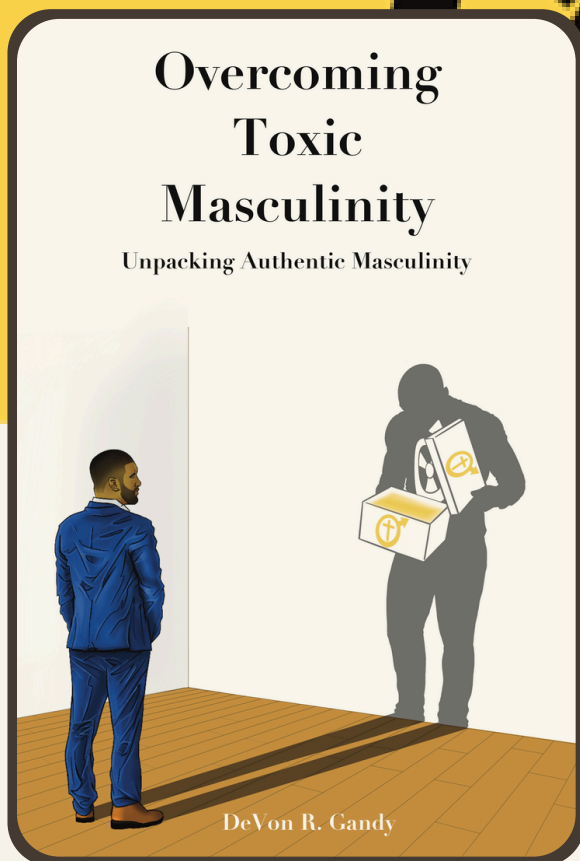


-Learn & Grow-

OVERCOMING TOXIC MASCULINITY
UNPACKING AUTHENTIC MASCULINITY

THE WORKBOOK



A tool for reflection and practical application, close each chapter with self-evaluation and a plan for growth.

BY DEVON GANDY

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1st edition 2024

THE WORKBOOK

Overcoming Toxic Masculinity: Unpacking Authentic Masculinity



Preparing To Face-Off

- Unpacking authentic masculinity is absolutely necessary, because you are a king in the making!
 - Why is defining authentic masculinity correctly, essential for males and females to understand?
 - Did you know that there is a right and a wrong way to be masculine?
 - How has the concept of masculinity changed over time?
 - How does identity correlate with masculinity in reference to race, sexuality, and class?

THE FACE-OFF

Unpacking authentic masculinity means breaking down the God-established essentials of how males were divinely designed to think and function. A male's behavior should correspond with the original ideals behind the Lord's Kingdom-minded will and intent. By strategically dismantling what authentic masculinity is according to our Creator, we can properly reconstruct the appropriate way God intended for males to reign on earth.

This is necessary so that males and females will understand the benefits of why they were made equals but not identical in flesh. Without comprehension of this knowledge, humans will find it difficult to claim and cultivate their suitable posture of purpose. Our posture is our heart's attitude or position towards what we perceive to be stability and comfort. Where we feel stable, we align our beliefs. Where we feel comfort, we deposit our trust.

True masculinity glorifies God and profits mankind. Even if not toxic, masculinity apart from God's design falls short of maximizing a male's potential. Though the concept of masculinity changes from generation to generation, we can't say with certainty that it has evolved. Females are being oppressed, children are fatherless, and plenty of so-called men would rather be a physical brute than an emotionally-intelligent juggernaut.

Though history is full of patriarchal despotism and the exploitation of objectified females, that was never the intention of God for the male. Masculinity isn't bulging muscles, familial dominance, and competing

THE FACE-OFF cont.

against other males to be king of the hill. No! Masculinity is about identity. Masculinity is about being gifted with the ability to produce a seed, naturally and spiritually.

Authentic masculinity is about the pleasure of being fully submitted to Jesus Christ and the joy of covering all those entrusted into your care. A real man is a steward, not a dictator! It doesn't matter your race or class. You were born to reign over your God-given purpose. Sexuality is not up for grabs. The male and female were created binary for a reason. The male produces the seed and the female incubates it with her egg. Together, they are tasked with giving birth to godly offspring.

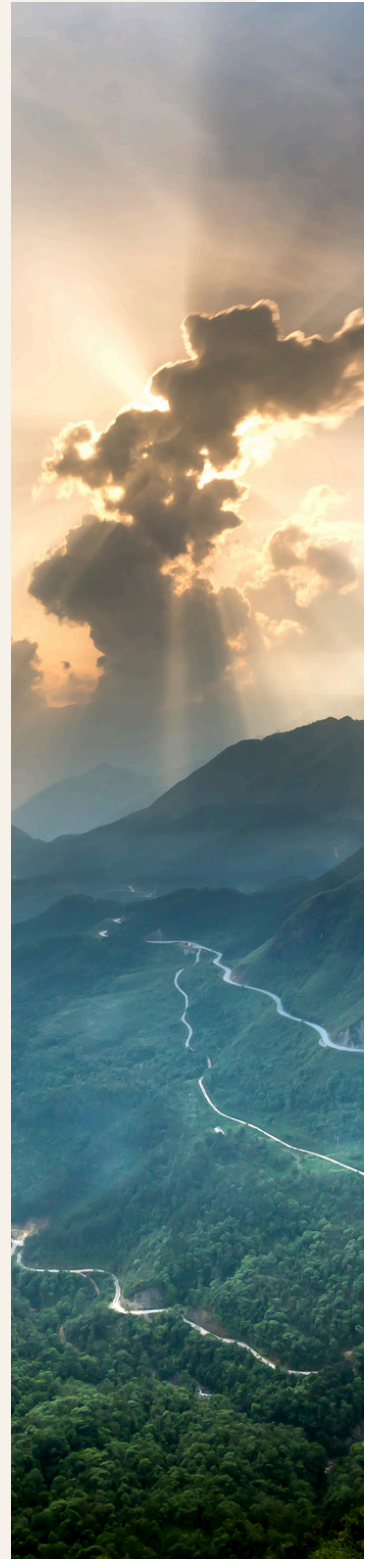


Pray along with me...

Dear heavenly Father, in Your great wisdom and divine kindness You have divided humanity into male and female. Though, Your will does not grant that there should be division between us, unity of Your sons and daughters produces godly offspring. The kingdom of God should reflect the kingdom of heaven. Let Your will be done on earth as it is in heaven. Give us this day our daily bread, Your Word of knowledge, wisdom, and discernment so that we will choose to be who You've created us to be in You.

Lord, without You we can do nothing. Have mercy on our generation, eradicating every lie propped up against Your Word concerning the design You gave us in defining the godly man and woman. Help us to draw nearer to You, embracing the gender You've hand-selected for each of us, along with the purpose You've so kindly planted within us to flourish for Your glory and our benefit.

AMEN.





Prayer is important for contemplation & growth

1. Luke 11:1-4 records **what** Jesus Christ instructs us to pray.
2. Matthew 6:6 records **where** Jesus Christ instructs us to pray.
3. 1 Thessalonians 5:16-18 records the apostle Paul as he instructs us **when** to pray, in accordance with God's will for us in Jesus Christ.

Homework

There are several bible verses that refer to prayer. It's in your best interest as a child of our Heavenly Father to not only read His Word, but study how to communicate with Him. Learn His voice, how He speaks to you, and what He expects from and for you in the intimate time you set aside in His presence.



Important Tip

Jesus says, "... Go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you" (Matthew 6:6 NIV).

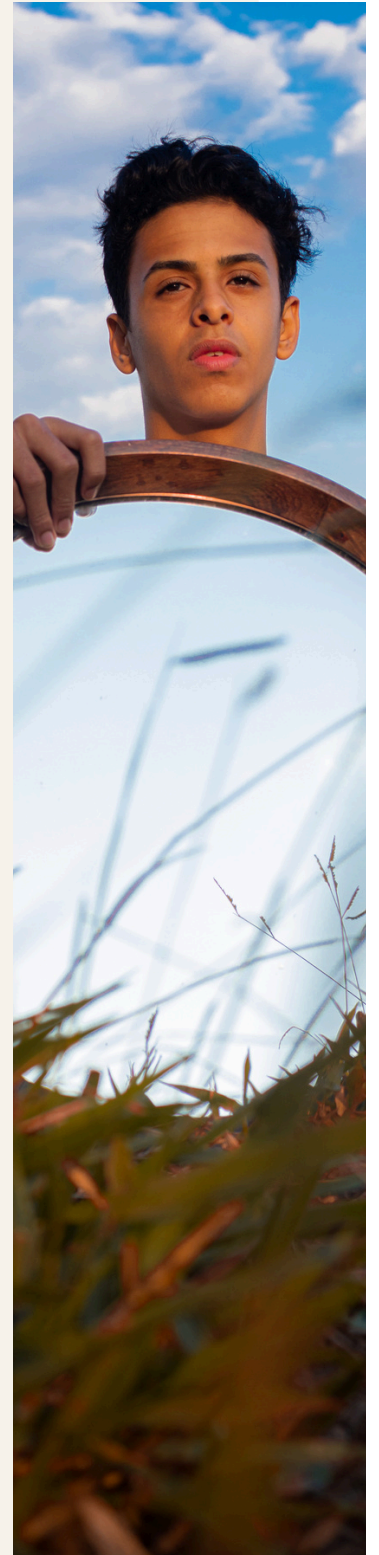
What kind of communicator should you be?

Prayer is simply a conversation with the LORD. Holding an engaging conversation means that both participants are willing to take turns listening and speaking. Think about when you converse with someone. You feel validated when they quietly contemplate your words, maintaining eye contact or reading your lips, making sure not to miss a single detail.

Time spent in prayer with your heavenly Father should resemble that same intimacy and absorption. Of course, you can speak to God any place, anytime. However, each day we must establish intentional times where we hide away from all distractions. In this quiet and private place we can truly relax, basking in the presence of our beloved Savior.

Facing Off

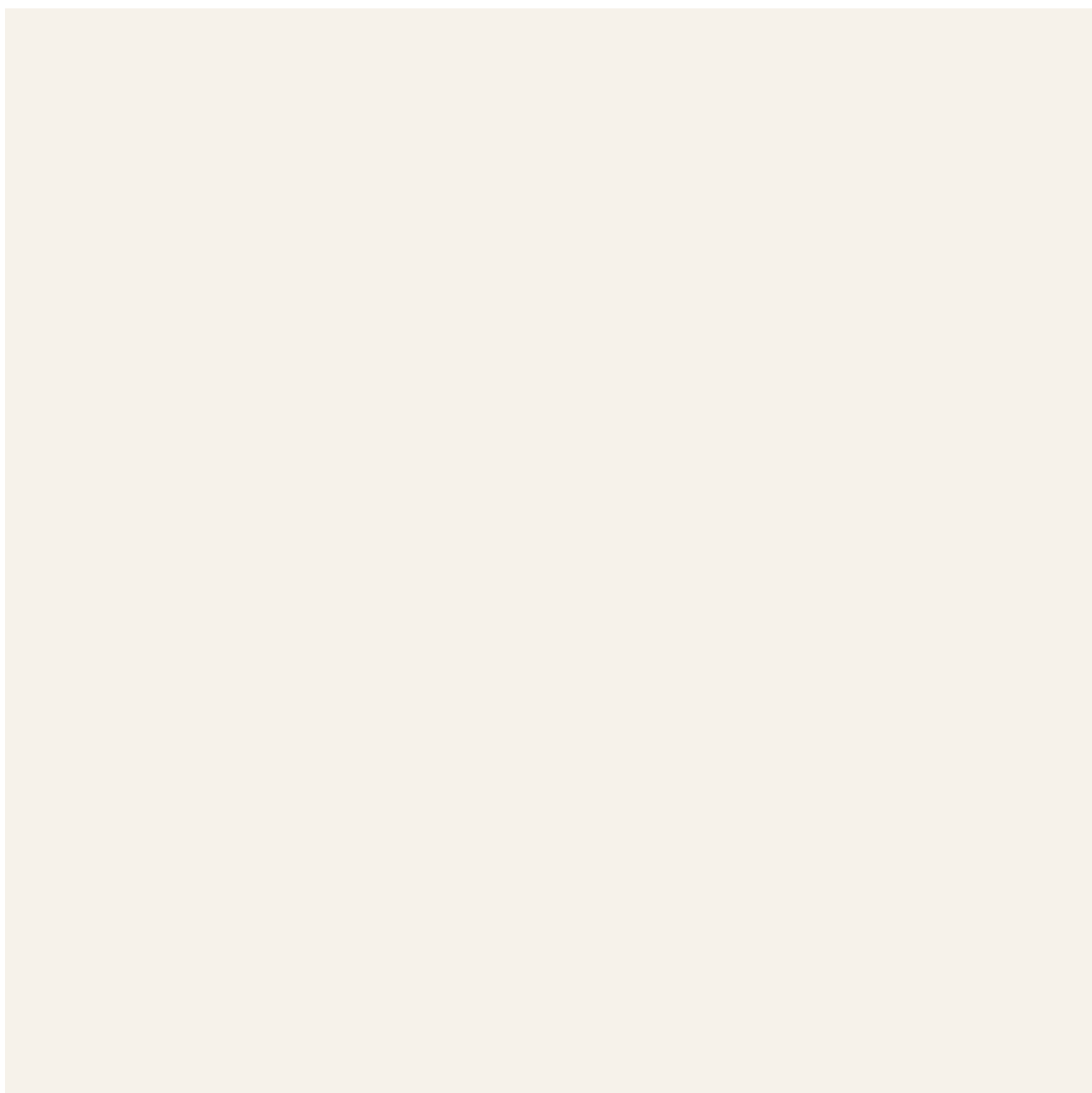
1. The Word of God is the constitution that determines how we, as citizens of the Kingdom of God, are to be governed.
2. The bible is not only our constitution but a mirror that we look into as believers. Does our reflection mirror who Christ is governing us to be?
3. It is now time to pause and reflect on what the Word of God is speaking to you. Allow the following chapter reviews to guide you in correcting your vision, aligning what you see with what God sees when He looks at His holistic version of you.



FACING OFF

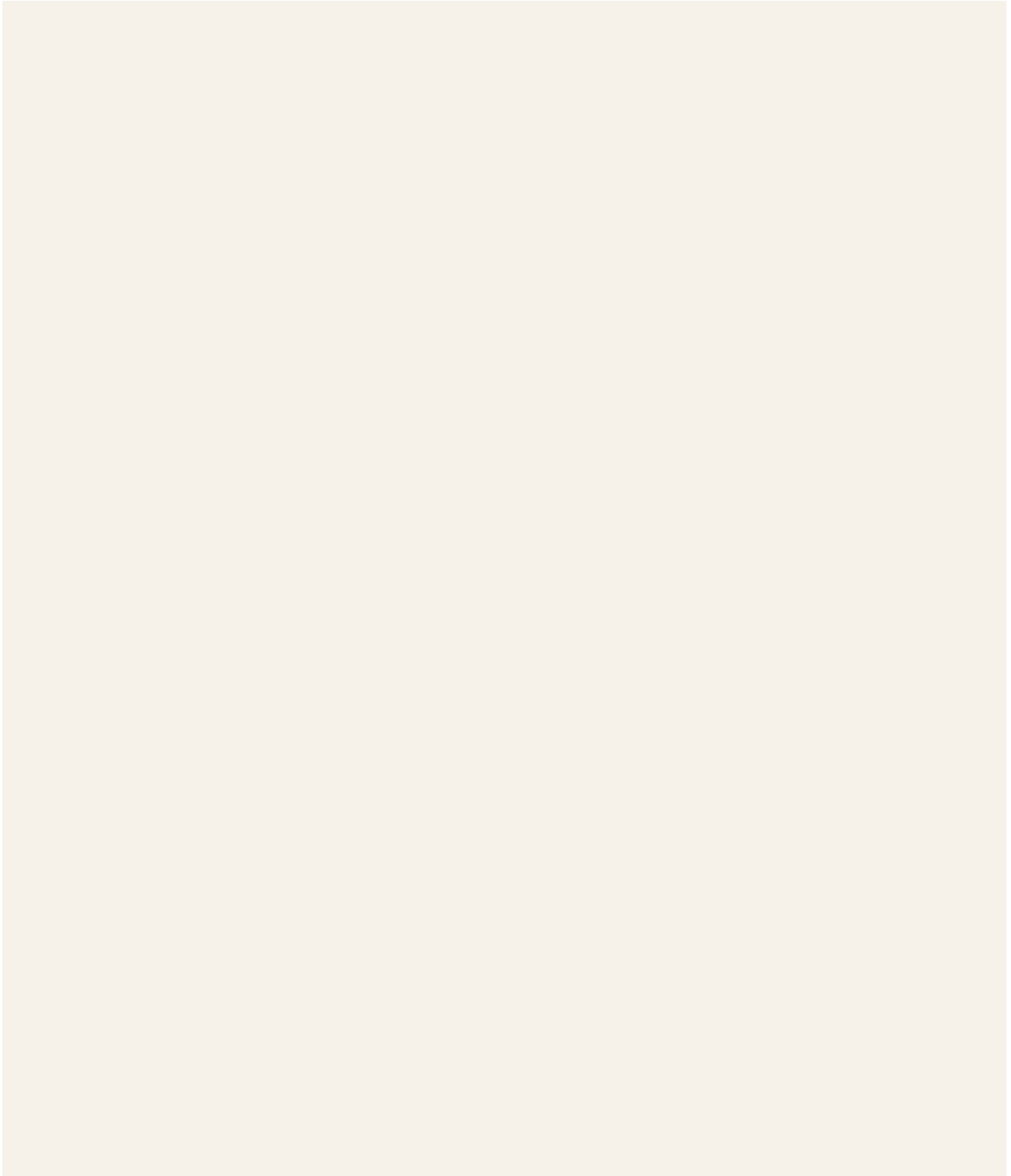
You are free to use these fillable spaces provided to record your responses. Yet, I strongly encourage you to journal separate from this workbook. Practice journaling daily. You'll be surprised at the results when you look back at what you've overcome and how you've grown.

What is your definition of biblical masculinity?



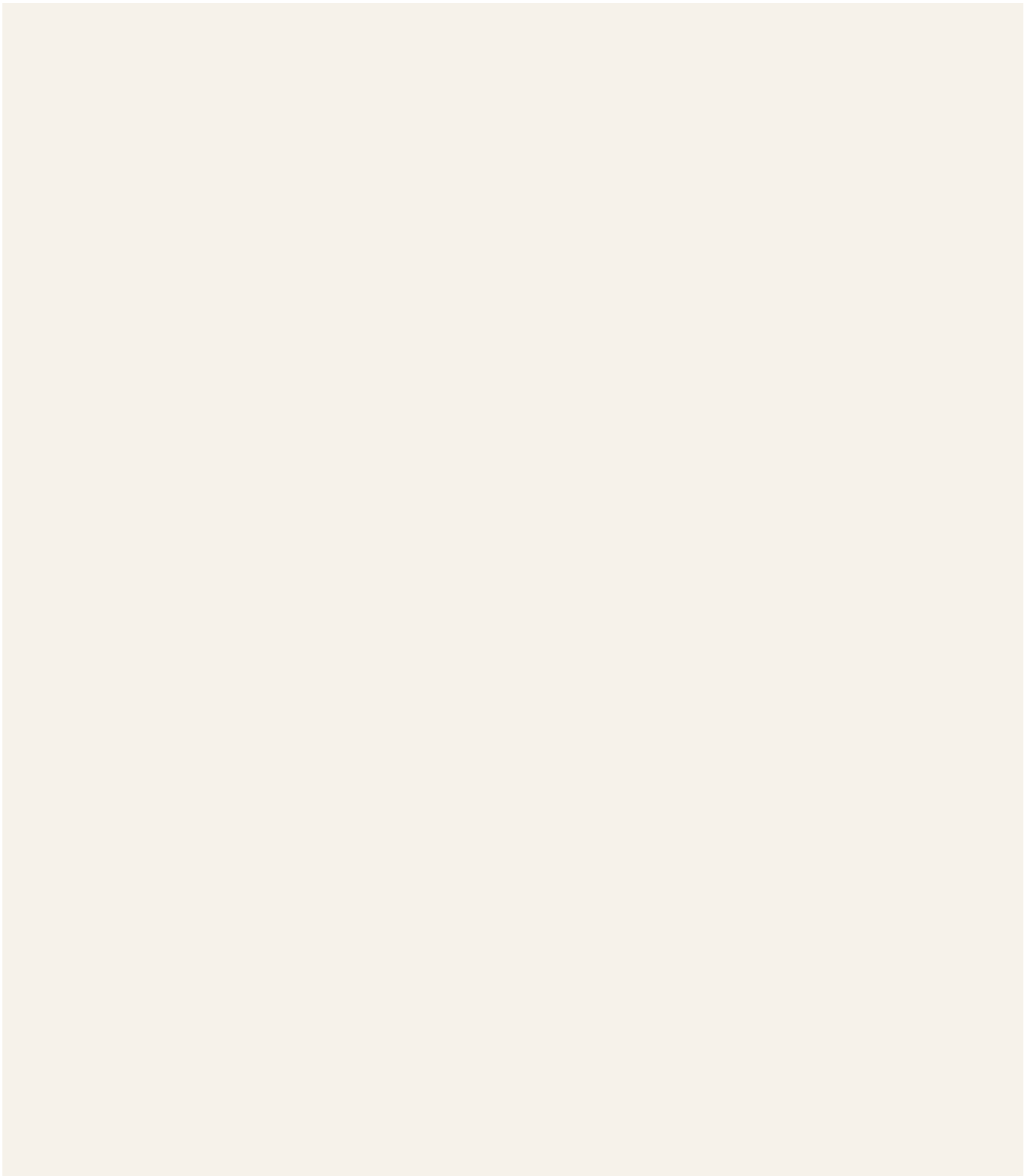
FACING OFF continued

In what ways does your lifestyle define the biblical depiction of masculinity? In what ways can you improve how you carry out being a godly man?



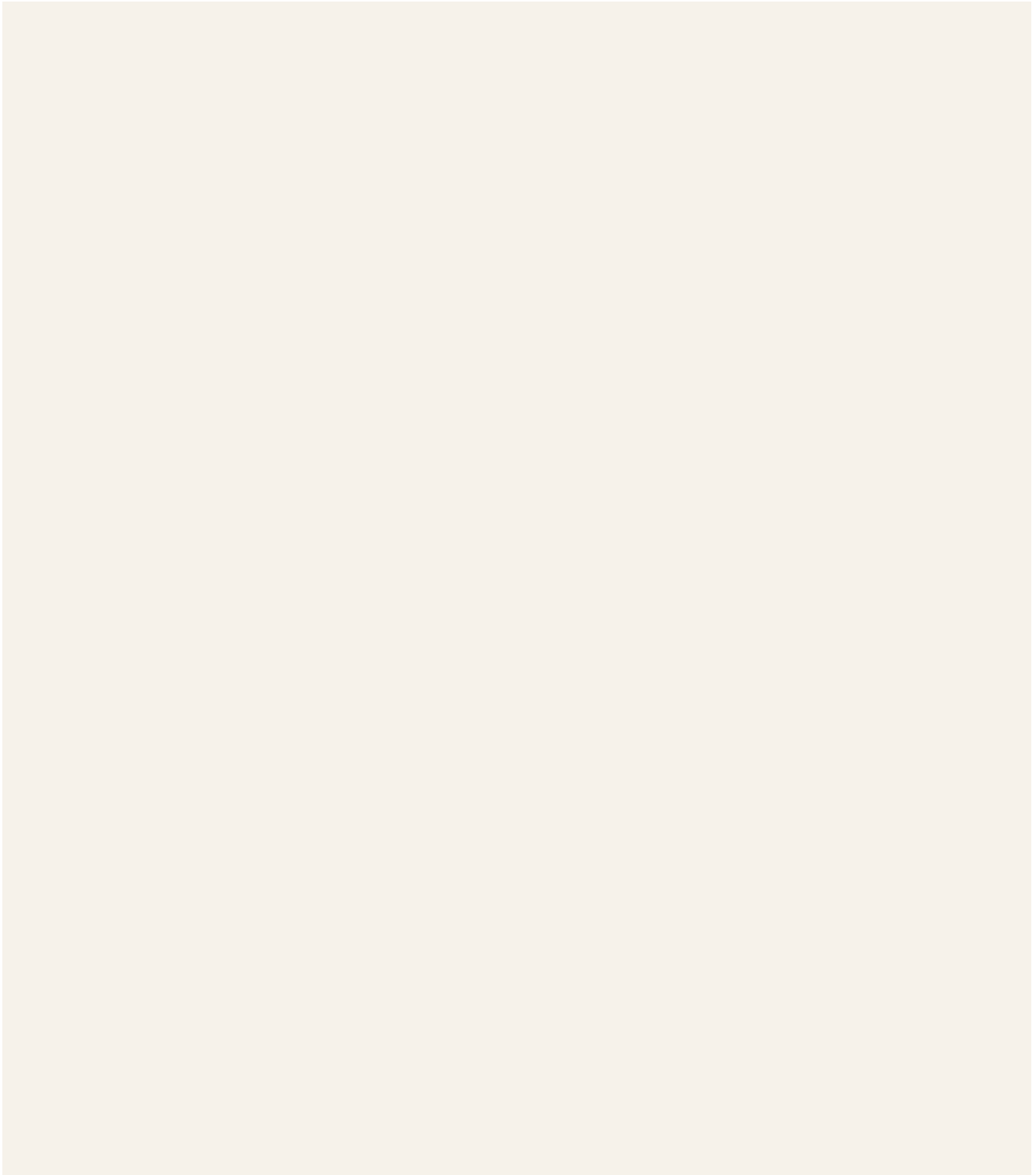
FACING OFF continued

What evidence do you see that biblical and secular masculinity differ? Consider the characteristics, behaviors, and traits that define masculinity, questioning traditional versus modern understandings.



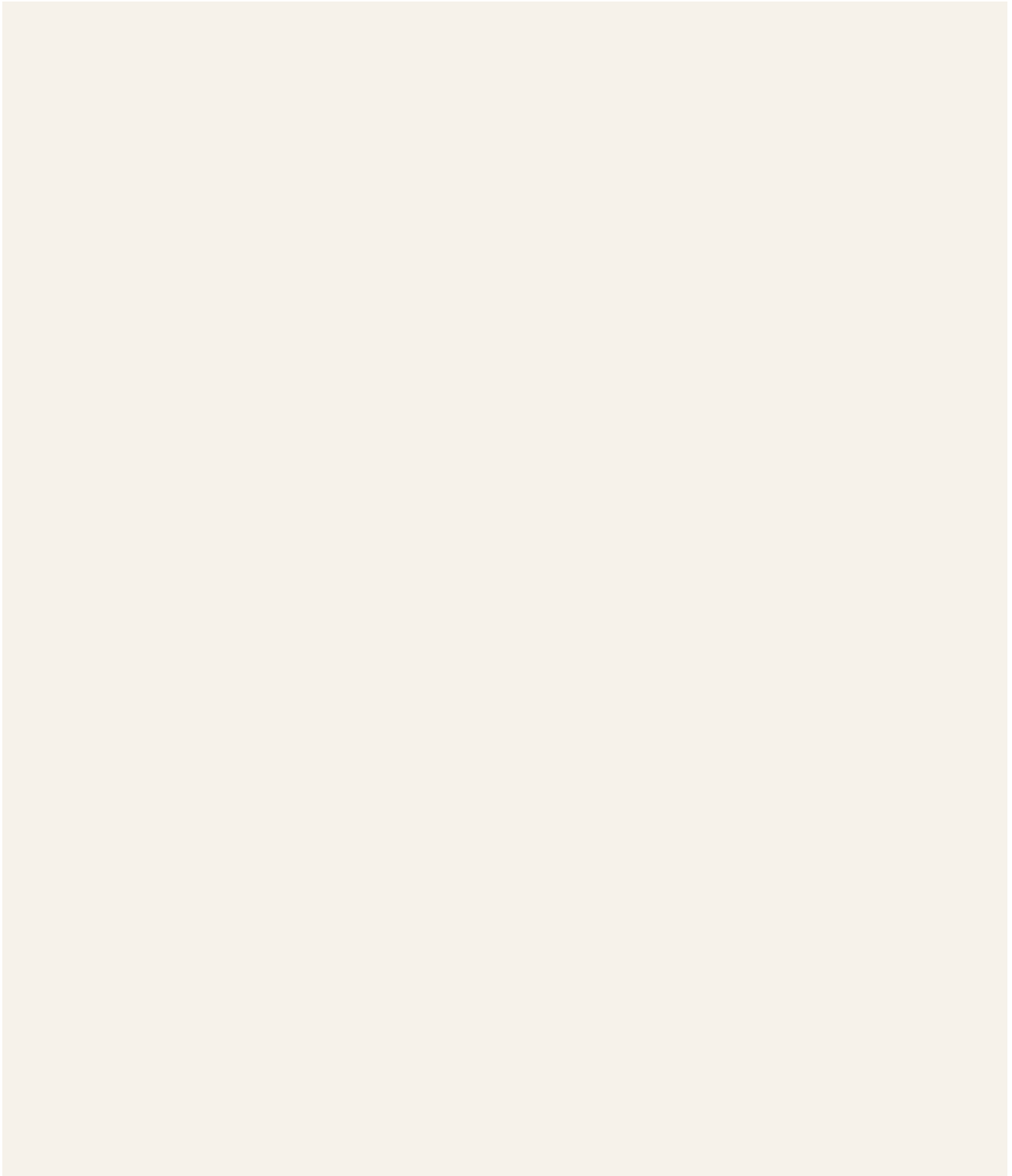
FACING OFF continued

What is the role of masculinity in relationships? This question delves into how masculinity affects romantic partnerships, friendships, and family dynamics, exploring expectations and responsibilities.



FACING OFF continued

How do cultural and societal norms shape masculinity? This involves exploring how different cultures, media, and societal expectations influence what is considered masculine.



Chapter 1:

The Powers That Be

Masculinity isn't about overpowering others. A man's true strength isn't based on our physical prowess and isn't derived from excellent gym ethic. Though taking proper care of our body's is important because a believer's body is a holy temple of the One True God, a man's true strength is the result of seeking and maintaining a dynamic relationship with Jesus Christ. By way of submission to Jesus, His Holy Spirit will come to dwell within us, empowering us with the *dunamis* power that glorifies God and benefits mankind.

