

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.

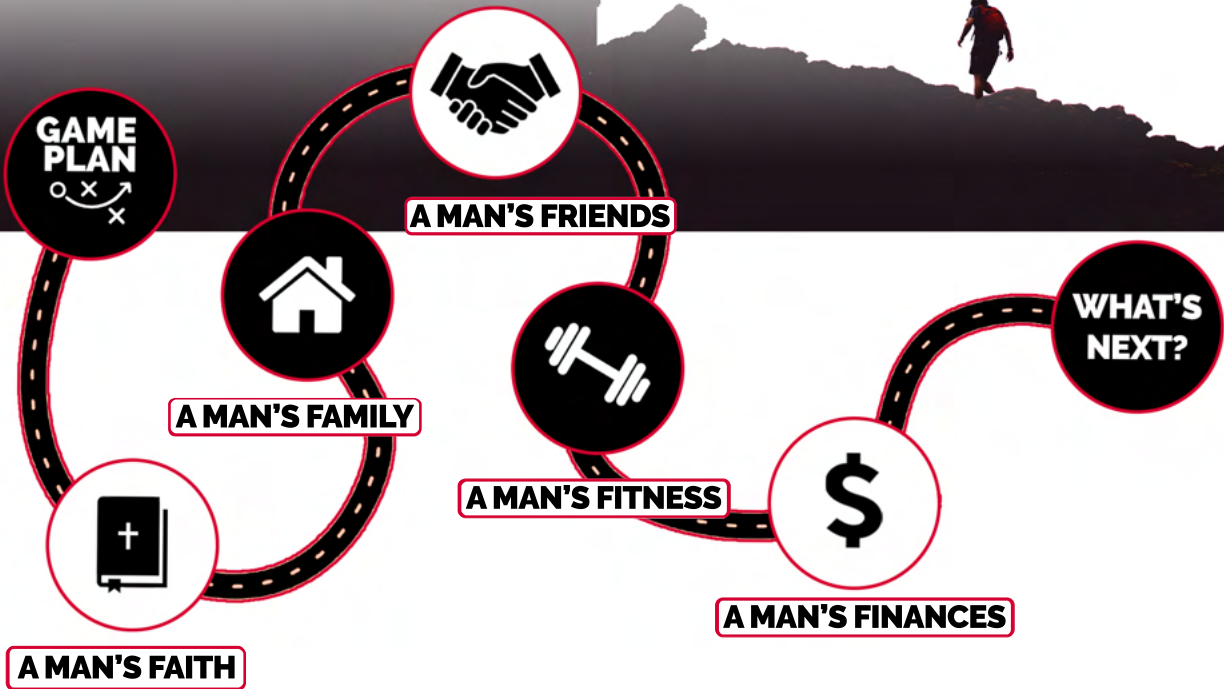
Check out our Basecamp, Ridge Line & Summit Resources at
menofiron.org/theclimb



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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**


(Background watermark: A large, faint '5F' is repeated vertically on the left, and the word 'FAMILY' is repeated horizontally across the center, with a house icon above each 'I'.)



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?
