

# FACILITATOR'S GUIDE

AN EIGHT-WEEK BIBLE STUDY FOR MEN



# THE BIG 5 MANKILLERS

DECLAWING THE LIES OF THE ENEMY

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*The Big 5 Mankillers Facilitator's Guide*

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*The Big 5 Mankillers Facilitator's Guide*

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## A Word to the Leader

If you're holding this Facilitator's Guide, congratulations—you have my utmost respect. It means you've chosen to be a leader of men. That is no small thing.

Leading men isn't about ego, titles, or being the loudest voice in the room. It's about courage—the courage to go first, to get real, to lead by example, and to invite other men to do the same.

This isn't just about choosing the six men who will carry you out when this life is over. It's about choosing the men who will **carry you through life**—the brothers who will stand beside you in the fight, call you out when you drift, lift you up when you fall, and remind you who you are when you forget.

That's the kind of leadership that changes families, communities, and generations.

So if you're leading this study, know this: you've stepped onto sacred ground. *The Big 5 Mankillers* isn't just a series of lessons—it's a battle plan for the soul. And every man you lead through it is another warrior learning to pick up his sword, reclaim his identity, protect his family, and go to war against the enemy who's been trying to take him out.

### 1. Lead from Experience, Not Theory

You can't take men somewhere you haven't gone. Before you lead a single session, make sure you've walked through every chapter personally—the stories, scriptures, journaling, F.I.G.H.T. framework, and prayers.

Do your own soul work first. Wrestle the lies. Face the wounds. Let God do His work in you. Men can smell authenticity from a mile away. They don't follow polish—they follow pain that's been redeemed.

*What changes men isn't a perfect leader—  
it's a wounded warrior who's found healing.*

Lead from your scars, not your trophies.

### 2. Choose Environments That Feel Like Brotherhood, Not Like Church

Some men walk into a church building and immediately put their guard up. They cross their arms, tighten their jaw, and keep their stories locked behind a wall. That's why **where** you meet matters.

Find a setting that feels like men's territory—not Sunday school. Meet in a garage, barn, cabin, backyard, or even around a campfire. Do it over a cookout, around a grill, or after throwing axes or shooting bows. When men's hands are busy and they're shoulder-to-shoulder instead of face-to-face, walls come down and honesty goes up.

*Men open up better with the smell of smoke  
and the sound of gunpowder than under fluorescent lights.*

This study was written to reach men in the wild, not to keep them in the pew.

### 3. Build Moments, Not Meetings

Men remember experiences, not lectures. So don't just lead a discussion—create moments that connect the message to something they can feel. Here are ideas to make each week memorable:

Week	Theme	Example Activity
1: Identity	Who Am I, Really?	Bonfire kickoff. Each man brands or marks his initials on wood or metal—a symbol of owning his journey.
2: Lack of Purpose	Rhino	Group hike or ruck. Talk about endurance, direction, and calling.
3: Lack of Respect	Lion	Axe throwing or target shooting. Discuss control, focus, and honor.
4: Anger	Cape Buffalo	Invite a martial arts instructor to demonstrate discipline, or set up a heavy bag, axe-chopping station, or weight training. Discuss controlled strength.
5: Lust	Elephant	Campfire night or unplugged weekend. Discuss temptation, purity, and identity.
6: Shame	Leopard	Late-night campfire confessional. Burn lies written on paper as a symbol of freedom.
7: Fear	Hippo	Early-morning hike or challenge course. Talk about courage and faith.
8: Brotherhood	Army of One	Cookout or overnight retreat to celebrate victories and commission each man to lead others.

These experiences aren't gimmicks—they're **anchors**. They help men feel truth in their bodies, not just understand it in their heads.

## 4. Establish Ground Rules for Safety and Depth

*The Big 5 Mankillers* book already lays out the core group rules—no cross talk, no fixing, no judgment, and absolute confidentiality. Your job as the facilitator is to guard those boundaries fiercely.

When men feel safe, they get real. When they get real, they get free.

Remind your group often:

*This is a no-shame zone. We don't interrupt. We don't fix.  
We listen, pray, and walk shoulder-to-shoulder.*

At the start of each session, take thirty seconds to restate these ground rules. It keeps the circle strong and the ground sacred.

Then model it yourself—show vulnerability, stay authentic, and let the Holy Spirit do the heavy lifting. This is a brotherhood, not a classroom.

## 5. Keep It Simple, Real, and Relational

You don't need to be a pastor or counselor to lead this study. You just need to be present and real. Be honest about your own battles. Admit when you don't know an answer. Ask questions more than you give advice.

*I don't have it all figured out, but I'm walking the same road beside you.*

That humility builds trust and lets God do what only He can do: change hearts from the inside out.

## 6. End Every Week with Purpose and Power

The final moments of each session matter. Always close with the Weekly Challenge and Prayer. This is where men commit to real change and walk it out during the week. Encourage accountability. Text them mid-week. Check in. Keep the fire alive between gatherings.

## 7. A Final Charge for You, the Leader

You're not just leading a study—you're leading men into battle. The Big 5 aren't just lessons; they're lies that destroy. And you've been called to guide men through dangerous country, where honesty, faith, and courage are the weapons.

So walk humbly. Lead boldly. Pray constantly.

*The enemy doesn't fear who you are right now;  
he fears who you'll become when you finally believe what God says about you.*

Welcome to the fight. You're not alone. You've been **Unleashed**.

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# WEEK 1: IDENTITY

*“Who Am I, Really?”*

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## Facilitator Overview

This first gathering sets the tone for the entire *Big 5 Mankillers* journey. Whether a man is flying solo, walking with a copilot, or meeting with a crew, everything begins with **identity**. Before confronting any mankiller, a man must first know who he is—and **Whose he is**.

This session helps men trace the lies spoken over them, expose shame’s hidden roots, and rediscover their God-given identity in Christ. Your primary role this week is to create a safe, honest, brotherhood-driven environment where openness can thrive.

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## Before You Begin, Read This to Your Group:

“Men, this journey is about discovering who God says we are and learning to fight the lies that have shaped our identity. To do that well, we follow a simple set of guidelines.”

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## Open Share Guidelines

1. **Confidentiality**—What’s said in the group stays in the group.
2. **Share for yourself**—Speak of your experience, not someone else’s.
3. **Time limits**—Keep sharing to three to five minutes so everyone has a voice.
4. **No crosstalk**—No correcting, interrupting, or fixing.
5. **Language awareness**—Avoid graphic or triggering details.
6. **New men**—Free to share or free to pass; no pressure.
7. **Facilitator notes**—Used only for in-session reflection and not shared outside the group.

