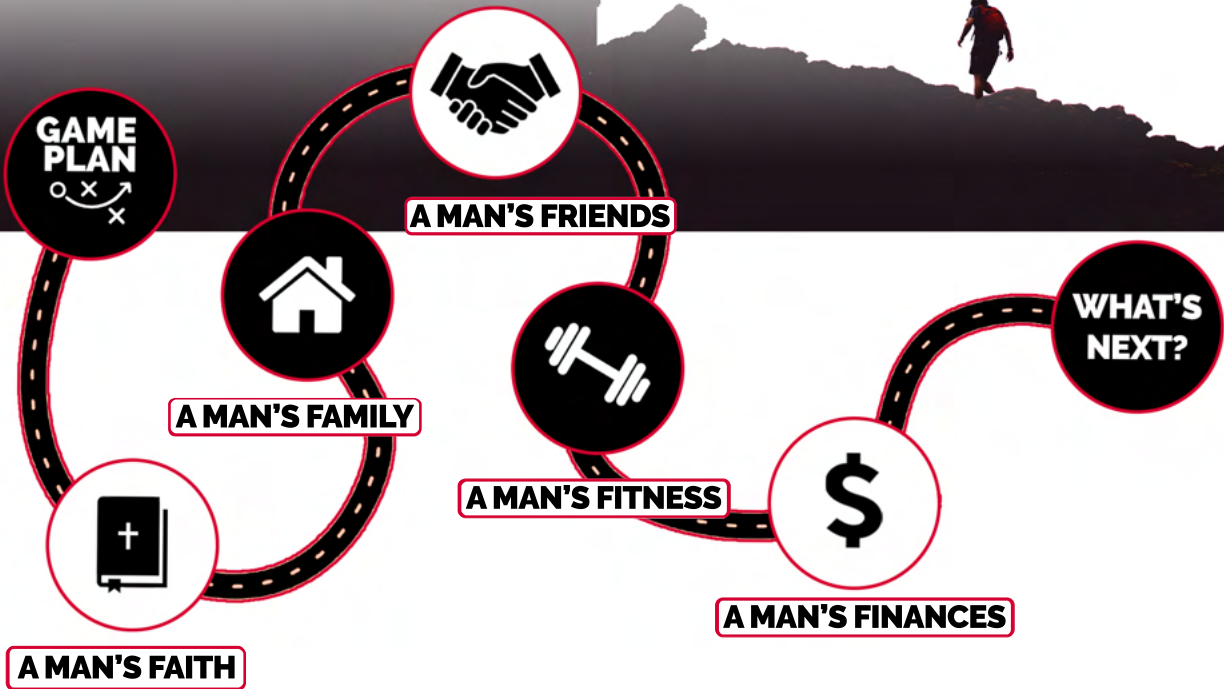
Check out our Basecamp, Ridge Line & Summit Resources at
menofiron.org/theclimb



5F FAMILY



WELCOME TO A MAN'S JOURNEY



A Man's Journey is a year-long strategy and resource for your church and men's ministry. It starts with A Man's Game Plan. A 5-session video course designed by Men of Iron with the purpose of helping men develop a game plan for their Core5 – Faith, Family, Friends, Fitness and Finances.

After A Man's Game Plan you will dive deeper into each F, with video series designed around the Core5. With a unique series for Faith, Family, Friends, Fitness and Finances – men find accountability, balance and spiritual growth as they journey through these resources with other like-minded men.

For more info on A Man's Journey resources or church partnerships, reach out to us at menofiron.org!



WHAT TO EXPECT

What to Expect From A Man's Family

This series is part of A Man's Journey, Men of Iron's comprehensive plan for knowing God and knowing your purpose. We recognize that no two families are the same, so we have worked hard to ensure that this series will help you, no matter what family situation you are a part of.

Here's what we cover each week.

Session 1: Lead Right Now - Strength for the Storm

This week will help you to:

- ⊗ Analyze the Importance of a Strong Spiritual Foundation in your own life.
- ⊗ Evaluate Your Own Personal Leadership and Spiritual Growth
- ⊗ Apply Biblical Teachings Regarding Leadership to Your Own Life

Session 2: Honor Your Parents - Following Jesus Starts With Your Dad

This week will help you to:

- ⊗ Understand the Role and Responsibility of Sons in Honoring Their Parents
- ⊗ Reflect on Your Own Personal Experiences and Relationships with Your Parents
- ⊗ Develop A Strategy for Honoring Your Parents Regardless of Your Age, Or Experience



Session 3: Why Brothers Matter - Expanding Your Spiritual Family

This week will help you to:

- ⊗ Explain the Biblical Role of a Brother
- ⊗ Reflect on Your Own Relationship With Your Siblings
- ⊗ Develop A Plan to Foster Stronger Relationships with Your Siblings and Fellow Christians

Session 4: Serve Your Wife - Loving & Leading Your Family

This week will help you to:

- ⊗ Explain the Biblical Foundation of Marriage
- ⊗ Reflect on Personal Marital Relationships or Preparation for Marriage
- ⊗ Develop Practical Strategies for Strengthening Your Marriage

Session 5: Parenting with Purpose - Leading Your Kids to Honor God

This week will help you to:

- ⊗ Articulate the Biblical Role of a Father
- ⊗ Reflect on Your Personal Fatherhood Practices
- ⊗ Implement Practical Steps to Foster Spiritual Growth in Your Family

HOW TO USE THE GUIDE



Prep:

This will help you start thinking about the topic for the week. Read over it and then move on to the evaluation section.



