



RES**GEN**  
**Band of Brothers**  
Discussion Guide - Volume 1



Welcome to your first Band of Brothers meeting! It's so awesome that you want to be in a group like this to help you grow in your relationship with Christ and with one another. Each time you meet, you will check in with each other, dive into God's Word, and pray for one another. But before doing that, let's first establish WHY meeting together like this is so important. The reason is simple—because **DUDES NEED DUDES!**

Even though we know relationships are important, men often struggle to establish and maintain deep, meaningful friendships with other men. Maybe it's pride that keeps us from doing so. Or perhaps it's busyness or the fear of being seen as someone who doesn't have it all together. Regardless of what excuse(s) we give, it doesn't change the fact that *all* men both want and *NEED* friendship.

### **Read this quote and these Scriptures together.**

“...Friendships are among the most fundamental of human needs. The fact is, we are biologically predisposed to this need for relationships, and our environment accentuates this every day. Without friends, it is very difficult for us to get by, let alone thrive.” (Tom Rath, *Vital Friends*)

**Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. – Ecclesiastes 4:9-10**

**A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. – Ecclesiastes 4:12**

**A friend loves at all times, and a brother is born for a time of adversity. – Proverbs 17:17**

### **Talk about it.**

- *What are your thoughts on those Scriptures and Tom Rath's quote?*
- *Why do you think it is difficult for men to build, invest, and stay in community with other men?*
- *Do friendships come easily for you? Why or why not?*
- *Have you experienced hurt in a friendship? If so, what contributed to it happening?*
- *What are the most important qualities of a good friend?*

Every day, we are in a spiritual battle against an enemy that will do everything he can to distract, discourage, and destroy us. And like Ecclesiastes 4 says, we are more vulnerable and much easier targets when we choose to isolate ourselves and try to do life on our own. This is why men must band together and commit to fighting alongside and for one another.

Here's the deal, guys – Amazing things happen when men are connected to other men! We challenge one another, give each other hope, and help one another become the men of character that God created us to be.

**As iron sharpens iron, so a friend sharpens a friend. – Proverbs 27:17**

### **Questions to discuss:**

- *Why do you want to be a part of a Band of Brothers?*
- *What are you personally hoping to get out of this time together?*
- *How often will you meet? (We recommend at least once a month.)*
- *How can we best hold each other accountable and prioritize meeting regularly?*

For the rest of this first meeting, spend some time getting to know one another and discussing the “ground rules” you'd like to establish for your group.

**Get-to-know-you questions:**

- *If you have a whole Saturday free, how would you spend it?*
- *What is your favorite \$25 splurge?*
- *Growing up, what was the common temperature or atmosphere in your home? (warm, inviting, distant, cold, etc.)*
- *Who modeled healthy relationships, marriages, and/or friendships in your life?*
- *What challenge are you currently facing, and what is God teaching you through it?*

**Ideas for ground rules:**

- This is a trusted group - we don't share anything from this group without permission.
- We carry each other's burdens and will fight for one another.
- We commit to attending consistently so we can grow together.
- We will be open and transparent. Our relationship will only grow to the level we are willing to be vulnerable.
- We will speak the truth to one another in love and embrace accountability.
- Other: \_\_\_\_\_

**Pray together.**

*Lord, as we begin this journey together, use this group to grow our relationship with you and deepen our relationships with each other. Open our eyes and hearts to what you want to teach us, and may we draw strength and encouragement from our time together. Amen.*

We are excited about the spiritual and relational growth you are going to experience as a Band of Brothers! Please let us know if we can help or encourage you in any way.

**ALL HEART,**

Tom Henderson, RESGEN Founder  
tom@resgen.org

Austin Adamson, Event and Discipleship Coordinator  
austin@resgen.org

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

At RESGEN, we say an authentic man embraces vulnerability and accountability as they strive to live with consistency. They take off the masks they are tempted to wear and are real.

*Starter Questions:*

- *Based on that definition, on a scale of 1-10, how authentic would you say you are? Why?*
- *Again, with that definition in mind, who in your life has modeled authenticity?*

**EQUIP** yourselves through the Word.

We live in a world where it's easy for conversations to remain surface-level, relationships to be shallow, and to keep others at arm's length. While there are many reasons for doing this, fear is one of the biggest: fear of rejection, of admitting we were wrong, of others knowing we don't have it all together, of not measuring up—the list goes on and on. And the fear of vulnerability is at the top of most men's lists.

- *How would you define vulnerability?*
- *Give an example of how seeing someone else's vulnerability has positively influenced your life.*
- *What personally keeps you from being vulnerable?*

**Cast all your anxiety on Him because He cares for you. – 1 Peter 5:7**

**The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; He rescues those whose spirits are crushed. – Psalm 34:17-18**

**For great is His love toward us, and the faithfulness of the Lord endures forever. – Psalm 117:2**

Many men struggle with vulnerability and letting others, including God, see the hurts, habits, and hangups that everyone of us has. This is because a lot of men often view vulnerability as weakness. But vulnerability isn't weakness, guys. Vulnerability is actually what connects us. Vulnerability is what deepens our relationship. And when it comes right down to it, **Vulnerability is the key that unlocks living our lives with true authenticity.**

- *Do you find it easy or challenging to bring your cares, worries, pain, etc., to the Lord? Why or why not?*
- *How do the promises from the scriptures you just read impact your view of being vulnerable with the Lord?*

It's not just during difficult times that we should recognize our need for God, though. As men who can easily slip back into sin, we need to recognize our need for Him every day!

**Psalm 119:10 says, "I seek you with all my heart; do not let me stray for your commands. I have hidden your word in my heart that I might not sin against you.**

Simply put, we can't be the husbands, fathers, leaders, men of God, etc., we are called to be without being honest about where we're at, what needs work, and admitting our need for Him daily.