Then add:

“We want everyone to participate, but we also want everyone to have space. If you’re naturally talkative, keep an eye on your time. If you’re quiet, challenge yourself to speak at least once. And if someone dominates, I’ll gently redirect so we honor each man in the group.”

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## Land the Plane

End each session with:

- “What hit you tonight?”
- “What truth did the Holy Spirit highlight?”
- “What lie did you recognize in yourself?”
- This is how transformation begins.

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## Facilitator Notes

- Group size affects pace. With three or four men, you can go deeper. With eight to ten, choose fewer questions and watch the clock.
- Your job is to guide, not lecture.
- Your most important role is protecting the environment—maintain safety, honesty, and focus.
- Model vulnerability first. If you go deep, the men will follow.
- Keep men on their story. If someone drifts into analysis, debate, or teaching, gently bring it back to identity.

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## Session Length: 60–75 Minutes

**Suggested pacing** (adjust as needed for group size):

- Opening & guidelines: **5 minutes**
- Tracing the Lies activity: **10 minutes**
- Genesis 3 discussion: **5–7 minutes**
- Identity teaching & God’s lens illustration: **10 minutes**
- Spirit–Soul–Body teaching: **5 minutes**
- The Big Lie vs. Big Truth: **5 minutes**
- The Three Pyramids: **10 minutes**
- Predator Vision metaphor: **2–3 minutes**
- Advantages / Disadvantages exercise: **10 minutes**
- 12 Lies overview: **3 minutes**
- Closing prayer & Unleashed Declaration: **3 minutes**

*Encouragement:* This week is the fullest, deepest session of the entire study.

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## SESSION FLOW—WEEK 1

### 1. Opening Setup (5 minutes)

Read or summarize:

“Any journey worth taking requires something of you. It demands honesty about where you are and who you want to be. Tonight [or today, or this morning, or this afternoon] is about that reckoning—being courageous enough to face truth with God’s help.”

**Ask:**

- “Where have you been avoiding honesty with yourself?”
- “What do you want God to change in you during this journey?”
- Remind men of time boundaries.

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### 2. Activity: Tracing the Lies (10 minutes)

**Say:**

“To find truth, we must first trace the lies that shaped us.”

Read **Genesis 3:1–13** as a group.

**Ask:**

1. "What stood out to you in this passage?"
2. "What do you hear in God's question, 'Who told you that you were naked?' "
3. "What lies have shaped your identity?"

**Then:**

Each man quietly writes down the false names spoken over him growing up.

(Examples: *weak, coward, failure, too emotional, not enough*, etc.)

Ask for one or two volunteers to share (depending on group size).

**Facilitator Note:**

For groups of seven or more people, break into pairs.

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### 3. Teaching: The Root of the Lie (5 minutes)

**Explain:**

"Satan's first lie was, 'You're not good enough.' Most men still live from that lie today."

Read **Romans 3:22–24** aloud.

**Ask:**

- "What changes for you when righteousness is a gift rather than something you earn?"

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### 4. Illustration: Seeing through God's Lens (5 minutes)

Share the glasses story from Week 1, Day 3.

**Say:**

"When you see yourself through God's lens, everything sharpens. You stop seeing a failure and start seeing a son."

**Ask:**

- "What distorted lens have you been looking through?"
- "What do you think God sees when He looks at you?"

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### 5. Teaching: Body—Soul—Spirit (5 minutes)

Read **1 Thessalonians 5:23–24** and **Ephesians 1:13–14** aloud.

**Explain:**

- **Body:** flesh
- **Soul:** thoughts, emotions, will
- **Spirit:** the core of who you are in Christ

**Key truth:**

**"The moment you believed, God placed His Spirit into your spirit."**

**Ask:**

- "Which part—body, soul, or spirit—has been leading your life lately?"

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## 6. The Big Lie vs. The Big Truth (5 minutes)

Write on a board or say:

**The Big Lie:**

*My Performance + Others' Opinions = My Self-Worth*

**The Big Truth:**

*God's Performance + God's Opinion = My Self-Worth*

**Ask:**

- "Where do you see yourself living from the Big Lie?"
- "What would change if you lived from the Big Truth?"

Read **John 10:10** aloud.

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## 7. The Three Pyramids (10 minutes)

Explain briefly (from Week 1, Day 4):

### 1. Psychology Pyramid

Thought → Emotion → Action  
*(Incomplete without addressing belief)*

### 2. Works-Based Theology Pyramid

Belief → Thought → Emotion → Action  
*(Still rooted in performance)*

### 3. Righteousness-Applied Pyramid

*"My value comes from Christ in me."  
(Identity becomes the foundation for transformation)*

**Ask:**

"Which pyramid reflects how you've been living lately, and what belief (or lie) has been guiding your choices?"

**Facilitator Note:**

If time is short, summarize Pyramids 1 and 2, then focus on Pyramid 3.

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## 8. Predator Vision Metaphor (2–3 minutes)

**Say:**

"In the animal kingdom, eyes on the side are made to hide; eyes on the front are made to hunt. Most men live with prey-vision—reactive and unaware. But when God opens your eyes to the enemy's tactics, the hunted becomes the hunter."

**Ask:**

- "Where do you feel hunted in life?"
- "Where is God training you to hunt instead of hide?"

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## 9. Activity: Advantages of Disadvantages (10 minutes)

**Say:**

“Challenges can become gifts. Disadvantages can reveal advantages when viewed through God’s lens.”

Draw two columns: Disadvantages | Advantages

Have men list current struggles under *Disadvantages*, then help them flip each one to an *Advantage*.

**Ask:**

- “What is God forming in you through this struggle?”

**Facilitator Note:**

For groups of seven or more people, break into pairs or triads.

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## 10. Intro to the 12 Lies (3 minutes)

**Explain:**

“Before we confront the Big 5 Mankillers, we must expose the lies powering them.”

Give a brief overview of the **12 Lies Men Believe** (from Week 1, Day 5).

**Ask:**

- “Which one of these lies hits closest to home right now?”

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## 11. Closing Prayer

“Father, thank You that our identity is not found in what we’ve done, but in what You’ve done for us. Thank You that we are sons, not slaves. Help us walk in Your truth and reject every lie that has shaped our identity. Anchor us in Your Spirit so we never forget who we are and Whose we are. In Jesus’ name, Amen.”

