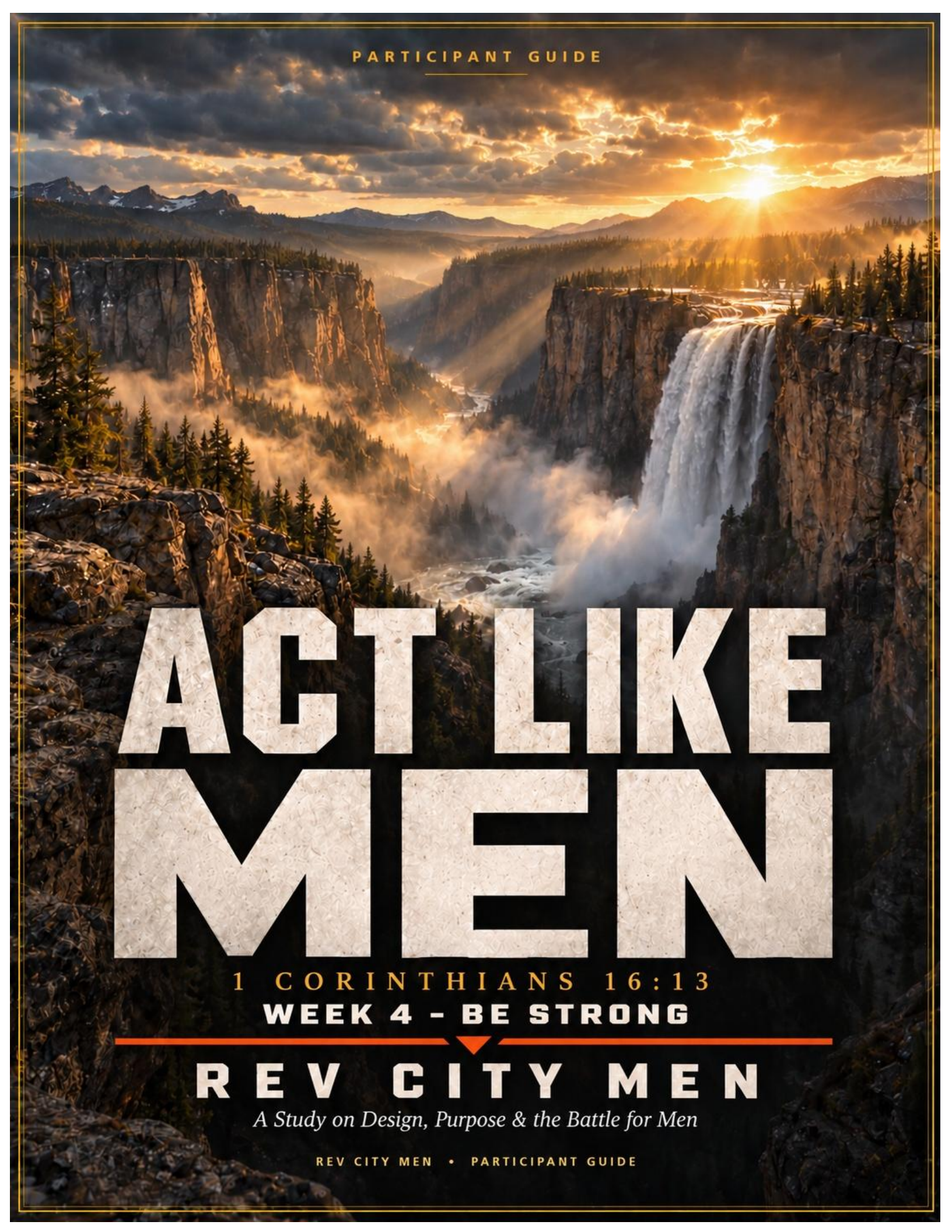




PARTICIPANT GUIDE

ACT LIKE MEN

1 CORINTHIANS 16:13
WEEK 4 - BE STRONG

REV CITY MEN

A Study on Design, Purpose & the Battle for Men

REV CITY MEN • PARTICIPANT GUIDE

SCRIPTURE • 1 CORINTHIANS 16:13-14

Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.

SCRIPTURE • LUKE 11:21

When a strong man, fully armed, guards his own palace, his goods are safe;

SCRIPTURE • MATTHEW 20:17-19

And as Jesus was going up to Jerusalem, he took the twelve disciples aside, and on the way he said to them, "See, we are going up to Jerusalem. And the Son of Man will be delivered over to the chief priests and scribes, and they will condemn him to death and deliver him over to the Gentiles to be mocked and flogged and crucified, and he will be raised on the third day."