**ENCOURAGE** one another.

- *How common is it for you to share the everyday temptations you face, the areas of your life that need attention, and/or admit your need for God?*
- *How can being more vulnerable with one another in this way help us be more honest with God and live more authentic lives?*
- *What area of your life do you need to focus on right now so you can live with more authenticity?*

**PRAY** together.

*Father, thank you for loving and caring for us regardless of the challenges we face. Help us be more vulnerable with You and each other so we can continue to grow in our Christlikeness and live with more authenticity wherever we are. Amen.*

---

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of authenticity:

- Do you ever feel pressure to be someone you're not in order to be accepted, respected, or admired? What would it look like to show up as your true self, even if it costs approval? \_\_\_\_\_  
\_\_\_\_\_
- Is there a gap between the man people see and the man you actually are? What's one area where your outer image and inner life need to come into alignment? \_\_\_\_\_  
\_\_\_\_\_
- When was the last time you confessed a real struggle or weakness to a trusted friend? What keeps you from being more transparent? \_\_\_\_\_  
\_\_\_\_\_
- Do you believe that God loves the real you—or just the version you try to be? How can receiving His unconditional love free you to live with honesty? \_\_\_\_\_  
\_\_\_\_\_
- Where in your life are you most tempted to “fake it”? (faith, marriage, leadership, purity, etc.) What would it look like to stop pretending and start growing? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

*At RESGEN, we are called to be men who stand on and are guided by the absolute truth of God’s Word. We follow Truth, not trends.*

*Starter Questions:*

- *How did your home utilize the Bible when you were growing up? As a Guide? Book of Truth? Weapon? Instruction Manual? Other? How do you look at the Bible today?*
- *Who is someone in your life, past or present, who you would say loves God’s Word and strives to live by it?*

**EQUIP** yourselves through the Word.

Turn on the TV, the internet, or read the most recent news headlines, and you will be inundated with information telling you what you should believe, how you should live, and/or what you need – and that you can trust whoever the source is that’s giving you the info. Unfortunately, though, most of what we are consuming is their version of the truth and is often nothing more than a trend – both of which change rapidly.

But as Christians, we have a foundation that does not move and does not change – a foundation to not just stand on but to build our lives around – that’s full of **Truth, not trends**. This foundation is God’s Word.

**All God’s words are true; all His righteous laws are eternal. – Psalm 119:160**

**See to it that no one takes you captive through philosophy and empty deception (pseudo-intellectual babble), according to the tradition and musings of mere men, following the elementary principles of this world, rather than following the truth—the teachings of Christ. – Colossians 2:8**

- *Give an example of a popular trend our world believes is truth.*
- *Has a current topic or trend ever dictated or impacted how you think or live your life?*
- *What does it mean to use God’s Word as your source of truth?*

**Your word is a lamp to guide my feet and a light for my path. – Psalm 119:105**

**For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. – Hebrews 4:12**

**All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. – 2 Timothy 3:16-17**

The Bible is our guide for living a meaningful, purposeful, and God-honoring life. It lights our path, helps direct our steps, and shows us how we are to live. There aren’t many slower walks than a man walking in the dark of night without any awareness of his surroundings. This is how life is without God’s Word.

- *Prior to the Bible, what did you use as your guide or source of truth?*
- *How does the imagery of God’s Word as a lamp encourage you to be true to His Word?*
- *How has God’s Word influenced how you live your life?*

In **Matthew 4:1-11**, Jesus uses Scripture to overcome temptation. Take a minute to read that together and then discuss this question:

- *If it has, how has using the Word helped you battle temptation?*

**ENCOURAGE** one another.

- *On average, how many times per week do you read the Word?*
- *When it comes to making decisions, how often do you go to the Bible for wisdom and help?*
- *Knowing that God’s Word has power, how can we hold each other accountable to spending more time reading/applying it?*

**PRAY** together.

*Jesus, thank you for the gift of your Word. Help us be men who desire to read and apply it to our lives, following your Truth, not trends. Amen.*

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of being true to God’s Word:

- *Do you spend more time reading God’s Word to grow or to check a box? What would it look like to approach Scripture as a conversation with God, not a chore? \_\_\_\_\_*  
\_\_\_\_\_
- *Are there parts of the Bible you tend to avoid because they’re uncomfortable or confrontational? What might God be wanting to teach you through those very passages? \_\_\_\_\_*  
\_\_\_\_\_
- *When you hear the Word on a Sunday or read it during the week, how often do you apply it to your own life? What’s one recent truth you’ve heard but not yet acted on? \_\_\_\_\_*  
\_\_\_\_\_
- *Do your decisions and convictions reflect culture—or Scripture? Where do you feel tension between God’s truth and the world’s values? \_\_\_\_\_*  
\_\_\_\_\_
- *Is your life helping others see that God’s Word is not just true, but trustworthy and life-giving? How can you be a clearer reflection of biblical integrity this week? \_\_\_\_\_*  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

*Starter Questions:*

- *What is the difference between providing a service and having a servant's heart?*
- *Who is the most servant-hearted person you know? Why?*

**EQUIP** yourselves through the Word.

The word “service” is used a lot these days—secret service, public service, self-service, customer service...you get the point. But providing service and being servant-hearted are two different things. Providing service is an action. Being servant-hearted is an attitude. And Jesus is the greatest example of someone who lived out that attitude daily.

**For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.**

**– Matthew 20:28**

- *Based on this verse, how would you define being servant-hearted?*
- *Jesus said he “came to serve and not be served.” How did He show that throughout his life?*
- *What other scriptures describe Jesus' servant heart?*

Jesus modeled a servant's heart throughout His life – especially with people ostracized by others. He served others differently than the world did—with no expectation for anything in return. **Jesus' only desire was for them to know they were loved, cared for, and seen.** Where does having a servant's heart like this come from? Humility.

**In your relationships with one another, have the same mindset as Christ Jesus: 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.**

**– Philippians 2:5-8**

- *How does Jesus's call to be servant-hearted differ from how the world serves or defines serving?*
- *Why is it so difficult for us to live humbly?*
- *What has been your most rewarding experience serving others?*
- *What is the most meaningful way someone has served you?*

**After washing their feet, He put on his robe again and sat down and asked, “Do you understand what I was doing? You call me ‘Teacher’ and ‘Lord,’ and you are right because that's what I am. And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet. – John 13:12-14**

Think about this: as if Jesus hadn't proven His humility and desire to serve others enough, after having dinner with his disciples and with only days left to live, He took time to wash their feet.

- *Why do you think Jesus washed the disciples' feet?*
- *How would you have reacted seeing this?*
- *What would've been your response when He got to you?*
- *What does Jesus' example communicate to us today?*

**He sat down, called the twelve disciples over to him, and said, “Whoever wants to be first must take last place and be the servant of everyone else.” – Mark 9:35**

**ENCOURAGE** one another.

- Are there certain people in your life you struggle to serve? Why?
- How can you better model a servant’s heart at home, work, community, etc., this week?
- What are ways, as a group, to serve each other well?

