

Manning up

The phrase is used to tell someone that they should deal with something more bravely.

Informal: to make an effort to deal with something (such as an obligation or a challenge) in a way that is considered strong or manly... "You're starting a family. *Man up.*"

..."*Man up* and be honest that what you did that night was wrong." — Lenny Rosado

WHAT IS A MAN?

The world offers conflicting views of what being a man is all about. Some say that being a man requires grit, square-jawed determination, a working knowledge of weaponry, and, preferably, rock-solid abs. That would include leadership skills, a good work ethic, physical stature, riches, or sexual prowess. Meanwhile, the entertainment industry offers us a depiction of manhood,

1. glorifying the womanizing activities of James Bond,
2. the stoic toughness and emotional distance of Jason Bourne, and
3. the obsession for greed, power, and control of Gordon Gekko.

On the other hand we see a major part of society that views men as TOXIC.

Is Manhood Under Attack? w/ Prof. Nancy Pearcey | *The Lila Rose Podcast*

Article in the Washington Post "Why can't we hate men"

Editor for the Huffington Post tweeted "Kill all men"

T-shirt that says "So many men so little ammunition"

Books are now being published with titles like:

I Hate Men - No Good Men - Are Men Necessary

Jonathan Stouten wrote a book producing the buzz word "Talking about healthy masculinity is like talking about healthy cancer".

James Cameron is quoted saying "Testosterone is a toxin that needs to be worked out of the body."

A recent study shows that 46% of men in the US feel like they are punished for simply acting like a man and in the UK its 55%.

The origin of toxic masculinity goes all the way back to the industrial revolution. Before then men worked with their families in family farms businesses etcetera. Men we're concerned for the common good, the church, society, the wife, and the children. The word of the day to describe the man was disinterested meaning he was not to look after his



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Now for the first time in human history women were said to be morally and spiritually superior to men. This left a dangerous circumstance in that now women biblically took on roles they were not given by God and men were let off the hook which allowed them to be more promiscuous, weaker, more given to vice and seen as moral tramps while women held the line giving way to view men as toxic thus toxic masculinity.

As we look at our present cultural condition when it comes to describing men we are left confused, demoralized, and in so many cases men raise their hands in surrender but there is another standard? In order to fully embrace our biblical role as men we must reject the woke, liberal, worldly narrative that is being forced down our throat. God created humanity as male and female: "So God created man in his own image, in the image of God he created him; male and female he created them" [Genesis 1:27](#)

A man is a person of the male gender, and a woman is a person of the female gender. The Hebrew word for a male-gendered person, often translated as "male" in the Bible, is *zāḳār*. That word is thought to have carried an original meaning of "prominence. Another rare but amusingly descriptive euphemism for "man" is used in the Old Testament. The Hebrew expression (**shathan**) appears only six times and literally translates as "one who urinates on a wall."

The path to spiritual growth and Christian maturity is essentially the same for men and women. Nevertheless, certain distinctions were made for males under the Old Covenant:

- "Every male among you shall be circumcised," states the terms of God's covenant with His people (see [Genesis 17:10–23](#)).
- Only male descendants of Aaron could partake of the food offerings ([Leviticus 6:18](#); [Numbers 18:10](#)).
- Three times a year during the annual feasts, "all the men" were to appear before the Lord as representatives for their families ([Exodus 23:17](#); [34:23](#); [Deuteronomy 16:16](#)).
- Firstborn males were consecrated as holy to the Lord ([Exodus 13:2, 12](#); [Luke 2:23](#)).



Masculinity finds its definition in God alone — not the world, not culture, not the workplace. Ultimately and completely, masculinity is defined by the God who makes men.

1. A man commits to following a greater authority.

Luke 9:59–62 “[Jesus] said, “Follow me.” But [the man] said, “Lord, let me first go and bury my father.” And Jesus said to him, “Leave the dead to bury their own dead. But as for you, go and proclaim the kingdom of God.” Yet another said, “I will follow you, Lord, but let me first say farewell to those at my home.” Jesus said to him, “No one who puts his hand to the plow and looks back is fit for the kingdom of God.”

2. He commits to sacrifice all else in the shadow of discipleship.

Luke 14:26 “If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple.”

3. He commits to determined, joyful obedience.

John 6:66–69 “After this many of his disciples turned back and no longer walked with him. So Jesus said to the twelve, “Do you want to go away as well?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.”

4. He commits to spiritual discipline.

Mark 1:35 “Rising very early in the morning, while it was still dark, [Jesus] departed and went out to a desolate place, and there he prayed.”

5. He commits to abide in the word of truth.

John 8:31–32 “Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

6. He commits to growth and production, especially spiritual fruit.

John 15:8 “By this my Father is glorified, that you bear much fruit and so prove to be my disciples.”



7. He commits to carry out God's mission.

Matthew 28:19-20 "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

8. He commits to love others faithfully.

John 13:34-35 "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

9. He commits to brotherhood and community.

Hebrews 10:24-25 "Let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

10. He commits to love his wife as Christ loved the church.

Ephesians 5:25-28 "For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her ²⁶to make her holy and clean, washed by the cleansing of God's word. ²⁷He 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. ²⁸In the same way, husbands ought to love their wives as they love their own bodies."

11. He commits to steward the children he is blessed with.

Ephesians 5:4 "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."

Proverbs 22:6 "Train up a child in the way he should go: and when he is old, he will not depart from it."

Men, it's time to MAN UP from Gods point of view:

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| 1. Submit to God the Father and His authority | 7. Be a light bearer |
| 2. Live sacrificially | 8. Love others |
| 3. Obey joyfully | 9. Be about community |
| 4. Live a disciplined life | 10. Love your wife |
| 5. Abide by the word | 11. Love your children |
| 6. Be productive | |

