

ROCK

SOLID MEN

STRONG FOUNDATIONS



BE ON YOUR GUARD;
**STAND
FIRM**

IN THE FAITH; BE MEN
OF COURAGE; BE STRONG.
DO EVERYTHING IN LOVE
—1 CORINTHIANS 16:13-14 NIV

6 SESSIONS FOR YOU AND THE GUYS

MIM
man in the mirror

What does it mean to be a Rock Solid Man?

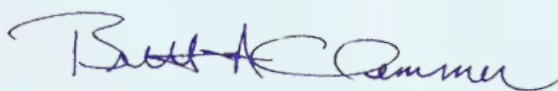
It seems like there are no absolutes anymore. Moral relativism, political expedience and simply trying to survive have many men feeling unstable. Trying to stand on your values and beliefs can make you feel like a man jumping from ice floe to ice floe. Each one teeters when it takes your weight, and you wonder if you will slip off into the icy water or if your footing will stabilize, at least for a while. What if you didn't have to jump—if you could stand on solid rock instead of tilting ice? What if you could walk with confidence, even while those around you were slipping and sliding through life?

What would it take to live your life like that? You would need to be vigilant, prepared for both threats and opportunities. You would want to have a solid understanding of your beliefs. You would need to have courage to stand up to the challenge, and strength that comes from training and preparation. Most of all, you would need to be confident in your identity. When you know Christ loves you, it makes it possible for you to love others. This is what it means to be a Rock Solid Man.

This workbook will help you and a small group of guys explore these issues more deeply. You'll have fun as you meet every week or so to explore what the Bible has to offer you about how to live your life with solid footing. You'll learn about specific practices you might want to make a regular part of your life.

As you meet and discuss each session, you'll get to know each other—you might find yourself forming deeper bonds of friendship and even brotherhood. So lean in, lock arms and fight for truth together. You need each other.

With you in the Great Adventure,



Brett Clemmer
VP, Man in the Mirror



For the Group Facilitator

This workbook consists of six sessions to be completed by a small group. Each session can be completed in a 60-90 minute meeting. A good schedule for a 60-minute meeting is 50 minutes for reading and discussion and 10 minutes for prayer. For a 90-minute meeting, use the extra time for deeper discussion. Each session also includes an optional activity idea.

When leading discussion, it's more important to talk about "real" things the men are dealing with than it is to get to every single question. Aim to keep the conversation personal and

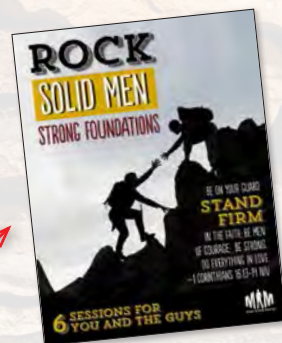
practical, as opposed to theological and theoretical. **The goal is air time for every man, every week.** Encourage each man to share, but don't force it.

Remember—you don't have to be a teacher or experienced Bible scholar to lead a group. The most important parts of your role are to show up, help facilitate discussion, and show guys you care.

Give every man a quick call or text every week to remind them of your meeting and check in with them. That's what makes a rock solid facilitator.



You only need two things: this workbook and a pen. If you want to take extra notes or look up additional Scripture, bring your Bible and a notebook, too!



Here's how it works

Never done a Bible study before? No problem!

5. The **Talk About It** section leads you through a discussion about how what you're studying relates to your life.

6. The **Rock Solid Challenge** prompts you to DO something practical that God will use to mature you into a Rock Solid Man.

1. Each of the first five sessions is based on a different part of 1 Corinthians 16:13-14. Read over the verse each week to start. (The sixth week is based on Matthew 7:24-25.)

2. **Consider This** introduces the topic.

3. Next, read through the **Key Passage** together.

4. Each session introduces you to a **Rock Solid Tool** that will help you mature in your walk with God. You'll also find a related verse under **Memorize This** — try to memorize it each week and review it at the next meeting!