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## 12. Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he’s been created in the image of the Living God...  
that he’s no longer held captive by the opinions of others...  
that he’s not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he’s been  
UNLEASHED!

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# WEEK 2: LACK OF PURPOSE

## *The Rhino*

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### Facilitator Overview

Purpose isn't found by looking inside; it's received from the One who made you. When a man forgets that, he becomes like a rhino: powerful, but aimless—charging through life without direction until something threatens his comfort or ego.

This week helps your men understand that true purpose begins not with striving, but with *surrender*. Author Henry Blackaby stated that God is looking for people who will do what He knows is best, not what they think is best. And God is the one who reveals this to us (see *Spiritual Leadership: Moving People on to God's Agenda* [Nashville: B&H Books, 2011]).

Your role this week is to guide men toward clarity, surrender, and Spirit-led direction.

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### Facilitator Notes

- Begin with the rhino metaphor from the book—strong, armored, but blinded by self-direction.
- Emphasize that a man can be busy but not fruitful. Success and purpose are *not* the same thing.

**Ask: "What are you chasing that might be good, but it's not God?"**

- Encourage openness. A man never discovers purpose in isolation. He discovers it in community, surrender, and the presence of God.
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### Scripture Focus

Encourage each man to read these verses from his own Bible, even though they're printed here. Familiarity builds ownership.

#### **Galatians 1:10 (NASB)**

*For am I now seeking the favor of people, or of God? Or am I striving to please people? If I were still trying to please people, I would not be a bond-servant of Christ.*

**Ask:**

- "Are you living to be useful to others, or to be faithful to God?"

#### **Ephesians 2:10 (NIV)**

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Ask men to circle or highlight *prepared in advance*.

**Truth:** Purpose isn't random; it's assigned.

## Isaiah 30:21 (NIV)

*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."*

**Ask:**

- "What voices are guiding your steps—fear, pride, or God's direction?"

## John 10:27 (NASB)

*"My sheep listen to My voice, and I know them, and they follow Me."*

**Ask:**

- "How well do you recognize God's voice in your decisions?"
- "What competes for your attention?"

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## Battle Tabs

Encourage the men to begin creating **Battle Tabs**—sticky notes or tabs in their Bible marking key verses on:

- Identity
- Purpose
- Respect
- Anger
- Lust
- Shame
- Fear
- Connection

**Explain:** These tabs become a quick-access **armory**. They allow us to find truth fast—especially when we're discipling others and can't remember exactly where a verse is located.

Every tab is a reminder:

You're not just learning this for yourself—you're training for battle. You're preparing to lead other men.

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## Facilitator Reflection Questions

Ask yourself before leading, and consider using these with the group:

1. What lies have you believed about success and purpose?
2. How has busyness or burnout kept you from hearing God's direction?
3. What would change if you viewed purpose as *received rather than achieved*?
4. If someone followed your daily habits for a week, what would they believe your purpose is?

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## Group Prayer

"Father, thank You for creating us with purpose and not by accident. Teach us to listen before we charge, to follow Your lead instead of chasing our own ambitions. Give us the courage to surrender our plans for Your purpose and to help our brothers do the same. In Jesus' name, Amen."

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## Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

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# WEEK 3: LACK OF RESPECT

## *The Lion*

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### Facilitator Overview

Disrespect in the animal kingdom follows a brutal logic. Lions live by hierarchy—every male has a place, and every young lion learns his quickly. Step out of line, and the correction is swift: a paw to the head, a roar that vibrates his ribs, or claws that draw just enough blood to remind him where he stands. Order is maintained because everyone knows their place.

Among men, disrespect works the same way. A man feels slighted, so he raises his voice, clenches his jaw, squares his shoulders, and postures like a lion ready to charge. But beneath the reaction isn't pride—it's *pain*. Every man knows the sting of being dismissed, unseen, or dishonored. It cuts straight to identity.

When a man's worth is tied to others' opinions, he'll fight to protect his ego instead of his heart. But when his identity is anchored in Christ, he becomes free—free to love without needing to be validated.

This is the **Love More / Need Less** principle:

You can love more only when you realize you already have everything you need in Him.

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### Facilitator Notes

- Remind your men that disrespect is not a surface issue—it's an identity wound.
  - When a man's worth depends on respect from others, every slight becomes a threat.
  - This week's goal: move men from demanding respect to offering it, from reacting to responding.
  - Guard the room from sarcasm, correction, or humor used to deflect pain.
  - Lead with authenticity—your vulnerability gives permission for theirs.
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### Discussion Questions

1. When was a time you felt disrespected, and how did you respond?
  2. Why does disrespect hurt more when it comes from someone close to you?
  3. What's one area of your life where you've been demanding respect instead of earning it?
  4. What could it look like this week to "love more and need less"?
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### Scripture Focus

#### **John 13:14 (NIV)**

*"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."*

**Truth:** Jesus didn't demand respect—He demonstrated love.

## Romans 12:10 (NASB)

*Be devoted to one another in brotherly love; give preference to one another in honor.*

**Truth:** Respect flows from the man who honors others first.

## Proverbs 29:23 (NIV)

*Pride brings a person low, but the lowly in spirit gain honor.*

**Truth:** Real honor begins with humility. When pride dies, true respect is born.

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## Example Activity

**Theme:** Humility over dominance.

Choose one of the following:

### Option 1: Controlled Strength Drill

Use resistance bands or push-ups. Have the men pause halfway through a rep and hold tension while breathing slowly.

#### Debrief:

"In life, holding back takes more strength than striking out. What situations test your ability to stay controlled under tension?"

### Option 2: Words That Build or Break

Pair up the men. Have each man speak a short, scripted line of *disrespect*, then immediately speak a line of *respect*.

Examples:

#### Disrespect:

"Man, that car you drive is a piece of junk. If I dropped my kids off in that thing, I'd never hear the end of it."

#### Respect:

"Hey brother, I respect the way you put your family first. That car may not be what you want, but I see your sacrifice—real men lead like that."

Keep it light and non-personal.

#### Debrief:

- How did each comment feel—both giving and receiving?
- What did it reveal about how quickly words can wound or strengthen another man?
- What kind of words are you known for?

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## **F.I.G.H.T.—How to Win the Battle for Respect**

### **F – Find the Unhealthy Emotion(s)**

When disrespect hits, what rises first? Anger? Frustration? Withdrawal? Write it down. Emotions are dashboard indicators—they point to deeper issues.

### **I – Identify the Unhealthy Thought or Belief**

What lie is fueling your reaction?

