

Inspired by the Original **MEN'S** **FRATERNITY** Material Created by Dr. Robert Lewis
C L A S S I C

33

THE SERIES™

AUTHENTIC
MANHOOD

VOLUME 3 **TRAINING**
GUIDE

A MAN AND HIS TRAPS

INCLUDES:

- Exclusive Articles
- Session Outlines
- “Red Zone” Features
- Action Plan
- Additional Resources

Designed for use with
33 DVD Series

authenticmanhood.com

33

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**AUTHENTIC
MANHOOD™**

**VOLUME
3**

**TRAINING
GUIDE**

A MAN AND HIS TRAPS

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Project Management & Art Direction: Rachel Lindholm and Lindsey Woodward
Design: Samantha Corcoran, Mike Robinson, Details Communications
Editors: Rick Caldwell, Grant Edwards, Rachel Lindholm, Steve Snider, Rebekah Wallace, Lindsey Woodward
Contributors: John Bryson, Bryan Carter, Guy Delcambre, Grant Edwards, Tierce Green, Craig Gross, Grant Guffin, Traylor Lavon, Steve Snider

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The Importance of Being in a Community of Men
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How to Experience **33** as an Individual or Group

33 The Series can be viewed on DVD, downloaded from authenticmanhood.com, or experienced via mobile apps. Any of these three delivery systems can be utilized by groups or individuals. *One of the great things about this series is the variety of ways it can be used and/or presented.*

The series is organized in a way that provides flexibility and offers a variety of options on how the material can be experienced. **33** is organized into six topically-themed volumes that include six sessions each. *Volumes include topics on a man's design, story, traps, parenting, marriage, and career.* You can choose to commit to one volume/topic at a time, by limiting a particular experience to six sessions, or you can combine multiple volumes into one expanded experience that includes more sessions (12, 18, 24, 30, or 36). You can also choose any combination thereof.

*However you choose to experience **33**, the manhood principles and practical insights taught in each volume are essential for every man on the journey to Authentic Manhood. **33***



The Importance of Being in a **Community of Men**

Climbing a mountain alone is a difficult and even dangerous undertaking.

Attempting to climb the mountain of manhood alone is also not recommended. Just like a mountain climber needs to belay or connect with another man for safety and support, we need other men around us to help us stay on course with our manhood.

Having other men deeply connected to us becomes invaluable when we slip, struggle, or stray off course in our manhood journey.

To fully enjoy 33, experience it in community with other men. The goal of this study is not just to fill in the blanks of your **Training Guide**, but also to fill in the blanks of your life. Having other men walk through the experience with you is key to moving this material from the pages of your **Training Guide** to the pages of your life.



MANHOOD COMMUNITY

- 1 Provides encouragement.** Every man needs other men cheering for him and encouraging him on his journey to Authentic Manhood.
- 2 Gives you additional insight.** Having other men around you helps you get a much better perspective on your life. Others can help you discover your blind spots and avoid costly mistakes.
- 3 Brings constructive criticism.** We all need men in our lives who will be honest with us to help us become better men.
- 4 Makes your journey richer.** Sharing life with a community of men makes the great times feel like a celebration and provides much needed support when life gets rough.

No one can force you to open up your life and work to make a connection with another man. Although it can be challenging and frightening, it is well worth the risk. **33**

From a Weekly Gathering to a Global Movement

Several years ago, Dr. Robert Lewis responded to the desire of a handful of men who were hungering for more than a Bible study. They wanted a map for manhood—a definition of what it meant to be a man. They needed help to leap over the hurdles they were encountering in life.



churches to prisons, on military bases and the field of battle, at NASA, and even on a space shuttle mission. Wherever the messages were heard, the challenge remained the same: to call men to step up and follow biblical manhood modeled by Jesus Christ.

Robert responded by launching a weekly gathering called *Men's Fraternity*, challenging men to join him at six o'clock each Wednesday morning for 24-weeks. From the depth of his own personal experience and the pages of Scripture, Robert developed what came to be known as the Men's Fraternity series:

The Men's Fraternity curriculum *was created on the front lines where men live, written in the trenches in response to men who pleaded for purpose and direction*. It has proven to be the most widely used and effective material on Authentic Manhood available today.