**PRAY** together.

*Thank you, Jesus, for showing us an example of what being servant-hearted looks like. Give us the eyes and ears to identify the needs around us and the courage and humility to serve them well. This doesn’t come naturally, so help us through the power of your Holy Spirit. Amen.*

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of being servant-hearted:

- When you serve, is your heart more focused on being noticed or being faithful? How would your attitude shift if no one ever gave you credit? \_\_\_\_\_  
\_\_\_\_\_
- Are there any acts of service you feel are beneath you—or too inconvenient? How does Jesus’ example in John 13 challenge that mindset? \_\_\_\_\_  
\_\_\_\_\_
- What’s your first response when someone interrupts your schedule or asks for help? How can you begin to see those moments as invitations to reflect Christ? \_\_\_\_\_  
\_\_\_\_\_
- Is your home, workplace, or church better because of how you serve—consistently and joyfully? Where can you take more ownership with a servant mindset? \_\_\_\_\_  
\_\_\_\_\_
- Are there people in your life you’ve overlooked because they can’t offer you anything in return? What would it look like to love them like Jesus would? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

*Starter Questions:*

- *When you hear ‘faithfulness,’ what or who comes to mind?*
- *Have you ever experienced the unfaithfulness of someone? Or has anyone been unfaithful to you? If so, what was the situation and the outcome?*

**EQUIP** yourselves through the Word.

When someone is faithful, they remain true to their word and commitments. It’s being someone whose words and actions can be trusted. God, of course, is the greatest example of faithfulness. The Bible tells us that God is faithful to us in so many different ways.

**Your love, Lord, reaches to the heavens, your faithfulness to the skies. – Psalm 36:5**

**Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.  
– Hebrews 10:23**

**But the Lord is faithful, and He will strengthen you and protect you from the evil one. – 2 Thessalonians 3:3**

**God is faithful; He will not let you be tempted beyond what you can bear. – 1 Corinthians 10:13**

**If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
– 1 John 1:9**

And because God IS faithful, even when we are unfaithful, He continues to be faithful.

**If we are faithless, he remains faithful, for He cannot disown Himself. – 2 Timothy 2:13**

- *How have you personally seen God’s faithfulness in your life?*
- *Has there ever been a time when you have questioned God’s faithfulness? If so, when?*
- *Is there something you are currently experiencing where you are asking God to show His faithfulness?*

In response to God’s faithfulness, He asks us to be faithful to Him. But here’s the deal: we can’t just expect that we will be faithful when the stakes are high if we aren’t practicing faithfulness in the little things. In fact, **our faithfulness will largely be determined by the multitude of small, seemingly insignificant decisions we make every day.**

**But be sure to fear (revere) the Lord and serve Him faithfully with all your heart; consider what great things he has done for you. – 1 Samuel 12:24**

**Each of you should use whatever gift you have received to serve others as faithful stewards of God’s grace in its various forms. – 1 Peter 4:10**

**Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. – Luke 16:10**

**ENCOURAGE** one another.

- *What does it mean to serve Him faithfully with all your heart?*
- *What does it look like to do be faithful at work, in your marriage, as a dad, in your friendships, etc.?*
- *Is there anything in your life that would cause God or others to see you as unfaithful or untrustworthy?*

**PRAY** together.

*Lord, thank you for Your unending faithfulness. We need Your strength to be faithful to You, our family, and ourselves. Thank you for the gift of our friendship and the encouragement we give each other. Amen.*

-----

### GOING **DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of faithfulness:

- What area of your life are you tempted to quit on—because the payoff isn't immediate or the results aren't visible? What might God be doing beneath the surface through your perseverance? \_\_\_\_\_  
\_\_\_\_\_
- Are you faithful in the small, unseen things—or only when it's celebrated and visible? What would it look like to serve quietly, consistently, and joyfully? \_\_\_\_\_  
\_\_\_\_\_
- When trials hit, do you remain steady—or start to question God's goodness or plan? What truth can anchor you when faith feels hard? \_\_\_\_\_  
\_\_\_\_\_
- What daily routines or disciplines are helping—or hindering—your long-term spiritual growth? What one faithful habit could you recommit to this week? \_\_\_\_\_  
\_\_\_\_\_
- Would your spouse, kids, coworkers, or friends describe you as faithful? Where is there room to become more reliable and Christlike? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

*At RESGEN, we pursue excellence at home, at work, and in the community. We bring our best wherever we are and do all things as worship to the Lord.*

*Starter Questions:*

- *Describe a time/event/restaurant where you experienced excellence. What made it excellent?*
- *What do you think it means to live your life with excellence?*

**EQUIP** yourselves through the Word.

Could you imagine if, after God created the world, including us, He looked at what He had made and said, “I guess that’s good enough,” or “That’ll work”? That certainly wouldn’t show us we are of much value, would it? But God didn’t do that! Instead, He looked at all He created and said, “It is very good” (Genesis 1:31). We live in a world where it’s easy to settle for mediocrity and live a life that is “good enough,” but just like God created us with excellence, He also calls us to be excellent.

**Whatever you do, work at it with all your heart, working for the Lord not for human masters. – Colossians 3:23**

- *How do you think this scripture relates to living excellent lives?*
- *Are other people ever a hindrance to your pursuit of excellence?*

Here’s the reality: People can be difficult to work with and challenging to work for. They can drain us of our energy, make us feel exhausted, and tempt us not to put forth our best efforts. But Paul encourages us to have the mindset that *everything* we do honors the Lord.

- *How do those you work with affect your level of excellence?*
- *How does working for God change your perspective of your job?*
- *How does this apply to our roles as a husband, father, son, etc.?*

**And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. – Colossians 3:17**

**Excellence is not so much about our hands' work as it is about our hearts' condition.** God desires that in everything we do, we bring our best and do it all as worship to the Lord. This truth should cause us to change our mindset – both in how we work and in how we live.

- *What personally keeps you from pursuing excellence at times? Laziness? Fatigue? Apathy? What else?*
- *Is there an area of life where pursuing excellence is more difficult than others? Where? How does this evidence itself?*
- *What would it look like for you to pursue excellence at your home, work, and in the community?*

**But you are to be perfect, even as your Father in heaven is perfect. – Matthew 5:48**

Even though achieving perfection isn’t possible, Jesus tells us that it should be our goal.