- “If I don’t get respect, I’m nothing.”
- “If she loved me, she’d never talk to me that way.”
- “If I let this slide, I’ll look weak.”

All of them trace back to one false belief: My value depends on someone else’s validation.

### **G – Get the Truth**

**John 13:14–15**—Jesus served instead of demanding respect.

**Romans 12:10**—Honor leads to respect.

**Truth:**

Respect is something you *give* because you’re secure, not something you demand because you’re insecure.

### **H – Hold the Truth Up to the Lie**

When disrespect stings, declare:

“My worth isn’t up for debate. I’m already chosen, loved, and secure in Christ.”

Only when you realize you already have everything you need in Him can you truly love more and need less.

### **T – Track Your Transformation**

Write down moments when you:

- Paused instead of reacted,
- Prayed instead of postured,
- Responded with humility instead of pride.

Every time you choose identity over insecurity, your spiritual reflexes shift.

That’s transformation.

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## Closing Prayer

“Father, thank You for showing us what real strength looks like. Teach us to lead not through pride, but through humility. Help us see ourselves and others the way You see us—deeply loved, already enough, already secure. When disrespect comes, help us respond from identity, not insecurity. Amen.”

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## Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

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# WEEK 4: ANGER

## *The Cape Buffalo*

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### Facilitator Overview

The Cape buffalo is one of the most unpredictable and dangerous animals in Africa. Locals call him *Black Death*. Hunters call him the animal that never forgets. If you wound or threaten a buffalo and don't finish the job, he'll circle back, stalking and ambushing his pursuer from the side after lying in wait. He is aggressive when provoked and will actively hunt those who have harmed him. When he charges, it's not a warning—it's a reckoning.

Anger works the same way.

It doesn't vanish when the moment passes—it hides, circles, and waits for another opportunity to strike. Most men think anger *is* the problem, but anger is just the symptom. It's the sound a wounded heart makes when something deeper hasn't been healed.

Maybe you've punched a wall, cursed under your breath, slammed a door, or stormed out because you didn't know what else to do. Maybe your anger felt justified—but underneath it was pain, shame, or disrespect you never dealt with. Anger often masks vulnerability. It feels powerful when we feel powerless. But it also deceives us. When anger controls us, it destroys the very things we're trying to protect.

Scripture reminds us: "Man's anger does not produce the righteousness of God" (James 1:20, NASB).

The goal isn't to suppress anger, but to *surrender* it. To trade reaction for redemption.

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### Facilitator Notes

- Remind the men that anger isn't always explosive—sometimes it simmers quietly.
  - Some men lash out; others shut down. Both are driven by the same lie:  
"I have to take control to stay safe."
  - Your role is to create safety without shame.
  - Model vulnerability—share about a time where your own anger got the best of you.
  - This week isn't about "managing emotions"; it's about exposing the wounds beneath them.
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### Discussion Questions

1. When anger rises, do you tend to explode or retreat?
2. What's one time your anger was really covering something deeper—fear, disrespect, shame, or insecurity?
3. How has anger impacted your relationships with people you love?
4. What would it look like this week to invite God into your anger instead of reacting from it?

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## Scripture Focus

### James 1:19–20 (NIV)

*Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.*

**Truth:** Anger reacts; righteousness responds.

### Ephesians 4:26 (ESV)

*Be angry and do not sin; do not let the sun go down on your anger.*

**Truth:** Anger itself isn't evil. But left unchecked, it becomes a foothold for the enemy.

### Proverbs 16:32 (NASB)

*One who is slow to anger is better than the mighty, And one who rules his spirit, than one who captures a city.*

**Truth:** The loudest man isn't the strongest. Real warriors master their spirit before they master anything else.

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## Example Activity

This week's goal is helping men recognize anger's root and redirect its energy toward healing.

Choose one:

### Option 1 – The Pressure-Release Drill

Use a heavy punching bag, or let the men strike a tire with a sledgehammer—anything that allows for safe physical release.

Have each man strike while naming the truth behind his anger:

- "I'm angry because I felt disrespected."
- "I'm angry because I was afraid."

#### **Debrief:**

"What did you notice as you named what was really behind your anger? Did the physical release help reveal anything?"

### Option 2 – The Forgiveness Letter

Give each man time to write a letter (make clear that this is only to write—not to send) to someone who hurt him—maybe a parent, spouse, boss, or friend. Have them read the letters silently, then pray over them and tear them up.

#### **Debrief:**

"What was the hardest part to write? What emotion surfaced unexpectedly?"

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## **F.I.G.H.T.—How to Win the Battle with Anger**

### **F – Find the Unhealthy Emotion(s)**

Anger is often the guard dog for something deeper: fear, disrespect, shame, or insecurity. Write down what you were really feeling underneath the heat.

### **I – Identify the Unhealthy Thought or Belief**

What lie is fueling the anger?

- “If I show weakness, they’ll take advantage of me.”
- “I have to fight to prove I matter.”
- “I’m not allowed to feel hurt.”

### **G – Get the Truth**

#### **Proverbs 15:1 (NIV)**

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

— Gentleness is strength under control.

#### **Galatians 5:16 (NIV)**

*Walk by the Spirit, and you will not gratify the desires of the flesh.*

— The Spirit leads us to respond with peace instead of reaction.

### **H – Hold the Truth Up to the Lie**

When anger rises, pause and declare:

“God’s Spirit is in me. I don’t have to fight for control—I can surrender and trust Him.”

### **T – Track Your Transformation**

Write down one moment this week when you paused before reacting—when you invited the Holy Spirit into the heat of the moment.

Every time you choose restraint over reaction, the buffalo in you gets tamed—not by force, but by surrender.

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## **Closing Prayer**

“Father, thank You for loving us even when our anger boils over. Teach us to pause before we react, to listen for Your voice when we want to roar. Heal the wounds that fuel our anger and replace them with peace, patience, and strength. Amen.”

We are strongest not when we fight harder—but when we drop our defenses, fall to our knees, and surrender to God. That’s where the real battle is won.

---

## Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

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# WEEK 5: LUST

## *The Elephant*

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### Facilitator Overview

The elephant is one of the most intelligent and powerful animals on earth. But when a bull elephant enters *musth*, his body is flooded with a surge of testosterone that can be many times higher than normal, driving him into a state of heightened aggression and dominance. It's a powerful biological push to establish control and pursue mating, making him more unpredictable, territorial, and dangerous than at any other time. If he is without guidance from older bulls at that time, he grows reckless—charging vehicles, tearing up trees, lashing out without reason. It's raw power without wisdom.