Evaluate:

Look at your life and determine how things are going in this area. What would it take to get stronger?



Warm Up:

Think about how the topic applies to your life. How are you doing in this area, and what would it take to get stronger? Take a minute and talk about this with the other guys in your group.



Watch:

Hear from some of our guys at Men of Iron. Take some time and write down your thoughts based on what they say.



Talk:

Look over the questions for the week and discuss them. Be honest and see what the guys in your group think about the topic.



Challenge:

Get serious about your life. Set a goal and stick to it.



Journal:

Dive deeper into what God has to say about the topic. Dig into a chapter of the Bible and write out your thoughts.

How to Use the Journal Pages in This Guide

At Men of Iron, we encourage you to Uncover, Unlock, and Unleash what God says. This three-step process helps you understand and apply God's word to your life. Ignoring God's word will hinder your growth, and simply reading it isn't enough; you must read, understand, and live by it.

Every session of this series has a journal page with a specific scripture focus. We encourage you to take this part of the workbook seriously and never skip over it.

2 Timothy 3:16-17 says: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work."

We believe this is true. The Holy Spirit inspired the writers of the Bible, ensuring we have the words God wants us to hear. Through His word, we are prepared for the good works He has planned for us.

Before studying any passage, pray for understanding. Prayer invites God's wisdom and guidance as you read. Once you ask God for wisdom and direction and have read over the entire passage, take three steps toward understanding the passage and applying it to your own life: Uncover, Unlock, and Unleash.

Here's how each step works:

Uncover - What Does It Say? When you uncover a passage, you ask a few simple questions:

- Who wrote it?
- Why was it written?
- To whom was it written?

Read the surrounding passages to grasp the full context. Don't isolate verses; understand the complete message. These verses are all part of a larger piece of communication. Just as you would read an entire email to understand its content, you should read the entire book or at least the entire chapter to understand fully what the author intended for the reader.

Unlock - What Does It Mean?

After uncovering the basics, unlock the passage's meaning. Focus on why it was taught to the original audience without immediately applying it to your own life.

Remember:

- If a passage explains itself, take it at face value.
- Use the Bible to interpret itself. Consistent messages across different passages are key.
- Be aware of personal biases that might color your interpretation.

Unleash - What Should I Do?

The Bible is unique because it's alive and powerful (Hebrews 4). It speaks to your current situation and guides your actions.

Make A Difference in Your Life By:

- Identifying areas in your life where you need to adjust based on God's word.
- Implementing the teachings from your study into your daily life.
- Creating specific, actionable steps to align your actions with biblical teachings.
- Living intentionally. Make conscious decisions that reflect your commitment to God's word.

Studying the Bible without applying its teachings is ineffective. **To truly benefit, you must live out what you learn.** Ignoring this can even hinder your ability to understand God's word in the future. As you study, ask yourself: "What is God revealing to me, and how should I respond?" Then, act on it.

PRE-SURVEY



Before we dive into Session 1, make sure to hit the QR code and fill out the pre-survey. It won't take long!



WEEK 1

LEAD RIGHT NOW

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SPIRITUAL LEADER



Lead right now

LEADER *SPIRITUAL*

"That is the most expensive phone in the world, and it doesn't appeal to business owners because there's no keyboard... We're selling millions and millions and millions of phones per year and Apple is selling zero phones a year."

Steve Ballmer said this in 2007 when he was the CEO of Microsoft. Steve was the leader of one of the biggest tech companies at the time. His opinion was more than an opinion because, as the leader of a large company, his opinion affected a lot more people than just himself. And he was wrong.

Probably the biggest irony is that within the last five or ten minutes, you most likely checked something on your phone, and based on the smartphone market statistics, it was most likely an iPhone made by Apple. To add insult to injury, I bet you paid more than \$500 for it.

Steve believed the wrong thing. His company suffered because of it.

You may never be the leader of a multi-billion dollar tech company, but you will definitely be your family's leader.

You're either already doing that or will be doing it in the future. Your thoughts, opinions, and beliefs will affect more than just you. The decisions you make as the leader of your family will probably last for generations into the future.

You can read Steve's arrogant iPhone quote and laugh because he was wrong. But, at the time, he didn't know that. He was confident that he was right and he was doing a good job. He was wrong.

Are you making any of the same mistakes that he was? Are there things that you are confident of today that you will regret tomorrow?

Let's be as pointed as possible- do you know what you believe? Do you take the leadership of your family seriously? How do you know you're making the right choices, and how do you know that you're leading in the right direction?

That's what we'll be discussing this week. Hopefully, at the end of this week, you will be better equipped to be a more effective leader.

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DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE



The foundation of your entire life is built on what you believe. What you believe today will influence generations after you.

Be honest with yourself. We're not going to check your work.

Check 2 or 3 things that influence your beliefs and your decisions other than God:

TV **SOCIAL MEDIA** **MY FRIENDS**

MY PARENTS **MY CHURCH** **POLITICAL FIGURES**


ENTERTAINERS **MY CAREER** **MY FINANCES** **MY COACH**


CULTURE **TRADITION** **EMOTIONS**


FRIENDSHIPS **SAFETY**



WARM UP

 What's the worst leadership decision you've made yourself or experienced?