A man's natural strength is a gift but not intended for abuse or manipulation. In many passages, the Bible condemns violence, especially against other believers. Violence and deception is never an option for a godly man because these things are an offense against God and humanity. Self-defense and combat have their place but violence that stems from wickedness has its roots in moral deviation. Instead of attempting to man-handle life, people, and circumstances, a godly man will do his best to establish and maintain a lifestyle that complements the will and intent of the Lord's standard for His sons. Self-discipline is holding oneself accountable without the need for clothes to rebuke or correct ungodly behavior. Power is not a license to destroy but should be a life-saving tool mastered and used by its host to elevate righteousness and diminish evil.

Keep in mind that true strength, the *dunamis* power of God is not just for personal use. Do not grieve the Holy Spirit by oppressing anyone with your physical strength. But be drunk with power in the Holy Spirit,

The Powers That Be continued

remaining constantly under the influence of the Lord's inspiration.

Dunamis power isn't a natural phenomena but can greatly affect the natural realm. It is a supernatural ability to pull on resources from the spirit realm to apply in the natural.

Remaining mindful of Jesus' words and deeds, our thought patterns and behaviors should reflect the Lord's high moral standards. In doing so, we can be trusted as proficient stewards over our spiritual gifts and the people God has entrusted into our care. Miracles, morality, influence, affluence, and social reform are all the results of living in the power of our God-given purpose.

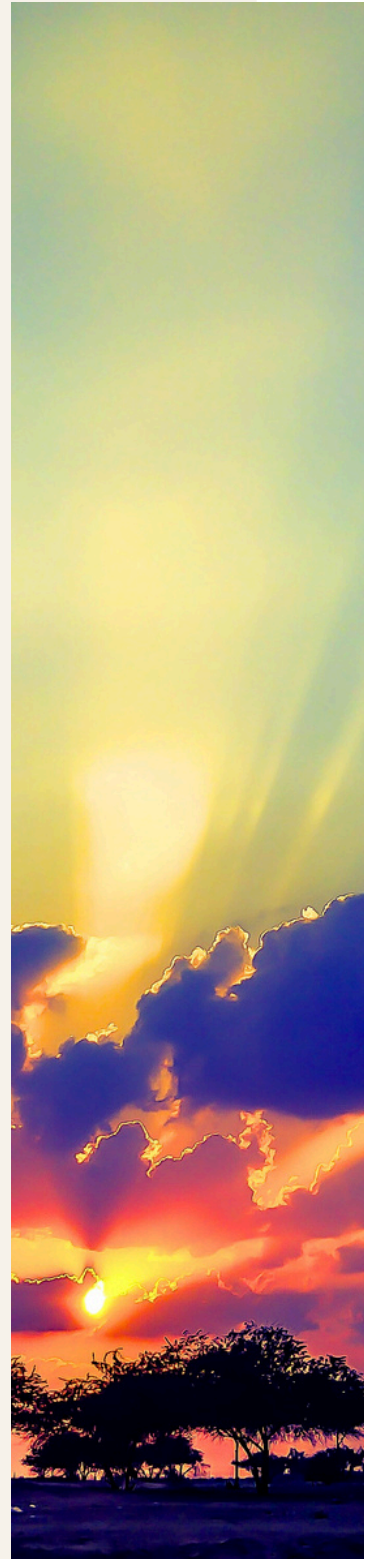
Pray along with me...

Dear Heavenly Father, I accept the sonship You've granted me in acceptance with Jesus Christ as my Lord and Savior.

As a child of the King of the Universe, I don't take lightly the duty You've assigned me to be an heir of righteousness. In mind, heart, and deed I dedicate my whole being to You. Have Your way with me, filling me with the mind of Christ, godly wisdom, and Holy Ghost power so that I may glorify you and be a benefit to mankind.

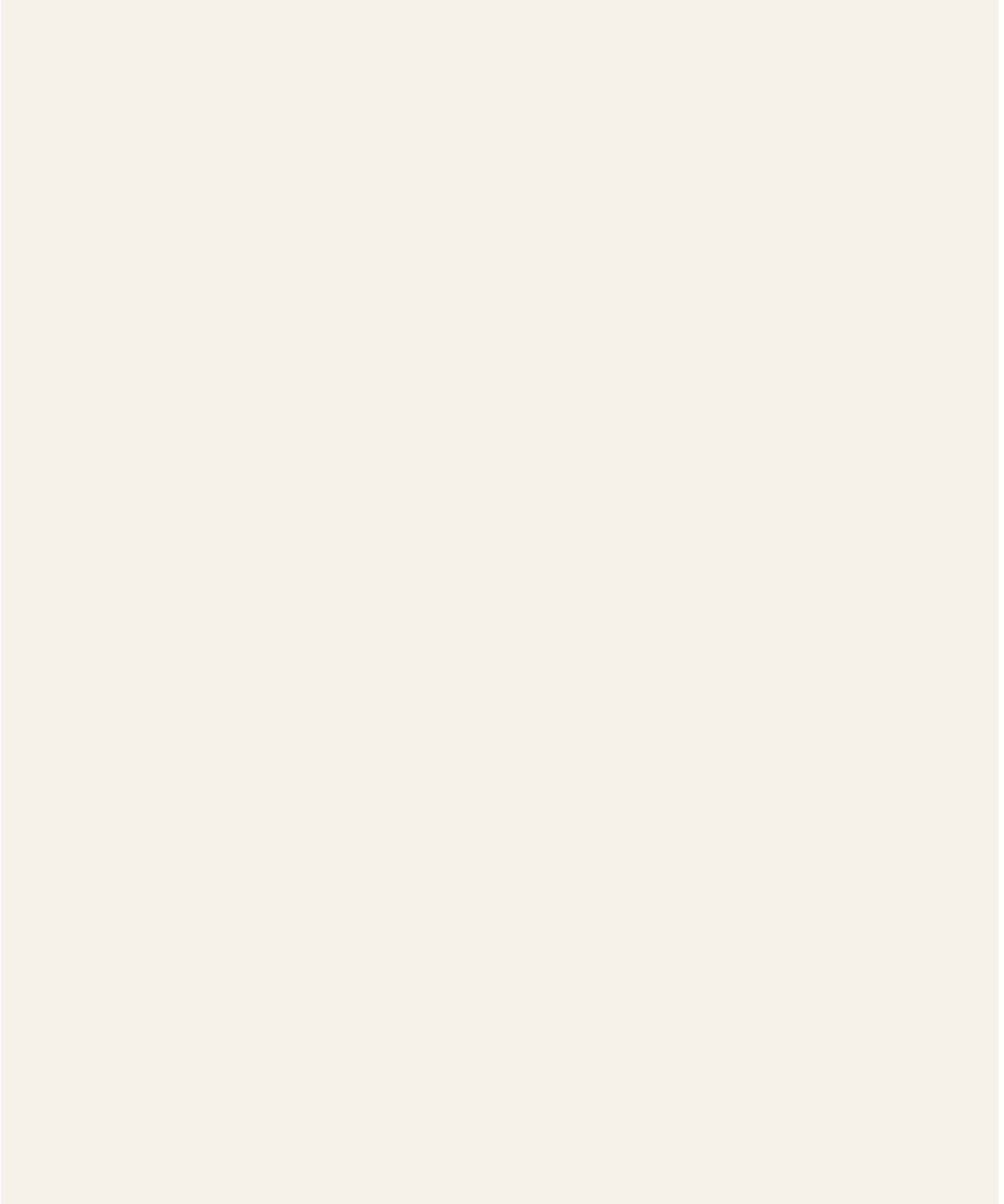
Transform me. Make me a man of honor, dignity, self-control, power, humility, and wealth. In full submission to You, I offer myself as a living sacrifice. Use me to do many great things in the earth. Help me to become all that You've designed me to be. Align my desires with Your desires. What You love, I love and what You hate, I hate also. Thank You Father for hearing my heart. I trust in Your Word and actively await Your faithful instruction.

AMEN.



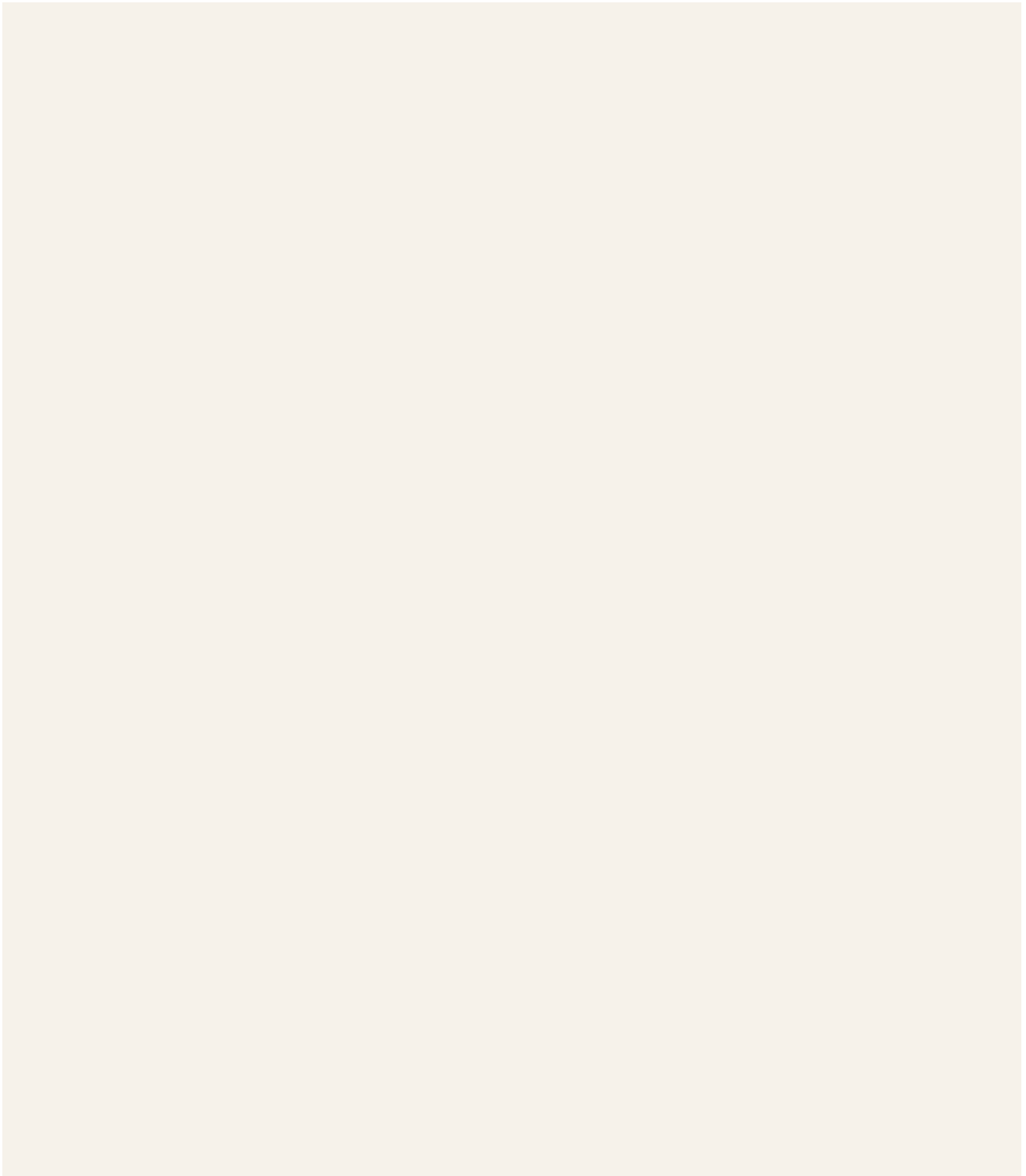
REFLECTION

When you think about being a powerful individual, what do you visualize?



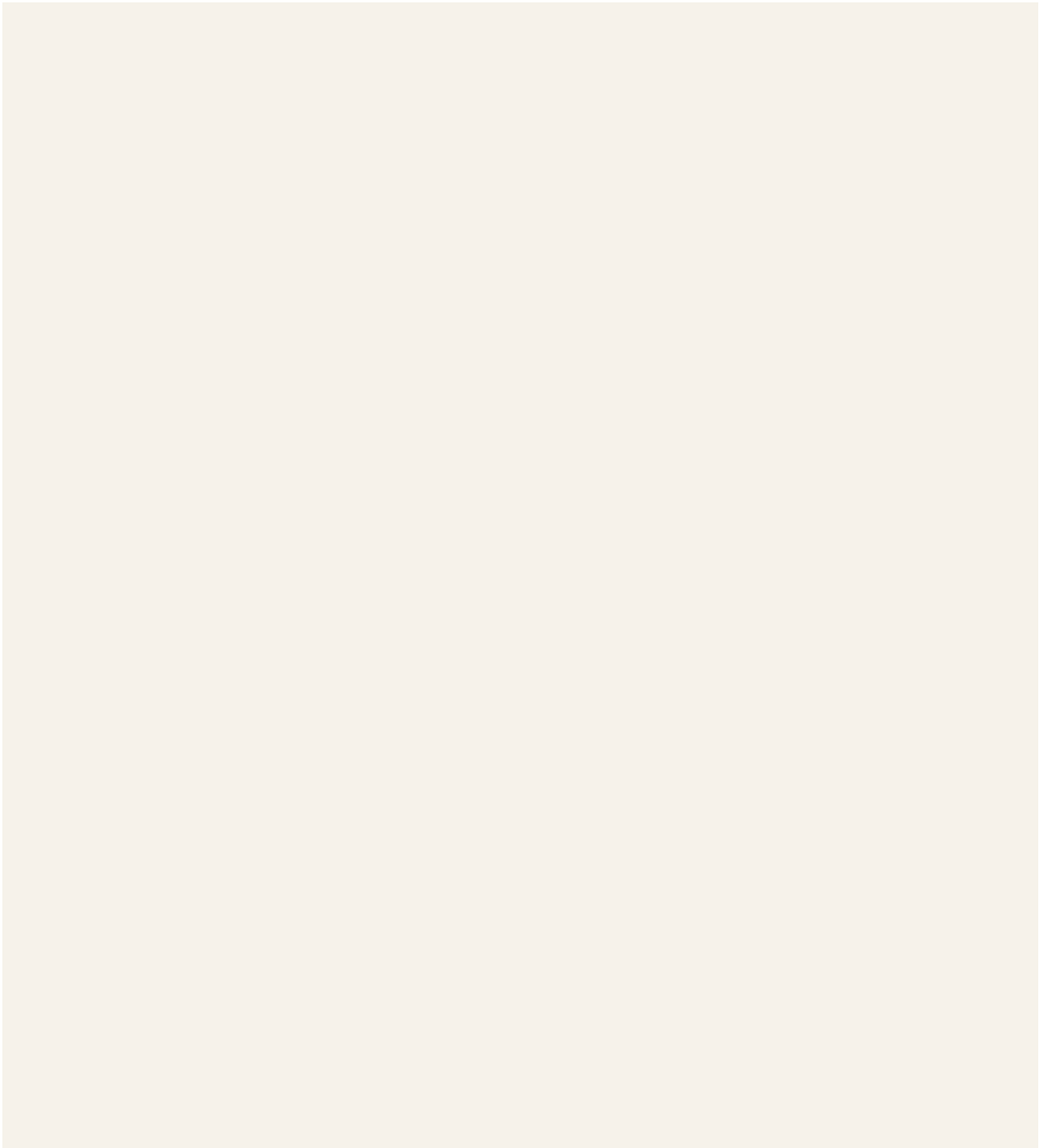
REFLECTION continued

Worldly power corrupts but in what ways can you use the dunamis power God has given you to benefit your immediate environment daily?



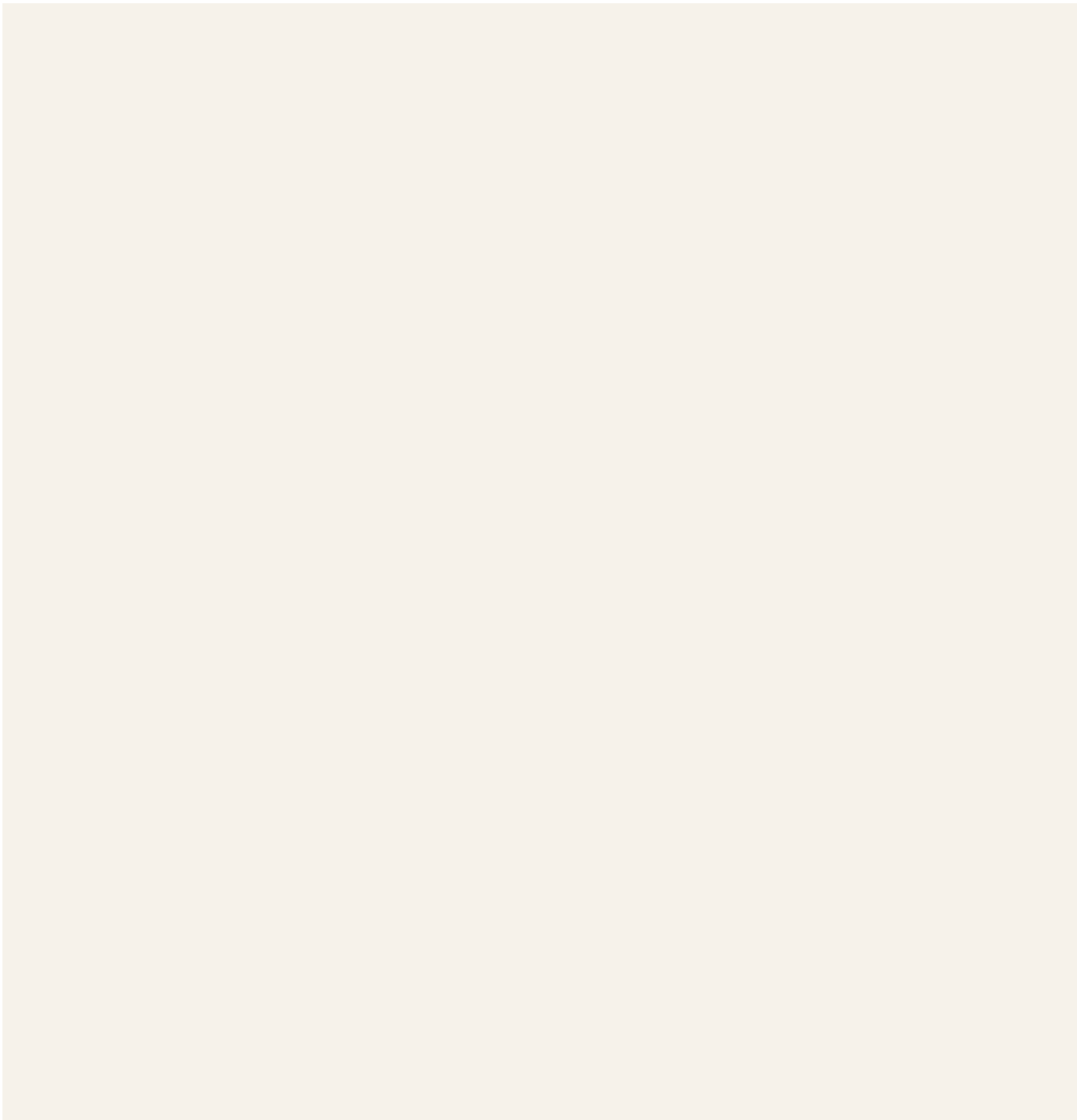
REFLECTION continued

What is the difference between masculinity and male privilege? Some people ask about the distinctions and intersections between masculinity as a personal identity and the systemic advantages that come with being male.



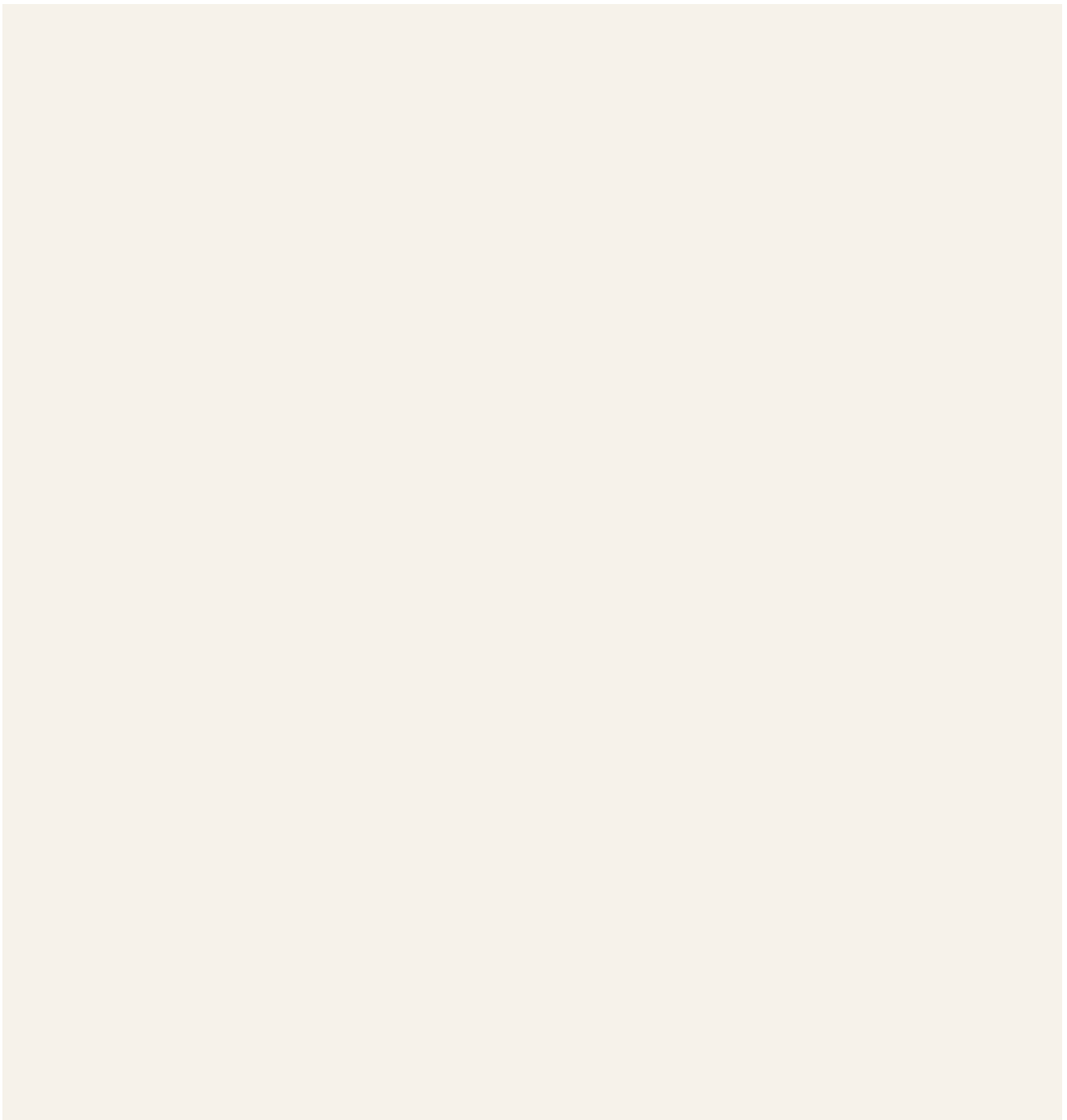
REFLECTION continued

There is power in using privilege and favor to benefit those whose access to equality is limited or nonexistent. Have you ever spoken or acted out against an injustice, using your male privilege to right a wrong? Has anyone ever done this for you? If so, did it have a positive or negative impact on your quality of life?



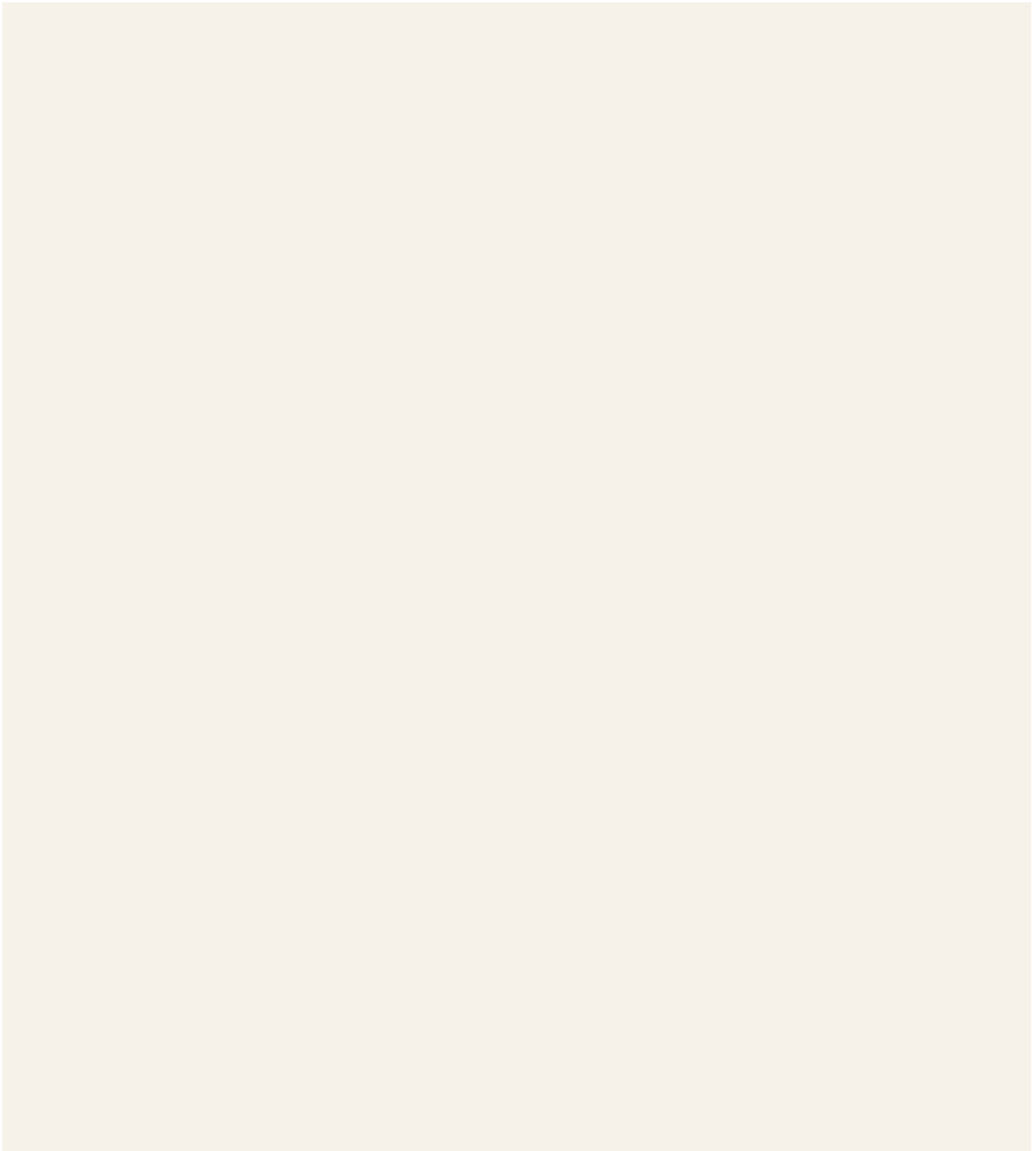
REFLECTION continued

How can men balance traditional masculine traits with the need for gender equality? This addresses the challenge of aligning personal identity with societal progress towards gender equality, questioning how men can support feminist values while embracing their own masculinity.



REFLECTION continued

How well do your current values align with the biblical standard of what a godly man is supposed to be? How can you improve as a man in order to better facilitate a lifestyle that honor's God and profits the body of Christ.



Chapter 2:

Lovely Lord

1 Corinthians 13:4-8 does a fine job of detailing the biblical definition of love. Today, love is often used in ways that strips its intent and impact of the words truth and essence. We use love in a devalued way that almost mocks God as Love, itself. The Lord is not just the personification of love but the literal and kinetic identity of love. Love is not just an action word but a Person. Though love is reduced by some to a form of sexual expression, infatuation, or perverted interest; love is in fact the driving force behind humanity's creation and preservation in Christ.

The Lord is lovely because He is Love and His attributes are a natural extension of this expression. Knowing that real love doesn't exist outside of God, Who is the actualized definition and embodiment of love, should help us as believers to disassociate with any portrayal of love that doesn't align with what the Lord has established it to be in His Holy Word. In this way we learn that love always offers a choice and cannot, by definition, be given or received by force. Instead, being loved by Jesus compels us to love in return.

Living a life of selfless but wise love promotes us into restoration in the care of our heavenly Father. The more we pour out in accordance with the will of God's grace measured out to us, the greater the overflow the Lord pours back into us. Our expressions of love are not just spiritual but naturally practical. When we express the lovely tendencies that our Lord lavishes us with, those who feel forsaken or forgotten can turn to the light of Christ we emit; ultimately discovering comfort, ease, peace, and redemption in Jesus.

Lovely Lord cont. continued

Free from the bondage of fear, love and hope begin to replace all of our anxieties, worries, and deficiencies. There is an unparalleled security in resting in our Lord and Savior. Empowered by the love of Jesus, we can conquer our own fears while helping others in being champions of fidelity and service to the body of Christ. By studying the love of Jesus, we learn how to discern between real love and secular desires. Surround yourself with wise mentors and friends who will be a benefit to your walk in godly love.

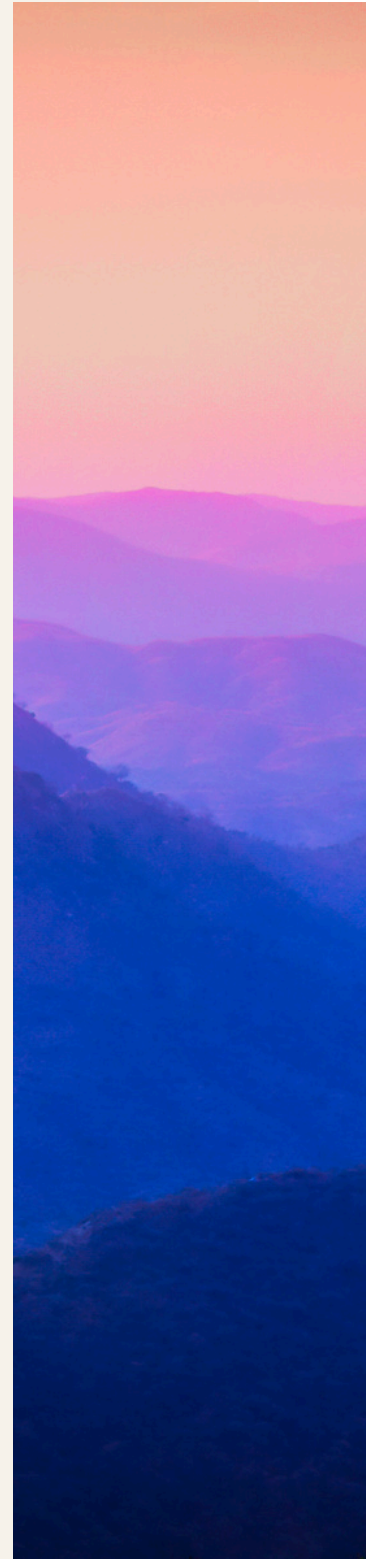
Pray along with me...