- *The Quest for Authentic Manhood*
- *Winning at Work & Home*
- *The Great Adventure*

What began as a weekly meeting of men searching for answers to their manhood questions has grown into a bold movement that has dramatically impacted the lives of men, their families, and communities. **ES**


What began with a few men huddling up grew into a weekly gathering of more than 300 men. In just a few years, local attendance at Men's Fraternity climbed to more than a 1000 men.

The message of Authentic Manhood began to spread and soon exploded into a global movement *impacting more than a million men in more than 20,000 locations worldwide*—from locker rooms to boardrooms, from



A Movement that **Grows Authentic Men and Plants Churches**

For over a decade, Fellowship Associates has helped more than *a million men all over the world to discover the life of truth, passion, and purpose they were created to live through Authentic Manhood materials*. During that same decade, Fellowship Associates has been directing a church planting residency program that has been recognized as one of the most effective church planting efforts in the world.

The proceeds from the sale of Authentic Manhood materials have helped underwrite the planting of 56 (and growing) strategic churches throughout the United States as well as in Canada, Hong Kong, Dubai, Guatemala, Poland, and Spain. 

~ Map of U.S. Church Plants ~



★ Each star represents a church plant in the United States

The Presenters



BRYAN CARTER

Bryan Carter taught the original Men's Fraternity curriculum to a group of more than 800 men over a three-year period at Concord Church. Additionally, he has been a frequent speaker at local and international churches, conferences and events.

Bryan is the Senior Pastor of Concord Church in Dallas, Texas.

He is the author of a 28-day devotional book entitled *Great Expectations*. Bryan also contributed to the book *What Two White Men of God Learned from Black Men of God*, co-authored by Dr. Joel Gregory and Dr. Bill Crouch.

A recreational basketball player, Bryan is a fan of the NBA's Dallas Mavericks.

Bryan and his wife Stephanie are the parents of two daughters, Kaitlyn and Kennedy, and one son, Carson.

TIERCE GREEN

Tierce Green teaches the principles of **Authentic Manhood to well over a thousand men** each week at a gathering called *The Quest*. He has traveled extensively as a speaker at conferences and training events,.

Tierce is the Executive Pastor of Small Groups at Woodlands Church in The Woodlands, Texas.

Tierce has written curriculum for Student Life, The North American Mission Board, and LifeWay. His most recent project is a 12-session series for men called *Fight Club: Some Things Are Worth Fighting For*.

A lifelong Dallas Cowboys fan, Tierce's favorite activities include landscaping, grilling just about anything and hanging out in environments that are conducive to good conversation.

He and his wife Dana have one daughter, Anna.

JOHN BRYSON

Seeing firsthand the impact the original Men's Fraternity curriculum had on his own life, John Bryson decided to teach the material himself. In the years since, he has led thousands of men through the basic ideas of biblical manhood.

John is a co-founding teaching pastor of Fellowship Memphis in Memphis, Tennessee.

In 2010, he completed his Doctor of Ministry from Gordon-Conwell Theological Seminary. John is also the author of *College Ready*, a curriculum for college students, and travels the country consulting and investing in churches, church planters, and leaders.

A native of Harlan, Kentucky, John played baseball at Asbury College.

He and his wife Beth have 5 children: Brooke, Beck, Bo, Boss, and Blair.

Idols

SESSION **ONE** | Training Guide

Idols

Presented by Bryan Carter

I. **TEMPTATIONS, TRAPS AND IDOLS**¹

1. We're going to help you get to the root issue, the _____ beneath the sin.

II. **KEY REALITIES**

1. You've got to be willing to pursue "ruthless honesty"² in the company of trustworthy men.
 - "All of us live in fear of exposure. We don't want the worst things about us to be known... we posture and wear masks. We establish elaborate facades and hide behind our good deeds. This refusal to be truly known and exposed keeps us stuck in our sin."³ - Author David White
2. There's no such thing as life apart from _____ and temptation.
 - "For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do." Galatians 5:17 (ESV)
3. Grace. Something given to you apart from anything you've _____.
 - "The marker of those who understand the gospel of Jesus Christ is that when they stumble and fall, when they screw up, they run TO God and not FROM Him, because they clearly understand that their acceptance before God is not predicated upon their behavior but on the righteous life of Jesus Christ and His sacrificial death."⁴
- Pastor Matt Chandler