 Why was it bad?

 How did it affect you or the people around you?



Watch Session 1:
"Lead Right Now"

WATCH



**You are, or will be, the spiritual
leaders of your families.**

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash." When Jesus had finished saying these things, the crowds were amazed at his teaching, for he taught with real authority—quite unlike their teachers of religious law.

Matthew 7: 24-29

If you believe in Jesus and do what he says, you will be like the wise man who built his house on the rock.

***Culture always follows families, and
families always follow fathers.***

The best way to be prepared for life's storms is to build your life on the things that Jesus taught and the way that Jesus lived.



TALK

In groups of 5 or 6 guys, talk about the following questions:

- ① What stuck out to you the most from this session?

- ① What kind of foundation was your family built on when you were growing up? (How we grew up can often influence how we lead, positively or negatively.)

- ① What kinds of things do men build their lives on today? What are false foundations that seem secure but will ultimately fail?

WEEKLY CHALLENGE



Take some time to evaluate your own foundations:

- What are you doing well that you could capitalize on?
- What needs improvement in your life?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:

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JOURNAL



Matthew 7:15–29 (NLT)

The Tree and Its Fruit

15 “Beware of false prophets who come disguised as harmless sheep but are really vicious wolves. 16 You can identify them by their fruit, that is, by the way they act. Can you pick grapes from thornbushes, or figs from thistles? 17 A good tree produces good fruit, and a bad tree produces bad fruit. 18 A good tree can't produce bad fruit, and a bad tree can't produce good fruit. 19 So every tree that does not produce good fruit is chopped down and thrown into the fire. 20 Yes, just as you can identify a tree by its fruit, so you can identify people by their actions.

True Disciples

21 “Not everyone who calls out to me, ‘Lord! Lord!’ will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. 22 On judgment day many will say to me, ‘Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.’ 23 But I will reply, ‘I never knew you. Get away from me, you who break God’s laws.’

Building on a Solid Foundation

24 “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. 25 Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. 26 But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. 27 When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.”

28 When Jesus had finished saying these things, the crowds were amazed at his teaching, 29 for he taught with real authority—quite unlike their teachers of religious law.

Uncover • Unlock • Unleash



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?



WEEK 2

HONOR YOUR PARENTS

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SON

Honor your parents

SON

IMDB says that Gladiator is the 37th best movie of all time. Obviously, they are wrong, and obviously, it's got to be close to #1. The movie is incredible.

The movie follows a prominent Roman General, Maximus Decimus Meridius, commander of the Armies of the North, General of the Felix Legions, and loyal servant to the true emperor, Marcus Aurelius... you know the rest. If you haven't heard of it, watch the movie.

Maximus falls out of favor with the new emperor and becomes a Gladiator. Throughout the movie, the Emperor makes more and more terrible decisions. Meanwhile, the General does everything he can to get to a place where he can face the emperor and fight him to the death in the Coliseum.

The movie's climax happens when Maximus faces off with the Emperor face-to-face and toe-to-toe in the coliseum. The scene in the movie is almost silent, with the only sound being the clanging of one blade clashing against the other as the men fight to the death. You know the scene. It's powerful.

Maximus is successful, but to his detriment. With his last breath, he basically brought freedom to Rome, corrected the injustice of the evil emperor, and probably solved every problem that ever existed. At least that's how it feels.

The last sound of the battle is Maximus falling to the ground dead. He reached his goal, and he met his end.

One of the last lines of the movie comes as the Queen of Rome recognizes what just occurred. She says, "Is Rome worth one good man's life? We believed it once. Make us believe it again. He was a soldier of Rome."

"Honor him."

It's probably one of the most powerful lines in the entire 2 hours and 35 minutes of the movie. I remember watching it for the first time and feeling like I should honor this man for his dedication and sacrifice. I think I cried. You did, too.

Maximus is not real. He never existed. He's a fictional character in an inaccurate historical account of the Roman Empire. But, for the last 20-30 years, men have been moved to honor him.

Why is it so easy to honor people we don't even know?

Honor is easy when you don't know someone because you have no reason to doubt or be frustrated by them. Honor becomes much more difficult when it involves someone you know and possibly even someone who has hurt or incredibly frustrated you.

DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE



Here's a list of 40 words people commonly use to describe their parents. Choose 5 that you would use to describe your experience with your parents.


Unpredictable, Cold, Trustworthy,
Overbearing, Supportive, Distant,
Judgmental, Encouraging, Patient,
Generous, Manipulative, Caring, Critical,
Loving, Respectful, Abusive, Affectionate,
Authoritarian, Inspiring, Neglectful,
Empathetic, Dismissive, Nurturing, Toxic,
Compassionate, Unsupportive, Wise,
Invasive, Role Model, Unavailable, Devoted,
Inconsistent, Controlling, Protective,
Disrespectful, Understanding,
Passive-Aggressive, Kind, Reliable



WARM UP

 What words come to your mind when you think about your parents?

 What do you think honor means, and how do you show it?

 Do you struggle with honoring your parents? Why or why not?

 How do you think your relationship with your father impacts your relationship with God?



We can be defined by the faults of our fathers, or we can stop the cycle.

"Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

Exodus 20:12

If you want to honor God, you will honor your parents.