Optional to read aloud to the men:

One example of this happened in Africa. They began finding dead rhinos with massive puncture wounds—they had been gored, rolled, and left to die. At first, no one could figure out what was going on, because rhinos don't typically behave that way toward each other. But eventually, they uncovered the cause.

Young bull elephants, left without older bulls because of poaching, were entering musth with no guidance. There was no one to model restraint and no one to show them what to do with that kind of power. As a result, they turned violent, attacking everything in their path—vehicles, trees, and even rhinos. They coined a term for it: "rhino rolling." These young bulls would knock a rhino over and repeatedly drive their tusks into it, rolling it and tearing into it with uncontrolled aggression, like a bulldozer on steroids. It wasn't hunger, and it wasn't survival. It was misdirected power—strength without wisdom and intensity without direction.

The same thing can happen in a young man's life. When a boy grows up without a father, or with a father who is absent, abusive, or simply silent or not involved enough, he enters manhood carrying something powerful that he does not fully understand. Testosterone rises, desire increases, aggression awakens, and without guidance, he is left to figure out what to do with it on his own.

That is a dangerous place to be, because that energy has to go somewhere. It's like a pressure cooker without a release valve; at some point, it's going to blow up. If it's not guided, it will be misdirected. If it's not disciplined, it will become destructive. That's why so many young men find themselves in trouble. It's not simply rebellion—it is untrained power looking for an outlet.

And more often than not, lust becomes that outlet—not because a man is weak, but because he is strong and does not yet know how to steward that strength. Without a mentor—without someone walking alongside him—he begins to use that God-given drive in ways it was never designed for, seeking release instead of purpose, escape instead of calling, and consumption instead of connection. And what was meant to build something meaningful begins to tear things down instead.

That's how lust works.

When desire becomes disconnected from design, it turns destructive. Lust doesn't care what it destroys—it just wants to *feel* something. And when a man doesn't have someone to walk with him through his desires, he becomes like that lone bull elephant—strong, driven, unguarded—leaving a trail of damage behind him.

Lust is not just about sexual desire. It shows up in cravings for:

- control
- validation
- comfort
- power
- money
- escape

At its core, lust is a craving for something that promises to fill a void only God can satisfy. It looks like freedom, but it's a snare. Like a trapper who lays bait along an animal's natural path, the enemy lures us with false comfort, then tightens the noose when we take the bait.

**The opposite of lust isn't willpower. It's worship.** When your heart is full of God's presence, there's no room for the counterfeit.

---

## Facilitator Notes

This is one of the most important and tender weeks in the entire Big 5 study.

Your tone will determine the atmosphere.

- Do not focus on *behavior*; focus on *identity*.
- Lust thrives in secrecy but dies in the light.
- Lead with vulnerability and grace.
- Remind your men that this isn't the week to "drag sin out into the street and beat it to death."
- If men could fix themselves, Jesus wouldn't have come.
- This is not about sin management—it's about freedom through surrender.

Lust is rooted in wounds: rejection, loneliness, boredom, insecurity, or shame. Every man has felt its pull. When you bring this topic into the light with humility, you disarm the enemy's favorite weapon: condemnation.

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## Discussion Questions

1. How has lust shown up in your life—not just sexually, but through control, comfort, validation, or success?
2. What false promises has lust made to you?
3. How does isolation make lust stronger?
4. Think of times lust promised comfort or escape. How did you feel afterward—more alive, or more disconnected?

***If lust were truly good for us, we wouldn't hide it. That alone reveals that something deeper is happening.***

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## Scripture Focus

### 1 Corinthians 6:19–20 (NIV)

*Do you not know that your bodies are temples of the Holy Spirit, who is in you...? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

- Your body is not a playground for lust—it is *holy ground* where God dwells.

### Psalms 16:11 (NIV)

*You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

- The deepest pleasure is not escape—it is the presence of God.

### Galatians 5:16 (NIV)

*Walk by the Spirit, and you will not gratify the desires of the flesh.*

- Freedom comes when the Spirit fills what the flesh can never satisfy.

Encourage the men to add these verses to their Battle Tabs under *Lust*.

---

## Example Activity

This week focuses on exposing lust's deception and replacing it with truth.

Choose one:

### Option 1 – The Mirror Moment

Provide a full-length mirror or individual hand mirrors. Have men look into their own eyes—silently at first. Then say:

“This is the man God created in His image—not the one defined by failure or fantasy, but the one redeemed by grace.”

Invite each man to speak a declaration aloud:

- “I am a son of God.”
- “I am free.”
- “I am forgiven.”
- “I am enough because He is in me.”

#### Debrief:

How hard was it to look at yourself and speak truth? What emotions surfaced?

### Option 2 – The Brotherhood Carry

Before the session, place a heavy beam, log, or sandbag—something no man can lift alone—at the bottom of a hill.

Have one man try lifting it by himself. Let him feel the impossible weight.

Then call the other brothers to join him. Together, carry it to the top.

When you reach the crest, say:

“This is what it looks like when we bear one another’s burdens. None of us can carry the weight alone. Christ carried the full weight of sin up Calvary so we could walk free—and now He calls us to carry one another.”

Read aloud:

“Carry each other’s burdens, and in this way you will fulfill the law of Christ”  
(Galatians 6:2, NIV).

**Debrief:**

How did it feel when you tried to lift it alone?

What changed when your brothers came beside you?

Who is helping you carry what’s been too heavy?

---

## **F.I.G.H.T.—How to Win the Battle with Lust**

### **F – Find the Unhealthy Emotion(s)**

Lust hides behind deeper feelings: loneliness, shame, fear, rejection, boredom.

Write down what you were truly feeling beneath the pull.

*Example:* “I feel invisible...ashamed...bored...disconnected.”

### **I – Identify the Unhealthy Thought or Belief**

What lie is fueling the desire?

- “This will make me feel better.”
- “No one will ever know.”
- “I deserve this.”
- “I can’t help it.”

Lust promises connection, but delivers *disconnection*.

### **G – Get the Truth**

Ask the Holy Spirit to expose the lie and reveal truth.

**Psalm 51:10 (NIV)**

*Create in me a pure heart, O God, and renew a steadfast spirit within me.*

**2 Timothy 2:22 (NLT)**

*Run from anything that stimulates youthful lusts...pursue righteous living, faithfulness, love, and peace.*

## Romans 8:6 (NIV)

*The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

Truth is your weapon. Use it.