Jesus, You are such a lovely Lamb - the Sacrifice that changed it all. The second Adam, You gave up Your life in order that we might be saved and given eternal life.

In Your resurrection, You split the veil between our sin and Your redemption. Thank You for washing us clean, as white as snow. Reveal to me the true meaning of love - the same love that You lavish us in as Your bride.

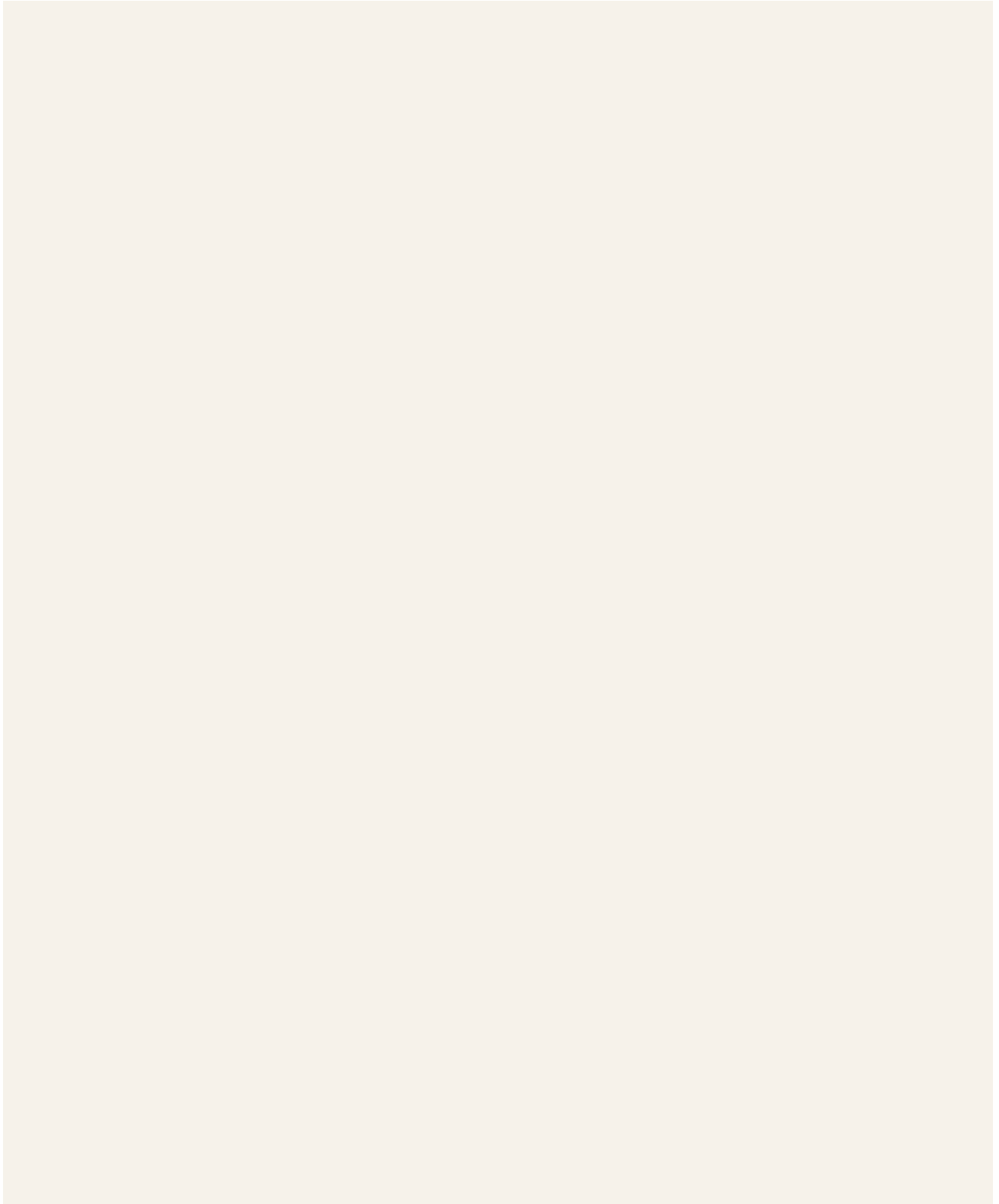
Help me to walk in the way of Your light. Teach me how to love others the way You love me. Even when it is difficult to be kind and understanding with ourselves and others, please move me in the power of Your Holy Spirit so that I may sincerely forgive those who have offended me. Let Your love abound in me, overflowing like a river so that those You've entrusted to me may encounter You.

AMEN.



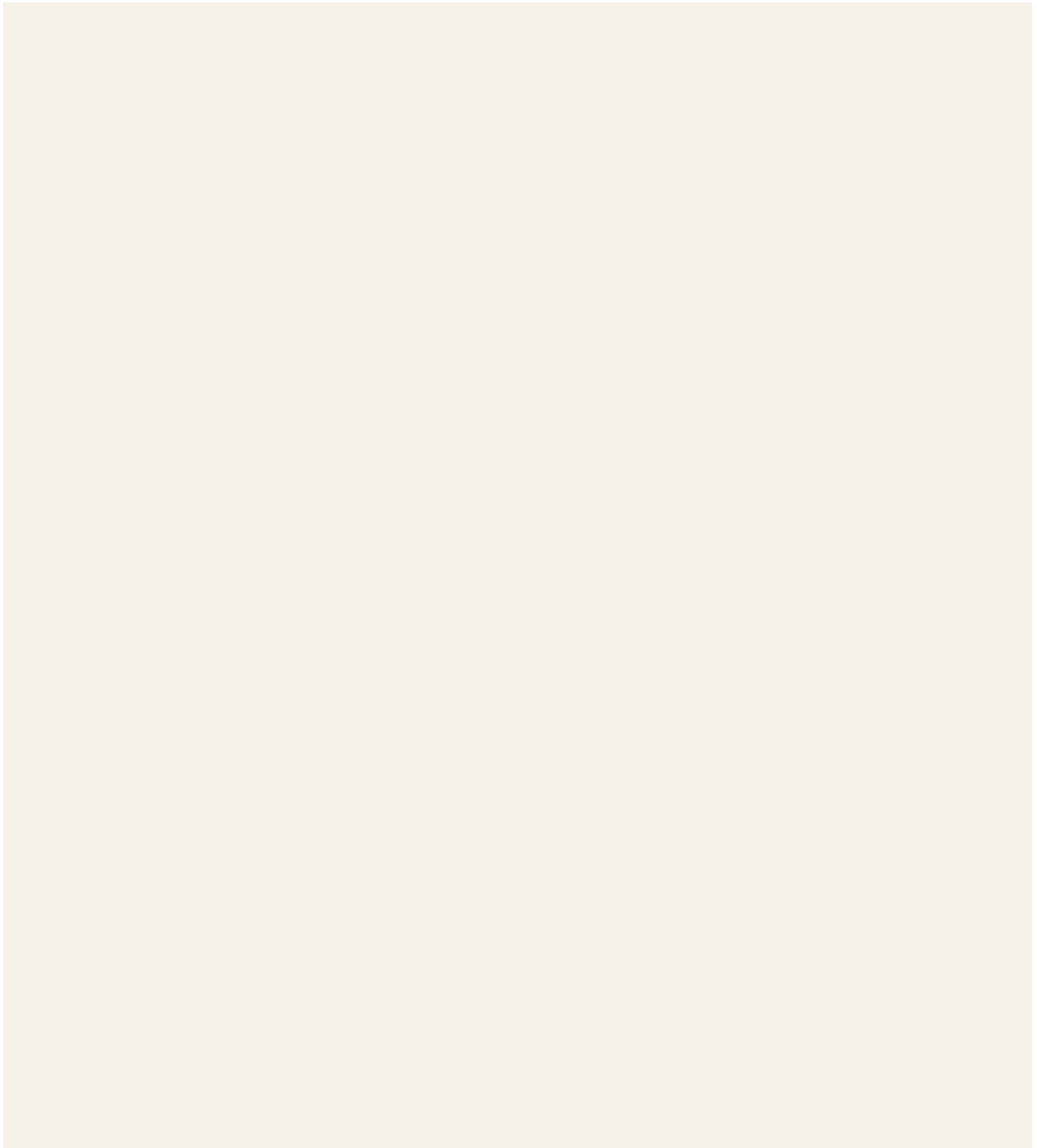
REFLECTION

How has your definition of love been defined over the course of your life? What influences determine what you believe love is?



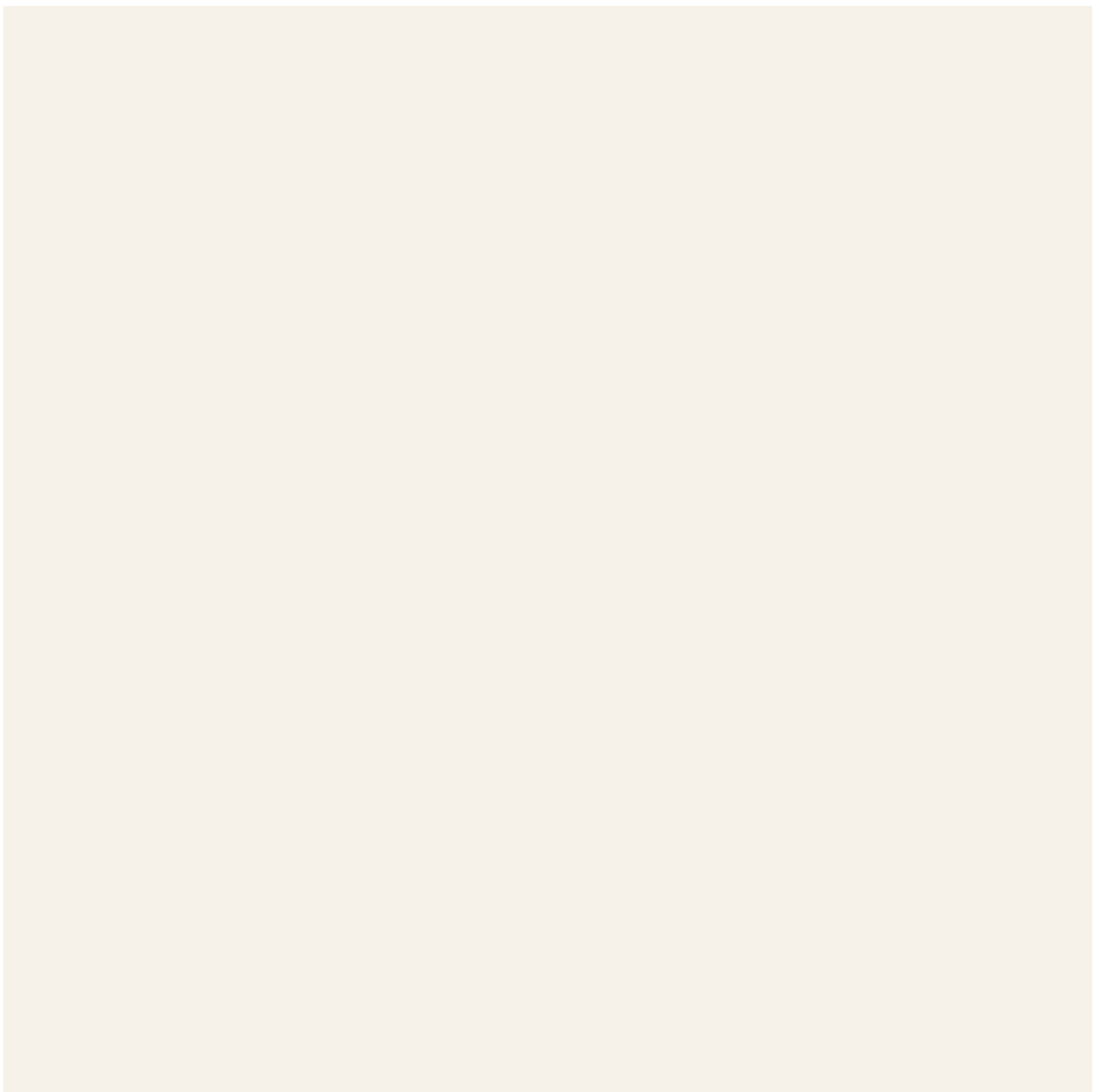
REFLECTION continued

Before learning of how love is defined in 1 Corinthians 13:4-8, did you believe love was purely emotional, biological, or something else entirely? In what ways will you need to change your approach to love now that you have the biblical definition of love?



REFLECTION continued

Because we are offended or hurt by family, friends, romantic partners, and even the church, we can have the tendency to apply that same mistrust towards others, even if they mean us no harm. Do you struggle with expressing love appropriately? If so, what issues do you need to overcome and what people must you forgive in order to love in confidence and not fear?



REFLECTION continued

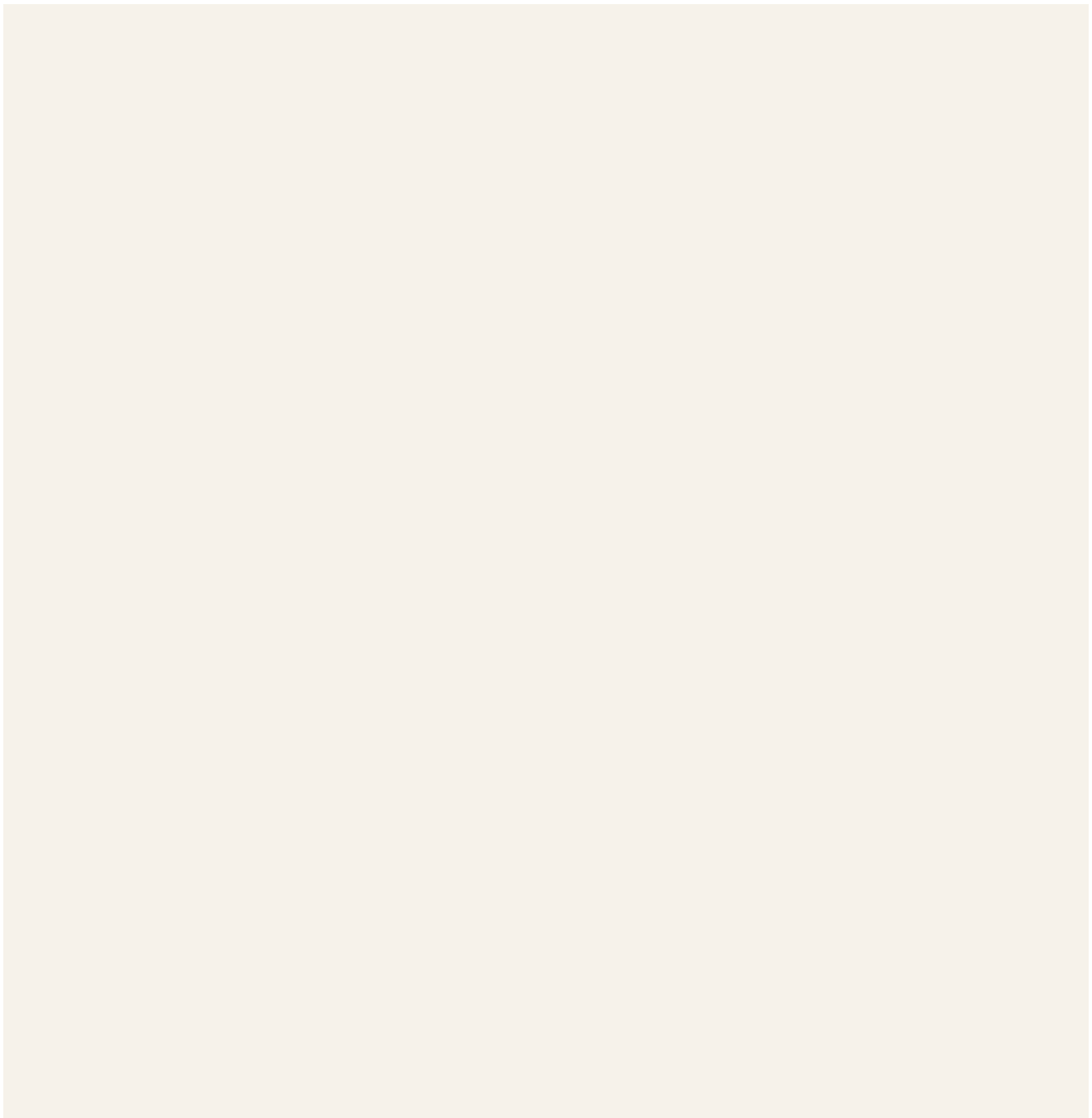
Do you find it difficult to love God or receive love from God because you don't feel you deserve love? If so, describe why you feel this way and then lay it at the Lord's feet in prayer, trusting that He has forgiven your sincere stance of repentance and loves you deeply regardless of whether you feel worthy or not. Remember, Jesus Christ has made you worthy of His love. 😊

REFLECTION continued

Has there been a time when you attempted to force someone to love you? Or perhaps there was someone who tried forcing you to love them in return? Describe this situation and what you learned from it. Do you still struggle with this issue today? If so, you owe it to yourself to heal. With God in your corner, you got this! 👍

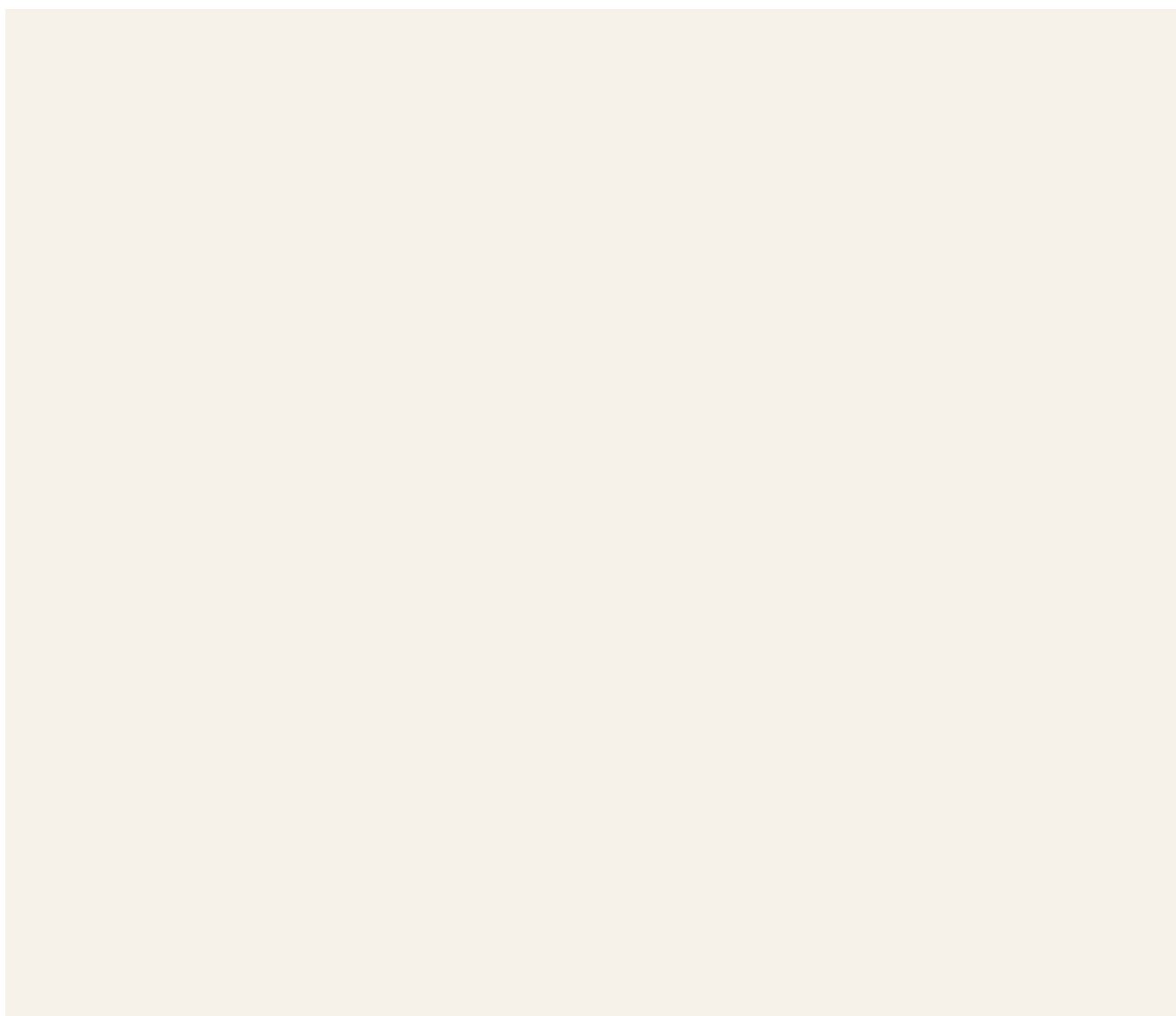
REFLECTION continued

Are you currently struggling with a heartbreak? If so, though it may be painful, meditate on what went wrong and what is truly holding you back from healing and moving on. Think through every detail, asking God to heal your heart from every issue. Make attempts at genuinely forgiving that person and yourself, allowing the Holy Spirit to empower that forgiveness.



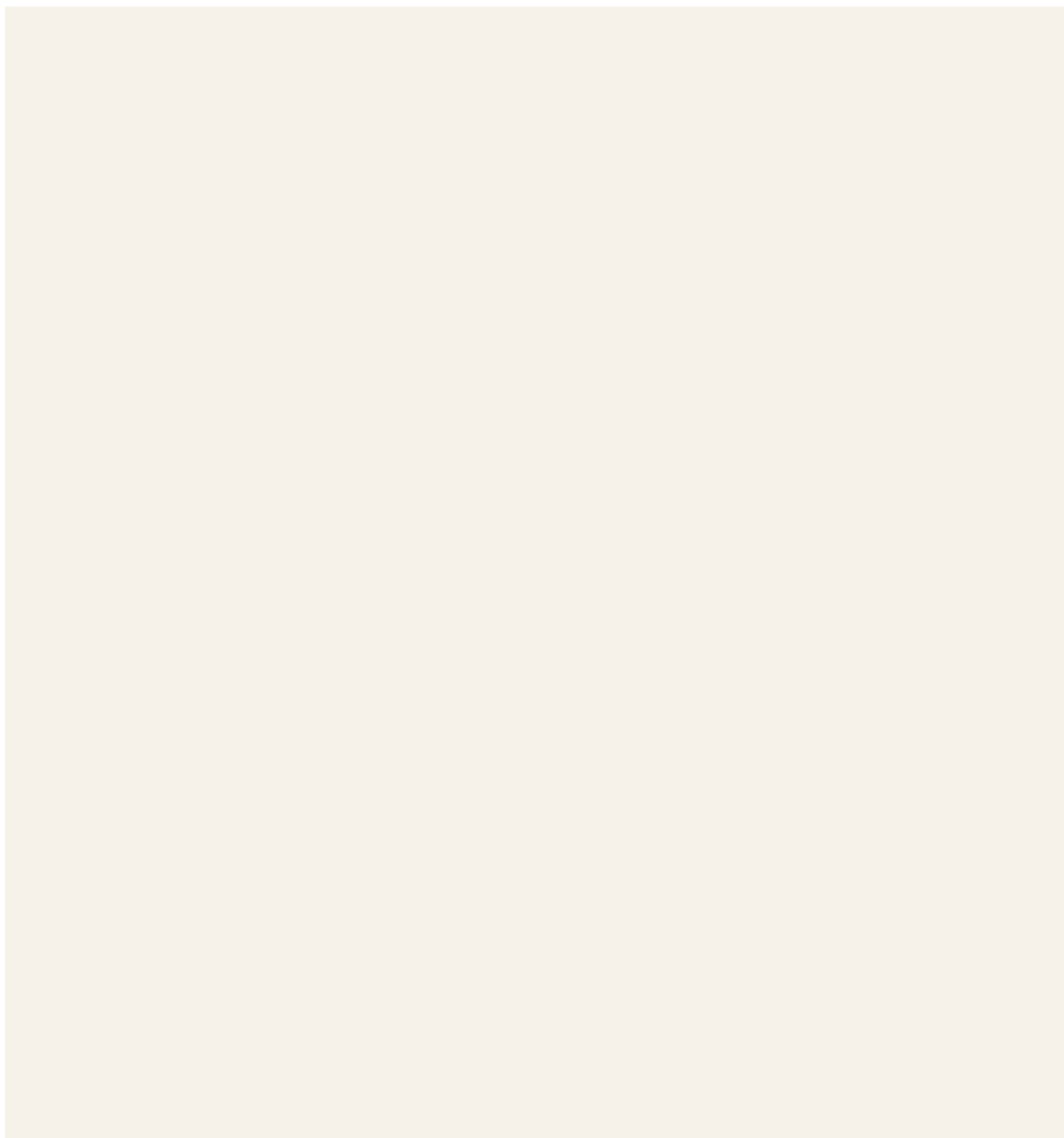
REFLECTION continued

Do you struggle with separating love from desire? Attraction doesn't make it love. It's especially easy to attach the feeling of pleasure or euphoria to the idea of love. However, passion isn't about sex, pleasure, or instant gratification but involves sacrifice, compromise, and understanding. Would you consider yourself to be a person who loves biblically or still wrestles with fleshly desires that attract you to counterfeit ideas of love? If so, describe your circumstance then write your own prayer, asking the Lord for discernment, self-control, and a desire for His will above your own.



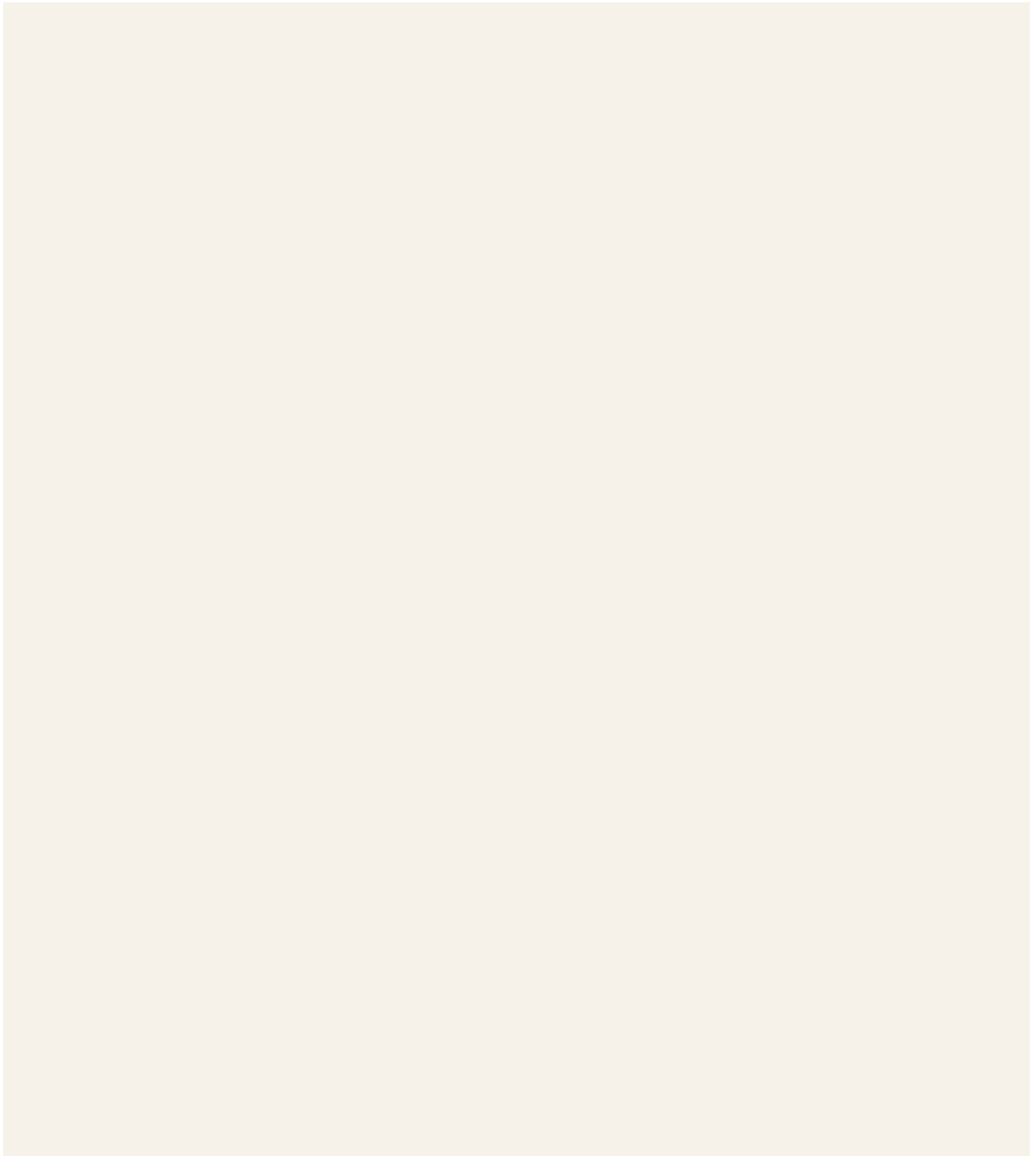
REFLECTION continued

In what ways do you serve others in the love of Christ? How has the Lord influenced you to be a benefit to others? Do you help others without wanting anything in return or do you expect some kind of reciprocation, whether it be from God or people? If you don't serve others, in what ways could you serve?