For instance, Moses gave you this law from God: 'Honor your father and mother,' and 'Anyone who speaks disrespectfully of father or mother must be put to death.' But you say it is all right for people to say to their parents, 'Sorry, I can't help you. For I have vowed to give to God what I would have given to you.' In this way, you let them disregard their needy parents. And so you cancel the word of God in order to hand down your own tradition. And this is only one example among many others."


Mark 7: 10-13


If you struggle with honoring your father, you will struggle with everything else.





TALK

In groups of 5 or 6 guys, talk about the following questions:

-  What stuck out to you the most from this session?

-  When you hear the command to honor your parents, what comes to your mind?

-  Have you found it difficult to honor your parents over the years?
Was it more difficult as a child or as an adult?

-  What is something you have done that has helped you to have a strong relationship with your parents?

WEEKLY CHALLENGE



Take some time to evaluate your relationship with your parents:

- What is one thing you can be thankful for?
- What is one thing you could do to strengthen how you honor your parents?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:

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JOURNAL



Mark 7:1–15 (NLT)

Jesus Teaches about Inner Purity

One day some Pharisees and teachers of religious law arrived from Jerusalem to see Jesus. They noticed that some of his disciples failed to follow the Jewish ritual of hand washing before eating. (The Jews, especially the Pharisees, do not eat until they have poured water over their cupped hands, as required by their ancient traditions. Similarly, they don't eat anything from the market until they immerse their hands in water. This is but one of many traditions they have clung to—such as their ceremonial washing of cups, pitchers, and kettles.) So the Pharisees and teachers of religious law asked him, “Why don't your disciples follow our age-old tradition? They eat without first performing the hand-washing ceremony.” Jesus replied, “You hypocrites! Isaiah was right when he prophesied about you, for he wrote,

‘These people honor me with their lips, but their hearts are far from me. Their worship is a farce, for they teach man-made ideas as commands from God.’

For you ignore God's law and substitute your own tradition.” Then he said, “You skillfully sidestep God's law in order to hold on to your own tradition. For instance, Moses gave you this law from God: ‘Honor your father and mother,’ and ‘Anyone who speaks disrespectfully of father or mother must be put to death.’ But you say it is all right for people to say to their parents, ‘Sorry, I can't help you. For I have vowed to give to God what I would have given to you.’ In this way, you let them disregard their needy parents. And so you cancel the word of God in order to hand down your own tradition. And this is only one example among many others.” Then Jesus called to the crowd to come and hear. “All of you listen,” he said, “and try to understand. It's not what goes into your body that defiles you; you are defiled by what comes from your heart.”

Uncover • Unlock • Unleash



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?



WEEK 3

WHY BROTHERS MATTER

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BROTHER



Why brothers matter



BROTHER

What is the most reliable vehicle of all time? What vehicle pops into your mind?

Maybe it's easier to think of the opposite. What's the worst vehicle you ever owned? What made it so terrible?

Just for conversation's sake, we asked an AI what the top 10 best vehicles ever made were. This is the response: Toyota Corolla, Ford F-Series, Volkswagen Beetle, Honda Civic, Mercedes-Benz S-Class, Jeep Wrangler, Porsche 911, Toyota Land Cruiser, BMW 3 Series, and Ford Mustang. When you read over the reviews of these vehicles, they are all rated pretty high regarding reliability, versatility, performance, and popularity. While they may not all rank high on every single one of these issues, the combination of their scores in these areas makes them some of the most well-perceived vehicles ever.

Here are the worst ones: Yugo GV, Ford Pinto, AMC Gremlin, Chevrolet Vega, Pontiac Aztek, Trabant, Chrysler PT Cruiser, Reliant Robin, Suzuki Samurai, and Chevrolet Citation. Did you ever own any of these vehicles? Or did you ever ride in one? When ranking these, they are generally perceived as terrible because of some combination of their poorly perceived reliability, performance, and design.

For example, the Pontiac Aztek doubled as a tent, including a removable cooler and air mattress. (It really did.) But who needed those? Probably just people who were stranded on the side of the road because of reliability issues.

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People come to their opinions because of their own experiences.

If you have ever owned any of the vehicles on the list, you know right away if you agree or disagree with it being on the best or the worst list. If you owned an F150 and you could barely ever keep it running, or if it failed you at a critical time, you probably think it's one of the worst vehicles of all time.

It all boils down to reliability. You can read every article that Car and Driver ever wrote about how great the Honda Civic is, but if your Honda Civic was a terrible car, you probably think it's a terrible car.

Siblings are exactly the same way. You might have a brother who has an incredible public perception. He's been successful at his job, and people love him. But, if you never quite saw eye to eye, and you've had some pretty difficult disagreements, you probably think he's not as great as people say he is. Your sibling's friends may think they are the most reliable and trustworthy friend they've ever met, but if they failed you at a critical point in your life, you probably struggle with seeing them the exact same way.

Of course, you know how you feel about your siblings. It's easy to think through why you feel the way you do and how you got to this point. But how do they feel about you?

Have you been the kind of sibling God would want you to be? Would your brothers or sisters put you on the reliable or unreliable list?

DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE



What is most important to you when you pick a car?

Make a list of the top 5 things you consider when buying a car

- 1.
- 2.
- 3.
- 4.
- 5.

Why did you list those things?

