

PARTICIPANT GUIDE

REV CITY

MEN

A Study on Design, Purpose & the Battle for Men

REV CITY MEN • PARTICIPANT GUIDE

SESSION OVERVIEW

Act Like Men

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.

QUOTE

The instruction to “Act Like Men” is at the center of this scripture. The other four commands that frame that central statement help us know HOW to live this out.

QUOTE

To be a man, we must bend our knee to the God man, Jesus Christ.

SCRIPTURE • 1 PETER 5:6–11

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

 MY OWN NOTES

THE FIRST TACTIC

Pride

SCRIPTURE • 1 TIMOTHY 2:8 & PSALM 134:2

In every place of worship, I want men to pray with holy hands lifted up to God.

Lift up your hands in the sanctuary and praise the LORD.

QUOTE

The antidote to pride is worship.

QUOTE

When we worship, it is an exercise in humility.

QUOTE

When we gather for worship it is not Christian karaoke and a TED talk...worship is war.

QUOTE

Many men worship like mannequins.

REASONS WE LIFT OUR HANDS

Moments of celebrating a victory. *(Through Christ, we win!)*

Moments when we know the answer. *(As a believer, you know the ultimate answer – Jesus!)*

Moments we are reaching up to our Father. *(God is a good Father who loves to help His sons!)*

Moments we are surrendering. *(We can't do it all ourselves and the good news is that we don't have to!)*

DISCUSSION

1. What are your thoughts about worship being the antidote for pride?

2. What were your thoughts about the 4 practical examples of times we are generally comfortable raising our hands, and how that translates to reasons we ought to have the boldness to lift our hands in worship?

3. Do you think it is sometimes harder for men to be expressive in worship? Why? How can we win that battle?

4. Does anyone have a testimony about a time you took a step to being more of an expressive worshiper?

MY OWN NOTES

THE SECOND TACTIC

Worry and Anxiety

SCRIPTURE • 1 PETER 5:7

Casting all your anxieties on him, because he cares for you.

QUOTE

The difference between fear and anxiety and faith is this – When you look towards your future, who do you believe is in control? If you think you are in control, it will overwhelm you.

SCRIPTURE • PHILIPPIANS 4:6–7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

A POWERFUL QUESTION

Is prayer for you a first response or a last resort?

QUOTE

When the enemy tries to stress you out, take that thing to God over and over!

DISCUSSION

1. Why would thinking we are in control contribute to worry and anxiety?

2. Have you viewed prayer as a last resort or a first response? What are some practical ways to make prayer a first response?



MY OWN NOTES

THE THIRD TACTIC

Laziness & Abdication of Responsibility

QUOTE

Men are like a flatbed truck, they drive straighter with a heavy load.

QUOTE

If you just want to be comfortable, don't be a Christian....we are called to follow Christ all the way to the cross.

QUOTE

One of the areas we give all of the attention to is often at work, which causes us to abdicate what is most important – at home.

QUOTE

As men, we need to be praying out loud over our wives and kids.

DISCUSSION

1. David stayed home from the battle and it was then that he stumbled into sexual sin and a murderous cover up. Why is it important for men to stay engaged in the spiritual fight?
2. What do you think about the encouragement to pray out loud for our wives and families? If this is challenging to you, why? How can we take steps to become more vocal spiritual leaders in our home?

MY OWN NOTES

THE FOURTH TACTIC

Isolation

SCRIPTURE • 1 PETER 5:8b

Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

QUOTE

The three most dangerous words a grown man can say are “I’ve got this.”

QUOTE

The gospel is all about us realizing that we “don’t got this” and we need someone to do for us what we cannot do for ourselves.

SCRIPTURE • MATTHEW 5:3

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

QUOTE

True Christian community is like a retirement account – if you wait until you need it to build it, you missed it.

QUOTE

If Jesus Christ the son of God, the perfect lamb, the all powerful one needed his brothers praying for him who are we to think we don’t need people praying for us?

DISCUSSION

1. Do you agree that three of the most dangerous words for a man are “I’ve got this”? If so, why?

2. What are your thoughts about building community being like a retirement account – if you wait until you need it to build it, you’ve missed it?

3. What are some practical ways to ensure we don’t get isolated and become more vulnerable to the roaring lion?

MY OWN NOTES

THE FIFTH TACTIC

Lust

SCRIPTURE • 1 PETER 5:9

Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

SCRIPTURE • JOHN 10:10

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

QUOTE

Every single time we believe the voice of the world, the voice of this enemy, or the voice of our own flesh it marches us towards death and destruction.

QUOTE

Every single time we heed the voice of the Good Shepherd, it marches us towards life. Right and wrong is not enough – these are pathways that lead to life or death.

QUOTE

These are not just pictures, it is a pathway that leads to destruction.

SCRIPTURE • 1 CORINTHIANS 6:18

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

QUOTE

Every single time any of us fail when it comes to lust and sexual immorality, it is because we flirted instead of fleeing.

DISCUSSION

1. 4 times in just 2 verses the Bible tells us to stand firm against the devil, but we are encouraged to flee from sexual sin. Why do you think there is that distinction?
2. What does it look like to remove things that cause us to stumble like Jesus instructed? What are practical examples of how to do this in today's culture?

MY OWN NOTES

CLOSING MINISTRY

Grace That Restores

SCRIPTURE • 1 PETER 5:10–11

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

QUOTE

Grace doesn't just save us, it sustains us.

QUOTE

The really good news – no matter how many times you've screwed up – where the enemy wants to define us by our scars, Jesus defines us by His.

SCRIPTURE • 1 JOHN 4:10

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

QUOTE

Propitiation: "a payment that satisfies."

3 FINAL ENCOURAGEMENTS IF YOU ARE IN CHRIST

Failure is not final.

Your scars don't define you – Jesus' do.

Only Jesus gets to tell you who you are.

SCRIPTURE • 2 PETER 1:3

His divine power has given us everything we need for life and Godliness.

Use this space to capture what God is speaking to you through this session.

