



For Men

**Helping Men Prepare For
Life's Battles**

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With

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Permission to make handouts for each group member
Boot Camp For Men Book

The lessons in this book deal with issues that men face every day. You will see they are in week 1-24 order. All lessons are on two pages so you can copy them and use them as you see fit. You will also find the points you can use as you teach each lesson, and a place to add your own thoughts - you need to make it your own.

Start Up Kit For Boot Camp Groups

Start with a Few (Reach 3 to 7 Men)

1. Provide "safety"

You'll need to allow the men in your small group a lot of time for the walls to start coming down. This will be a gradual process. Your group needs to be a place where the trust level goes up, so that group members are willing to share their lives.

2. Keep Your Focus

Make sure from the start that you have decided as a group what your purpose is, and stick to it. It will be easy to slide into other things, topics and conversations.

3. Start and Finish on Time – key

One person in the group should have the responsibility to start the group on time and let everyone know when the committed time is up.

4. Focus on People, Not Programs

It will be easy to discuss lots of great subjects and to debate theological issues and never get to the matters of the heart. Start your group with plenty of time for the group members to get to know one another. Maybe schedule a night to just hang out. Relationships are key.

5. Be challenging

Most men are sick and tired of only talking about sports and the weather; they want to go deeper and be challenged. Men will extend themselves if they know what the goal is and what they will get out of it. They want to be involved in something significant and life-changing.

6. Move Slowly

Men do not easily reveal the hurts, pains and frustrations of their lives. It takes time, so move slowly. Before vulnerability will happen in your group, you will need to start by developing an environment of unconditional love and acceptance, not one of judgment. Build men up; do not beat them up.

7. Take the Lead

Most men will not share their fears, failures, or feelings because they don't know how and have never been in a safe environment to do so. Take the lead by example.

8. Life

Some of the greatest ministry will take place outside your sessions, when specific needs arise in the lives of the men in your group. Make yourselves available to help in those times of need and feel free to call the others in your group for help.

9. Take Men On A Journey

Help men define, discover and develop their God-given potential and raise their level of expectancy.

10. Discussion

There are three simple guidelines: wait your turn, stay on the topic, and keep it brief. (*post-it note*)

11. Small Group Prayer

The ABC's of small group prayer are: **Audible**, so all can hear; **Brief**, so that you do not take everyone else's time; and **Christ-centered**, so as not to spend all your time praying about uncle Jim's ingrown toenail. *If someone does not feel comfortable praying aloud, make sure he knows he does not have to.*

12. Multiply

Always be on the lookout for other leaders.

6 Known Killers of Small Groups ---Beware!

Aimlessness, Poor leadership, Controlled by the wrong one, Shallowness, Individualism, Competition.

Five "M's" to keep in mind

1. Minister to the men, not at them
2. Mentor their spiritual maturity
3. Motivate men to discover their God given potential
4. Model a surrendered heart
5. Multiply

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Week 1

A True Friend Moving From Facebook to FaceTime

Who is riding Shotgun in your life?

We have too many men getting picked off daily because they do not have that man that they can call when life hits hard.

Bible Study: Mark 2:1-5 and 11-12

Talk about 1 hurting man, 4 men coming along side of him willing to do whatever it took to get him to Jesus.

Talk about the qualities of a true friend

As they call out their word ask them in a few words to explain it. Allow the list to grow... (space is provided for your list)

Supports you
Listens to you
Encourages you

Now talk about the keys to being a true friend

Be Confidential - A faithful friend is one who doesn't share your life with others.

Proverbs 11:13: "A gossip betrays a confidence, but a trustworthy man keeps a secret."

In a survey of more than 40,000 men, the quality most valued in a friend is the ability to keep confidences. Do you put things "in the vault" when someone shares something with you?

Be You - The greatest gift you can give to others is you—the *real* you. So, pull off your mask and be authentic!

Be observant – Pay attention. Sometimes you may just have to be quiet and listen.

Be available - You never know when you will be called on. Be considerate. Know when to press and when not to. Sometimes they just need you.

Be an example - Set an example. They are always watching you.

Be wise – Be discerning. Don't try fixing something that does not need to be fixed.

Be courageous - Know when to put it on the line. There are just times you have to call a timeout and just say that is just wrong.

Believe - Build them up; do not beat them up. Call out the best in them.

Repair Rifts - As rifts, misunderstandings arise. Tackle them head-on with gentle honesty. Never let a disagreement fester and damage what has been built.

Now develop a definition of a true friend

- Our definition was: they walk with you even when others don't.

Week 7

Anger

Anger is a great challenge for so many and in so many ways. Did you know the death rate is 7 times higher for people who have a tendency to just stay angry?

Anger is simply a natural emotional reaction to a displeasing situation or an event.

Bible Study: Ephesians 4:26-27

In here you will see 4 principles that will help us deal with anger.

Notice the command in Verse 26: In your anger do not sin. See, anger is not the problem – it becomes a problem when it is handled wrong.

Even Jesus got angry at injustice and wrong, but notice He did not sin in His anger – He just corrected the problem

1st Principle

Admit when you are angry – don't deny it – it will only get worse. Ask yourself, "Will it really change anything?"

The key here is be careful of your words. Never forget that words are like a tube of tooth paste - once you squeeze it out it is hard to get it back in. If you don't talk it out, you will take it out.

2nd Principle

Understand It – Is it helpful anger or hurtful anger?

Ask yourself two questions – What am I so angry about? And Why am I so angry? Find out what the root cause is, then you can deal with it. Is it coming from a hurt, a frustration, a fear? I have found in dealing with men most anger comes from a criticism or an injustice to them or someone close to them.

3rd Principle

Deal with it right away – Don't let the sun go down...

If you do Satan has a foot hold and he can use that time to sometimes make matters worse. Look at what the verse says – Get over it. Deal with it because it can tear people apart.

4th Principle

Control it – do not allow anger to control you; don't allow anger to steal logical thinking from you.

Always fight fair

Fighting fair allows you to express your own needs while still respecting others.

Make the relationship your priority. Maintaining the relationship, rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.

Focus on the present. Once you are in the heat of arguing, it’s easy to start throwing the past into the mix. Focus on what you can do to solve the problem.

Choose your battles. Conflicts can be draining, so it’s important to consider whether the issue is really worth your time and energy. If you pick your battles rather than fighting over every little thing, others will take you more seriously when you are upset.

Be willing to forgive. Resolving conflict is impossible if you’re unwilling or unable to forgive.

Know when to let something go. If you can’t come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, choose to move on.

4 Helpful Questions to Ask Yourself

1. What am I so angry about?
2. Why am I so angry?
3. Will it really change anything?
4. In the end will it really matter?