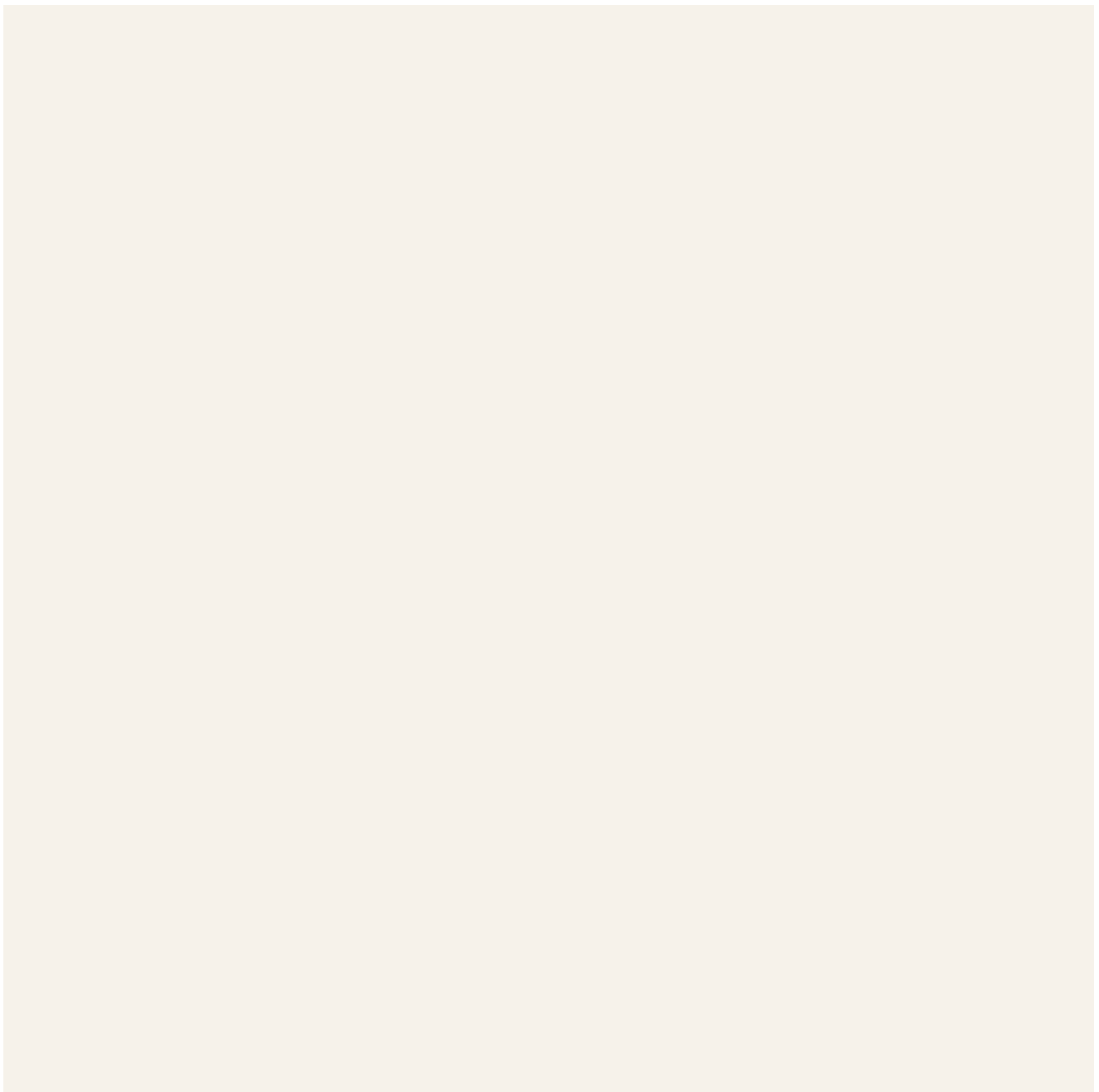
REFLECTION continued

Have you intentionally designated a season to heal, learn, and recover from the things that seemingly hold you back or beat you down? We all need a season to ourselves to detox and gain a healthy perspective on ourselves and others.



REFLECTION continued

Does the fear of rejection ever prevent you from engaging in acts of kindness or expressing affection? If so, describe a situation in which this occurred. I encourage you to then practice small favors and tiny gestures of affection a bit at a time with those closest to you until you become more comfortable so that you can eventually also become a benefit to strangers that the Lord may lead you to assist.



Chapter 3:

A Safe And Sound Mind

To be a man of your word means that you not only mean what you say but have the ability to follow through on what you said. There are unfortunately people who say they'll do something but have already made up their mind to not follow through. Some lie to evade an immediate consequence. Some mean well but lack the time, strength, or resources to match their intent. Whatever the situation is, a lifestyle of well-wishes with no action is not worth living.

The virtue of being a reliable man is rare these days. We all have our priorities but who establishes those priorities and why makes a difference. In order to honor God and benefit our fellow man, we must hold ourselves accountable in accordance with the standard God has established for men to uphold. This means developing and maintaining a healthy partnership between the Holy Spirit and our own personal agendas.

Though the flesh resists the Spirit, we force our flesh into submission by consistently practicing the Word of the Lord. Lack of self-control is a burden that dismantles and destroys. But a heart set on the wisdom of the Holy Spirit empowers us to function at full capacity, effectively making a powerful difference. With discipline comes clarity, resolve, and momentum. Our behavior mustn't manipulate but motivate.

What kind of man are you? Do you lack self-control, self-discipline, and a sound mind? Don't torment yourself by being double-minded. You cannot serve God and flesh. Consider what type of example you want

A Safe And Sound Mind continued

to be for your loved ones. Think about how pleasing your behavior is to the Lord. Meditate on what the Bible says about living a life worthy of respect and honor. Review your ideals and adjust them accordingly.

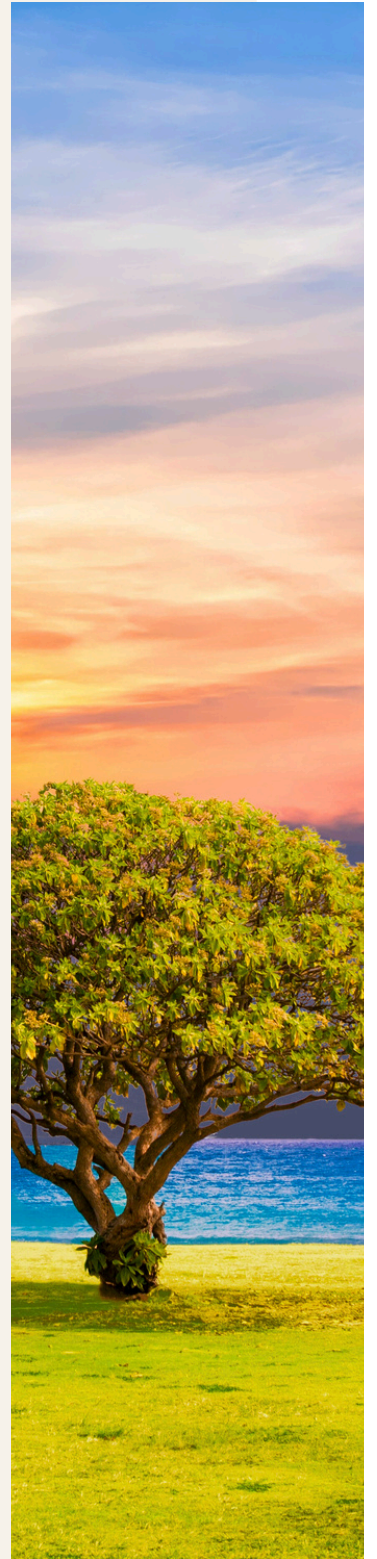
Ponder the ways you exhibit self-control. Take into consideration how well you manage your physical movement, emotions, concentration, and impulses? Willpower isn't always enough to walk in dignity, discretion, and sobriety. It takes practice in step with the indwelling power of the Holy Spirit discerning traps and leading you away from temptation. Self-discipline and a sound mind helps us remain focused on our godly pursuits, even in the midst of our own weaknesses.

Pray along with me...

Lord, I humble myself before You now. At times my willpower isn't enough to do the right thing. Though I may mean well, I fall short in my delivery at times. Only You can sustain me. Only You can empower me when I'm weak, leading me in the light of Your promise. You will never fail me. I will prosper in You as long as I'm subject to Your will. Please bless me with self-control, self-discipline, and a sound mind.

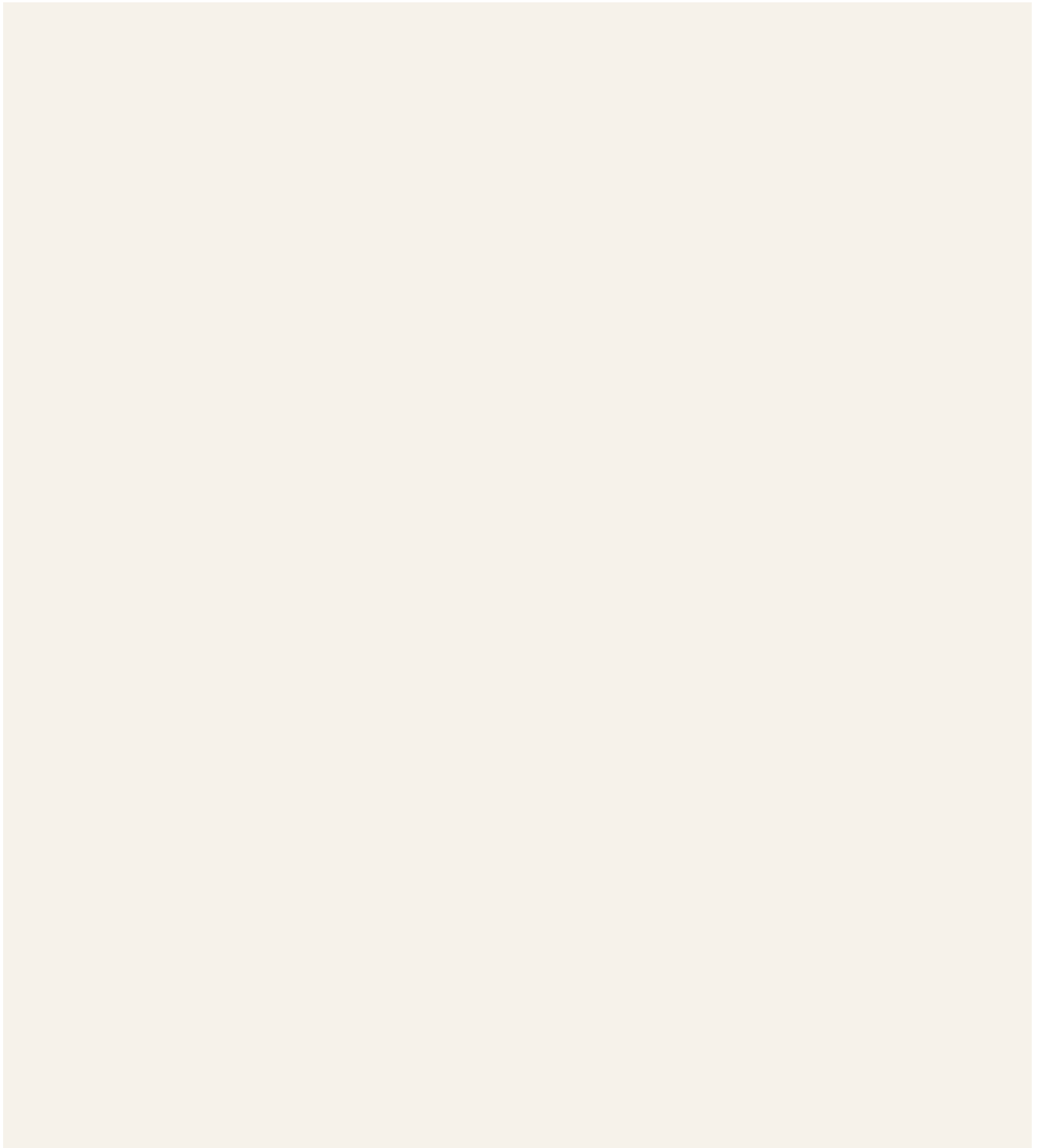
Thank You for balance and boundaries. I give You glory for giving me a life worth living. Allow me the wisdom and discernment to live that life of abundance out to the fullest. Deliver me from any desires to manipulate or short-change others. Give me the courage to behave in a godly manner regardless of the looming temptations and consequences.

AMEN.



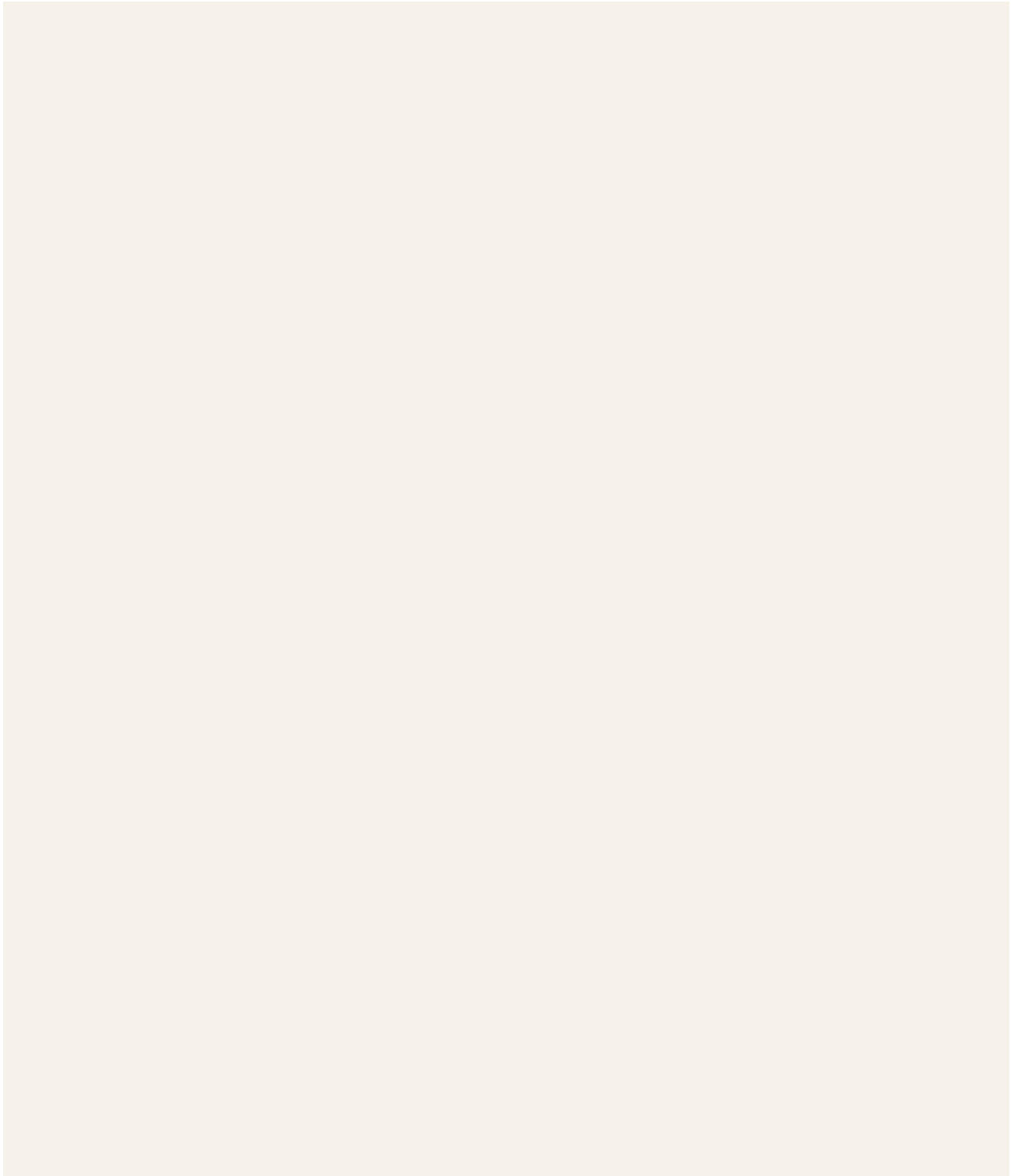
REFLECTION

How well do you manage your impulses, emotions, and behaviors? Do you have difficulty saying no to what you want but know is forbidden? What's one impulse that you were able to resist and how did you feel afterwards?



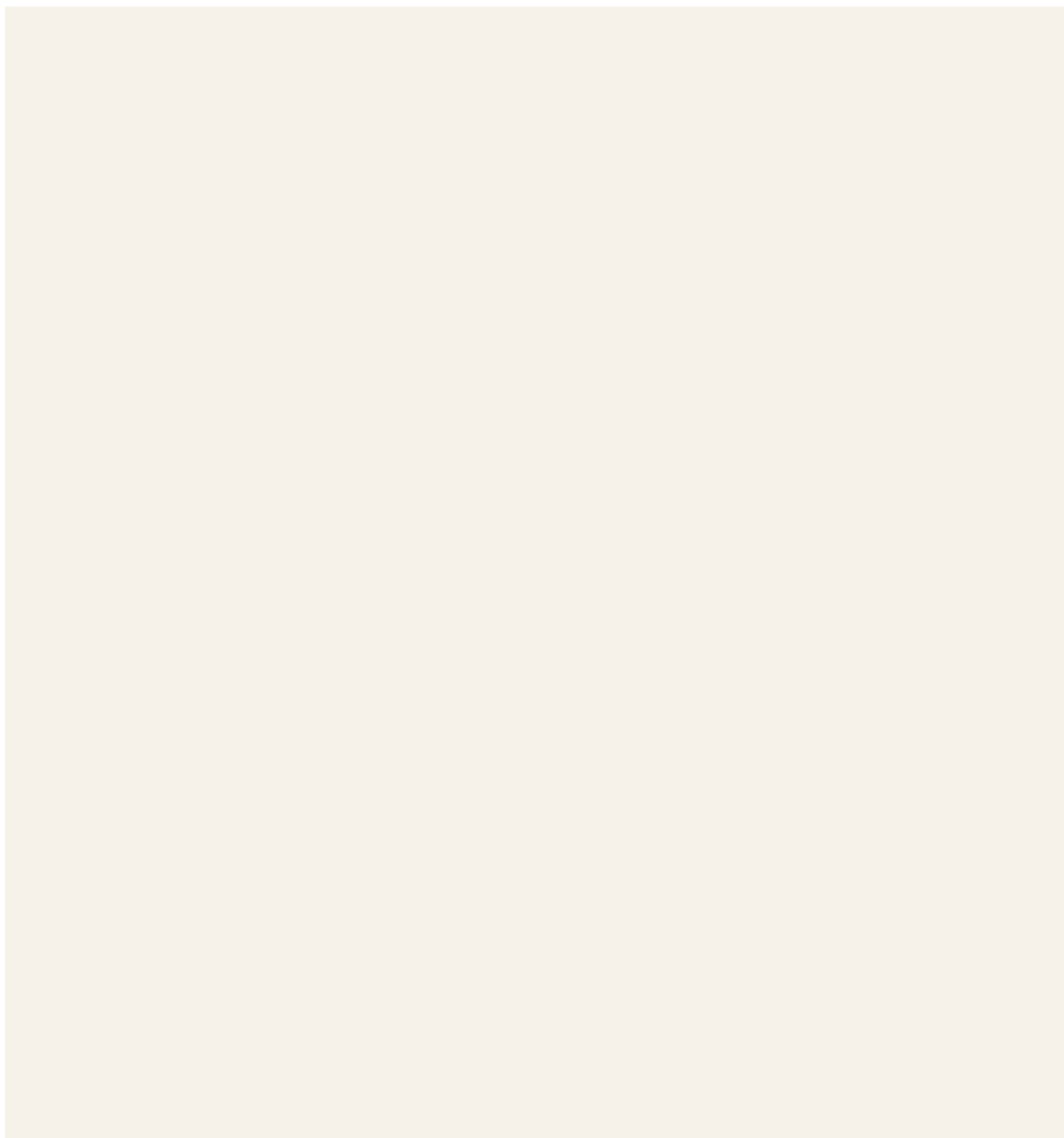
REFLECTION continued

Describe a temptation or fear that has prevented you from achieving a goal. Now recall how it felt to fail and what you learned to do differently so that you don't fall short again.



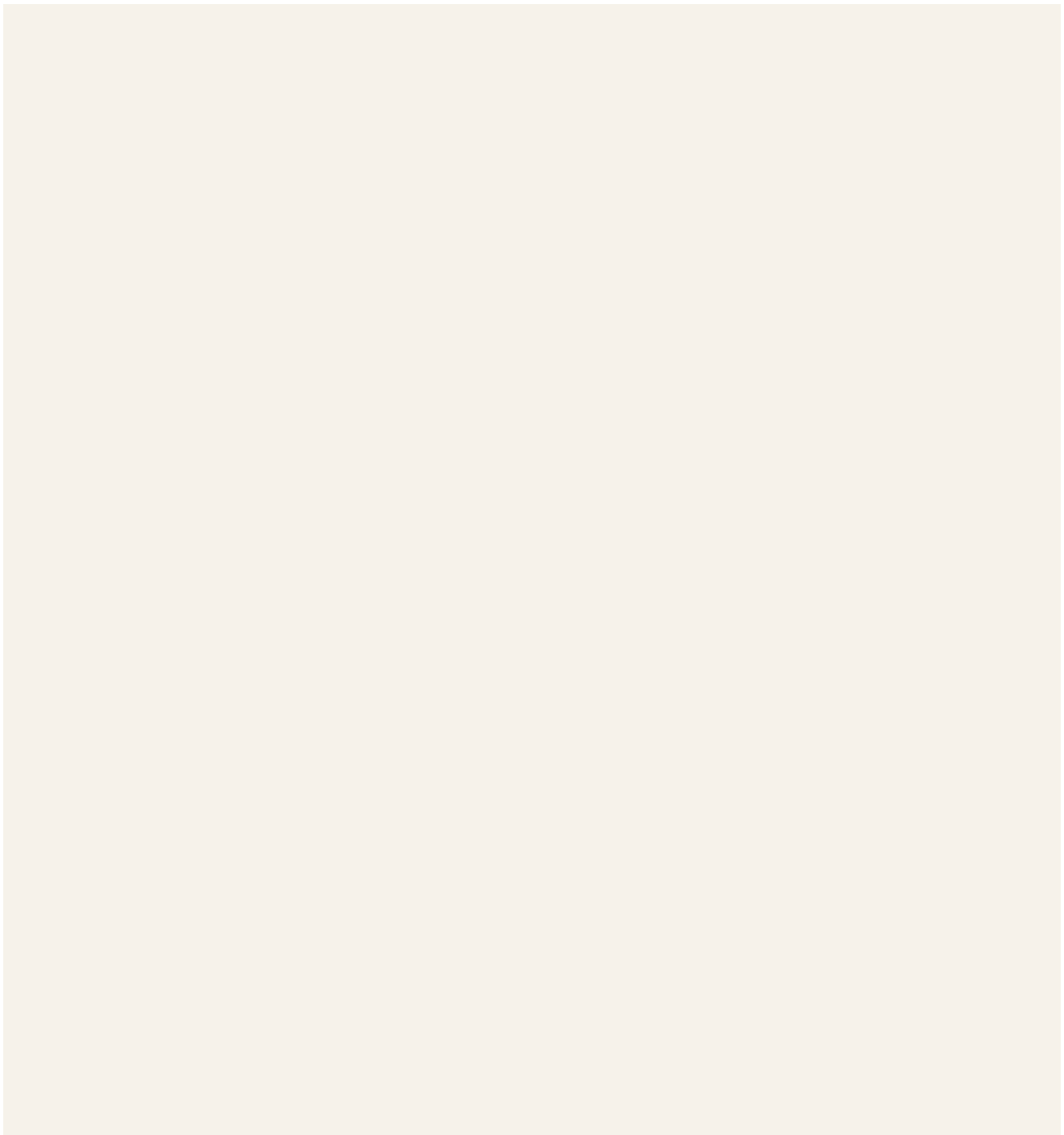
REFLECTION continued

Name a personal weakness you have that you specifically want the Lord to deliver you from? This can be a physical handicap, lack of discernment, emotional damage, lack of self-control, etc. Write a prayer asking the Lord to not only deliver you but empower you so you never turn back.



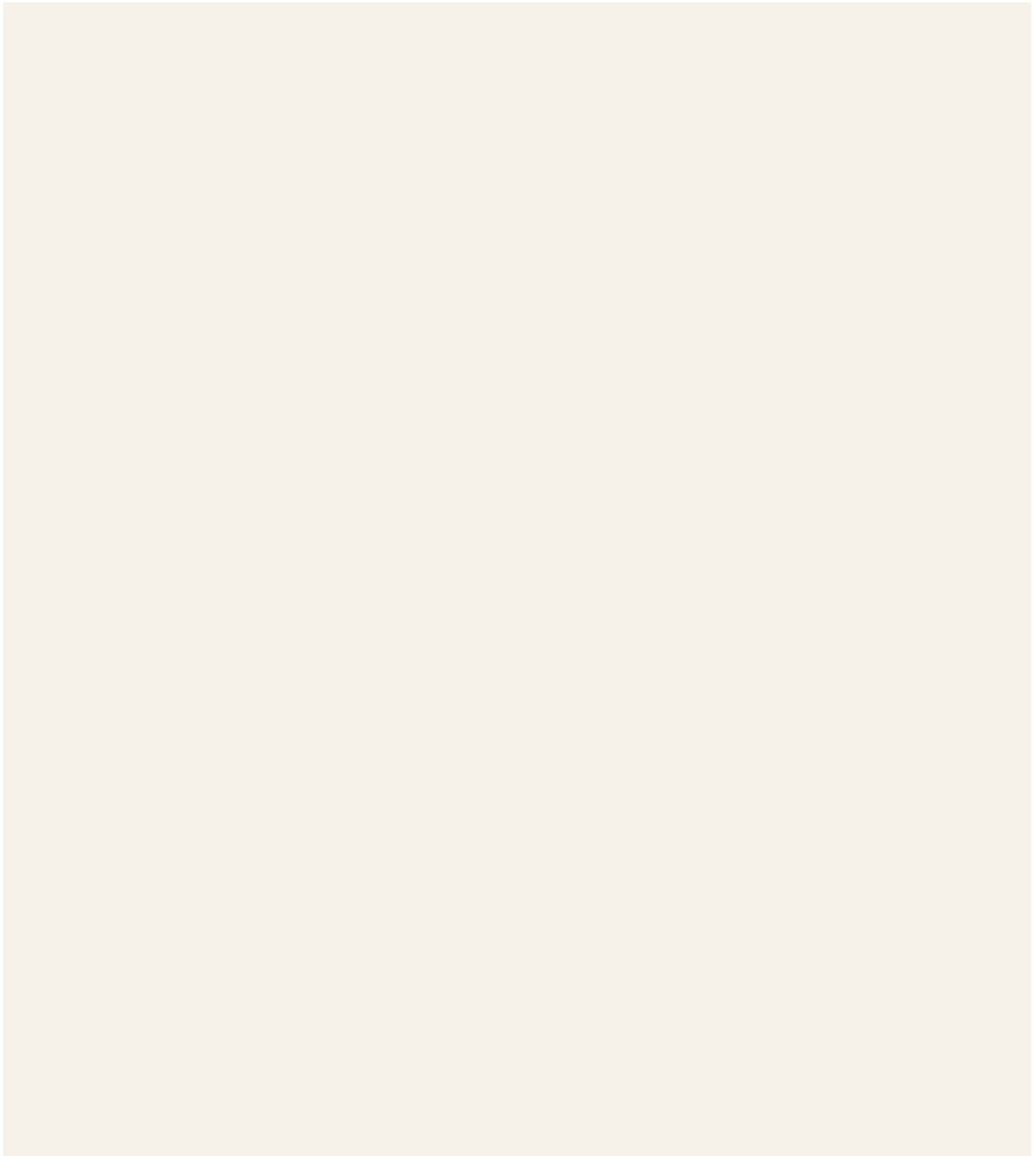
REFLECTION continued

Think about a time when you lost something precious or valuable to you due to a lack of self-control. Define at least three steps you could've taken that would've prevented this loss. Consider establishing similar boundaries that will help you avoid giving into impulsive behaviors or detrimental situations.



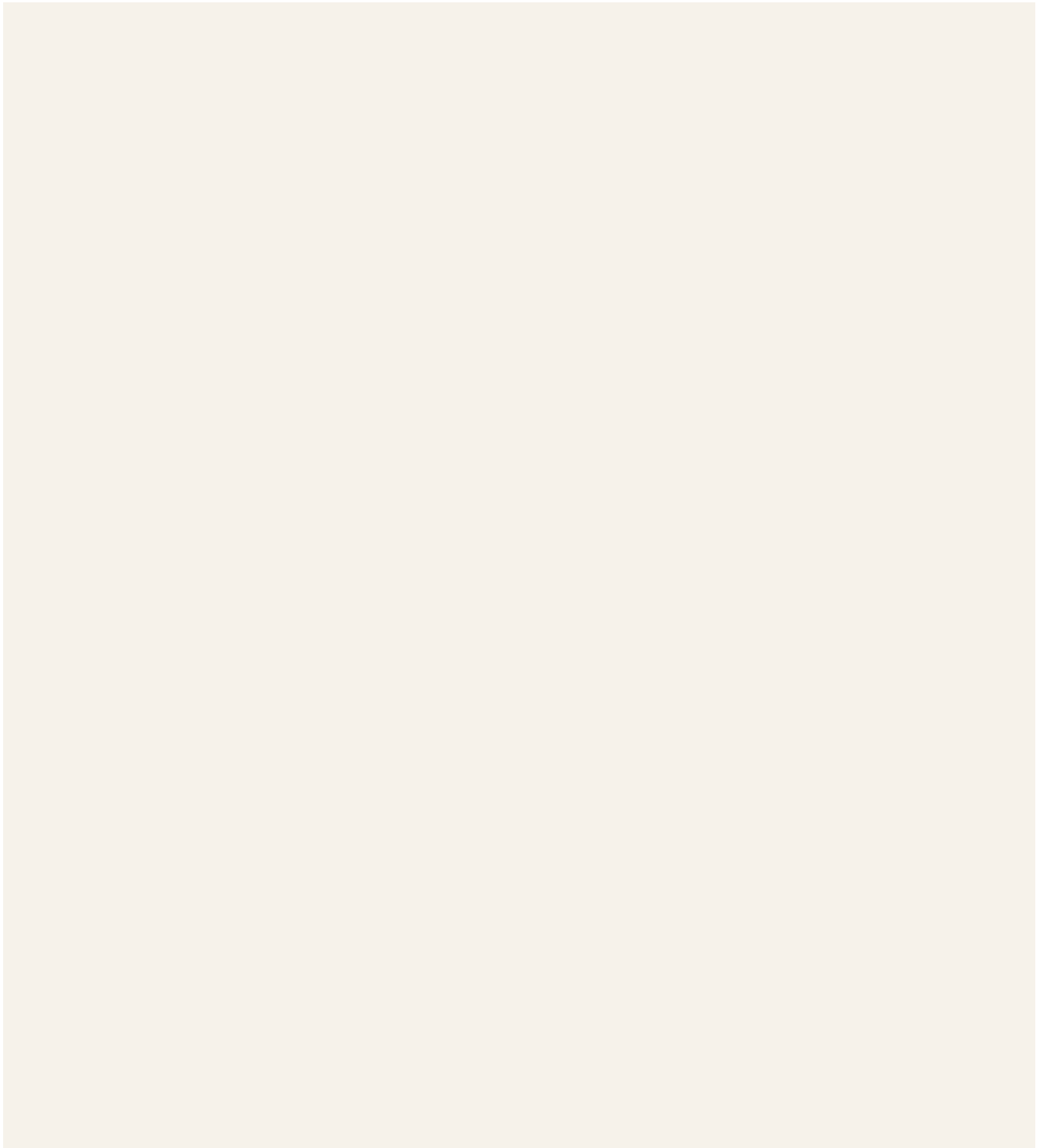
REFLECTION continued

Do you consider yourself a man of dignity, integrity, action? Recall an influential person or circumstance that caused you to turn away from a negative mindset or behavior. Write down how this benefited your life as well as those around you.