- *What does Jesus mean when He says we are to be perfect?*
- *How does this encourage us to pursue excellence?*

Jesus encourages us to continually strive to live a life that reflects God’s character, which includes love, mercy, forgiveness, and serving others. This is what it means to have excellence in our faith and not just do what we think it takes to “get by”. What we focus on determines how we live our lives, so let’s commit to fixing our eyes on Jesus, the author and perfecter of our faith (Hebrews 12:1). When we do that, excellence will follow.

**ENCOURAGE** one another.

- *Why is pursuing excellence so important for both us and others?*
- *How does pursuing excellence add value to any room you’re in?*
- *What is one area you will strive for excellence in before our next meeting?*

**PRAY** together.

*Lord, thank you for creating us in Your image. Give us the focus to pursue excellence as we become more like Jesus every day. Help us encourage one another to pursue excellence and honor You. Amen.*

---

### GOING **DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of excellence:

- Do you approach your work, service, and relationships with excellence—or with what’s “good enough”? What’s one area where you’ve been coasting that needs renewed focus? \_\_\_\_\_  
\_\_\_\_\_
- Are you giving your best to what matters most—or spending your best energy elsewhere? What shift in priorities would reflect your values more clearly? \_\_\_\_\_  
\_\_\_\_\_
- Is there anything in your life right now that you know you could do better—but you’ve settled into apathy or an excuse? What’s holding you back from giving your best? \_\_\_\_\_  
\_\_\_\_\_
- Do you regularly invite feedback and growth—or do you resist it out of pride or insecurity? What’s one area where you need to humble yourself and improve? \_\_\_\_\_  
\_\_\_\_\_
- How does your pursuit of excellence honor God and serve others? Who is blessed when you do things with care, integrity, and purpose? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

We serve a relational God who created us, not just to worship Him, but to be in relationship with Him...and with others! This means that if we are going to fulfill our purpose as men of Christ, then we need to build strong, trustworthy, and life-giving relationships!

*Starter Questions:*

- *Who are some of the most relational people you know? What makes them so relational?*
- *Would you describe yourself as relational? Why or why not?*

**EQUIP** yourselves through the Word.

Thanks to technology, we are living in the most connected time in history, yet study after study shows that the lack of *quality* relationships is destroying people. Even though we have more ways than ever to ‘stay in touch,’ we have never seen a culture more depressed, anxious, and lonely than today.

- Why is building and maintaining relationships today so difficult?
- Men often struggle the most in creating and cultivating relationships with others? Why do you think that is?

**So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. – John 13:34**

When Jesus said to love others the way he loved us, it was both radical and countercultural. Relationships were often used for selfish gain. But Jesus emphasized that people aren’t to be treated like products. In other words, we should not look at relationships as transactions.

I like to put it this way: God wants us to have REAL relationships, not DEAL relationships. What’s the difference? DEAL relationships are *transactional*, while REAL relationships are *transformational*.

**One who has unreliable (deal) friends soon comes to ruin, but there is a (real) friend who sticks closer than a brother. – Proverbs 18:24**

- *How do you assess if a relationship is transactional instead of transformational?*
- *If you were to do an inventory of the people in your life, would you say you are surrounded by DEAL or REAL people/friends?*
- *Be honest. Which one do you tend to be more often than not?*

**This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one’s life for one’s friends. – John 15:12-13**

The best way to guard against a transactional mindset when it comes to people and relationships is to see others not just as an outer shell but as an eternal soul who has the same needs as you do – the need to be loved, valued, and cared for. This will help us enter each conversation and interaction with the mentality of **“I want more FOR you than I want FROM You.”** This is what Jesus did and what He now requires of us. And by the way, this is also how we should view our relationship with Christ.

**Love the Lord, your God with all your heart and with all your soul and with all your mind and with all your strength. – Mark 12:30**

Do you see anything transactional in there? Yeah, nor do I.

**ENCOURAGE** one another.

- *How did Jesus show his passion for relationships in his life? Do you need to change your view of people to show the same passion as Christ?*
- *What from today's conversation will help you think about relationships differently moving forward?*
- *How can we guard against our relationships (marriage, children, friendships, etc.) from becoming transactional?*

**PRAY** together.

*Lord, thank you for creating us in Your image and desiring a relationship with us. Help us love the people you put in our lives in a transformational way. Help us love you and them the same way you loved us. Amen.*

-----

### GOING **DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of being relational:

- Do the people closest to you feel pursued and prioritized—or overlooked and managed? What one change could you make this week to be more present and engaged? \_\_\_\_\_  
\_\_\_\_\_
- Are you investing in relationships with an eternal mindset—or just maintaining surface-level connections? Who in your life needs more intentional time, love, or encouragement from you? \_\_\_\_\_  
\_\_\_\_\_
- What keeps you from pursuing deeper connections—busyness, fear, pride, or past wounds? How might God be inviting you to break through those barriers? \_\_\_\_\_  
\_\_\_\_\_
- Do you wait for others to reach out—or take initiative like Jesus did? What relationship could you take one step toward rebuilding or strengthening? \_\_\_\_\_  
\_\_\_\_\_
- How does your relational life reflect the heart of Jesus in grace, truth, and consistency? What's one adjustment you can make this week to love more like Him? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in: On a scale of 1-10, how would you rate these four areas of your life: Relational, Emotional, Physical, and Spiritual? Why?*

*Starter Questions:*

- *How would you personally define consistency?*
- *When you hear the word consistent, who in your life, either past or present, comes to mind? Why?*

**EQUIP** yourselves through the Word.

Being consistent as men means we are steadfast and adhere to the same principles and character regardless of where we are or who we're with. Jesus, of course, was the greatest example of consistency.

**Jesus Christ is the same yesterday, today and forever. – Hebrews 13:8**

- *From what you know about Jesus, how did He show consistency in his life?*
- *How do you think Jesus was able to be so consistent?*
- *What would you say is the area of your life you struggle with consistency the most?*
- *Why is it such a challenge for us as men to be consistent?*

We have all heard the phrase, “practice makes perfect” but since perfection is unattainable, it’s more accurate to say, “practice makes permanent.” In other words, the more we do something, the more natural and foundational it becomes.