7. Have fun between meetings with the optional **Activity Idea**.

8. Write prayer requests from the other guys on the left side of the journal page and check back each week to see how they're doing! Use the right side for notes from the discussion or related to the Rock Solid Challenge.

1

Session One: Vigilance

Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.

1 Corinthians 16:13-14, NIV

Consider This...

"En garde!" We all know that those two words signify that a battle is about to take place. As two fencers stand facing each other, this phrase means *get ready*. But get ready for what? To defend yourself, yes. But you don't win

a fencing match by defending well. You win by scoring points *offensively*. A fencer uses the opportunities presented to him to touch the tip of his foil or epee in a place that scores points. With real swords, you would actually be stabbing someone.

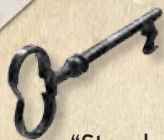


The Christian is a spiritual fencer, focusing on defense *and* offense. He must be on guard—both to defend himself against an enemy that "prowls around" looking for someone to devour (1 Peter 5:8), and to watch for the ways God is at work so that he can join Him and serve Him more fully.

As you are being vigilant, remember that you do not stand guard alone!

The Holy Spirit is with us as we live our lives. "You are my strength, I watch for you; you, God, are my fortress..." (Psalm 59:9, NIV)

MEMORIZE THIS



KEY PASSAGE

"Stay dressed for action and keep your lamps burning, and be like men who are waiting for their master to come home from the wedding feast, so that they may open the door to him at once when he comes and knocks. Blessed are those servants whom the master finds awake when he comes. Truly, I say to you, he will dress himself for service and have them recline at table, and he will come and serve them. If he comes in the second watch, or in the third, and finds them awake, blessed are those servants! But know this, that if the master of the house had known at what hour the thief was coming, he would not have left his house to be broken into. You also must be ready, for the Son of Man is coming at an hour you do not expect."

—Luke 12:35-40, ESV



Rock Solid Tool: PRAYER

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

—Ephesians 6:18, NIV

Prayer is an essential tool for becoming vigilant—to guard against sin and evil, as well as to listen for God's voice and prompting. **To be alert takes being in consistent communication with God.**

Talk About It

1. How many movies can you think of that include swordplay? Take five minutes and see who has seen the most. Who's the "movie buff" in your group?
2. What does the passage from Luke teach us about vigilance?
3. What things in your life are distracting you from remaining "awake"—i.e. what things are putting you "to sleep?"
4. Is there an area in your life now that you need to be more vigilant *defensively*, to protect yourself from Satan? What are some boundaries you might need to put in place? How can your Christian friends support you in this area?
5. What kinds of opportunities might God present to a man who is being vigilant *offensively*, to build His Kingdom or bring Him glory? Is anyone in the group facing an opportunity like that now?

Activity Idea

Pick the favorite from the list of movies you came up with and plan a movie night. Short on ideas? Here are some suggestions: *The Princess Bride*, *The Count of Monte Cristo*, *Gladiator*, *Pirates of the Caribbean*.

ROCK

SOLID CHALLENGE:

Start a Prayer Journal.

This week, commit to engaging in an intentional, *daily* time of prayer. Whether you start with five minutes, 10 minutes, or longer, the goal isn't duration but consistent, honest communication.

Patrick Morley writes, "I see prayer as the conversation that turns salvation into a close personal relationship with God. So when I say "a little" and "a lot," I'm not necessarily

referring to a quantity of time spent in praying. [...] Praying "a little" or "a lot" has more to do with the level of intimacy or communion attained through prayer" (*A Man's Guide to the Spiritual Disciplines*, 50).

On the first day of this challenge, start a prayer journal, where you **write down things God is speaking to you and situations you are praying about**. It's amazing to return to earlier entries later on and see how He is working!

In each session of this guide, a place is included for you to write down the prayer requests of those in your group. Lift these up throughout the next week.

Prayers for my brothers...