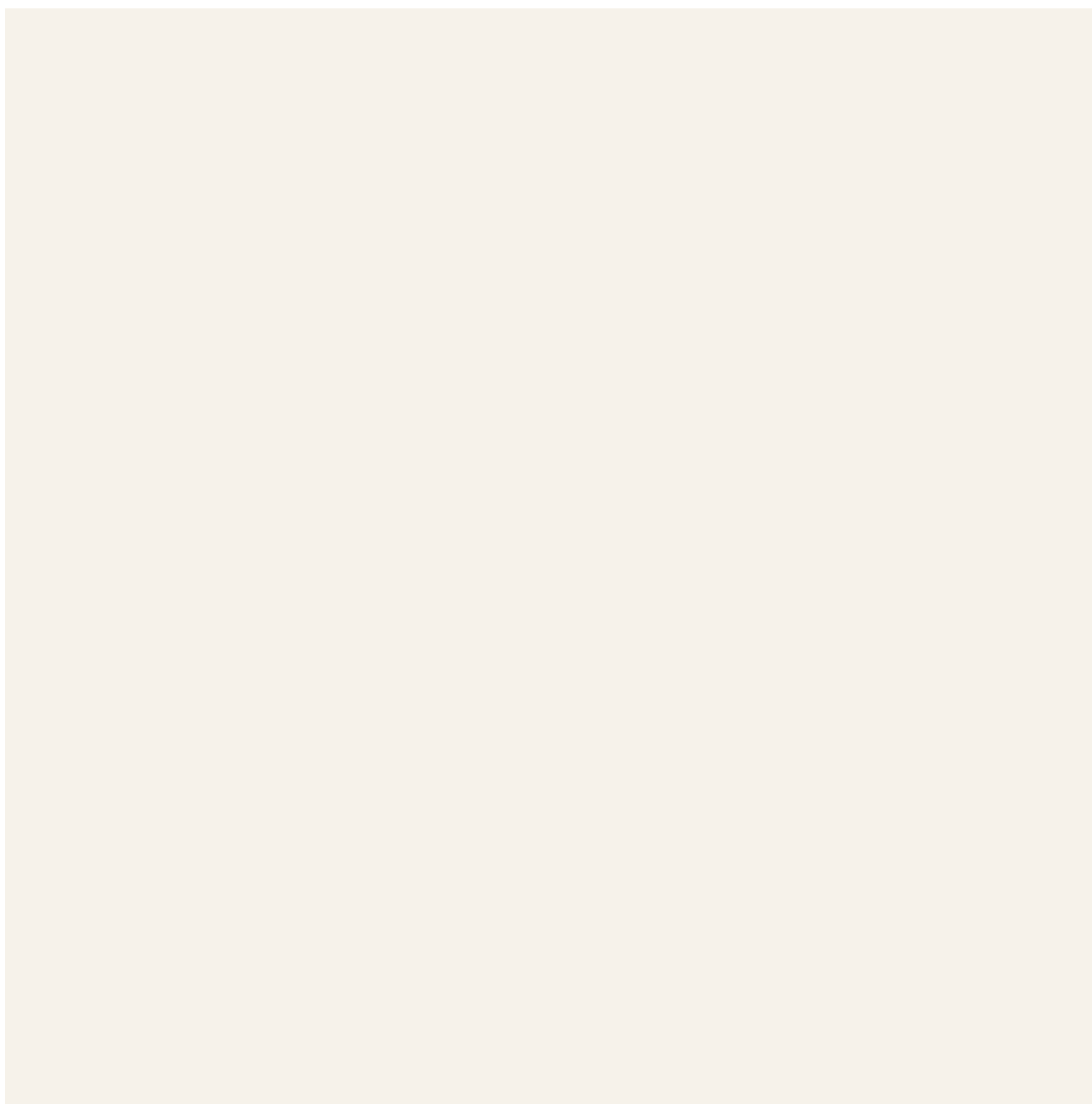
REFLECTION continued

Describe a situation when your desire to help someone overtook your desire to preserve your time, energy, or resources. How does that make you feel? Do you feel like this was a time when God was molding your heart to His will? Would you do it again?



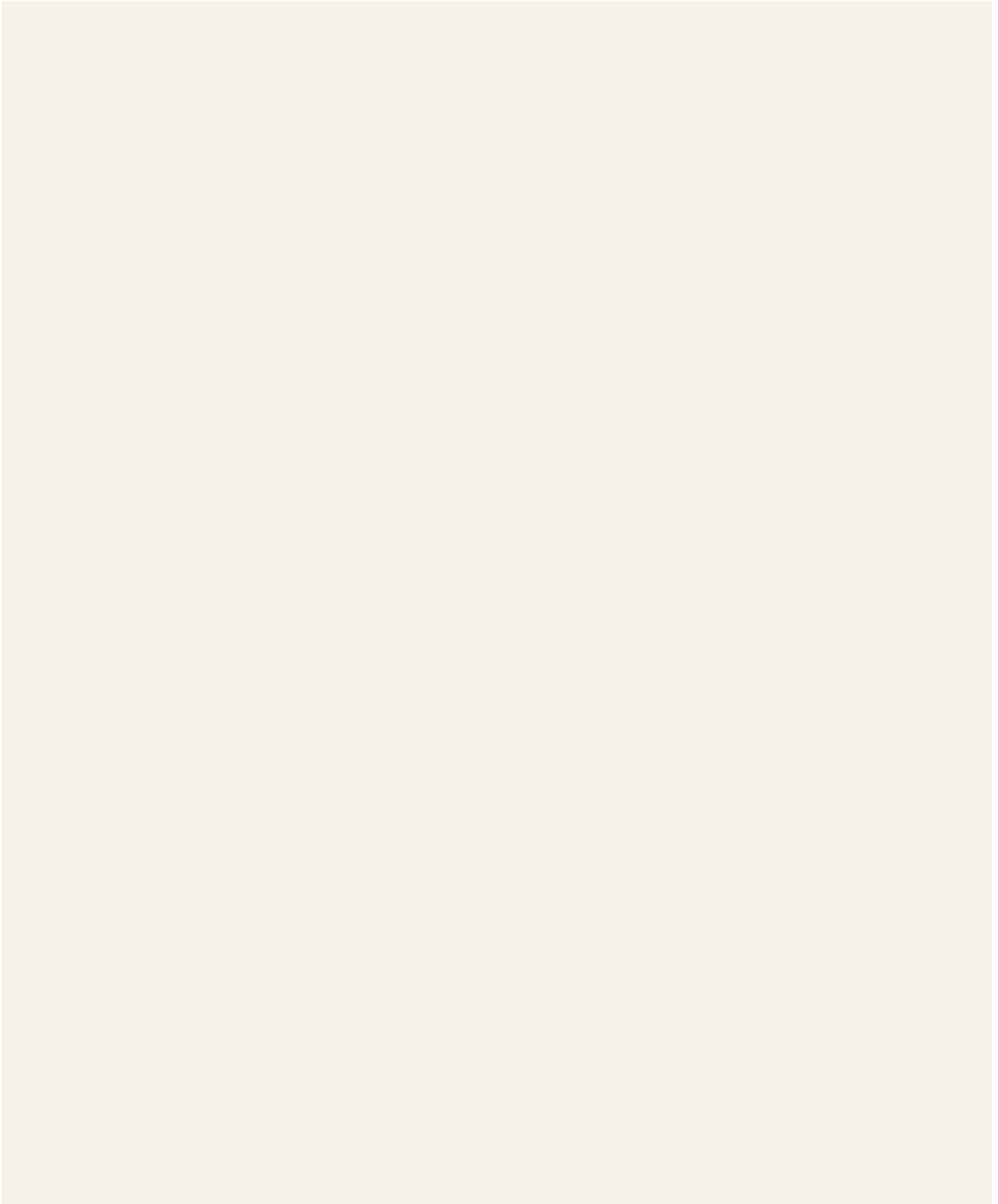
REFLECTION continued

Consider what substances (drugs, alcohol, food) and what influences (t.v., music, and gossip) have caused you in the past to do something irresponsible? Did this lead to physical or emotional harm to yourself or others? Afterwards, did you continue entertaining those substances and influences or did you turn away from them? Was your quality of life better or worse after staying or turning away from them?



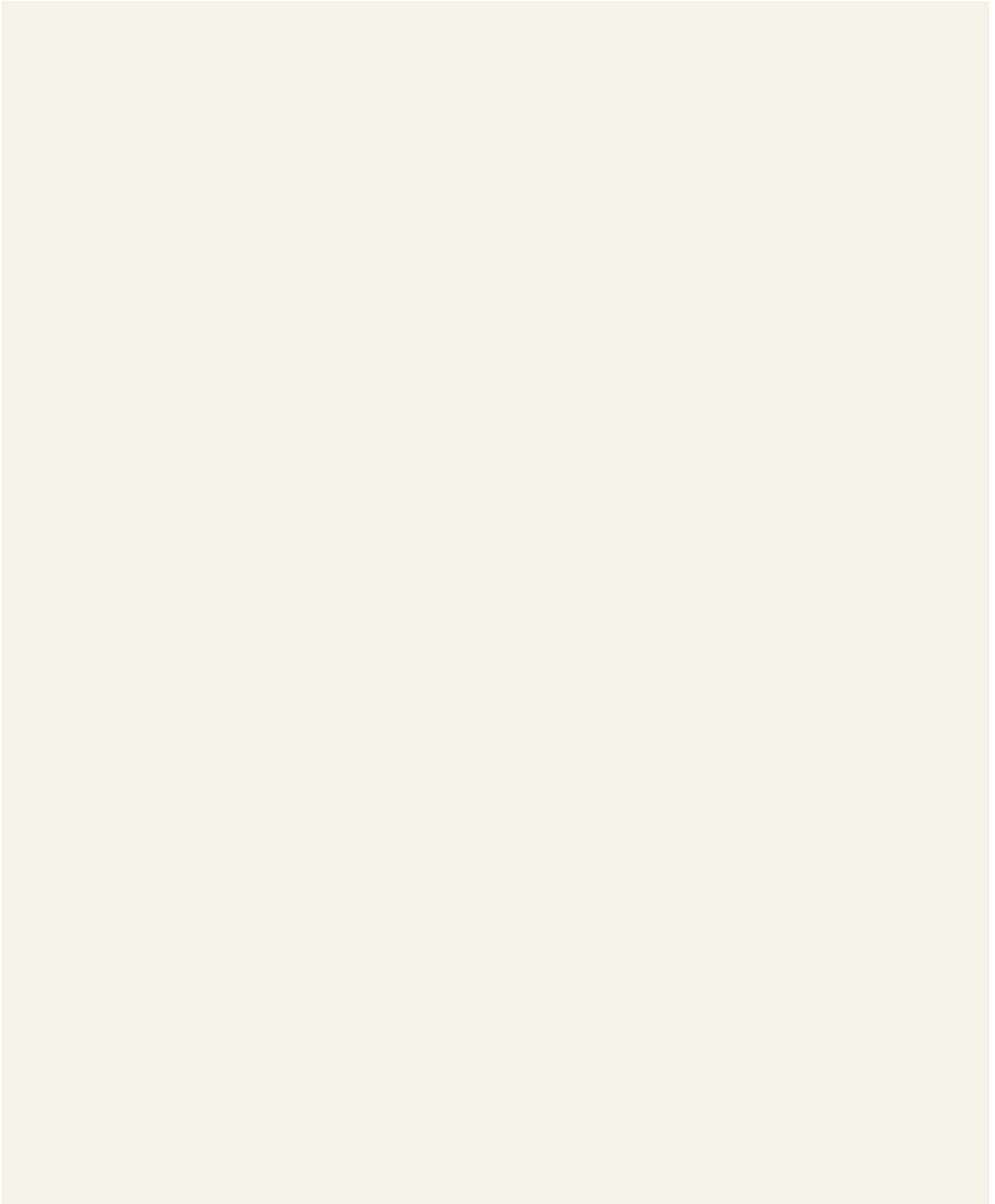
REFLECTION continued

In what ways do you practice self-control, self-discipline, and maintaining a sound mind?



REFLECTION continued

In what ways could you improve how you practice maintaining self-control, self-discipline, and a sound mind?



Chapter 4:

Authentic Masculinity Part 1

To be a man of your word Whether you are a father, husband, or single man who struggles with what it means to be a good man, remember that men and women were created as equals, each with roles that complement and support one another. As a husband and father, your responsibility is to lead your family in faith, nurturing a home grounded in love and reverence for God. Leadership in your home is not about power or control, but about providing for and protecting your family, ensuring that everyone under your care is spiritually and emotionally supported.

It's easy to fall into "Assumed Manhood," where certain traits—like pride or aggression—might seem masculine but actually go against God's intended design for men. True, Authentic Manhood reflects qualities of humility, strength, and service, aligned with God's purpose. As a father and husband, your role is to model this for your family, striving to pursue righteousness (1 Timothy 6:11), produce spiritual growth (Psalm 1:1-6), provide for your household (1 Timothy 5:7-8), and protect those you love (1 Corinthians 16:13-14).

Leading your family means more than just providing materially; it also involves speaking truth with patience and compassion, guiding your loved ones in a way that reflects God's love. As you strive to become the man, husband, and father that God has called you to be, remember that your strength lies not in domination but in serving your family and community through love, faith, and righteous leadership. Daily, ask yourself questions that encourage reflection on aligning personal masculinity with the spiritual and moral principles outlined in the text.

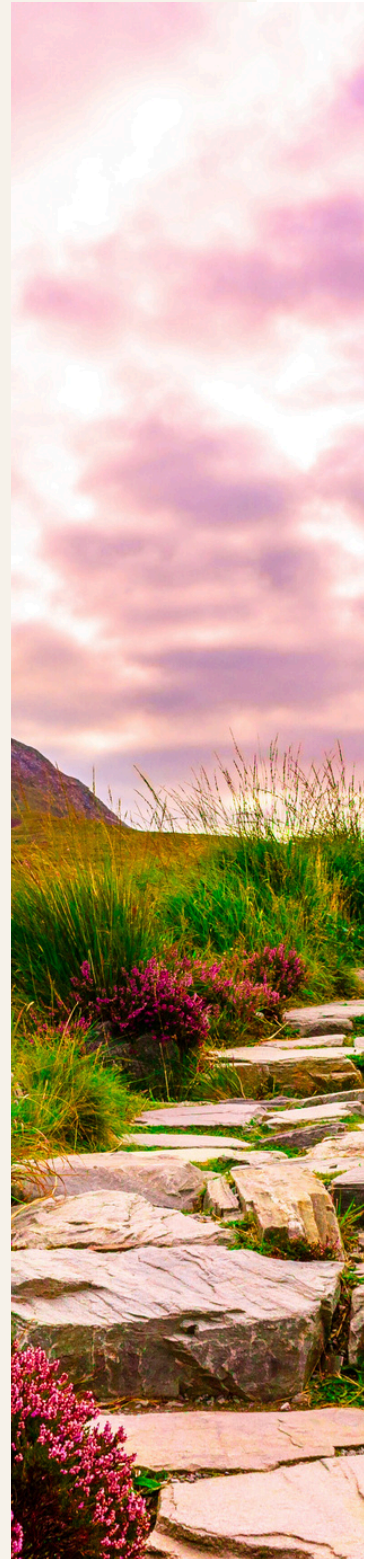
Pray along with me...

Heavenly Father, I come before You today, seeking Your guidance and strength as a man, husband, and father. Help me to remember that You have created men and women as equals, each with unique roles that work together to honor You. Teach me to lead my family in faith, not through control or power, but with love, humility, and reverence for Your Word. Guide me as I seek to provide for and protect my family, ensuring that I nurture their spiritual and emotional well-being, just as You care for us.

Lord, I ask for Your wisdom to avoid the trap of "Assumed Manhood," where pride, aggression, or misguided traits may lead me astray. Instead, shape me into the man You designed me to be— one who pursues righteousness, produces spiritual growth, provides with responsibility, and protects with strength and compassion. Help me to speak the truth with patience and love, modeling Your grace in my words and actions.

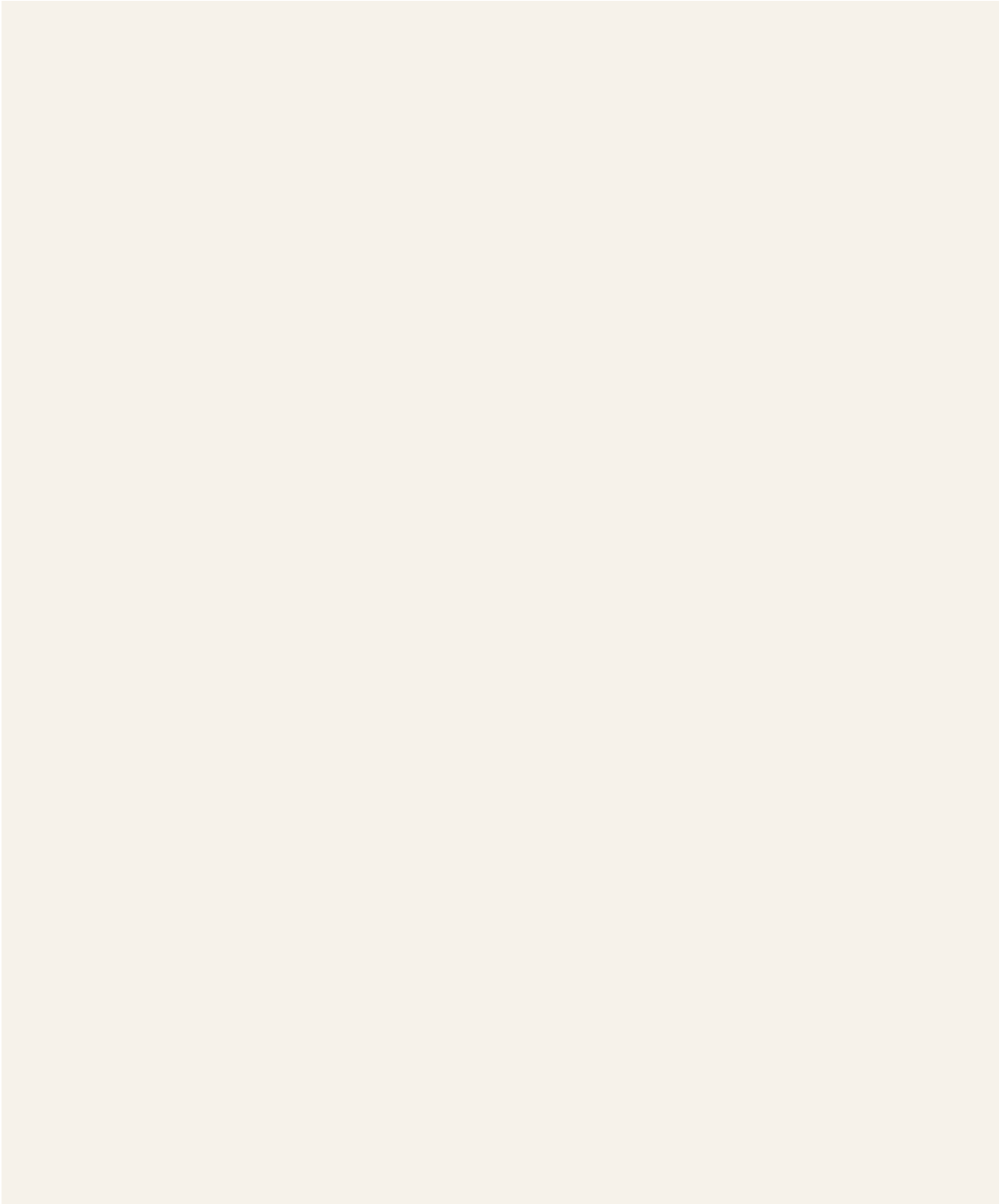
May I lead my family according to Your will, serving them with the same love and sacrifice that Christ showed for us. In Jesus' name, I pray.

AMEN.



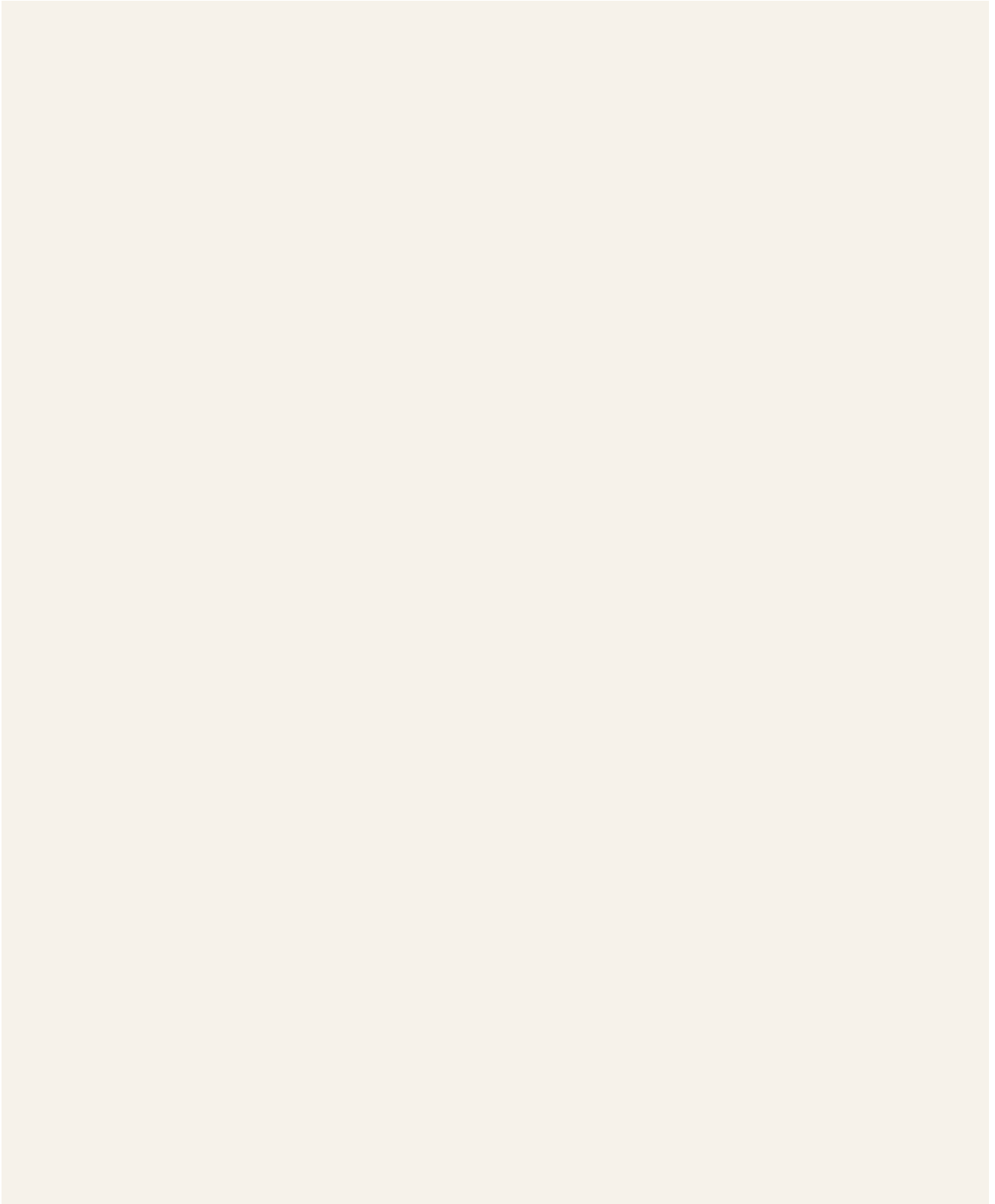
REFLECTION

How do I view the concept of equality between men and women in light of our distinctive roles and functions?



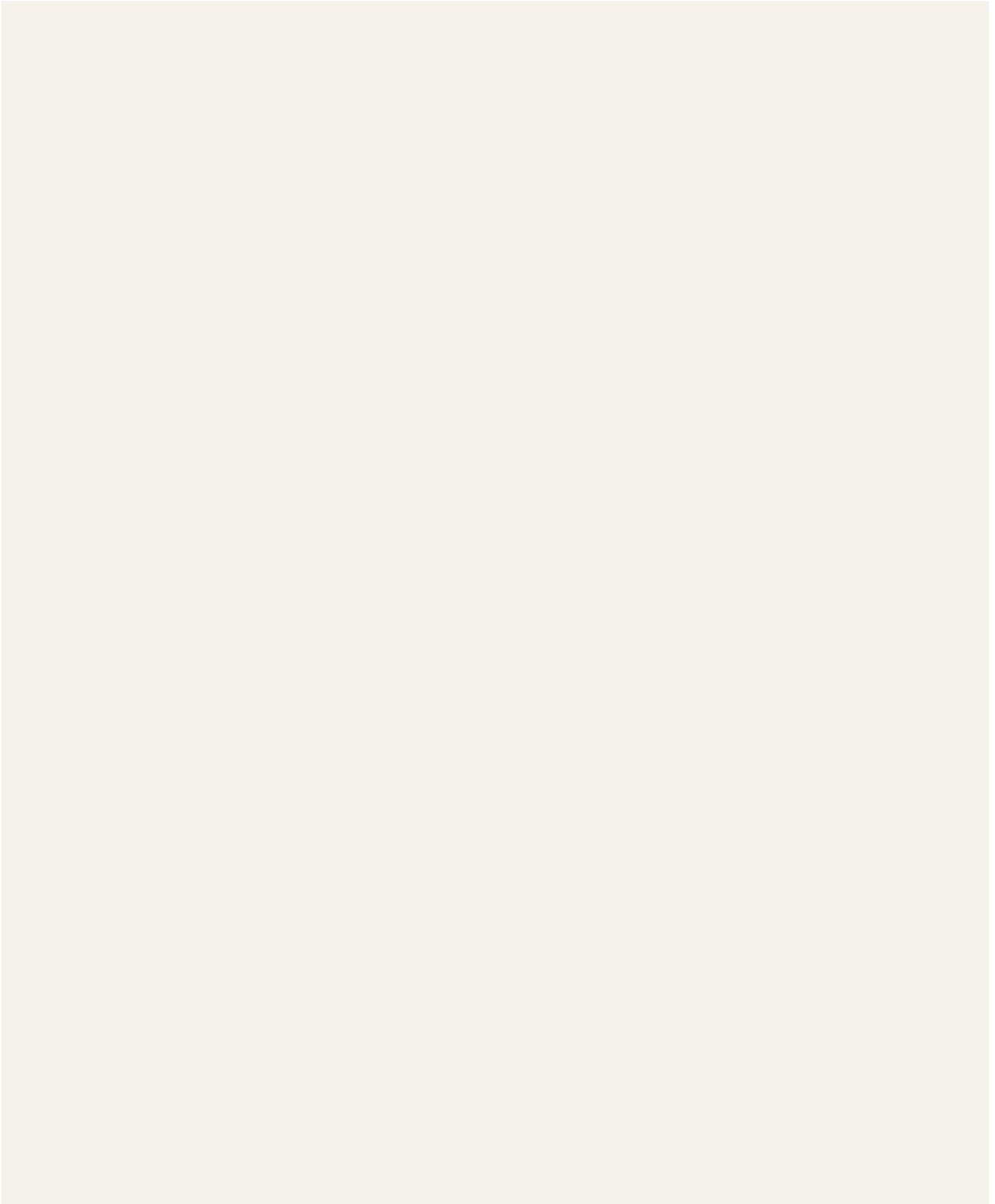
REFLECTION continued

Am I fostering an environment of faith and reverence for God in my home?



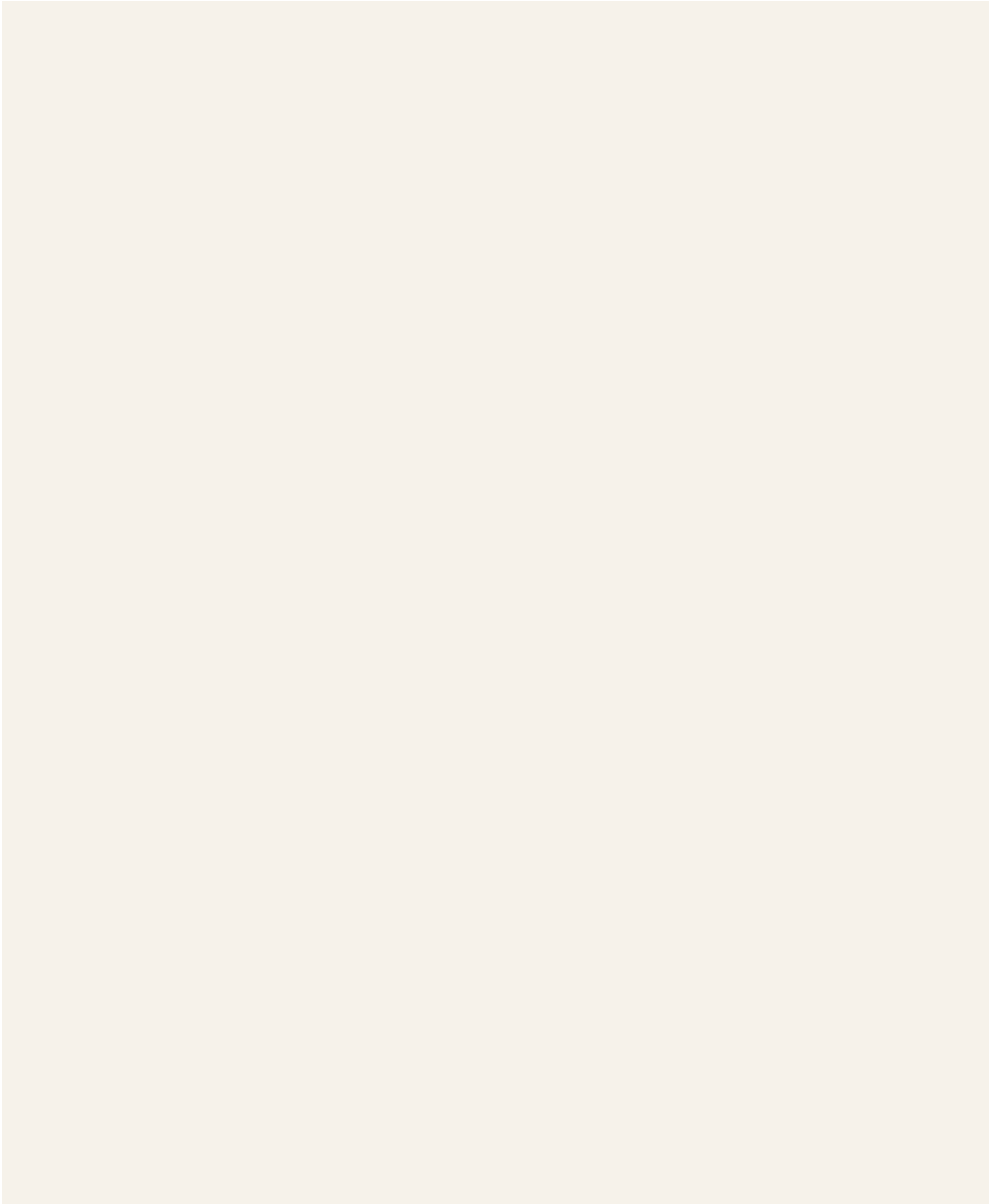
REFLECTION continued

Do I understand and accept God's established order and hierarchy as a means of providence and protection?