**You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So, let’s not get tired of doing what is good. At just the right time, we will reap a harvest of blessings if we don’t give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. – Galatians 6:7-10**

In this scripture, Paul challenges us to think about our actions and how we live.

- *Why is it so important for us to do that as men?*
- *How do you think consistency relates to this passage?*
- *What would help you be more consistent in your actions, speech, and other aspects of your life?*

**Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me, you can do nothing. – John 15:4-5**

What Jesus is saying here is that **CONSISTENCY COMES FROM CONNECTION**. Seriously, without a continual connection to Christ, we have NO SHOT at being consistent.

- *What does being continually connected to Christ look like?*
- *What fruit comes from ‘Remaining in Him’? (Check out **Galatians 5:22-23** for a list)*
- *What fruit is absent from your life or one(s) you struggle modeling the most?*

**So, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord, your labor is not in vain. – 1 Corinthians 15:58**

**ENCOURAGE** one another.

- *In what areas of life you'd like to be more consistent in?*
- *What do you need to do or change to make that happen?*
- *How can we help one another make those changes?*

**PRAY** together.

*Lord, we need Your strength and the power of the Holy Spirit to remain in You and live a steadfast life. Help us be encouragements and hold one another accountable in being men of consistency in every area of our lives. Amen.*

-----

### GOING **DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of consistency:

- Would the people closest to you describe your character as dependable, steady, and godly, or driven by emotion and circumstances? What kind of man are you when no one is watching? \_\_\_\_\_  
\_\_\_\_\_
- What area of your life feels inconsistent with the man you want to become? What's one small step you can take this week to begin closing that gap? \_\_\_\_\_  
\_\_\_\_\_
- Do you follow through on what you say you'll do—even when the motivation fades? What does your follow-through reveal about your character? \_\_\_\_\_  
\_\_\_\_\_
- Are you consistent in time with God, or does your spiritual life rise and fall with stress and schedule? What boundary or rhythm could help you stay anchored? \_\_\_\_\_  
\_\_\_\_\_
- Who in your life needs to see a more consistent example of Christ through you—at home, at work, or in friendship? How can you be more intentional in showing up fully and faithfully? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other.

Personal Check-in: On a scale of 1–10, how are you doing relationally, emotionally, physically, and spiritually this week? Why?

*Starter Questions:*

- *How would you define humility—not just in theory, but in real life?*
- *Who’s someone in your life who consistently lives with humility? What makes them stand out?*

**EQUIP** yourselves through the Word.

**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, have the same mindset as Christ Jesus: 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! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. – Philippians 2:3-11**

Humility isn’t thinking less about yourself, it’s thinking about yourself less – which is exactly opposite of how the world operates. We live in a world filled with people who say, “Look at me!” However, as men who desire to be more like Christ, we are to live in a way that says, “Look at Him (God)!” That is how Jesus lived. Jesus’ number one goal was to glorify the Father, which is why instead of clinging to His divine privilege, He humbled Himself by becoming human, lived in obedience to God, and laid down His life for others. Jesus didn’t demand honor; He chose service. He didn’t care about status; He stepped down so others could be elevated. **Becoming more like Jesus means surrendering our pride, living in service to others, and bringing glory to God in all we do.**

- *Is there an area in your life where you are clinging to control, status, or image?*
- *What would it look like for you to take on the mindset of Christ this week in your marriage? With your kids? At school or work?*
- *How does humility strengthen your relationships with God and others?*

**God opposes the proud but shows favor to the humble. – James 4:6**

The ability to humble ourselves is to understand that we are part of God’s plan—we are a piece of the puzzle, not the whole puzzle. In other words, it’s knowing that there is a God, and we are not him! Our ego leads us to wanting to hold onto fleeting things, like position, power, and possessions, while humility grounds us in Christ and in what’s eternal. Every day we have a choice. We can either fight for ourselves or trust God to show us favor and lift us up in His timing. We see this difference in the book of Genesis. Adam and Eve desired to “be like God” and, in pride, gave in to the temptation to meet their desires immediately rather than trusting God for what He promised. Jesus on the other hand, chose to humble Himself and live in obedience to God, knowing the favor that was to come.

- *How does pride quietly show up in your reactions, relationships, or self-talk?*
- *What might change in your life if you lived in a way that showed God sees, honors, and favors the humble?*
- *What are some things that make it difficult to practice humility in your life?*

**Be completely humble and gentle; be patient, bearing with one another in love. – Ephesians 4:2**

Humility creates space for others. It doesn’t demand attention or defend ego—it listens, serves, and lifts. Jesus flipped the script. God’s kingdom isn’t about climbing higher—it’s about kneeling lower. Humility serves as a daily reminder of our call to serve God and others.

- *How can choosing humility help restore or strengthen your relationship with God and others?*
- *What's one specific way you could "humble yourself" this week in thought, word, or action?*
- *How has someone else's humility encouraged you?*

**“For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”**

**– Luke 14:11**

**ENCOURAGE** one another.

- *What area of your life feels like a battle between pride and surrender right now?*
- *What does it mean for you to lead with humility in your home, work, or friendships?*
- *How have you grown in humility over the last years? How has God helped you do so? How can we help each other continue to grow in humility?*

**PRAY** together

Jesus, You had every right to demand praise, yet You knelt to serve and chose the cross. Teach me to walk in humility—not false modesty, but confident surrender. Help me to listen more, serve quietly, and live with Your mindset. Strip away my pride and make me more like You. Amen.

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of humility:

- Do you find it difficult to receive help, correction, or encouragement from others? Why? What might that resistance say about your heart? \_\_\_\_\_  
\_\_\_\_\_
- How do you respond when you're overlooked, misunderstood, or not given credit? What would it look like to quietly trust God instead of seeking recognition? \_\_\_\_\_  
\_\_\_\_\_
- Are there specific people or roles you subconsciously feel "above"? How does Jesus' willingness to wash feet and serve the lowly challenge your attitude? \_\_\_\_\_  
\_\_\_\_\_
- How often do you pause to ask God for direction before speaking, acting, or leading? What would change if humility marked your decisions and words? \_\_\_\_\_  
\_\_\_\_\_
- What area of your life is Jesus currently using to shape humility in you? How can you cooperate with His work rather than resist it? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other

*Personal Check-in:* On a scale of 1–10, how would you rate these four areas of your life: Relational, Emotional, Physical, Spiritual? Why?