We live in a world that defines strength by position, possession, and power.

SCRIPTURE • MATTHEW 20:20-21

Then the mother of the sons of Zebedee came up to him with her sons, and kneeling before him she asked him for something. And he said to her, "What do you want?" She said to him, "Say that these two sons of mine are to sit, one at your right hand and one at your left, in your kingdom."



MY NOTES

TRAIT ONE

A Strong Man is a Sabbath Man

SCRIPTURE • EXODUS 20:8-11

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.”

 MY NOTES

A strong man doesn't just have God on his list of priorities, God is the page upon which his priorities are written.

You don't rest from work, you rest for work...so that you can accomplish all that God has called you to accomplish.

A Godly man is a man who has his life rightly ordered, where Jesus is before all things.

If the devil can't make you bad, he will make you busy.

In our culture we value busy. It's commendable amongst men to be or appear busy.

We make terrible decisions when we are busy and exhausted.

 MY NOTES

DISCUSSION QUESTIONS

1. What do you think about the statement “If the devil can’t make you bad, he will make you busy”?
2. Do you agree that when we get exhausted we tend to make bad decisions?
3. If honoring the Sabbath is on God’s top ten list, why do you think many believers fail to uphold this today?

TRAIT TWO

A Strong Man is a Persevering Man

SCRIPTURE • MATTHEW 20:22–23

Jesus answered, “You do not know what you are asking. Are you able to drink the cup that I am to drink?” They said to him, “We are able.” He said to them, “You will drink my cup, but to sit at my right hand and at my left is not mine to grant, but it is for those for whom it has been prepared by my Father.”

 MY NOTES

Jesus modeled this by persevering through the cup of God's wrath being poured out upon Him for us.

Boys say that's not my fault. Men say I'll handle it.

In your life, you can make a difference or make an excuse. You can't make both.

You can be right, or you can be married. Sometimes you can't be both.

SCRIPTURE • PROVERBS 24:16

The godly may trip seven times, but they will get up again.

 **MY NOTES**

DISCUSSION QUESTIONS

1. What do you think about the statement "You can make a difference or an excuse, but you can't make both"?
2. What does it look like for husbands to love our wives as Christ loved the church?
3. Why is it important for men to take responsibility even when it's not our fault or our problem?

TRAIT THREE

A Strong Man is a Humble Man

SCRIPTURE • MATTHEW 20:23

He said to them, “You will drink my cup, but to sit at my right hand and at my left is not mine to grant, but it is for those for whom it has been prepared by my Father.”

SCRIPTURE • JOHN 19:11

Jesus answered him, “You would have no authority over me at all unless it had been given you from above.”



MY NOTES

Jesus exhibits his strength and security through humility.

You should never expect God to entrust you with any authority until you learn how to live under authority.



MY NOTES

DISCUSSION QUESTIONS

1. Have you ever struggled with submitting to authority?
2. How does trusting God with our life reflect a posture of humility?

TRAIT FOUR

A Strong Man is a Serving Man

SCRIPTURE • MATTHEW 20:24–28

And when the ten heard it, they were indignant at the two brothers. But Jesus called them to him and said, “You know that the rulers of the Gentiles lord it over them, and their great ones exercise authority over them. It shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

Everyone is cool being a servant until we get treated like one.

A strong man is a serving man, and not just when it’s convenient.

A serving man is the kind of man that leverages his strength for others.

 MY NOTES

SCRIPTURE • PHILIPPIANS 2:3–8

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, you must have the same attitude that Christ Jesus had. Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

SCRIPTURE • JOHN 13:3–5

Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him.

 MY NOTES

Washing feet was a literal job reserved for the lowest of the servants of the house.

True strength is not found in Position, Possessions, or Power, but in the Person and work of Jesus.

If husbands would really love their wives like Christ loved the church, and serve others the way that Jesus did, we would change the world.

DISCUSSION QUESTIONS

1. What point was Jesus making when he washed the disciples' feet?
2. Beyond the religious ritual, what does it look like to wash the feet of others today? Give practical examples or ideas about how we can do this.
3. What do you want others to say about you at your funeral someday? Have you ever thought of this? What are some good examples of things we should hope people would say?