REFLECTION continued

Are there any aspects of my behavior that reflect assumed manhood rather than authentic manhood?



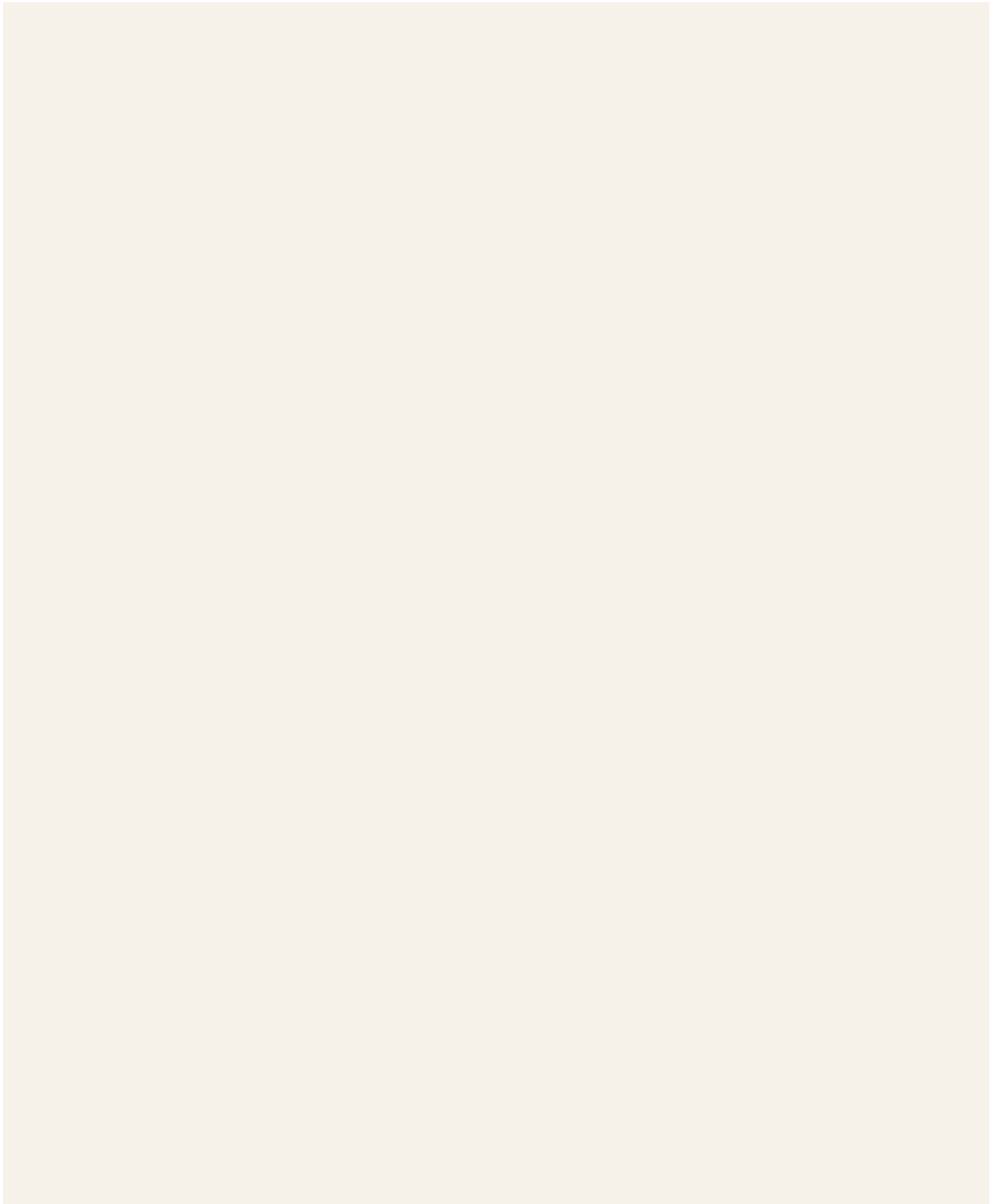
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What are the specific ways I can align my masculinity with God's intended design?

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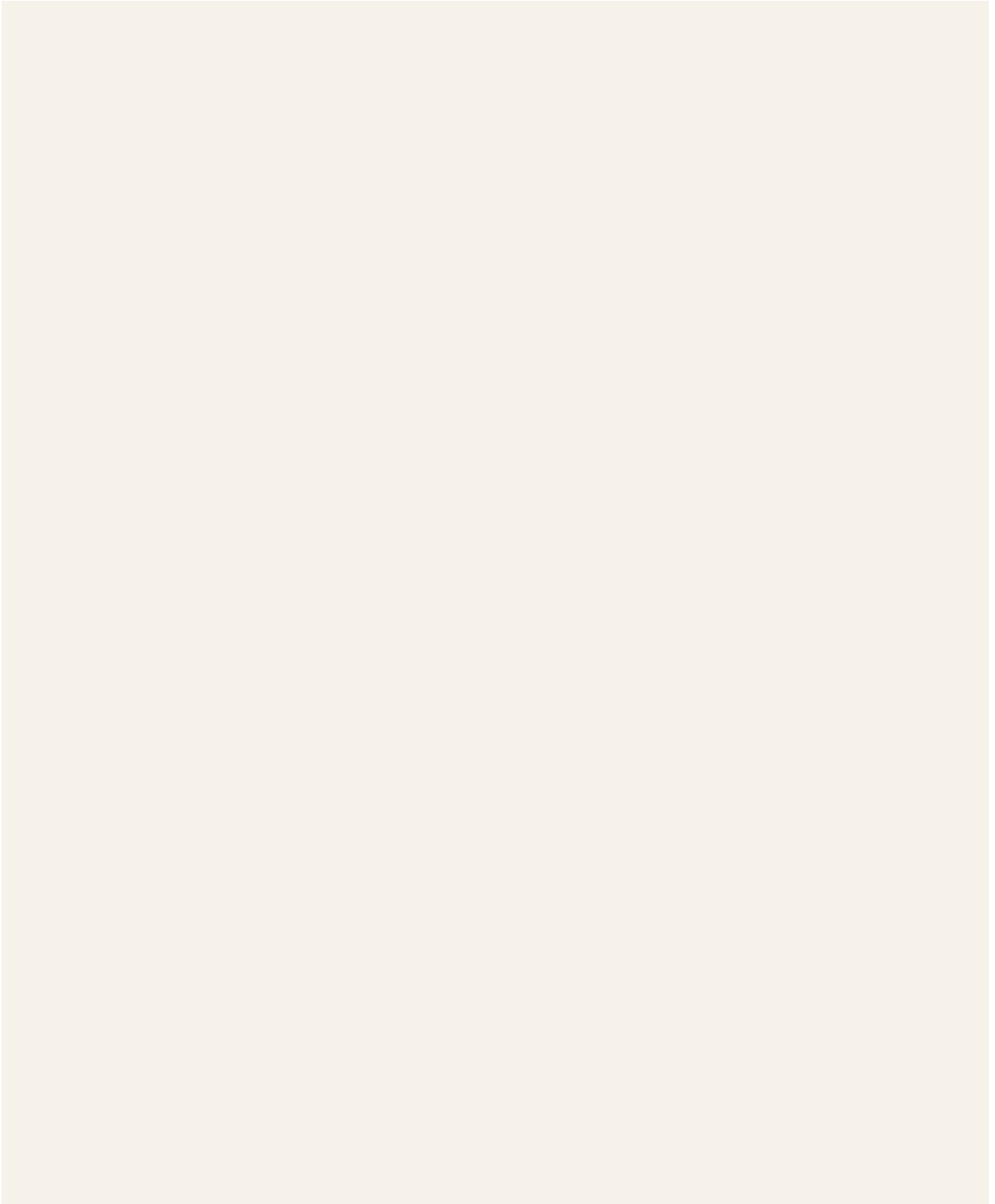
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How can I actively pursue righteousness, as described in 1 Timothy 6:11?



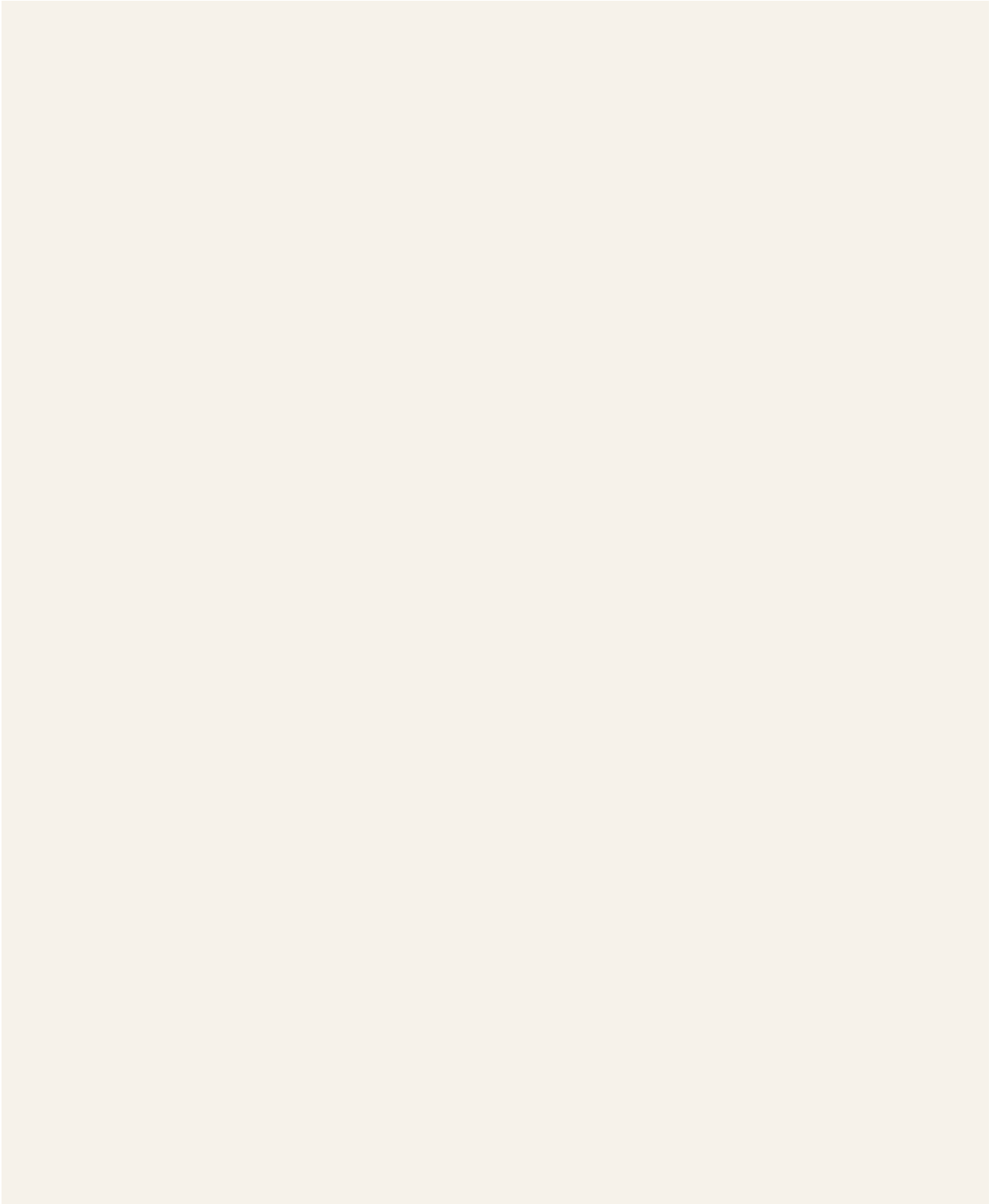
REFLECTION continued

Am I producing fruit in my life, following the example of a righteous man in Psalm 1:1-6?



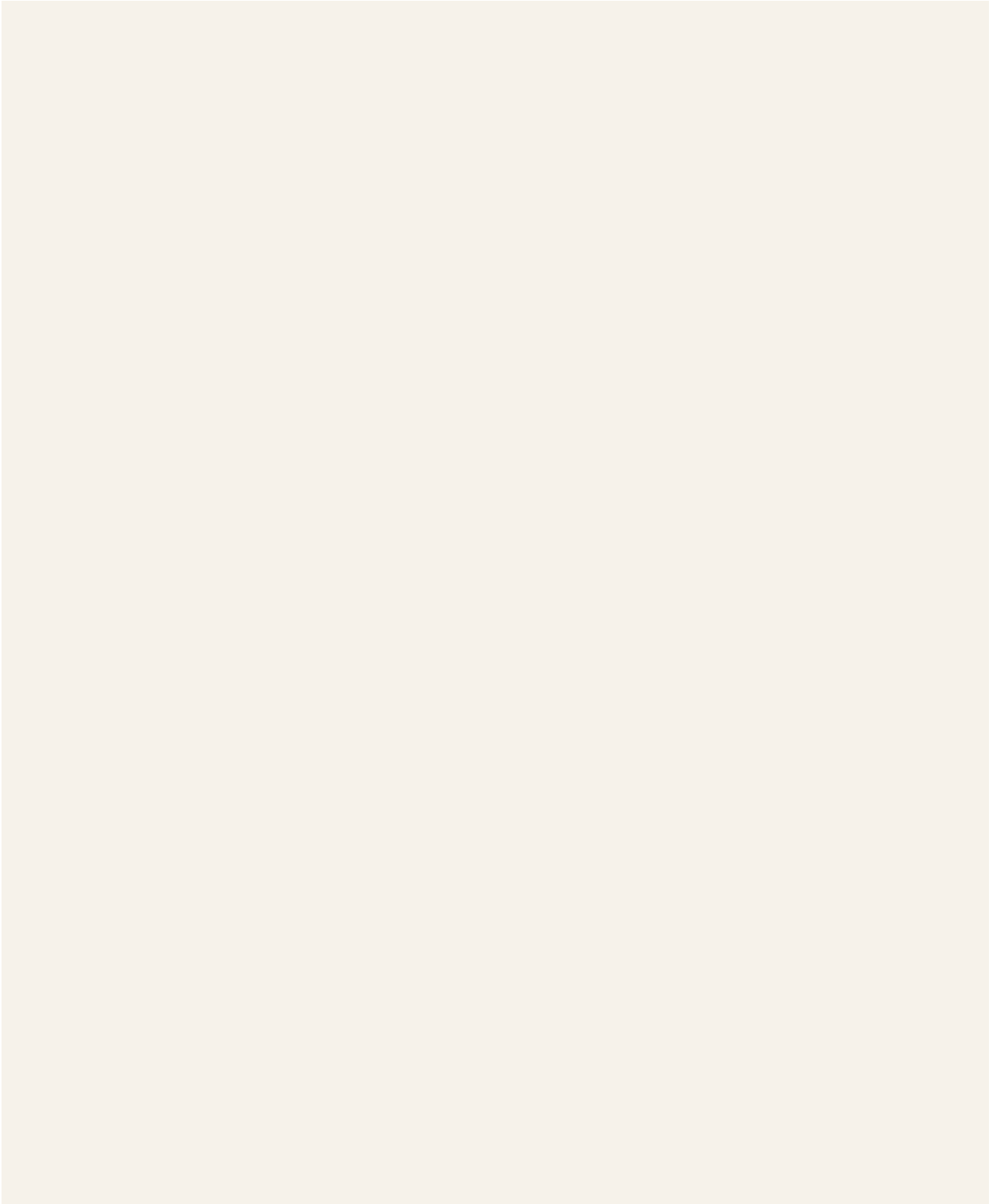
REFLECTION continued

In what ways am I providing for my family, spiritually, emotionally, and physically, as instructed in 1 Timothy 5:7-8?



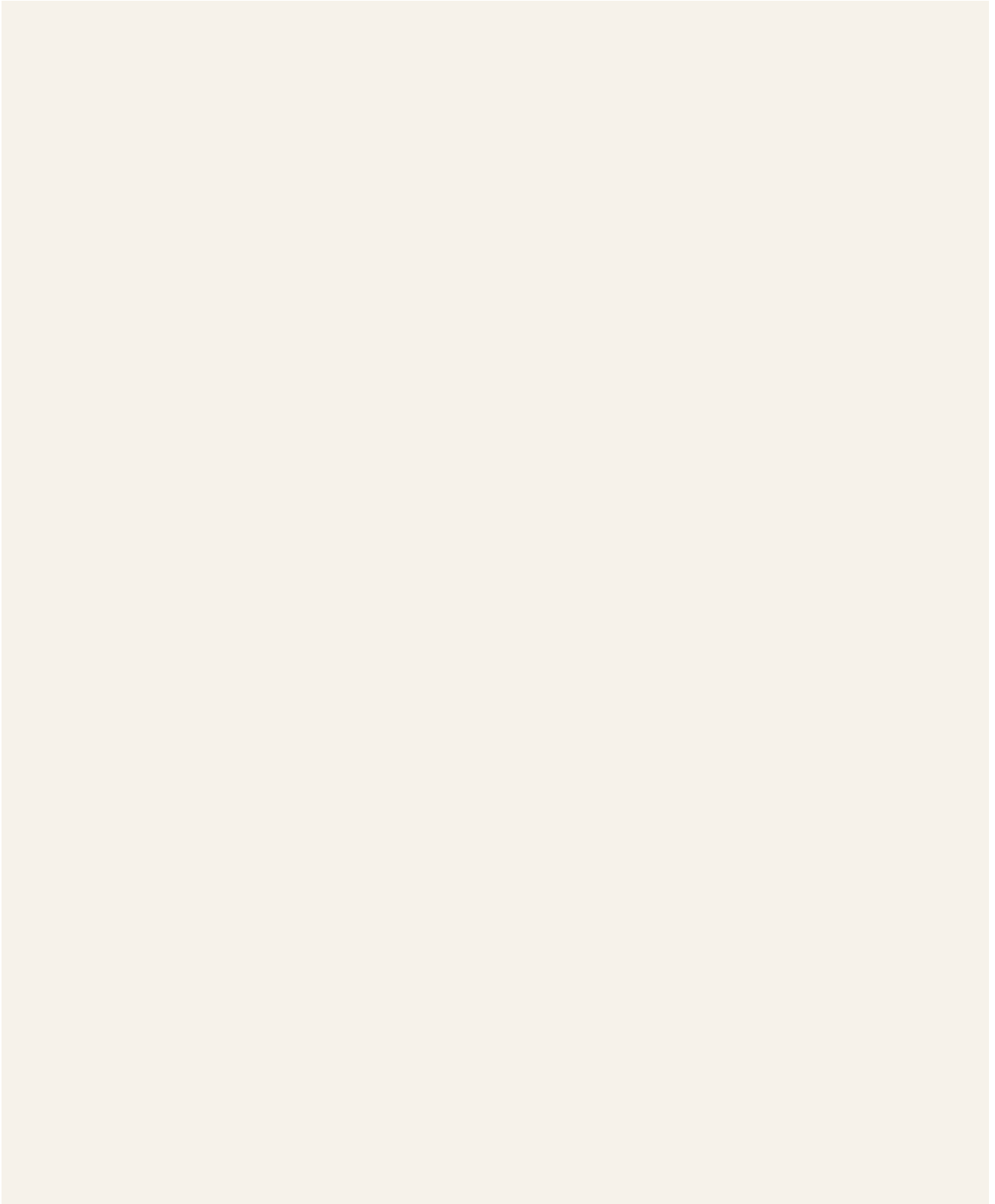
REFLECTION continued

How can I better protect those under my care, in accordance with 1 Corinthians 16:13-14?



REFLECTION continued

Am I speaking truth with love, patience, and compassion in my relationships, especially when leading others?



Chapter 5:

Authentic Masculinity Part 2

Men, whether as husbands, fathers, or individuals, it's important to recognize that sincerity alone does not guarantee you are on the right path. You may be fully convinced in your intentions but still be wrong in your approach. Truth is not determined by personal perspective; it is grounded in its divine origin. Understanding this can help you stay humble and open to correction, seeking to align your actions with what is truly right, rather than what merely feels right to you.

Leadership, in any role, is more than just a title—it is a responsibility that demands integrity and ethical behavior. Don't be content with simply holding the position; make sure your actions reflect the ethics of true leadership. Reflect on the Four Essential Modes: Shares, which emphasize generosity and cooperation; Cares, which center on compassion and concern for others; Scares, which encourage courage in the face of fear; and Snares, which call for awareness of traps that can lead you astray. These reflections guide authentic leadership.

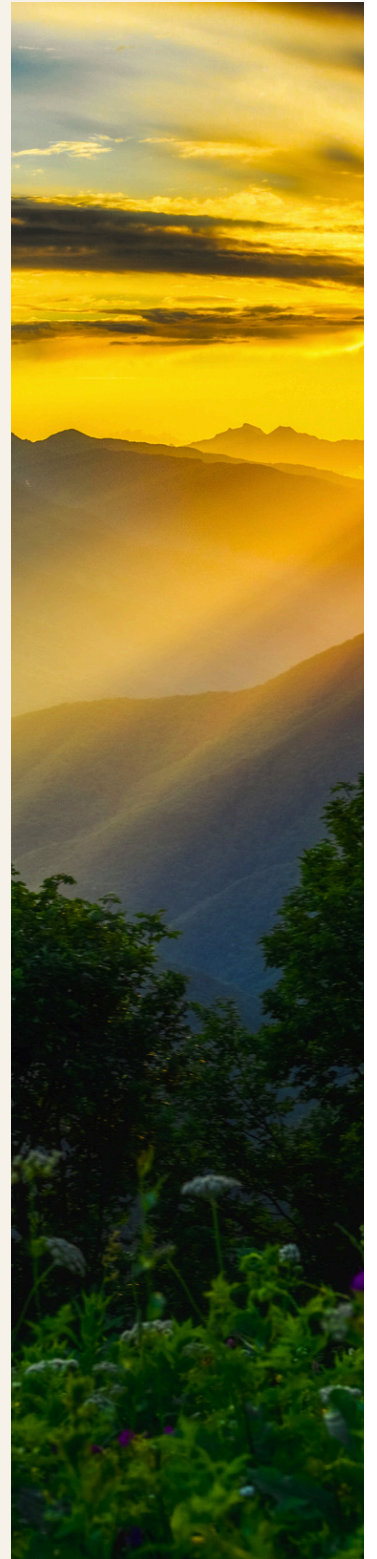
Finally, remember that only God can fill the deepest voids in your life. No amount of worldly success or material comfort can substitute for His presence. Assurance in God's promises gives you confidence in ultimate triumph and salvation, while the practical aspects of life, like insurance, help manage everyday challenges. But it is your trust in God's provision and guidance that will truly secure your heart and lead you to live out His purpose in your life. Meditate daily on scripture that encourages personal accountability and spiritual growth, helping you as a man to examine your leadership, faith, and reliance on God's guidance.

Pray along with me...

Heavenly Father, we come before You with humble hearts, recognizing that our sincerity does not always guarantee that we are on the right path. Help us, as men, to understand that truth is not defined by our perspective but by Your divine will. Give us the wisdom and discernment to align our intentions and actions with what is truly right in Your eyes, even when it challenges our comfort or understanding. Lord, keep us open to correction, so that we may walk in humility, always seeking Your guidance over our own desires.

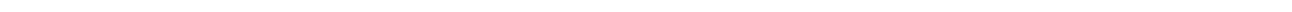
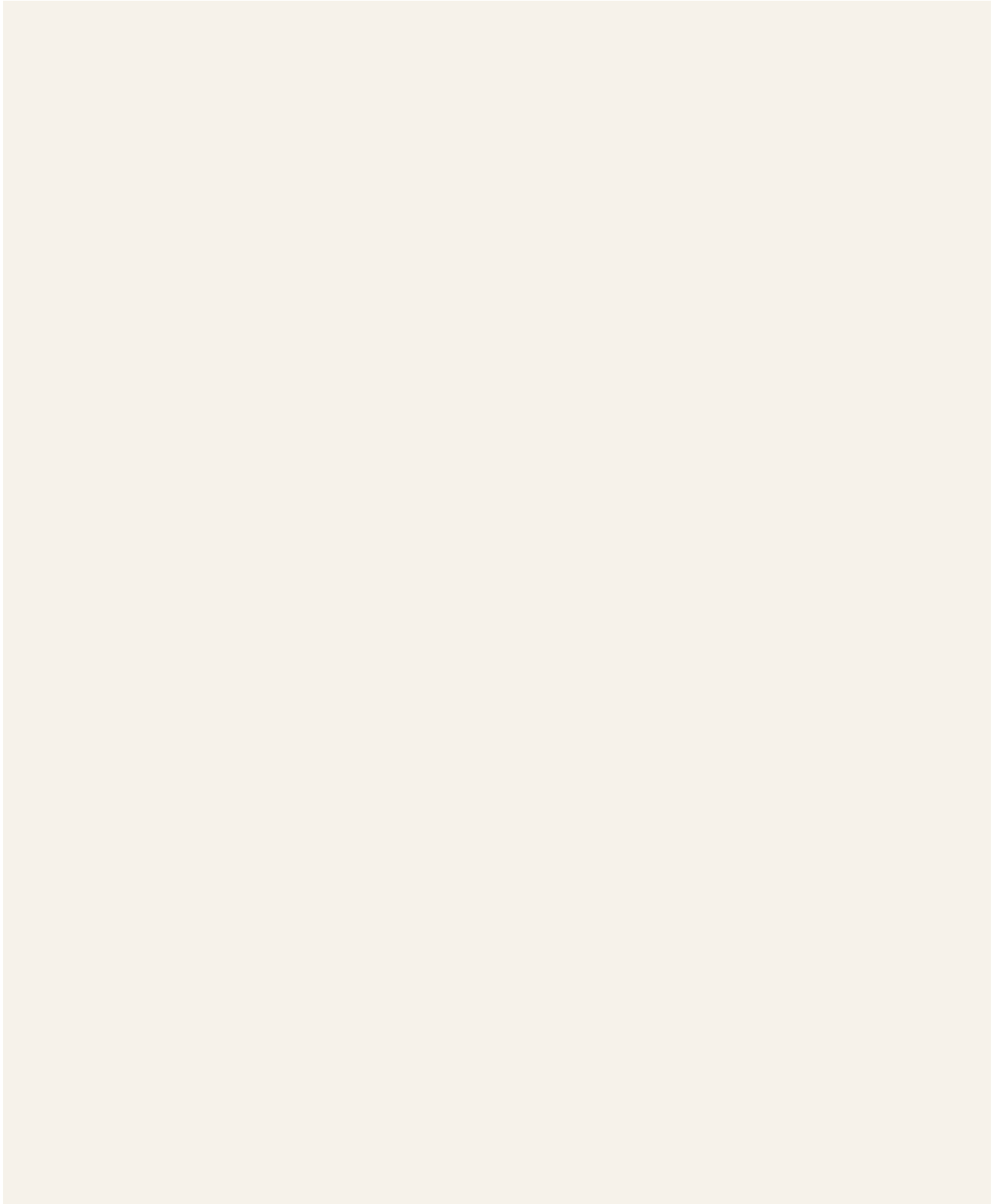
Father, we ask for Your grace to lead with integrity in whatever roles You have placed us, as husbands, fathers, or individuals. May our leadership be more than just a title but reflect the ethics of true, godly leadership. Teach us to embody generosity, compassion, courage, and awareness of the challenges that surround us. Above all, Lord, remind us that only You can fill the void in our hearts and that our true assurance rests in Your promises. Strengthen our trust in Your provision and help us to live out Your purpose with confidence, knowing that You guide and secure our every step. In Jesus' name, we pray...

AMEN.



REFLECTION

Am I relying solely on my sincerity, or am I actively seeking God's truth to guide my decisions?