*Starter Questions:*

- *If a child asked you what it means to be courageous, what would you say?*
- *Would you say Jesus was courageous? If so, why?*

**EQUIP** yourselves through the Word

**Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. – Isaiah 41:10**

**Be on your guard; stand firm in the faith; be courageous; be strong. – 1 Corinthians 16:13**

Courage isn't the absence of fear—it's moving forward in faith despite fear. The more we desire to become like Jesus and accomplish the vision He has for our lives, the greater the attacks we will experience, so courage is essential. Jesus consistently showed courage. He faced Satan's temptations in the desert, confronted the lies being told about Him, stood up to the religious leaders of the day, and walked toward the cross knowing what it would cost Him. His courage wasn't loud or dramatic—it was obedient, steady, and Spirit-filled.

- *Share a moment in your life when you had the courage to face a fear?*
- *Give an example or two of how Jesus showed courage during His life here on earth. What can we learn from Him in those situations?*
- *How has God's presence given you courage in a difficult situation recently?*

**Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. – Joshua 1:9**

Joshua was about to lead the nation of Israel into the Promised Land. He knew the journey would be challenging and they would face significant obstacles. He knew that courage would be required. That said, **Joshua's call for the people to have courage wasn't based on self-confidence—it was based on God's presence.** It wasn't about pushing through in their own strength; it was about trusting and depending on the God who went before them and promised never to leave them. The same goes for us when we face challenges, attacks, and difficulties in our lives. Knowing that God is always with us can provide us the courage we need to keep moving forward and get through whatever we're facing.

- *Has there been a situation or season in your life where you lacked confidence in God's presence?*
- *Are you currently facing a fear or uncertainty that has you stuck and keeping you from moving forward in faith? In what way might Jesus be calling you to release control and place your trust in Him?*
- *How does being courageous and placing our trust in the Lord lead us to become more like Jesus in our everyday lives?*

**I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. – John 16:33**

Jesus never promised us a life of ease without challenges. Instead, He promises us that peace is still possible when those challenges come. Being a Christian means, just like Jesus did, we can experience peace and have courage no matter our circumstances. Jesus' courage wasn't reactive—it was rooted in knowing that He was never alone and that, in the end, eternal victory was His. So, while our courage through Christ doesn't exempt us from the storms of life, it does give us the strength to endure and grow through them.

- *How does Jesus' victory over the storms He faced give you courage today?*
- *How is Jesus calling you to be more courageous in your faith walk?*
- *What step of obedience could Jesus be asking you to take right now?*

**ENCOURAGE** one another

- *What's a specific area where you feel Jesus is forming courage in you right now? How have you witnessed courage in one another?*
- *How can we, as brothers, help one another stay rooted in Christ rather than white-knuckle our way through life on our own?*
- *What's one fear or pressure you've been avoiding that Jesus is inviting you to face? How can we help you face it?*

**PRAY** together

Jesus, thank You for showing us what true courage looks like. You didn't shrink back from suffering, and You never lost sight of the Father's will. Help us walk in Your courage, not with pride, but with love and obedience. Make us bold where we've been afraid. Help us stand firm and live faithfully. Amen.

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of courage:

- What's the fear underneath the fear? Are you afraid of failure, rejection, being misunderstood, or something deeper? How might Jesus be inviting you to trust Him more fully? \_\_\_\_\_  
\_\_\_\_\_
- Where in your life are you shrinking back from something God may be calling you to step into? What would courage look like—not to succeed, but simply to obey? \_\_\_\_\_  
\_\_\_\_\_
- How did Jesus show courage in quiet ways—through self-control, sacrifice, or silence? Where in your life do you need more steady courage rather than dramatic action? \_\_\_\_\_  
\_\_\_\_\_
- Do you regularly pray for boldness—or just for safety and comfort? What bold prayer could you start praying this week? \_\_\_\_\_  
\_\_\_\_\_
- How would your relationships, leadership, or family dynamics change if you lived with more Christlike courage? Where do others need to see you stand firm with grace and conviction? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other

*Personal Check-in Question: On a scale of 1–10, how are you doing relationally, emotionally, physically, and spiritually this week? Which of those areas feels most connected to your need for forgiveness?*

*Starter Questions:*

- *When you hear the word “forgiveness,” what emotions come up for you?*
- *Who is someone in your life who modeled the heart of forgiveness? How did it impact you?*

**EQUIP** ourselves through the Word

**Father, forgive them, for they do not know what they are doing. – Luke 23:34**

Forgiveness is at the very center of the Gospel. Jesus didn’t just teach it—He lived it. Throughout His life, He forgave those who hated Him, followers who turned their backs on Him, and even the people who crucified Him. However, Jesus didn’t just offer forgiveness to those He walked the earth with. He offers it to us...even when we don’t deserve it! And He calls us to do the same for others. What this means is that if we want to be men who are like Jesus, we must be willing to release offenses and extend grace and forgiveness to those who have hurt us – whether we feel they deserve it or not.

**He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. – Psalm 103:10-12**

The power of forgiveness isn’t found in whether someone deserves it, but in offering it even when they don’t. Forgiveness is hard because we are naturally inclined to withhold it when we are hurt. We only want to forgive once a person has proven it’s deserved. Thankfully, God didn’t do that with us; He didn’t wait for us to get our act together before offering us forgiveness. He loved and forgave us first.

- *Do you find yourself offering forgiveness easily or is it difficult?*
- *How does the Psalm above impact the way you view forgiveness – both in receiving it and offering it to others?*
- *Are there people in your life you are currently waiting on to “deserve” forgiveness before you offer it?*

**And forgive us our debts, as we also have forgiven our debtors. – Matthew 6:12**

Forgiveness is a daily discipline that reflects Christ’s heart. In Matthew 6, in what is known as ‘The Lord’s Prayer,’ Jesus taught us to pray for forgiveness in the same measure we offer it to others. That’s an incredibly high standard! **Forgiveness isn’t about letting someone off the hook or saying we fully trust the person again—it’s placing the offense, and the offender, in God’s hands and letting go.** Forgiveness is not an optional add-on for followers of Jesus—it’s a defining mark of who we are. This is one of the greatest ways to separate ourselves from the world.