## H – Hold the Truth Up to the Lie

Say aloud:

“God, my body isn’t a playground for lust—it’s holy ground where Your Spirit dwells. What once defined me no longer owns me. I am free because You live in me.”

The only way we can love more is by realizing we already have everything we need *in Him*.

## T – Track Your Transformation

Write down moments this week when you:

- chose connection over isolation
- reached out instead of giving in
- worshiped instead of escaping
- surrendered instead of hiding

Each surrendered choice weakens the chain. Freedom grows one step at a time.

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## Closing Prayer

“Father, thank You that You’ve called us sons and not slaves to sin. Help us see our bodies and desires the way You see them: sacred, powerful, and redeemed. Teach us to love more and need less because we already have everything we need in You. When temptation whispers, remind us that worship is our weapon. Amen.”

---

## Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he’s been created in the image of the Living God...  
that he’s no longer held captive by the opinions of others...  
that he’s not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he’s been  
UNLEASHED!

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# WEEK 6: SHAME

## *The Leopard*

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### Facilitator Overview

The leopard is stealthy, powerful, and patient. It doesn't chase its prey across the plains—it stalks from the shadows. Once it strikes, it drags the kill into a tree where no other predator can reach it. Beneath those branches you'll often see skulls and bones—evidence of the leopard's defeat of its victims.

That's what shame does.

The enemy attempts to drag your failures, sins, and regrets into the open. He threatens to hang them high in the trees of your memory—trophies of defeat—whispering, "If people knew what you've done, you'd be ruined."

But shame does not come from God.

- Conviction draws you toward repentance.
- Shame drives you into hiding.

When you live under shame, you spend your life waiting for the next branch to snap—terrified your secrets will come crashing down.

Shame says, "You are what you've done."

Grace says, "You are who I've made you to be."

You don't have to drag your past around like a carcass. Jesus already carried it away.

Psalm 103:12 (NIV) reminds us:

*"As far as the east is from the west, so far has he removed our transgressions from us."*

What God removes, He remembers no more.

---

### Facilitator Notes

This week requires gentleness, honesty, and safety.

Men often hide their deepest wounds behind humor, strength, or silence. Shame thrives in secrecy but dies in the light.

- Lead with authenticity, not oversharing.
  - Your vulnerability gives permission for theirs.
  - Remind men: If you bury it, you carry it. But when you give it to Jesus, He removes it completely. The ashes of their past can become the soil of their new life.
- 

### Discussion Questions

1. How has shame shown up in your life—through failure, regret, addiction, or rejection?
2. What are the "branches" in your story—places where shame hangs over you, threatening to fall?

3. How has shame affected your relationships, faith, or purpose?
4. What would it look like to truly believe God has already removed your shame?

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## Scripture Focus

### Psalm 103:12 (NIV)

*As far as the east is from the west, so far has he removed our transgressions from us.*

- Shame chains you to what God has already forgiven.

### Isaiah 61:3 (NKJV)

*To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness.*

- God brings beauty out of burned places.

### Romans 8:1 (NIV)

*Therefore, there is now no condemnation for those who are in Christ Jesus.*

- Condemnation ends where Christ begins.

Encourage men to add these verses under *Shame* in their Battle Tabs.

---

## F.I.G.H.T. Framework—Applying It to Shame

This week, help the men walk through the F.I.G.H.T. steps slowly and intentionally.

### F – Face the Lie

Common lie: “If people knew who I really was, they’d never accept me.”

Shame thrives in secrecy. Name the lie—out loud or in writing.

### I – Identify the Trigger

When does shame surface most?

- After failure?
- After criticism?
- When the past resurfaces?

Knowing the trigger disarms the ambush.

### G – Get the Truth

Romans 8:1—“*There is now no condemnation....*”

#### Truth:

You are not what you have done.

You are who God declares you to be.

### H – Hold Your Ground

When shame whispers, “You’ll never be free,” respond: “As far as the east is from the west, so far has He removed my transgressions from me.”

Anchor yourself in Scripture, not emotion.

## T – Track Your Transformation

### Ask:

- Where did shame lose its grip this week?
- What truth did you stand on when condemnation tried to return?

Transformation grows where honesty and truth meet.

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## Example Activities

### Option 1 – The Weight of Shame

Gather several heavy objects—stones, logs, sandbags. Place them in the center of the circle.

- Each man chooses an item representing the weight he’s been carrying.
- Hold it in silence for a moment.
- Then read:

#### **2 Corinthians 5:17 (NIV):**

*If anyone is in Christ, the new creation has come: The old has gone, the new is here!*

Have every man lay his weight down.

#### **Debrief:**

“What did it feel like to hold that weight? What changed when you set it down?”

### Option 2 – Beauty from Ashes (Fire & Communion Night)

Set up a safe firepit. Provide paper or sticky notes.

1. Each man writes the shame he’s been carrying.
2. Attach the notes to a branch so no one can read them.
3. Burn the branch as you read Isaiah 61:3: *To give them beauty for ashes....*

#### **Say:**

“As this branch burns, so does the shame that once defined us.”

## Transition to Communion

### **Explain:**

“Jesus simply said, ‘*Do this in remembrance of Me.*’ Communion is not about position—it’s about remembering the price already paid.”

### **Instructions:**

1. Provide bread/crackers and juice.
2. Communion is only for those who have placed their faith in Christ.
3. Lead:
  - “This bread represents His body—broken for you.”
  - “This cup represents His blood—poured out for forgiveness.”

4. Pray: "Father, thank You that the cross consumed every accusation against us. Thank You for making beauty from ashes and giving us new life through Your Son. Amen."
5. Invite a moment of silent reflection or prayer.
6. Stand together in a circle—hands on each other's shoulders—as a sign of brotherhood.

Then Say:

"Brothers, you are not alone. This is a band of brothers—walking together in grace, truth, and strength."

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## Closing Charge

Group repeats together:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

Send the men into the week reminding them: You have what it takes—because Christ lives in you.

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# WEEK 7: FEAR

## *The Hippo*

### Face Everything and Roar

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#### Opening Story—The Hippo: Fear’s Deadly Deception

When you think of Africa’s most dangerous animal, most people picture lions, leopards, or crocodiles. But none of those take more lives each year than the hippo.

Hippos may look harmless—round, slow-moving, almost cartoonish—but they are lightning-fast when provoked. A full-grown hippo can outrun a man on land and move with terrifying precision underwater. They kill by charging without warning, flipping boats, and crushing whatever stands in their way.