Is it fair to compare brothers to Pontiac Aztecs?

Here's the most common things that other people consider:

Price, **Brand Reputation**, Fuel Efficiency, Safety Ratings, Vehicle Size and Type, Performance, Interior Space and Comfort, Technology and Infotainment, **Reliability and Durability**, Resale Value, Insurance Costs, Exterior Design, Maintenance Costs, **Environmental Impact**, Transmission Type, Cargo Space, Towing Capacity, Warranty Coverage, **Reviews and Recommendations**, Special Features, **Color Options**, Financing Options, Ownership Costs, Off-Road Capability, **Personal Preferences**



WARM UP

- ① What's the best car that you ever owned?

- ① What things do you appreciate most about your siblings?
Why?

- ① What characteristics are most important in a brother or sister?
Have you seen this in your siblings before?

- ① We recognize that not every man has a sibling. Jesus teaches that all believers are brothers and sisters, who is a person in your life who is following Jesus that is closer to you than your siblings?

Watch Session 3:
"Why Brothers Matter"

WATCH



5 **Brothers are accountable.** FAMILY

Galatians 6: 1-2, "Dear brothers and sisters if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ."

Proverbs 17:17 says, "A friend is always loyal, and a brother is born to help in time of need."

Brothers are dependable.

Every Christian is your brother.



TALK

In groups of 5 or 6 guys, talk about the following questions:

- ① What stuck out to you the most from this session?

- ① We discussed how a brother is meant to be accountable and dependable. Which of these two comes easiest to you? Which one is more difficult?

- ① Justin shared a really powerful personal story about his relationship with his brother. Have you ever experienced a situation where your brothers or sisters came through to support you in a big way? Have you ever felt like they didn't support you when you needed it?

WEEKLY CHALLENGE



Take some time to evaluate your relationship with your parents:

- What is one thing you can be thankful for?
- What is one thing you could do to strengthen how you honor your parents?
- Where can you start?

Now, think about other believers who are following Jesus. Can you think of anyone that you may need to forgive or anyone that you should be asking for forgiveness from?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:

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JOURNAL



Galatians Chapter 6

We Harvest What We Plant

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct.

Those who are taught the word of God should provide for their teachers, sharing all good things with them. Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. ¹⁰ Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

Paul's Final Advice

Notice what large letters I use as I write these closing words in my own handwriting. Those who are trying to force you to be circumcised want to look good to others. They don't want to be persecuted for teaching that the cross of Christ alone can save. And even those who advocate circumcision don't keep the whole law themselves. They only want you to be circumcised so they can boast about it and claim you as their disciples. As for me, may I never boast about anything except the cross of our Lord Jesus Christ. Because of that cross, my interest in this world has been crucified, and the world's interest in me has also died. It doesn't matter whether we have been circumcised or not. What counts is whether we have been transformed into a new creation. May God's peace and mercy be upon all who live by this principle; they are the new people of God. From now on, don't let anyone trouble me with these things. For I bear on my body the scars that show I belong to Jesus. Dear brothers and sisters, may the grace of our Lord Jesus Christ be with your spirit. Amen.

Uncover • Unlock • Unleash



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?



WEEK 4
SERVE YOUR WIFE

5F FAMILY



HUSBAND



Serve your wife



HUSBAND

What happens immediately after the last second of play in the Super Bowl?

Almost immediately after the last second on the game clock, the winning team gathers in the middle of the field, photographers take a ton of pictures, confetti falls from the ceiling, and the owner of the winning team is presented with the Vince Lombardi trophy.

The owner usually hoists the trophy into the air to celebrate their victory after a long and difficult season. The entire NFL, every team, every owner, every coach, every office aligns all of their efforts every year to hopefully be able to end up on that stage holding that trophy.

The NFL is worth hundreds of billions of dollars, and all of that money is pointed at one thing. The Vince Lombardi Trophy. Once an organization wins out for the season, they get to keep the trophy forever. It's theirs. They're committed to it. Usually, the trophies are kept and displayed either at the team's headquarters or their practice facilities. Most teams build special enclosures for them so they are well protected, cared for, and honored by everyone who visits.

It's strange how a 22" tall piece of silver can carry the amount of awe and respect that it does. It's especially odd when you consider the amount of time, effort, and sacrifice that goes into winning one.

Imagine this scene: your team finally wins the Super Bowl, and the players have been waiting their entire lives to make it to that moment. The field is cleared, the ceremony stage is set, and the owner and the team walk on the stage to receive the trophy. The commissioner of the NFL hands the trophy to the owner and looks at it with disgust. He shouts into the microphone, "This is all it is? Are you serious?" Then he throws it to the ground and walks away.

It would be national news immediately. Why? Because the Lombardi trophy was not made to be dishonored. It would make no sense for an organization to invest all of its time and talent into finally receiving that trophy only to reject it. It would be an incredible scandal.

You've either spent your whole life looking forward to a time when you would meet your wife, or you've spent a significant amount of your years investing in your relationship with your wife and your family.

God brought you together. You're meant to give her more honor than anyone could ever give the Lombardi trophy.

She is meant to be your helper, and yet so many of us can easily fall into dishonoring our wives either to her face or behind her back. Why do we do that? And how can we stop?

DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE



What tends to create the most stress in your marriage? Even if things are going well, we bump into problems every once in a while. What do they tend to be for you?