- *Why is it so hard to forgive others the way Jesus has forgiven us?*
- *Share about a time you were granted forgiveness when you didn’t deserve it? What kind of impact did that have on you? How about your relationship with the one who forgave you?*
- *Does understanding God’s forgiveness of you help you to forgive others?*

**Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

**– Ephesians 4:32**

We forgive not because people deserve it, but because we’ve been deeply forgiven ourselves. Forgiveness flows from receiving grace. Forgiveness cost Jesus His life. And now He invites us to carry that same heart into our relationships, where grace replaces grudges, and mercy outlasts wounds.

**Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. – James 5:16**

**ENCOURAGE** one another

- *How has experiencing Jesus' forgiveness changed you personally?*
- *What's currently holding you back from forgiving someone—or asking for forgiveness?*
- *Is there a sin in your life you need to confess to your brothers so you can pray for each other, be healed and then held accountable to living free?*

**PRAY** together

Jesus, thank You for forgiving me—fully, freely, and repeatedly. Help me forgive as You do. Help me to release bitterness, pride, and pain. Give me a heart that offers grace, instead of holding grudges. Mold me into a man who reflects Your mercy in every relationship. Amen.

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of forgiveness:

- Is there someone you've said you've forgiven—but still carry bitterness toward? What would full forgiveness look like, not just in words but in posture and peace? \_\_\_\_\_  
\_\_\_\_\_
- Do you struggle more to forgive others or to receive forgiveness for yourself? Why? How might shame or pride be blocking the flow of grace in your life? \_\_\_\_\_  
\_\_\_\_\_
- How do you typically respond when someone wrongs you—withdrawal, silence, retaliation, control? What does your reaction reveal about your heart? \_\_\_\_\_  
\_\_\_\_\_
- What would it cost you to forgive someone who hurt you deeply, and what would it cost if you don't? How does Jesus' example on the cross shape your response? \_\_\_\_\_  
\_\_\_\_\_
- Who are you silently punishing through distance, sarcasm, silence, or criticism? What does releasing them actually look like in your next interaction? \_\_\_\_\_  
\_\_\_\_\_
- Do you believe forgiving someone means they "get away with it"? How does trusting God as the just Judge help you let go? \_\_\_\_\_  
\_\_\_\_\_
- How would your freedom, joy, and intimacy with God increase if you forgave more fully and more often? What's one specific step you can take this week toward healing? \_\_\_\_\_  
\_\_\_\_\_

**ENGAGE** with each other

*Personal Check-in:* On a scale of 1–10, how would you rate these four areas of your life: Relational, Emotional, Physical, Spiritual? Why?

*Starter Questions:*

- *What comes to mind when you hear the word “grace”?*
- *Share a time when you were given grace when you didn’t deserve it? How did it affect you?*

**EQUIP** yourselves through the Word

**He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time. – 2 Timothy 1:9**

**But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.**

**– Romans 5:8**

Grace can be defined as “undeserved favor,” or “getting what we don’t deserve”, meaning we cannot earn it. You were chosen to receive grace, not because of your talents, good works, or résumé, but because God loves you and because He *is* grace. You see, God didn’t just offer us grace from a distance—He embodied it through the person of Christ. In other words, Jesus is the perfect example and fullness of grace. In our journey of becoming like Him, **we need to receive God’s grace daily and at the same time, extend it generously to others.**

- *How does “undeserved favor” help you understand grace?*
- *Are there situations you find yourself trying to earn the grace God has already given you?*
- *Why is it so difficult to offer grace to others when we have received so much grace ourselves?*

**For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God...**

**– Ephesians 2:8**

**Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? Of course not! Since we have died to sin, how can we continue to live in it? – Romans 6:1-2**

We don’t need to clean ourselves up to receive grace. In fact, we can’t – as 2 Timothy says, it was offered to us from the start. Grace was given while we were still in rebellion and slaves to our sin. That’s what makes it so amazing! But even though we have been given this gift of grace, we should never use it to justify or excuse our sin. For it is by God’s grace we are saved, and it is also by His grace that we are shaped. When we receive and give grace, we are becoming more like Jesus.

- *How does being the recipient of grace change the way you see yourself?*
- *How should receiving God’s grace challenge you to view others and/or treat people who’ve hurt or disappointed you?*
- *Have you ever used grace as an excuse to sin? Are you doing it right now?*

**But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. – 2 Corinthians 12:9**

Grace is not just covering your weaknesses; instead, it is a strength God provides. It’s a weapon against the enemy’s attacks. Knowing we are recipients of God’s grace helps us stand up to the temptations of this world and lean into the power Christ continually offers us – before, during, and after the battle. None of us is perfect, and we all still make mistakes. Grace is what gives us hope and strength to keep going even when we have failed.

- *Where are you currently feeling weak? Have you admitted your weakness and asked God for His grace and strength?*
- *What would it look like to live as someone strong in grace rather than ashamed by weakness?*
- *How does understanding God’s grace in your weakness help you show grace to others in theirs?*

**ENCOURAGE** one another

- *Who do you need to give grace to this week? How are you going to do so? How can this group help you live with more grace toward others and yourself?*
- *How can you live with gratitude this week for the grace you have been given?*
- *Who in your life needs to know about the gift of grace that God offers them? How can you help them understand this gift exists?*

**PRAY** together

Jesus, thank You for Your unearned, undeserved grace. You’ve forgiven me, called me, and equipped me—not because I’m good, but because You are. Help me live like someone covered and filled by grace. Teach me to extend it freely, just like You do. Make me more like You. Amen.

-----

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of grace:

- *Do you believe God’s grace is enough, or do you feel like you still have something to prove? What would change in your thoughts, habits, or relationships if you truly believed you were already accepted? \_\_\_\_\_*  
\_\_\_\_\_
- *Do you find it easier to offer grace to others or to yourself? Why is one harder than the other for you? \_\_\_\_\_*  
\_\_\_\_\_
- *When someone fails you, do you tend to correct them, avoid them, or restore them? How does grace guide your response to others’ weaknesses? \_\_\_\_\_*  
\_\_\_\_\_
- *Are you using the grace God has given you to build up others, or keeping it to yourself? What would it look like to steward your gifts, time, and story with grace-fueled purpose? \_\_\_\_\_*  
\_\_\_\_\_
- *In what specific area do you need to stop striving and start resting in the finished work of Jesus? How can you remind yourself of that truth every day this week? \_\_\_\_\_*  
\_\_\_\_\_

**ENGAGE** with each other.

*Personal Check-in:* On a scale of 1–10, how would you rate these four areas of your life: Relational, Emotional, Physical, Spiritual? Why?