#### **Fear works the same way.**

It disguises itself as protection, pretending to keep us safe—but when left unchecked, it will charge and destroy everything in its path: dreams, relationships, opportunities, and even faith.

At first, fear feels like it’s helping us. It triggers our God-designed fight-or-flight response, convincing us to run from what feels dangerous. The problem is, most of what we fear today isn’t life-threatening—it’s purpose-threatening. Fear tells us to retreat when God is calling us to advance.

Many men live like that hippo—territorial, reactive, and driven by the illusion of control. They build walls around their hearts, thinking it will protect them from pain. But the more ground fear gains, the smaller your world becomes.

This week’s goal is simple: Expose the lie of fear and replace it with the truth of faith.

---

#### **The Big Lie**

**“If I stay in control, I’ll stay safe.”**

It sounds noble. It promises protection. But fear doesn’t protect you—it imprisons you. Control is a counterfeit of trust. God’s Word reminds us: *When I am afraid, I put my trust in you* (Psalm 56:3, NIV).

---

#### **The Big Truth**

**“Faith doesn’t remove fear—it replaces it.”**

Courage is not the absence of fear. It’s the decision to trust God more than your feelings.

- Fear demands control.
- Faith chooses surrender.

When you surrender the outcome, fear loses its ability to dictate your life.

---

## Facilitator Overview

This week, the men will uncover what's really driving their fear, name the lie behind it, and apply the truth of God's Word through action.

Encourage honesty. Fear hides best in silence—but loses its grip in the light.

Remind the group: Fear often wears disguises—anxiety, control, procrastination, anger, perfectionism, or withdrawal. Same face—just under a different mask.

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## Whiteboard Exercise: The Advantages of Disadvantages

### Purpose:

To help men see how fear loses power when perspective shifts from “loss” to “growth.”

### Supplies:

Whiteboard or flip chart, markers.

### Instructions for Facilitator:

1. Draw two columns: **DISADVANTAGES** and **ADVANTAGES**.
2. Ask: “*What challenges or disadvantages have stirred fear in your life?*” (Job loss, divorce, health issues, rejection, insecurity, failure)
3. Write these under **DISADVANTAGES**.
4. **Then Ask:** “*What advantages or hidden gifts could God bring from these situations?*” (**Deeper faith, compassion, wisdom, resilience, humility, stronger relationships**)
5. Write these in the **ADVANTAGES** column beside each challenge.

### Teaching Point:

- When you shift your focus from what's being taken from you to what God is building in you, fear loses its grip.
- Challenges become opportunities.
- Disadvantages become training grounds for faith.

Read aloud James 1:2–3 (NLT): *When troubles of any kind come your way, consider it an opportunity for great joy...your endurance has a chance to grow.*

Encourage each man to choose one current fear or disadvantage and ask God to reveal the hidden advantage He may be shaping through it.

---

## F.I.G.H.T. Framework—Applying It to Shame

### F – Find the Negative Emotion

Start with what you're feeling—not what you're thinking or doing.

Fear rarely shows up alone. It hides beneath other emotions:

- **Anxiety**—“*What if this doesn't work out?*”
- **Insecurity**—“*I'm not enough for this.*”

- **Overwhelmed**—“I can’t handle all of this.”
- **Loneliness**—“No one really has my back.”
- **Powerlessness**—“I can’t fix this.”
- **Shame**—“Something is wrong with me.”

Naming the emotion disarms the disguise.  
You cannot heal what you will not name.

## I – Identify the Unhealthy Thought or Belief

What lie is fueling the emotion?

When fear gets loud, it whispers:

- “If I risk this, I’ll fail.”
- “I have to stay in control to stay safe.”
- “God won’t come through for me.”
- “What will people think if I fail?”
- “If I mess up, it proves I’m not enough.”
- “If I show fear, people will think I’m weak.”

These lies create a false identity—one built on insecurity instead of sonship.

The lie gives fear its power.

## G – Get the Truth

You can’t outthink fear.

But you can **out-truth** it.

Write these verses where you’ll see them:

- 2 Timothy 1:7—*God has not given me a spirit of fear.*
- Psalm 56:3—*When I am afraid, I trust in You.*
- 1 John 4:18—*Perfect love casts out fear.*

Speak the truth out loud. Fear loses authority when faith finds its voice.

## H – Hold the Truth Up to the Lie

This is where renewal begins.

Steps to apply:

1. Write the lie you’ve believed.
2. Write the truth God is revealing.
3. Speak the truth daily until it becomes instinct.
4. Act in alignment with the truth—even if you still feel afraid.

Romans 12:2 reminds us: *Be transformed by the renewing of your mind.*

Every time you choose truth, you weaken fear’s grip.

---

## T – Track Your Transformation

Victory isn't perfection—it's progression.

### Ask:

- Where did I trust God instead of controlling the outcome?
- What fear has lost its grip this week?
- Where have I experienced God's peace replacing anxiety?

Every time you choose trust, you strengthen courage.

---

## Explore & Discuss

1. What fear has been holding you back from the next step God is calling you to take?
2. How has fear disguised itself in your life—control, anger, perfectionism, withdrawal?
3. What truth from God's Word will you hold against that lie this week?
4. How can this group pray for you and support a courageous next step?

Read aloud Joshua 1:9 (NIV): *"Be strong and courageous...for the LORD your God will be with you wherever you go."*

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## Closing Reflection

Courage doesn't mean you won't feel fear. It means you won't let fear make your decisions.

When fear says, *"Stay safe,"* faith says, *"Step forward."* Fear gives you two options:

**FEAR:** *Forget Everything and Run* or **FACE** *Everything and Roar.*

Which one will you choose this week?

---

## Closing Prayer & Brotherhood Circle

Have the men stand shoulder-to-shoulder in a circle. Invite them to pray brief, honest prayers for one another. When the last man finishes, declare together:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

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# WEEK 8: CONNECTION

## *Brotherhood*

### **We Were Never Meant to Fight Alone**

### **Final Gathering – Cookout / Brotherhood Celebration**

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#### **Facilitator Note: Setting the Stage**

This final week is a celebration, a commissioning, and a marker of transformation.

Plan for a relaxed environment—a backyard cookout, fire-pit evening, tailgate setup, or private room where men can talk freely without pressure.

Your goal: Help every man reflect on what God has done, declare who he is in Christ, and leave ready to live on mission.

---

#### **Facilitator Option: Make It an Adventure**

This last session doesn't need to look like a classroom. Brotherhood is forged through **shared experience**, not just shared discussion.