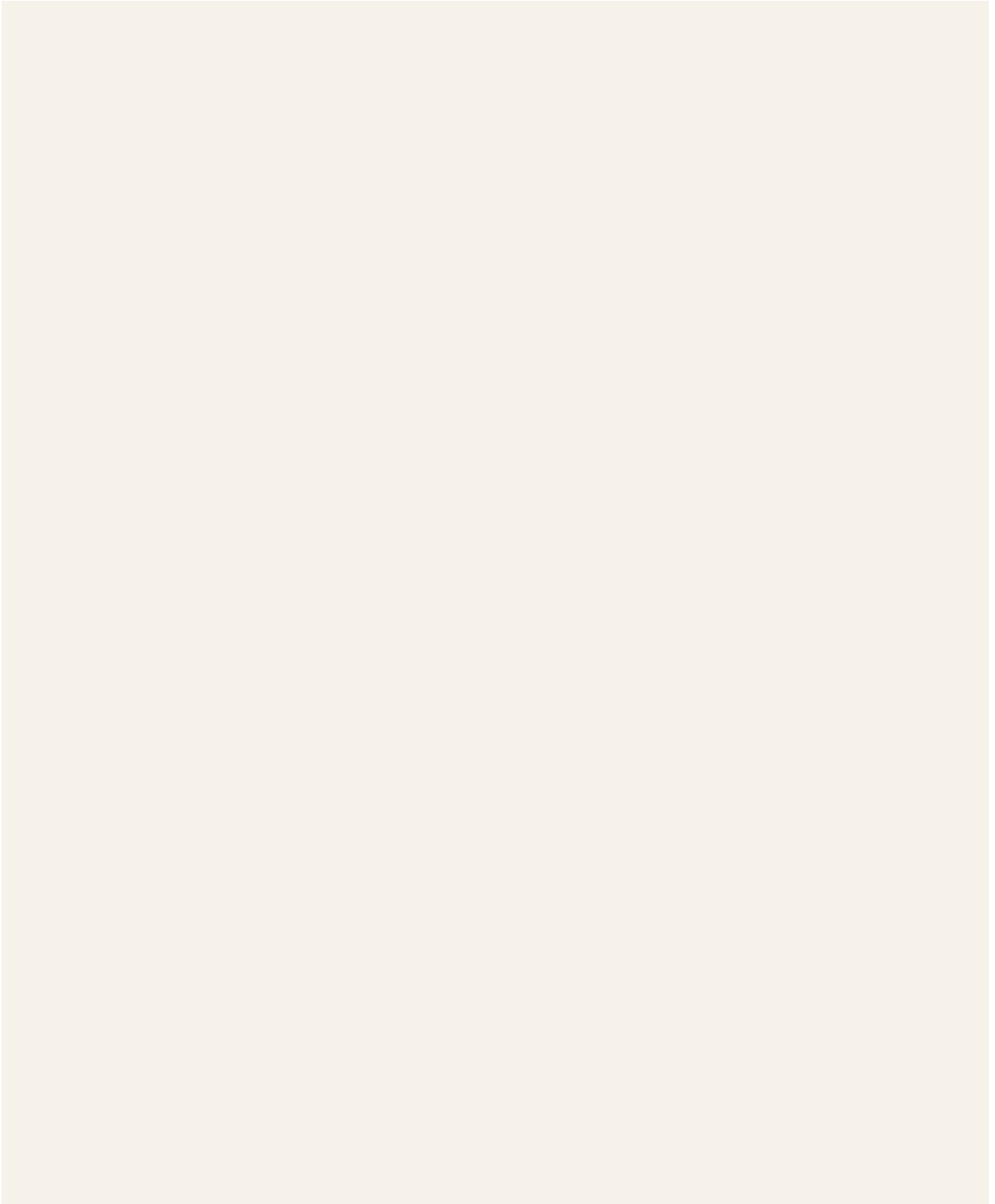
REFLECTION continued

Are my intentions aligned with God's will, or am I relying on my own understanding of what feels right?

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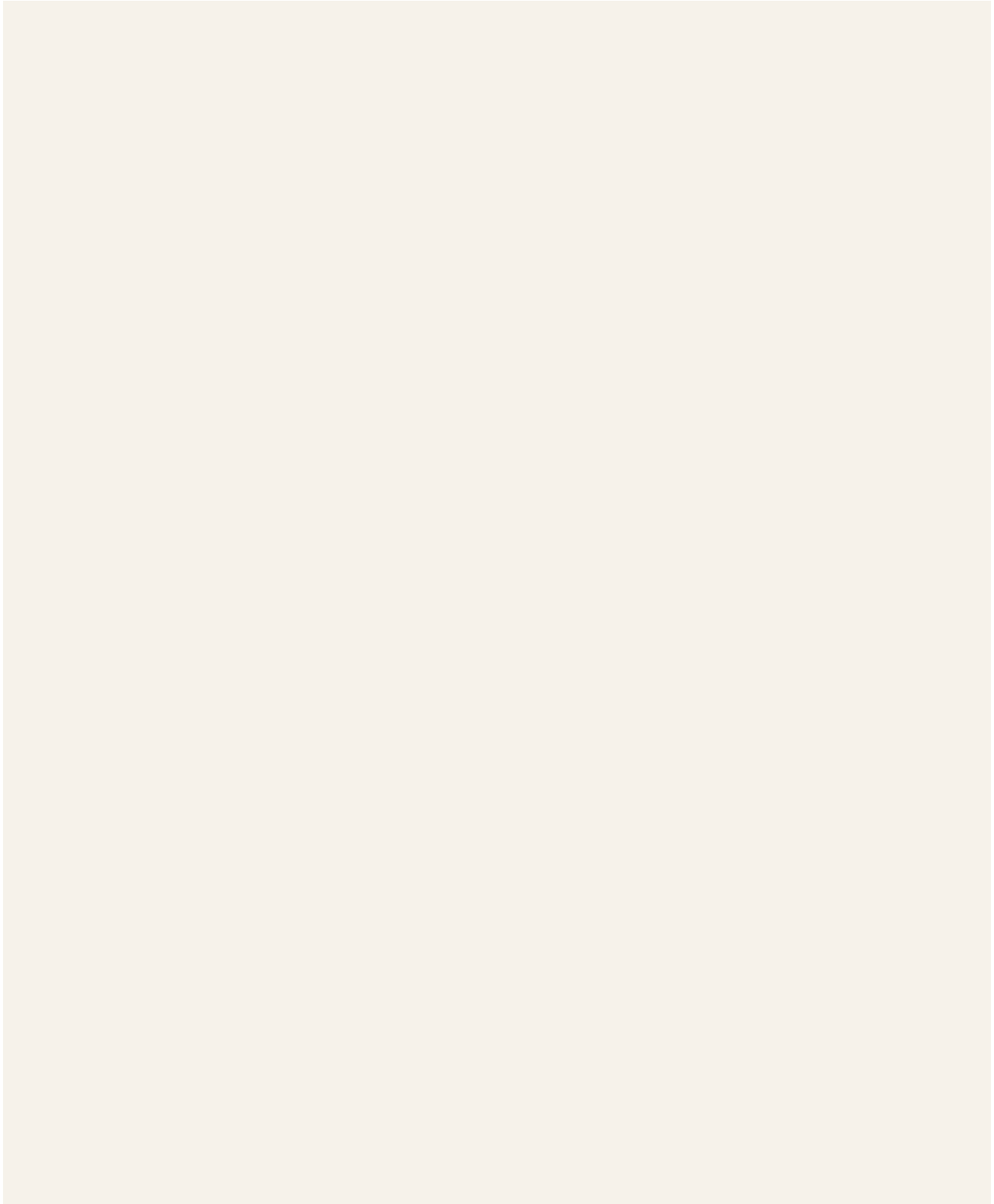
REFLECTION continued

How open am I to correction, especially when my approach or perspective is challenged?



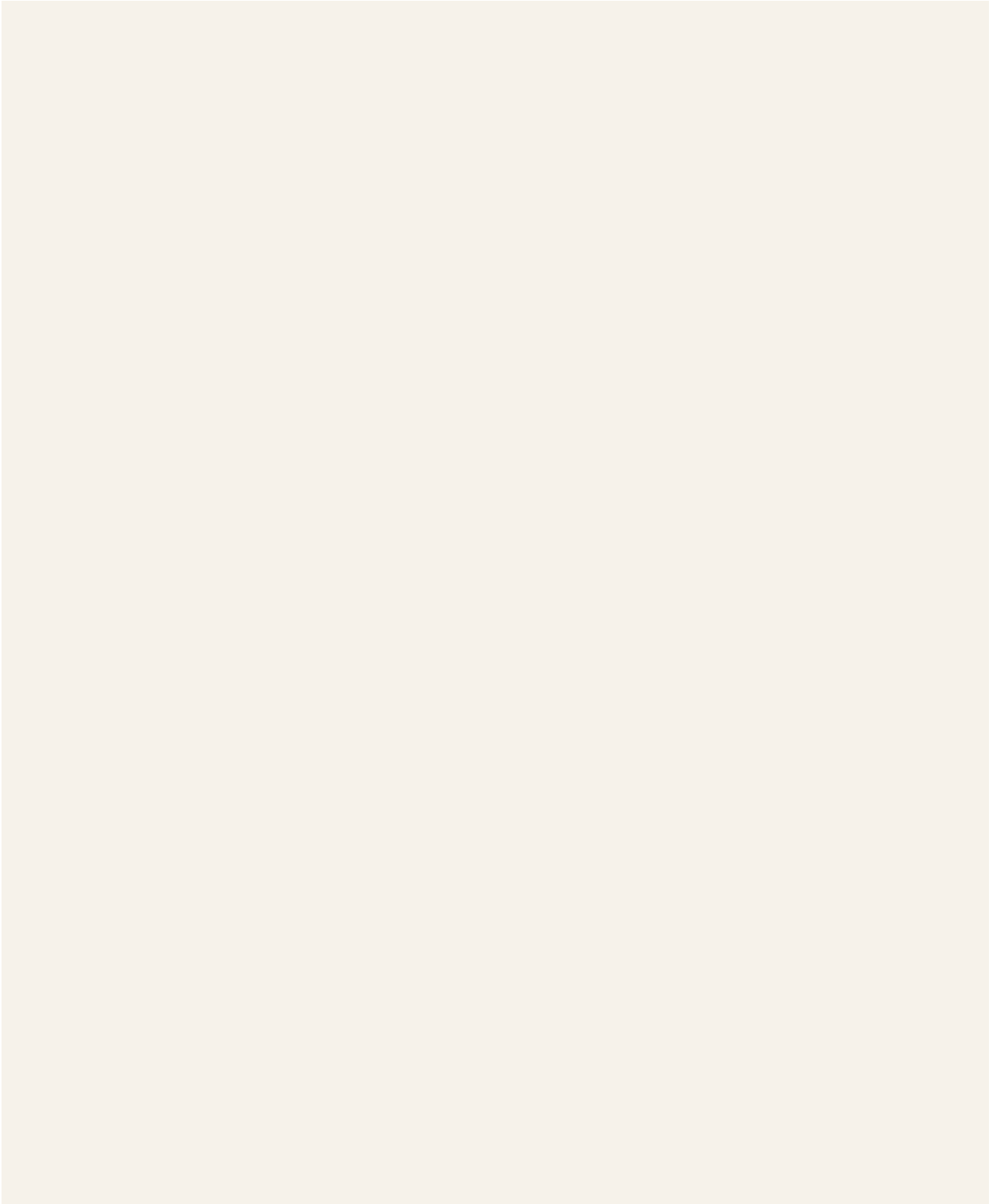
REFLECTION continued

In what ways am I ensuring that my leadership reflects the ethics and values of integrity, both at home and in my community?



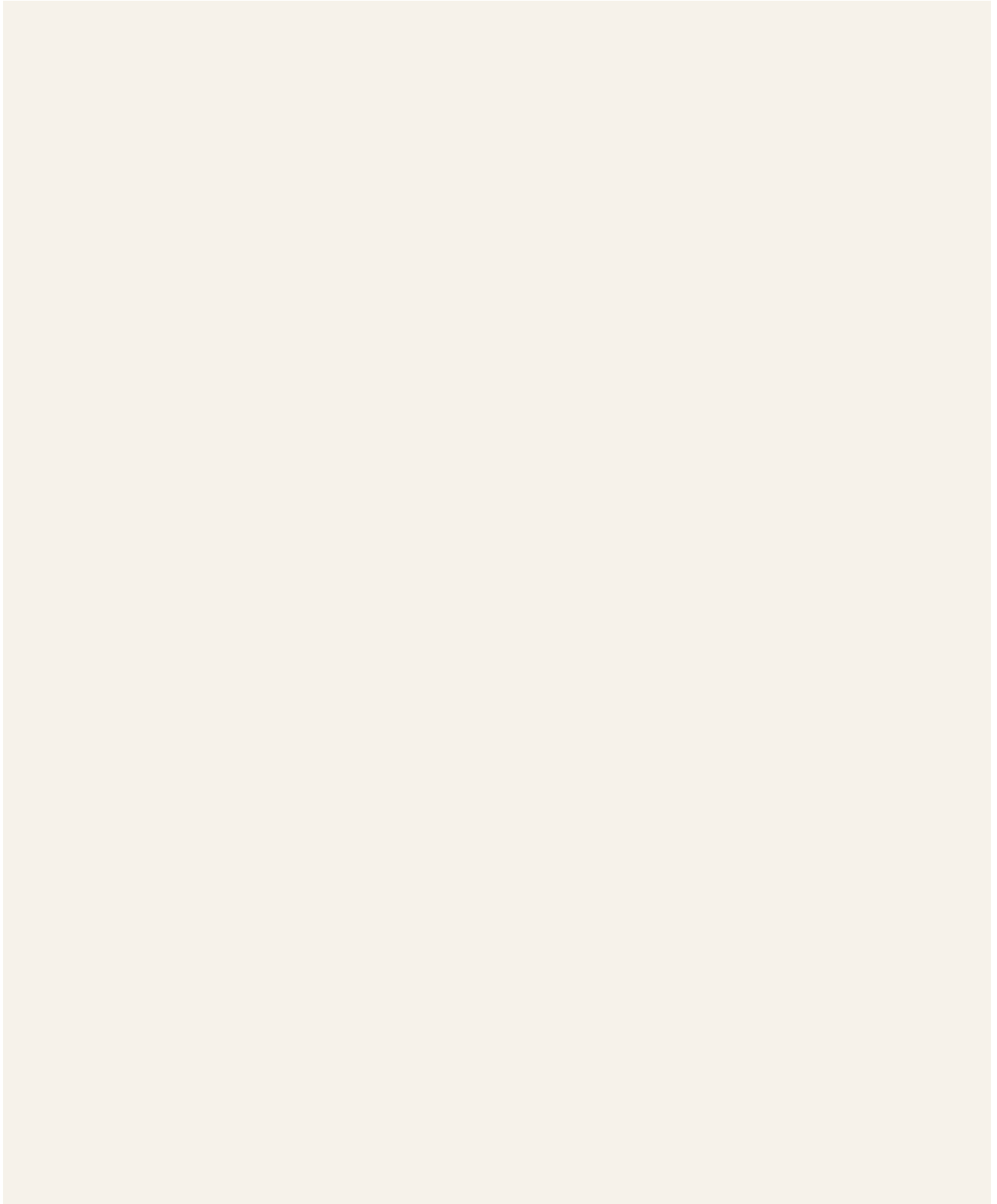
REFLECTION continued

Do I practice generosity and cooperation in my relationships, as emphasized in the "Shares" mode of reflection?



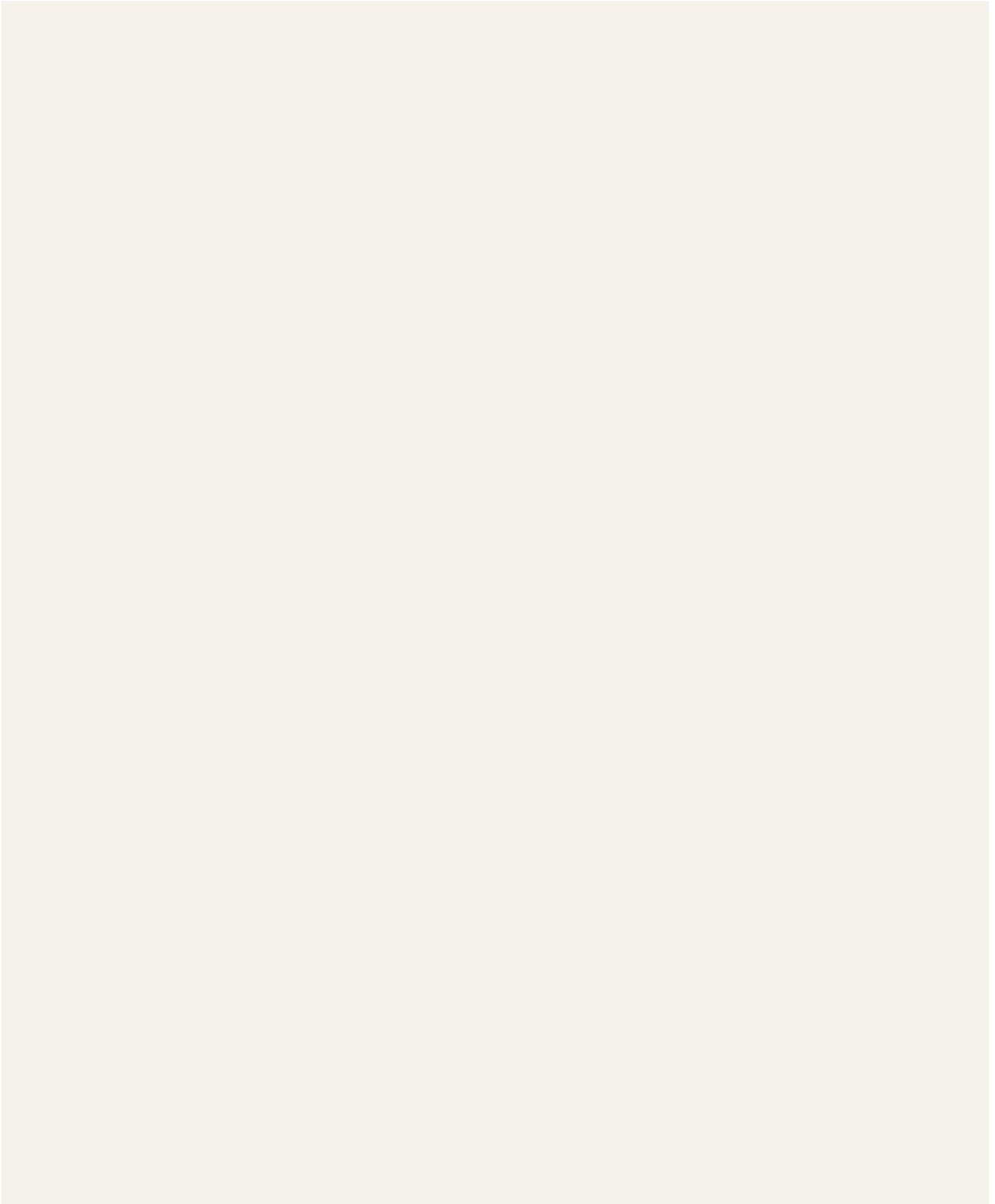
REFLECTION continued

Am I showing genuine compassion and concern for others, embodying the "Cares" aspect of leadership?



REFLECTION continued

How do I handle fear and adversity, and am I courageous in my faith, as encouraged by the "Scares" reflection?



REFLECTION continued

What potential snares or traps could be leading me astray from authentic leadership, and am I vigilant in recognizing them?



REFLECTION continued

Am I seeking fulfillment in worldly success or material comforts, or am I trusting God to fill the deepest voids in my life?

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REFLECTION continued

Do I find my confidence in God's promises, and am I trusting in His provision to lead me toward His purpose for my life?

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Chapter 6:

The Assurance Of Appreciating Assets

Men, whether as husbands, fathers, or individuals, it's essential to understand the difference between assurance and insurance in the context of our faith. Assurance represents a guaranteed, permanent condition of certainty, reflecting the unshakeable promises of Christ. Insurance, on the other hand, covers potential accidents or unforeseen events, offering compensation for likely occurrences. Both concepts involve agreements between a responsible party and a recipient, but in our relationship with Jesus, there is no risk—only the unwavering certainty of His promises and the eternal value He provides.

Jesus Christ is the ultimate authority whose guidance and promises are infallible and cosmic in scope. His relationship with us is the greatest appreciating asset, far surpassing any worldly insurance policy. Believers are endowed with the assurance and authority of God's power, granted through faith, to receive all He has promised. In Christ, we find a refuge that supports our character and stands firm against life's trials, emphasizing that our trust should be in His unchanging nature rather than temporary or subpar substitutes.

Maintaining faith under pressure requires discipline and a focus on principle over pain. Substance in our faith is crucial; it represents the true strength and refuge of our character. Ensure that your behavior and decisions reflect the substance of your faith, and avoid letting temporary discomfort overshadow the enduring principles of God's promises. By aligning with Christ's assurance, you can stand firm and resilient, knowing that His promises will uphold you through every challenge.

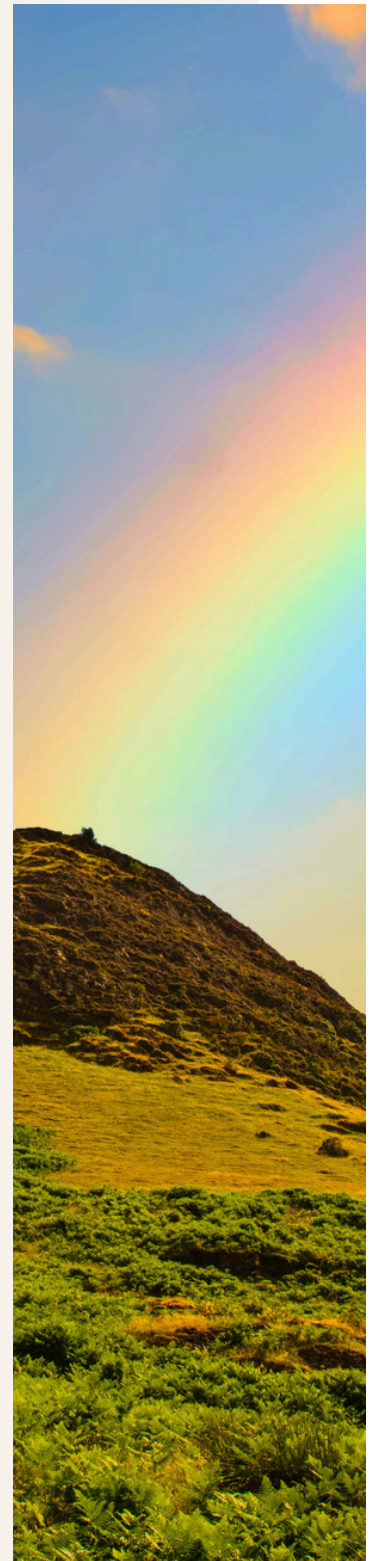
Pray along with me...

Heavenly Father, I come before You seeking Your guidance and strength as I navigate my roles as a husband, father, and individual. Help me to fully grasp the difference between assurance and insurance in the context of my faith. May I understand that Your assurance is a guarantee of eternal certainty, reflecting the unshakeable promises of Christ, and not merely a temporary fix for life's uncertainties. Teach me to place my trust firmly in the unwavering certainty of Your promises, rather than relying on worldly substitutes that offer only limited or conditional support.

Lord, I ask for Your grace to maintain faith under pressure, focusing on the enduring principles of Your Word rather than the transient pain of trials.

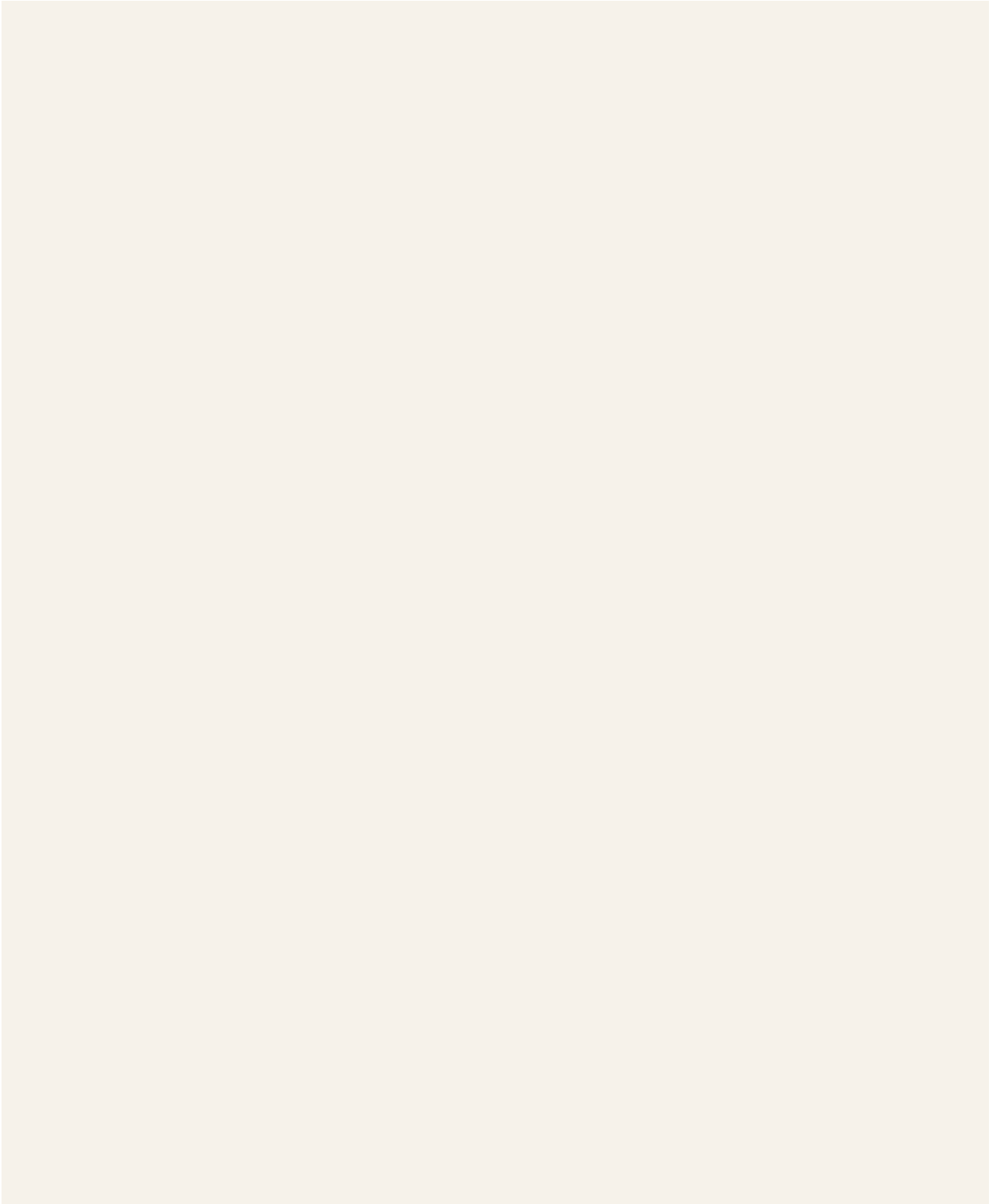
Strengthen my character to reflect the true substance of my faith, and guide me to act in ways that honor You. Help me to embrace Christ as the ultimate authority and refuge, finding my security and strength in His eternal promises. May Your assurances uphold me through every challenge, and may my behavior consistently align with the substance of Your promises, standing firm in Your unchanging nature. In Jesus' name,

AMEN.



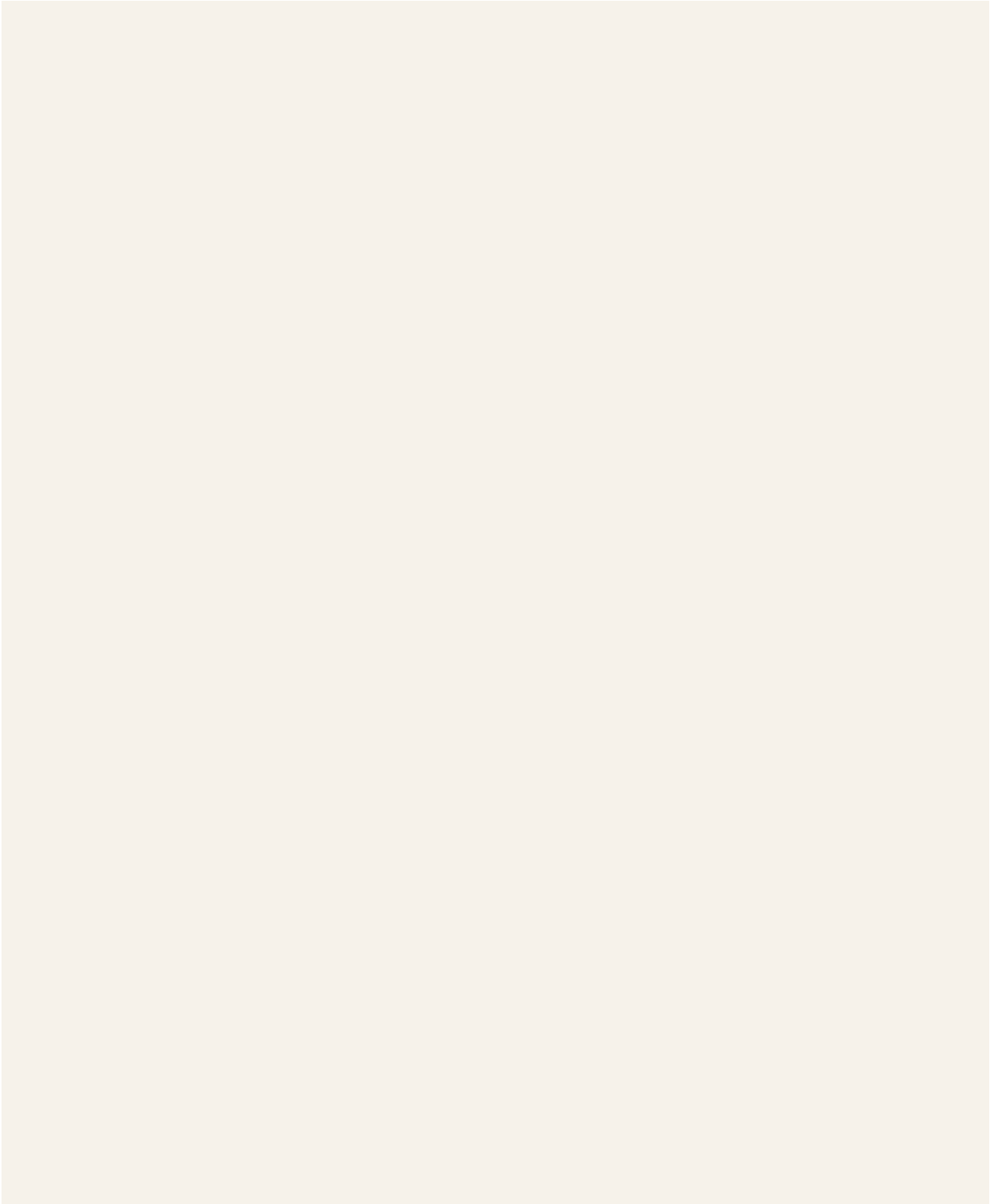
REFLECTION

How clearly do I understand the concept of and difference between assurance and insurance in my faith journey?



REFLECTION continued

Am I relying on the unshakeable promises of Christ, or am I seeking temporary solutions that offer limited support?