*Starter Questions:*

- *How would you describe “having peace?” How is it different from just being relaxed or comfortable?*
- *What tends to rob you of peace the most? (e.g., busyness, conflict, fear, pressure)*

**EQUIP** yourselves through the Word.

**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. – John 14:27**

Jesus doesn't only have the power to calm storms around us—His power can also calm the storms within us and bring peace to our spirit, regardless of the storm's strength. The world sometimes equates peace with ignorance, saying we can have peace if we choose not to dwell on or think about the issue, pain, or conflict. However, we all know that any peace found by doing that is not real and will never last. Thankfully, the true and lasting peace Jesus provides doesn't come from choosing to act as if the storm isn't happening; it comes from His presence – a presence that is consistently there. **You see, the peace Jesus gives is rooted in our relationship with Him and knowing that He is still in control.** This peace enables us to stand firm and not panic amid the many storms we will face in our lives.

- *What's the difference between the peace the world offers, and the peace Jesus gives?*
- *Where do you most often run to find peace? Work? Sports? Entertainment? Alcohol? Jesus? Other?*
- *If applicable, share about a storm you have faced and how the peace of Christ helped you get through it.*

**Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. – Colossians 3:15**

Peace is not just a feeling or a state of mind—it actually holds significant power and influence over how we treat others and live our lives. In other words, our level of peace shapes our decisions, relationships, thoughts, and words. So if our hearts are full of peace and peace truly “rules our hearts”, then we will be more likely to make wiser decisions, treat people in a more Christlike way, and speak words of life both to ourselves and others. However, if our heart is low on peace, we will most likely experience the opposite. And because peace is found in the presence of Jesus, the more we draw near to Him, the more consistent our inner peace will be, and the less pressure we will feel from our outside circumstances.

- *What has been ruling your heart lately—peace or pressure?*
- *What does “let peace rule your heart” mean? How do you think doing so would impact your life and change your perspective on challenges?*
- *As you think about Jesus' life, how can He be an example of how you can experience peace?*
- *At the end of Colossians 3:15, Paul tells us to be thankful. How does thankfulness help us live in peace, personally and relationally?*

**I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. – John 16:33**

Jesus was able to maintain peace in his spirit despite the ridicule, pain, hatred, and unfairness He experienced while on the earth. He was able to do so because of His connection to the Father and knowing that true peace cannot be found in the temporary things of this life, but instead in staying focused on God, on what He was called to do, and on what is eternal. You and I can have this same peace through Jesus today. We just need to draw near to Him and ask Him for it.

**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:7**

**ENCOURAGE** one another

- *Where do you most need to experience the peace of Jesus right now?*
- *What would it look like to let Christ’s peace “rule your heart” this week in a stressful or chaotic moment?*
- *Where are you lacking peace right now—internally or in a relationship?*
- *What’s one way you can intentionally let Christ’s peace rule your heart this week?*

**PRAY** together

Jesus, thank You for giving us Your peace, not just as a comfort, but as a way to live. Help us to rest in You when life feels chaotic. Teach us to bring peace into every room we enter, and to lead with calmness, courage, and clarity. Help us be more like You. Amen.

---

**GOING DEEPER**

For groups that are interested in diving deeper and spending more time together, we have provided some questions to grow more in the area of peace:

- *Are you more often driven by peace or by productivity, performance, or control? What would change if peace ruled your heart like Colossians 3:15 describes? \_\_\_\_\_*  
\_\_\_\_\_
- *When people are around you, do they feel hurried, judged, or anxious—or do they feel safe, calm, and seen? How could growing in peace change the atmosphere in your home, workplace, or friendships? \_\_\_\_\_*  
\_\_\_\_\_
- *What’s one situation in your life where you’ve been trying to create peace by managing outcomes instead of trusting God? What would it look like to surrender that area today? \_\_\_\_\_*  
\_\_\_\_\_
- *How does your intake of media, noise, and distraction affect your inner peace? What could you cut back or change to make more room for God’s voice? \_\_\_\_\_*  
\_\_\_\_\_
- *Where is God calling you to be a peacemaker—not just avoiding conflict but bringing truth and grace into it? What relationship needs that kind of courage and compassion? \_\_\_\_\_*  
\_\_\_\_\_

---

**MORE QUESTIONS FOR ACCOUNTABILITY AND FURTHER CONVERSATION**

---

1. How have you intentionally pursued strengthening your relationship with Jesus this week?
2. When you pray, what do you find yourself praying about the most this month?
3. How have you prioritized loving, serving, and leading your family?
4. Have you looked at anything or engaged with anyone in a way that compromised your character or relationships?
5. What do you need to know that others are afraid to tell you?
6. During this season, what areas do you need to work on as you assess your growth?
7. What are some things we could do this month to help you live with greater integrity?
8. How is your sense of God's call being clarified throughout this study?
9. What are you not telling the group that you don't want us to know?
10. In the past month, how have you lived with a sense of mission, leveraging your life for the benefit of others?

Other: \_\_\_\_\_

Other: \_\_\_\_\_







# About RESGEN

We pour our hearts into **ENGAGING, EQUIPPING, and ENCOURAGING** men to become more like Jesus every day. Since starting the ministry in 2010, RESGEN has reached hundreds and thousands of people at conferences, businesses, churches, schools and other events nationwide. RESGEN hosts several annual events in Sioux Falls, SD, including the RESGEN Men's Summit, Date Night Comedy, Men's Lunches, and a Men's Retreat. In 2020, we launched The RESGEN Giving Life Podcast: Conversations about being a man whose life in Christ gives life to others, which is on all major podcast platforms and YouTube.

---

## More Discipleship Resources

Visit [resgen.org/resources](https://resgen.org/resources) to access more content to equip you in your discipleship journey. Resources include: life-giving conversation cards, a couple of 5-day devotionals, and scripture cards. There is also a link to get FREE access to thousands of discipleship videos through our partnership with RightNow Media.



---

## RESGEN Newsletter



To stay informed about all things RESGEN, including upcoming events, updates to our resources, and other opportunities to encourage you in your faith journey, be sure to sign up for our newsletter.