Communication, Finances, Intimacy, Trust issues, Balancing work and family, Conflict resolution, Different goals, Family dynamics, Lack of quality time, Bitterness, Control issues, Jealousy, Mental health, Addiction, Religious differences, Health problems, Isolation

What was the best thing that you have ever done with your spouse?

Write about that experience, and for extra credit, have a conversation with your wife about that experience and why it meant so much to you.



WARM UP

- ① How did you meet your wife? What drew you to her?

- ① What do you love about your wife?
If you're single, what are you looking for in a future wife?

- ① What are the things that typically cause struggles in your marriage?
How are you addressing those issues?

- ① If you are single. What are some things that you would want to learn from the guys in the room who have been married for a long time?



Genesis 2:22–25 (NLT)

Then the Lord God made a woman from the rib, and he brought her to the man. "At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.

God's plan for your marriage is that you cannot and should not be separated.

1 Peter 3:7 (NLT)

Husbands

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered.

If you ignore your wife, God will ignore you.

Ephesians 5:25–33 (NLT)

25 For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her 26 to make her holy and clean, washed by the cleansing of God's word. 27 He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. 28 In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. 29 No one hates his own body but feeds and cares for it, just as Christ cares for the church. 30 And we are members of his body. 31 As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." 32 This is a great mystery, but it is an illustration of the way Christ and the church are one. 33 So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

If you don't love your wife, you don't love yourself.



TALK

In groups of 5 or 6 guys, talk about the following questions:

- ① What stuck out to you the most from this session?

- ① In Ephesians 5:25, husbands are instructed to love their wives as Christ loved the church. What does it mean to love sacrificially, as Christ did? How does this challenge our traditional notions of love and leadership?

- ① Justin looked at 1 Peter 3:7 as part of this session. How can we use that passage to guide personal growth and transformation in our roles as husbands?

- ① **This is more pointed than some of our other questions, but we want to give an opportunity to anyone who would need it.**
 - Justin shared about his struggle with a pornography addiction. This is a radically common struggle among men in our culture, as the latest statistics suggest that between 70 and 80% of men have viewed something pornographic in the last month. While common, it is not part of God's plan for your life or marriage.
 - Simply admitting the issue and inviting someone into your life for accountability can help to change your struggle with this issue. Is there anyone in the group who would want to be open about a struggle they are currently having and need help and accountability for?

WEEKLY CHALLENGE



Take some time to evaluate your relationship with your wife:

- What is one thing you can be thankful for?
- What is one thing you could do to strengthen how you honor your wife?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:





JOURNAL



1 Peter 3 (NLT)

Wives

In the same way, you wives must accept the authority of your husbands. Then, even if some refuse to obey the Good News, your godly lives will speak to them without any words. They will be won over by observing your pure and reverent lives.

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God. This is how the holy women of old made themselves beautiful. They put their trust in God and accepted the authority of their husbands. For instance, Sarah obeyed her husband, Abraham, and called him her master. You are her daughters when you do what is right without fear of what your husbands might do.

Husbands

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered.

All Christians

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

Uncover • Unlock • Unleash



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?



WEEK 5

PARENTING WITH PURPOSE

5F FAMILY



FATHER



Parenting with purpose



FATHER

Meet Paul. Paul is a relatively simple man. Paul grew up in Germantown, Wisconsin, on a small dairy farm. His early life consisted mostly of ensuring the cows had the food they needed and got milked on time.

Paul never really loved school, so he dropped out of high school and then traveled around the US working odd jobs. Eventually, he joined the Coast Guard to jump into World War II. Paul spent much of the war assisting on ships moving US troops from the United Kingdom into Italy. After the war, Paul left the Coast Guard and made a bet that he could find a wife in a short period. Paul won the bet and married Clara that same year in 1946.

When it came time to start a family, Paul and Clara struggled. They were not very financially successful, but they longed to have kids in their home. Things got further complicated when they discovered they could not have kids. So, they pursued adoption. Eventually, Paul and Clara adopted two kids, the first, Steve and the second, Patty.

From all outside accounts, Paul loved his family. Having a mechanical background, he was thrilled to start passing what he knew on to his son. Paul had a small garage, large enough for one car and his workbench. One of the first things he did when his son was old enough was mark off half of his workbench so his son would have his own space to work and polish his skills.

Paul's son loved his Dad. He didn't necessarily share his father's passion for working on cars, but he enjoyed tinkering in the garage, and he wanted to learn from his father's skills and sense of design. At one point later, Paul's son said,

“I wasn’t that into fixing cars, but I was always eager to hang out with my dad.”

Eventually, Paul introduced Steve to other men in the neighborhood who better understood electronics and could help Steve pursue his passions outside of the automotive industry.

Anybody who knew Paul knew he would do anything to help his kids. His passion for helping his son grow and sharpen his skills was obvious, leaving an undeniable mark on Steve's life. Later on, when Steve was asked about his parents, he first said, "They always made me feel special," and later he mentioned that "being adopted never bothered me because I knew that my parent specifically chose me. They were my parents 1000%."

Paul and Clara lived a long and happy life. They were married for forty years. Clara passed away in 1986, followed by Paul in 1993.

Paul was an exceptional father who did everything he could to invest in his son and ensure he had everything he needed to thrive.