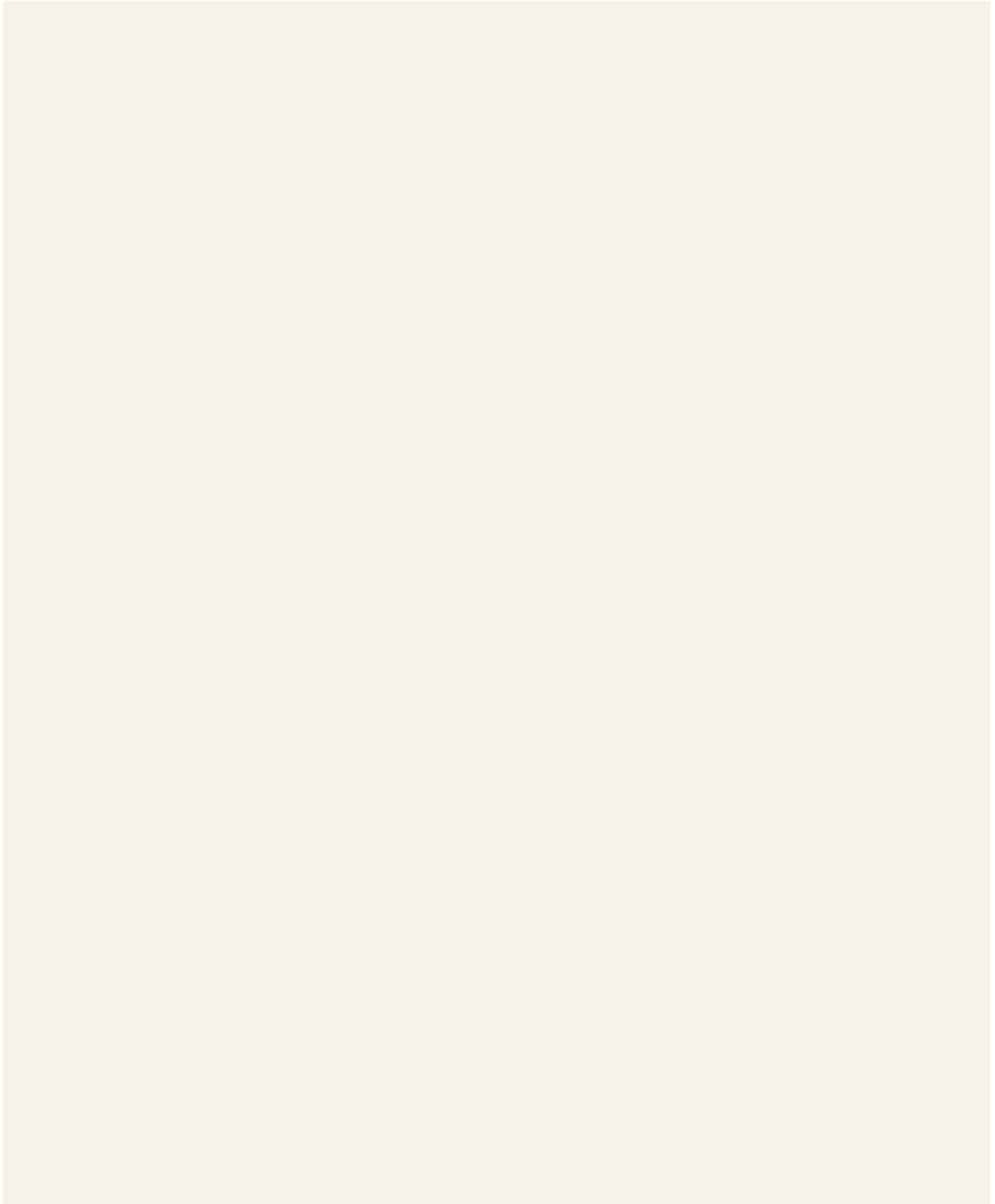
REFLECTION continued

In what ways can I better align my trust with the eternal certainty of God's assurances rather than worldly substitutes?

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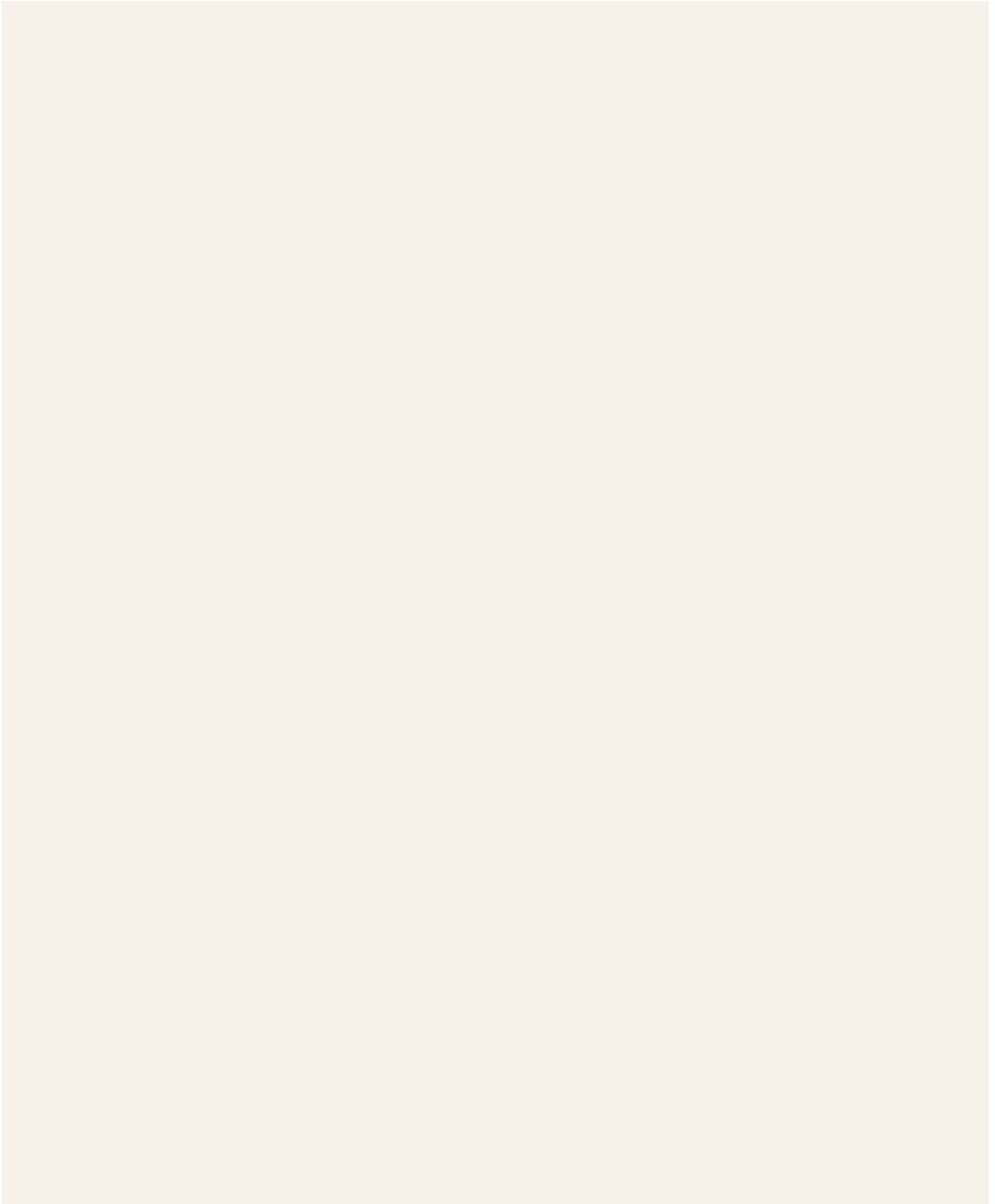
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How can I more effectively embrace Jesus as the ultimate authority in my life, recognizing His guidance and promises as infallible?



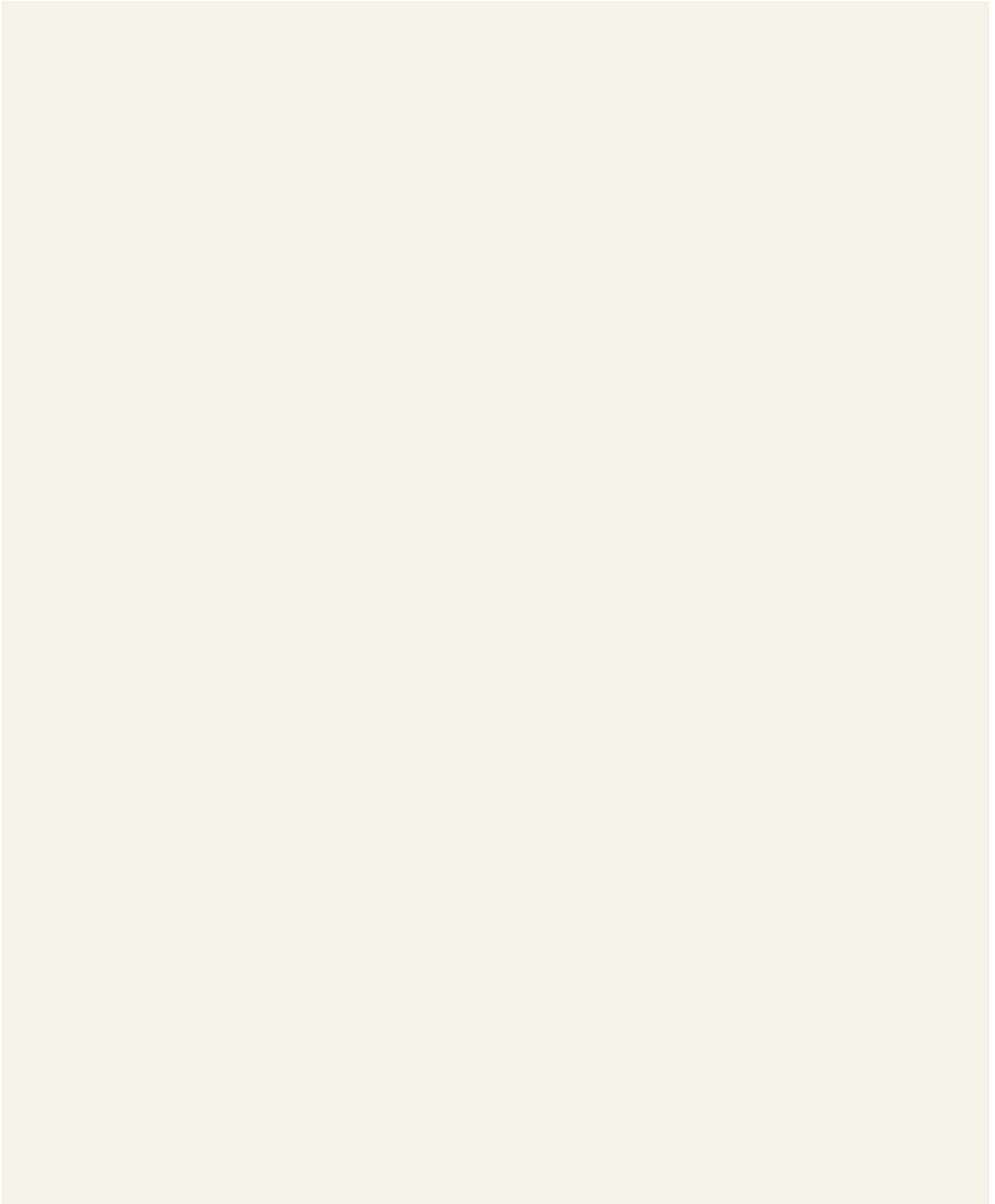
REFLECTION continued

Do I fully appreciate the value of my relationship with Christ, and how does this understanding impact my daily decisions and actions?



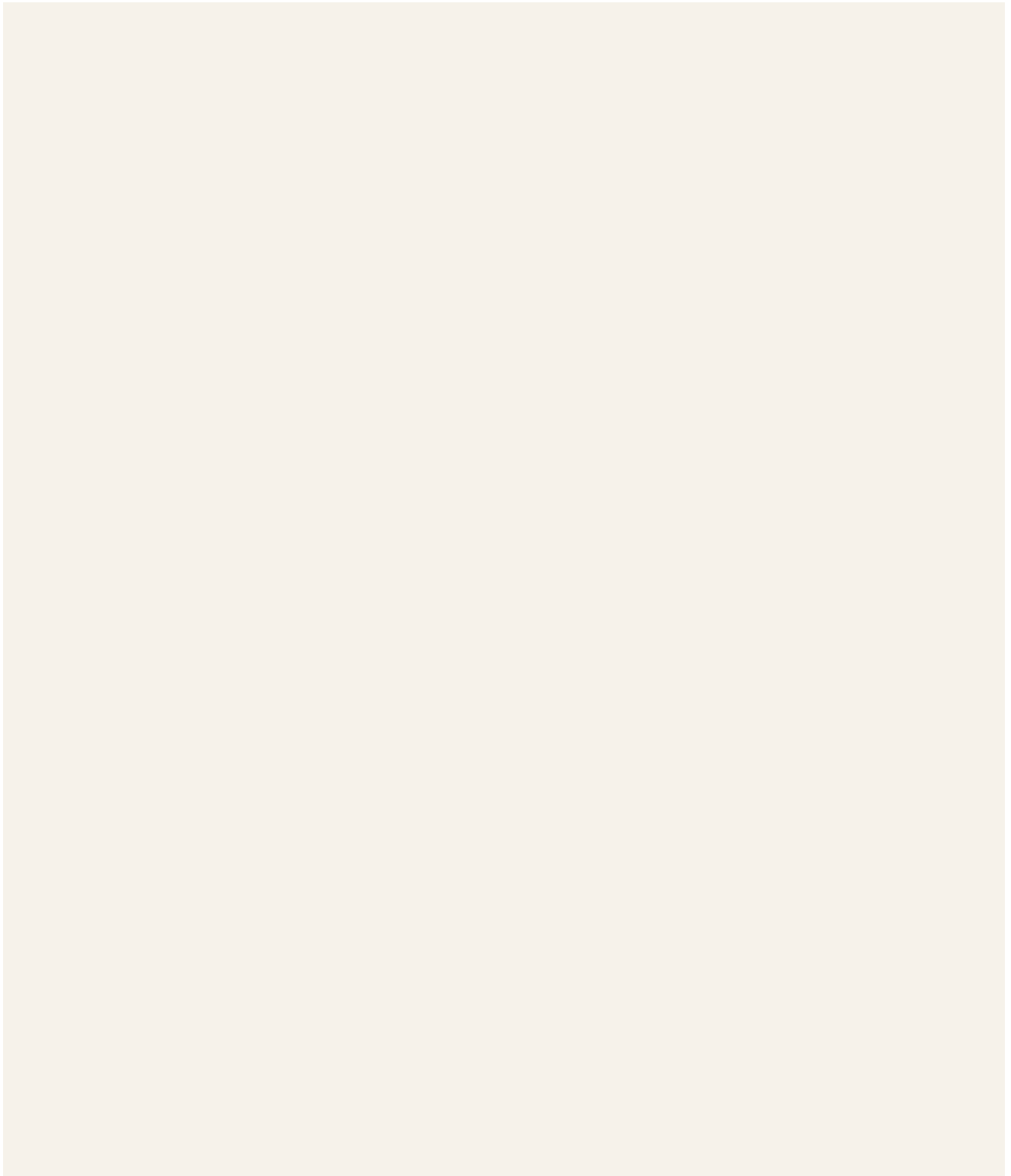
REFLECTION continued

Am I consistently finding refuge in Christ during life's trials, and how does this refuge support and shape my character?



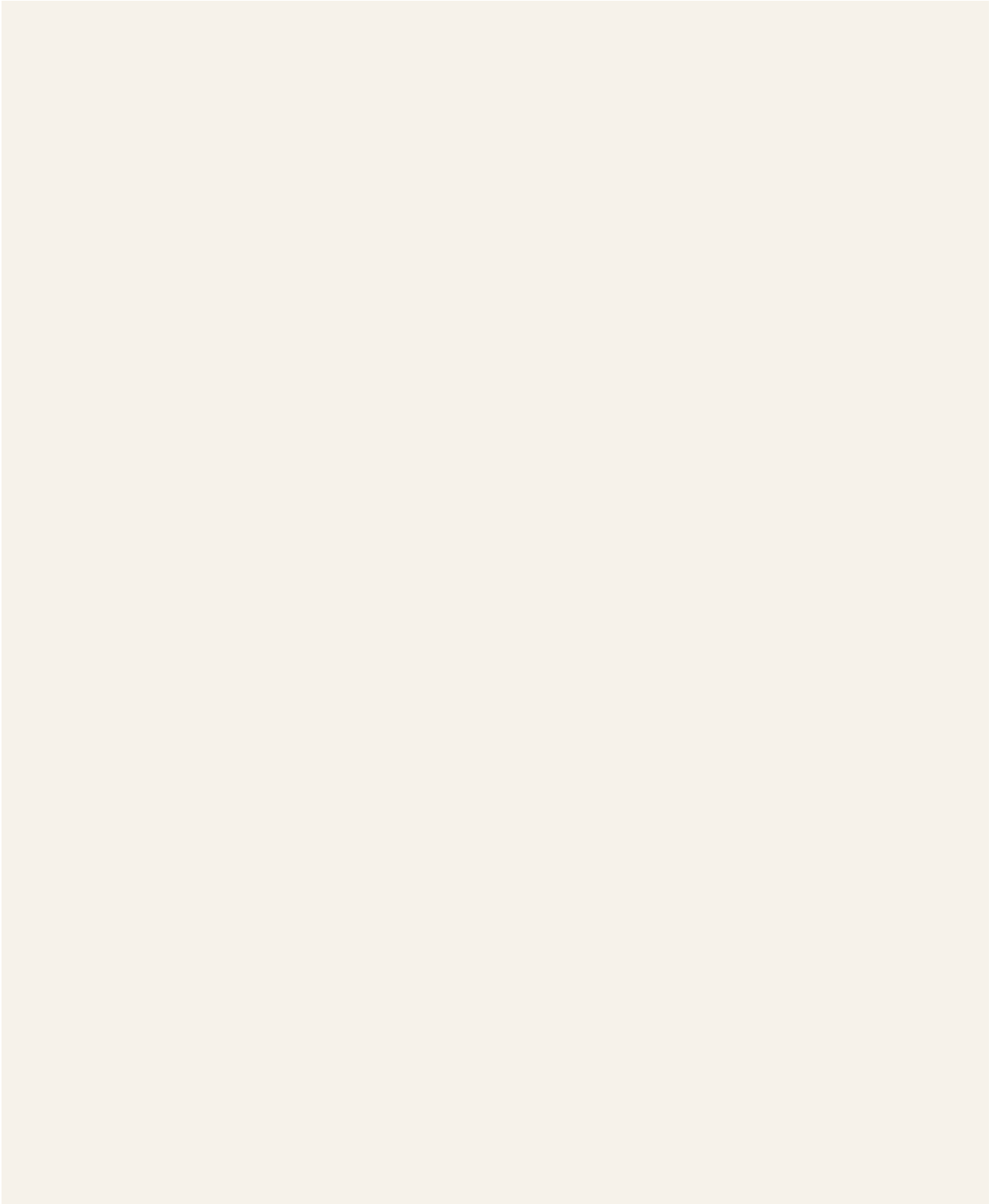
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How do I maintain faith under pressure, and what steps can I take to ensure my focus remains on God's principles rather than on temporary discomforts?



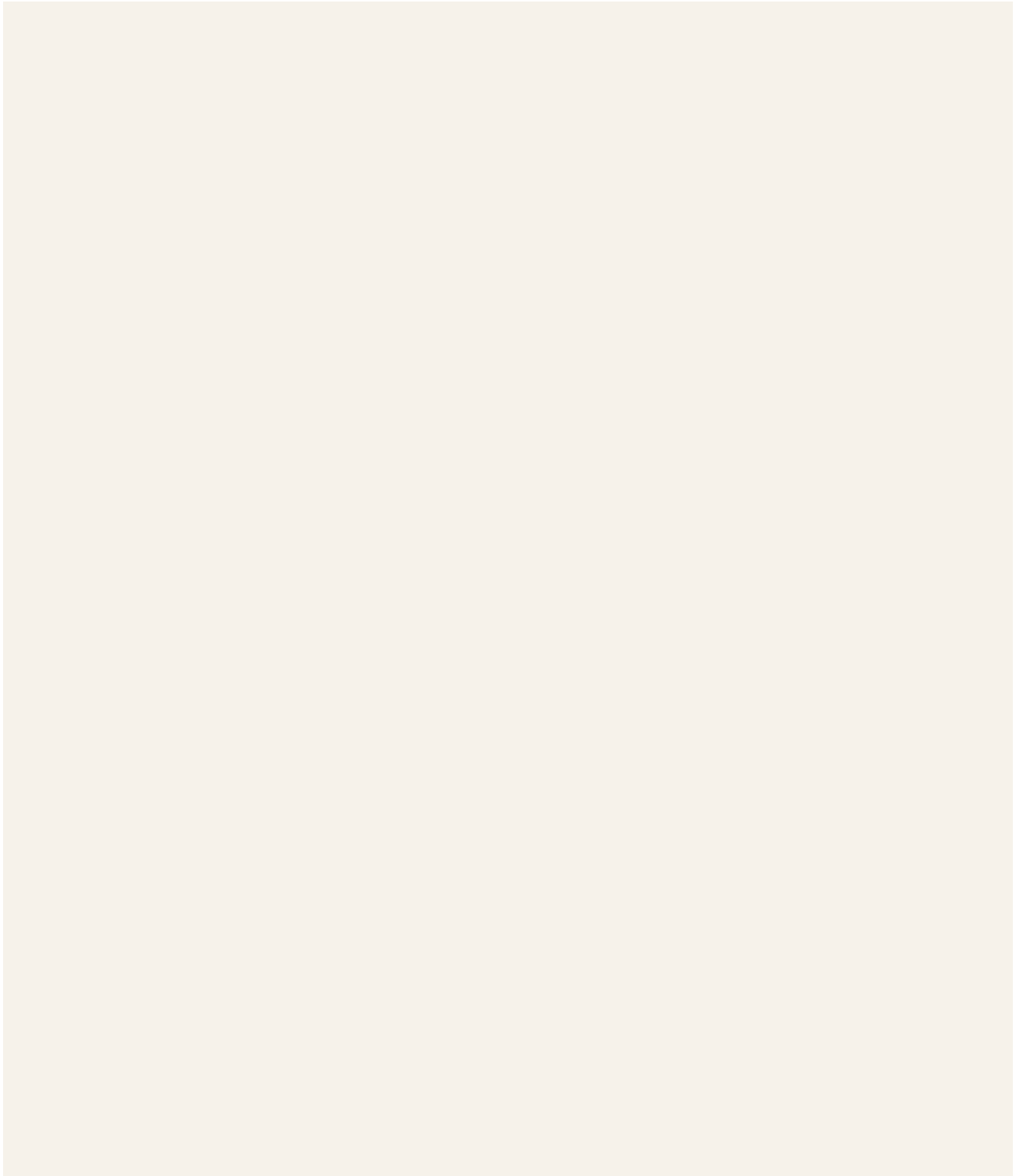
REFLECTION continued

In what areas of my life might I be substituting the substance of my faith with less meaningful or temporary solutions?



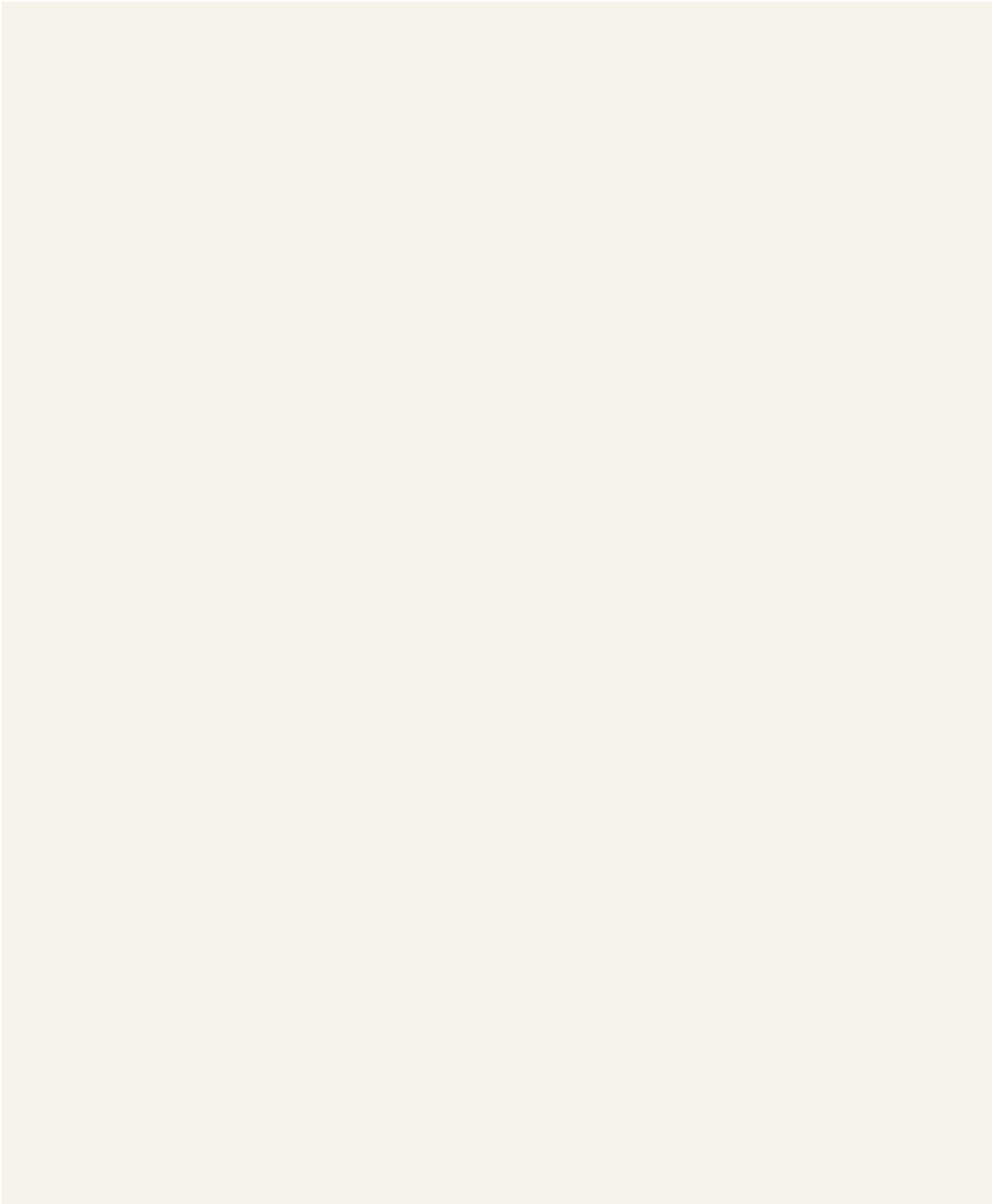
REFLECTION continued

What practical actions can I take to ensure my behavior and decisions reflect the true strength of my faith and adherence to God's promises?



REFLECTION continued

How can I cultivate discipline in my faith to stand firm and resilient, fully confident in the promises of Christ despite challenges?



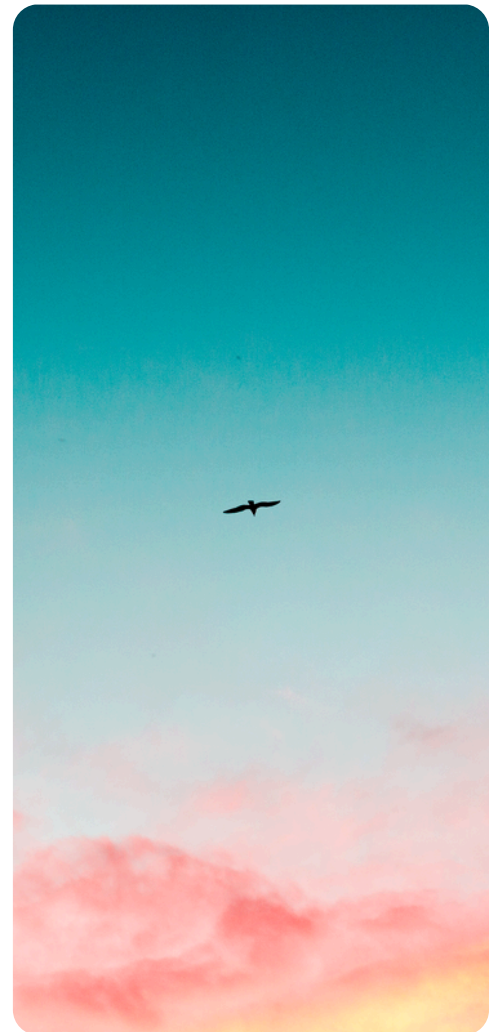
“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

–2 Timothy 1:7

Don't be prideful. Self-control is not for bragging but glorifying God. For we love in humility and the power of reverence towards God first, then mankind.

This scripture calls men to rise above timidity and fear, reminding us that the Spirit God has given empowers us with strength, love, and self-discipline. As men, we are called to grow in confidence, not by our own strength, but through the Spirit that enables us to lead with courage, compassion, and control.

True masculinity is not about domination or fear, but about being empowered to love deeply, act decisively, and master ourselves in all areas of life. God's Spirit equips us to be strong, loving, and disciplined men, ready to grow and lead with purpose..



Conclusion

Transitioning from a worldly man to a godly man begins with embracing the purpose and function that God has designed for us. By immersing ourselves in His Word and seeking clarity through prayer, we align our lives with His divine will. This requires a willingness to reject our own desires if they conflict with God's intentions. It's essential to understand that prioritizing God's will over personal wants is not a loss but a gain in fulfilling our true purpose. Through this alignment, we cultivate a heart that seeks to please the Lord and reflects authentic masculinity, which is grounded in divine wisdom and purpose.

As we pursue this transformation, true power is found in reverence for God. By trusting in His plan and embracing His guidance, we unlock the potential to impact lives positively. A sound mind and courageous spirit are the hallmarks of a mature believer who is empowered by Christ. This strength is not about worldly privileges but about operating in the mature authority that God provides. By staying connected to Jesus, we harness His power to live a life of morality and influence, which flourishes even in challenging seasons.

Ultimately, the journey to becoming a godly man involves a commitment to spiritual growth and integrity. Authentic masculinity reflects the character of Christ, bolstered by wisdom and the power of the Holy Spirit. It demands that we reject secular values that conflict with God's righteousness and instead embody principles that honor Him. By

Conclusion cont.

maintaining self-control and discipline, and by allowing our faith to guide our actions, we live as examples of godly manhood. This transformation not only benefits our own lives but also serves as a beacon to others, drawing them toward the love and grace of Jesus Christ.

Author,

DeVon R. Gandy



Thank you!

I pray that this workbook has been a beneficial and transformative tool that'll continue to help you mature while refining your interpersonal relationship skills.



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