If it fits your group, plan something active before the food and stories:

- **Skeet or Trap Shooting**  
A safe, adrenaline-building challenge that mirrors what it means to “aim true” in life.
- **Archery or Target Shoot**  
A discipline exercise that reminds men that accuracy requires focus, and truth refines purpose.
- **Cornhole or Axe-Throwing Competition**  
Fun, engaging, and surprisingly effective at lowering walls.
- **Short Hike to a Remote Spot**  
Build a small fire and hold the session outdoors where distractions fade.
- **Backyard Cookout or Tailgate Hangout**  
Keep it simple: meat on the grill, fire in the pit, and shared stories under the night sky.

Whatever you choose, let the mission be the same: connection, brotherhood, and memory-making. Men remember what they *do* together even more than what they *hear* together.

---

#### **Opening: The Longing for Brotherhood**

In the heart of every man beats a God-given desire for connection. Soldiers feel it in the foxhole. Teammates feel it on the field. Crews feel it on the jobsite. Even gangs imitate it.

Gangs pull men in by promising belonging—a name, colors, crew, protection, power, and respect—if you live by the code. But they're guides with a broken compass.

It looks like brotherhood—but it lacks the *Father*.

It recruits men—but never makes sons.

It gives colors—but not the *covering*.

It offers belonging without love, mission without meaning, and loyalty that costs the soul.

But the Kingdom offers the real thing:

- A family
- A name
- A Father
- A mission that builds instead of destroys

A thug gives a name meant to sound dangerous. The King gives a new name that *is* dangerous—for good—because He lives in you.

---

## Illustrations: How Men Form Bonds

### Blood Brothers

Across cultures, men have sealed loyalty in blood—palms cut, hands pressed together. The vow said, “Your fight is my fight.” Brotherhood always costs something.

### Boot Camp & Battlefields

Modern soldiers are broken down and rebuilt as one. Sweat, mud, fear, and hardship forge bonds that outlast war. Battle is never about medals—it’s about the man beside you.

### Crews & Teams

Construction crews, hunting buddies, and ball teams all learn trust through shared struggle. Brotherhood forms in the grind, not the glory.

### Army of One

The U.S. Army once ran the slogan “Army of One.” It sounded like lone-wolf heroics, but the meaning was deeper: You are one—but part of something much greater. Alone you’re a target. Together you take ground.

*Though one may be overpowered, two can defend themselves.  
A cord of three strands is not quickly broken.  
— Ecclesiastes 4:12 (NIV)*

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## The Brotherhood Worth Dying For

Over the past seven weeks, we’ve faced the deadly mankillers together: Lack of Purpose. Lack of Respect. Anger. Lust. Shame. Fear.

Each one tried to isolate us. Each one tried to convince us we were fighting alone. But this journey has proven otherwise.

We’ve learned how to **F.I.G.H.T.:**

- **F**ind the unhealthy emotion
- **I**dentify the lie beneath it
- **G**et God’s truth
- **H**old that truth up to the lie
- **T**rack your transformation

Like the soldiers in *Saving Private Ryan*, brotherhood is forged when men fight for one another. A squad was sent to rescue one man whose brothers had been killed in battle. Men laid down their lives to reach him, and when they finally found him, he refused to leave—because he'd found new brothers worth fighting beside.

That's the loyalty we're called to.

We're not just surviving—we're deploying.

Our mission is clear: Find the men still stuck behind enemy lines, still hiding in the trenches, still believing they fight alone—and bring them home.

Because that's what brothers do. They go back for each other.

*"Greater love has no one than this: to lay down one's life for one's friends"* (John 15:13, NIV).

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## The Unleashed Men Creed (Interactive Version)

Have the group sit in a circle.

Explain that this moment is not just a reading—it's a declaration of identity.

### Facilitator Prompt:

"Over these past weeks, we've faced the Big 5 Mankillers—and fear—and learned how to fight back with truth. Tonight, we revisit the Unleashed Men Creed. But this time, we won't read it together—we're going to *own* it.

One line at a time, each man will read a line aloud and share briefly what it now means to him. This isn't about perfection. It's about transformation."

Go around the circle, line by line.

Example:

- **Man 1:** "Because God transfigured me the moment I truly believed..."  
*"I used to think I had to earn His love. Now I know I already have it."*
- **Man 2:** "I am a new creation of infinite worth."  
*"That one hits hard—I never believed I had worth before."*
- **Man 3:** "I am completely forgiven."  
*"Even my darkest stuff—He covered it."*

Continue until the Creed is complete.

### Facilitator Closing:

"These aren't just words—they're a battle cry.

You're not who you used to be. You are who He says you are—His beloved sons, free and fully equipped to fight for others."

---

## Group Sharing: "What I've Taken Away"

Invite each man to share:

1. One truth or "a-ha moment" from these weeks
2. One way God has changed his thinking, relationships, or reactions

3. One man he feels called to reach or disciple next
4. Keep it real. Keep it grace-filled. Celebrate transformation.

---

## Short Reflection – Equipped and Sent

We have been trained **with** a purpose and **for** a purpose.

We know the enemy's tactics.

We carry a weapon sharper than any double-edged sword—the Word of God.

You are a new creation.

You have what it takes—

Not because you're perfect,

But because He is with you.

*For the Word of God is alive and active.* Hebrews 4:12 (NIV)

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## Brotherhood Blessing (Instead of Shield Wall)

Have the men stand in a circle.

Each man places a hand on the shoulder of the man beside him.

### Facilitator Prays:

"Father, thank You for forging these men into brothers. As we go, make us dangerous for good—men who bring light into dark places. Give us courage to go back for the wounded, strength to fight together, and hearts that face everything and roar."

After the prayer, go around the circle. Have each man speak one sentence of encouragement or gratitude over the group.

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## Closing Charge

The hunt isn't over—

It's just beginning.

You've been trained.

You've been tested.

You've been transformed.

You've faced every deadly mankiller and learned to fight with truth.

You have what it takes—

Because He is with you.

And because you are no longer alone.

Now go make disciples.

**Pick up your sword and start swinging.**

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## Closing Declaration

Have everyone remain standing and repeat:

When a man knows who he is in Christ...  
that he's been created in the image of the Living God...  
that he's no longer held captive by the opinions of others...  
that he's not afraid to live or die...  
that man is extremely dangerous  
—dangerous for good—  
because he's been  
UNLEASHED!

**Changed men change men.**

***IT'S MY TURN NOW!***