Unfortunately, Paul passed away before he could witness his son Steve step on the stage in 2007 and change the modern world by introducing the iPhone.

Steve Jobs had a faithful father who loved him. You've probably never heard of Paul Jobs, but I'm sure you've heard of his son. And, directly or indirectly, you've been impacted by his son. None of that would have happened if he didn't have a father who loved him, cared for him, and brought him up in a way where he could thrive.

Paul's influence as a good father continues to outlast his own life and the life of his son. That's the job. That's how fatherhood works. Your decisions today as a father will last much longer than those of your son or daughter.

That's why we want to do this well.

5F FAMILY

DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE






Imagine your kids are young (maybe your kids actually are young, maybe they're not) they're in first grade, and they are asked to draw a picture of their family. What would that picture look like? Who would be in it? What would they be doing? Where would they be?

Draw the picture as your first grader would.





WARM UP

-  When you think about your father, what are the first things that come to your mind?
-  If your kids were doing the same exercise, what words would you want to come into their minds?
-  Why did you give the answers that you did?



Father's teach their kids to love and follow Jesus.

Deuteronomy 6:4,

"You must love the Lord your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home, when you are on the road, when you are going to bed, and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and your gates."

Ephesians 6: 1-4,

"Children, obey your parents because you belong to the Lord, for this is the right thing to do. Honor your father and mother. This is the first commandment with a promise: If you honor your father and mother, things will go well for you, and you will have a long life on the earth." Fathers, do not provoke your children to anger by how you treat them. Instead, bring them up with the discipline and instruction that comes from the Lord.


Fathers do not provoke their kids.


We don't want our kids to be like us. We want them to be just like Jesus.





TALK

In groups of 5 or 6 guys, talk about the following questions:

-  What stuck out to you from today's session?

-  Deuteronomy 6:7 mentions talking about God's commands "when you sit at home and when you walk along the road, when you lie down and when you get up." How do you integrate conversations about faith into the everyday moments of life with your family?

-  How do you handle moments of conflict or disagreement with your children in a way that aligns with the principles outlined in Ephesians 6:1-4?

-  How do you model a life of faith and obedience to God for your children? What habits or practices do you prioritize in your own spiritual life that you hope your children will emulate?

WEEKLY CHALLENGE



Take some time to evaluate your relationship with your kids:

- What is one thing that you have done well?
- What is something that you have not done well, that could use some improvement?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:

5F FAMILY



JOURNAL



Ephesians 6 (NLT) Chapter 6 **Children and Parents**

Children, obey your parents because you belong to the Lord, for this is the right thing to do. "Honor your father and mother." This is the first commandment with a promise: If you honor your father and mother, "things will go well for you, and you will have a long life on the earth." Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

Slaves and Masters

Slaves, obey your earthly masters with deep respect and fear. Serve them sincerely as you would serve Christ. Try to please them all the time, not just when they are watching you. As slaves of Christ, do the will of God with all your heart. Work with enthusiasm, as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free. Masters, treat your slaves in the same way. Don't threaten them; remember, you both have the same Master in heaven, and he has no favorites.

The Whole Armor of God

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

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Unlock - What does it mean?

Unleash- What should you do?



WEEK 6
SPIRITUAL LEGACY

5F FAMILY



WHAT NOW



Spiritual legacy



WHAT NOW

Did you know that 85% of people who pursue a New Year's resolution ultimately never complete the goal they created? 23% of people quit pursuing their resolution by the end of the very first week, and 43% quit by the end of January of that year. The stats for this are so high that you can most likely think of a time when you set a goal for the New Year and failed to reach it. Actually, the odds are very high that there is a treadmill in your basement or an exercise bike in your living room that you purchased either in December or January of some year, and now you use it to hang laundry or collect dust.

We're not great at sticking to goals. We are especially not great at sticking to goals when we plan to pursue them completely by ourselves.

So, we want to set this week up a little differently. You have just invested six weeks of your life examining how you conduct yourself in most of the family roles you fill. In New Year's Resolution terms, if you started January 1st, you've at least made it into February. But the odds are still against you.

We are certain you have experienced some kind of growth over the last several weeks, but it's important to guard that growth and capitalize on it. We don't accidentally drift into being more disciplined. Actually, we naturally fall away from it.

So when you finish A Man's Family, what will you do to continue progressing? How will you continue to pursue knowing God and knowing your purpose? If you've experienced changes in your family, how will you ensure you keep those positive changes in place? If you have been growing in your faith and in your relationships, how will you guard that progress?

Don't waste this time. If you don't have some kind of plan, the time you have spent growing in your family roles as a man might be lost.

Have a plan. Invite someone to hold you accountable as you pursue that plan.

Would you be interested in pursuing a mentorship?

We will help you find a man who is just a season or two ahead of you who can regularly meet up with you and help you pursue the plan that God has already laid out for you. We do mentorship, so we would love to get you plugged into one. It will help you as you become the man God has called you to be.

Do you want to pursue improvement in other areas of the Core 5?

We believe that you will be the man you are called to be when you thrive in the Core 5, your faith, family, friends, fitness, and finances. We have resources available to help you with every single one of these areas. The series that you are completing, A Man's Family, is just one part of a 6 series program. If you want to participate in another series, contact us to find out when the next group starts.

Would you benefit from some time away to focus on the areas you need to grow in?

Look into our Equilibrium retreats. We offer these several times a year, and the goal is to give you a change of place and a change of pace. Signing up for one of our retreats will be an excellent way to remove yourself from the busyness of your everyday life so you can find time to evaluate how you are living and what changes you could make. This could be a great next step to capitalize on everything you've worked on over the last several weeks.



To check out our full library of resources, scan the QR code.

DO THE ACTIVITY ON THE NEXT PAGE

EVALUATE



Imagine your 50th wedding anniversary. Your kids have planned an incredible party for you and everyone that you've ever cared about is there.




What five words will be used the most as people honor you and talk about what they appreciate about you?

1.	50	Home	Family		
2.	50	Home	Family		
3.	50	Home	Family		
4.	50	Home	Family		
5.	50	Home	Family		
	50	Home	Family		
	50	Home	Family		
	50	Home	Family		



WARM UP

The whole point of this final session is encouraging all of us to stick to the work we've already done. We want to continue to capitalize and build on everything we've been doing through this series.

-  Why is follow-up so difficult at times?
-  What are some ideas that you have for sticking to the work that you've already done?
-  What is the best thing that has happened to you or to your family over the course of the last few weeks?

Watch Session 6:
"Spiritual Legacy"

WATCH

Judges 2:10,

"After that generation died, another generation grew up who did not acknowledge the Lord or remember the mighty things he had done for Israel. The Israelites did evil in the Lord's sight and served the images of Baal. They abandoned the Lord, the God of their ancestors, who had brought them out of Egypt."


We do not want this to be our story.


5F FAMILY





TALK

In groups of 5 or 6 guys, talk about the following questions:

-  What stood out to you from this session?

-  Reflecting on your own experiences, how do you see the influence of parental faithfulness (or lack thereof) showing up in your family or community?

-  Discuss the challenges fathers face in maintaining spiritual leadership and passing down their faith in today's society. How can these challenges be overcome?

-  Share personal stories or examples of how you've seen the impact of faithful parenting in your own life or the lives of those around you.

WEEKLY CHALLENGE



Take some time to evaluate your relationship with your entire family:

- What is one thing that has helped you over the course of the series?
- What is something that you would change or something you would choose to do better?
- Where can you start?

What is one small goal you can accomplish this week to ensure that you capitalize on the growth that you have experienced over the course of this session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

WRITE YOUR GOAL HERE:

5F FAMILY



JOURNAL



Judges 2:6–15 (NLT)

The Death of Joshua

After Joshua sent the people away, each of the tribes left to take possession of the land allotted to them. And the Israelites served the Lord throughout the lifetime of Joshua and the leaders who outlived him—those who had seen all the great things the Lord had done for Israel. Joshua son of Nun, the servant of the Lord, died at the age of 110. 9 They buried him in the land he had been allocated, at Timnath-serah in the hill country of Ephraim, north of Mount Gaash.

Israel Disobeys the Lord

After that generation died, another generation grew up who did not acknowledge the Lord or remember the mighty things he had done for Israel.

The Israelites did evil in the Lord's sight and served the images of Baal. They abandoned the Lord, the God of their ancestors, who had brought them out of Egypt. They went after other gods, worshiping the gods of the people around them. And they angered the Lord. They abandoned the Lord to serve Baal and the images of Ashtoreth. This made the Lord burn with anger against Israel, so he handed them over to raiders who stole their possessions. He turned them over to their enemies all around, and they were no longer able to resist them. Every time Israel went out to battle, the Lord fought against them, causing them to be defeated, just as he had warned. And the people were in great distress.

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Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?



5F FAMILY

**Congratulations on completing A Man's Family!
Now, are you ready to take your growth to the next level?**



POST-SURVEY

Men of Iron offers a guided path to become the man you were meant to be:

- ⊗ **Basecamp (Free Resources):** Get started with free resources to jump-start your journey towards knowing God and your purpose. Explore **FREE** Basecamp resources.
- ⊗ **Ridge Line (Grow Together):** Join a small group of men for a deeper exploration of faith, family, finances, fitness, and friendships. It's a supportive environment with a minimal cost. Find a supportive Ridge Line group.
- ⊗ **Summit (Reach the Peak):** Invest in personalized mentorship from a seasoned leader who can guide you on your unique path. This is the highest level of commitment, but the rewards are unmatched. Learn more about transformative mentorship.

**Check out our Basecamp, Ridge Line
& Summit Resources at menofiron.org/theclimb**

Don't settle for basecamp!

Keep climbing towards your full potential.



MEN OF IRON





Bonus: Pay it forward!

Become an Iron Partner and support another man's journey through A Man's Family.

God has given Men of Iron a vision to change a culture, one man at a time. We cannot do that without the trusted partnership of prayer, finances, and relationship with others. Our financial partners are not bystanders or accessories to the vision, they are equal partners in the work God is accomplishing. Join the movement of God by generously investing in His work!

Become a Monthly Iron Partner! Commit to a minimum of \$27/a month and equip a man with the tools needed to adventure up the mountain to know God and their purpose for one whole year.

Monthly giving creates sustainability for our organization as it works to cover regular operating costs, allowing us to dream and create new opportunities for impact. As an Iron Partner you will receive exclusive connections to God's work throughout the year with special communications, events and touch points.

MENOFIRON.ORG/IRONPARTNER



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