¹ The content of this session, especially as it relates to idolatry, has been influenced by the following works: Timothy Keller, *Counterfeit Gods: The Empty Promises of Money, Sex, and Power, and the Only Hope that Matters* (New York: Riverhead Books, 2009); idem., *Paul's Letter to the Galatians: Leader's Guide* (New York: Redeemer Presbyterian, 2003), 106-113; Darrin Patrick, "Idol-Shattering" in *Church Planter: The Man, The Message, The Mission* (Wheaton: Crossway, 2010), 155-172; David Powilson, *Seeing with New Eyes: Counseling and the Human Condition through the Lens of Scripture* (Philadelphia: P&R Publishing, 2003).

² David White, *Sexual Sanity for Men: Re-Creating Your Mind in a Crazy Culture* (Greensboro: New Growth Press, 2012).

³ Ibid., 199-213.

⁴ Matt Chandler with Jared Wilson, *The Explicit Gospel* (Wheaton: Crossway, 2012), 211.

4. Authentic Manhood is primarily about heart change.

- The noble fight against sin and temptation is not just about _____ modification.
- Behavior modification without heart change is dangerous.

III. A FRAMEWORK OF IDOLATRY

1. All wrong behavior ultimately goes back to a _____ problem.

- “Idolatry” is when we allow anything other than God to become the center of our heart’s true happiness, contentment, meaning, identity, purpose, or security. It’s when we allow something else to become an idol or a “surrogate god” in our life, ruling our thoughts, emotions and behaviors.
- “Idolatry is always the reason we ever do anything wrong. Why do we ever lie or fail to love or keep promises or live unselfishly?... The specific answer is always that there is something besides Jesus Christ that you feel you must have to be happy, something that is more important to your heart than God... The secret to change is always to identify the IDOLS OF THE HEART.”⁵ - Pastor Tim Keller

2. A few things to know about idols:

- An idol can be anything—even a _____ thing.
 - An idol is anything that competes with God for your heart’s affections.
- Idolatry is built on a _____.
- Idols come from legitimate desires that are being expressed in inordinate or inappropriate ways.

⁵Tim Keller, *Paul’s Letter to the Galatians: Leader’s Guide* (New York: Redeemer Presbyterian, 2003), 108.

- For our framework, it is helpful to organize idols into two categories:
 - “Surface” Idols:
 - obvious and easily recognizable
 - related to external behavior
 - “Deep” Idols:
 - core desires that rule our hearts
 - motivating voices behind surface idols

3. Three Deep Idols



- The Deep Idol of CONTROL
 - THE LIE:

If I can just maintain influence or mastery over this situation... these people... my performance... my schedule... my income or whatever, then I'll be okay, content, strong, and safe.
 - FUNCTIONAL HEAVEN:

Having certainty or _____
 - BIGGEST FEAR:

Instability or weakness
 - WAYS IT CAN PLAY OUT:

- Relentless pursuit of SECURITY
- Excessive pursuit of POWER

- The Deep Idol of SIGNIFICANCE

- THE LIE:

- If this person, this social group, the colleagues in my profession, if they find me worthy of attention or love, if they acknowledge my value or greatness, as long as I am not being disgraced before them, then I'll be worthy, important, and acceptable.

- FUNCTIONAL HEAVEN:

- Receiving affirmation and being made to feel important

- BIGGEST FEAR:

- Rejection or _____

- WAYS IT CAN PLAY OUT:

- Overwhelming need for APPROVAL or LOVE
 - Inordinate desire for RECOGNITION

- The Deep Idol of COMFORT

- THE LIE:

- If I can just maintain physical ease or relaxation, if life can just be laid back, if I can just keep away from stress or responsibility, if I can just experience some pleasure or enjoyment in the moment, then life will be more fulfilling, easy, fun, or thrilling.

- FUNCTIONAL HEAVEN:

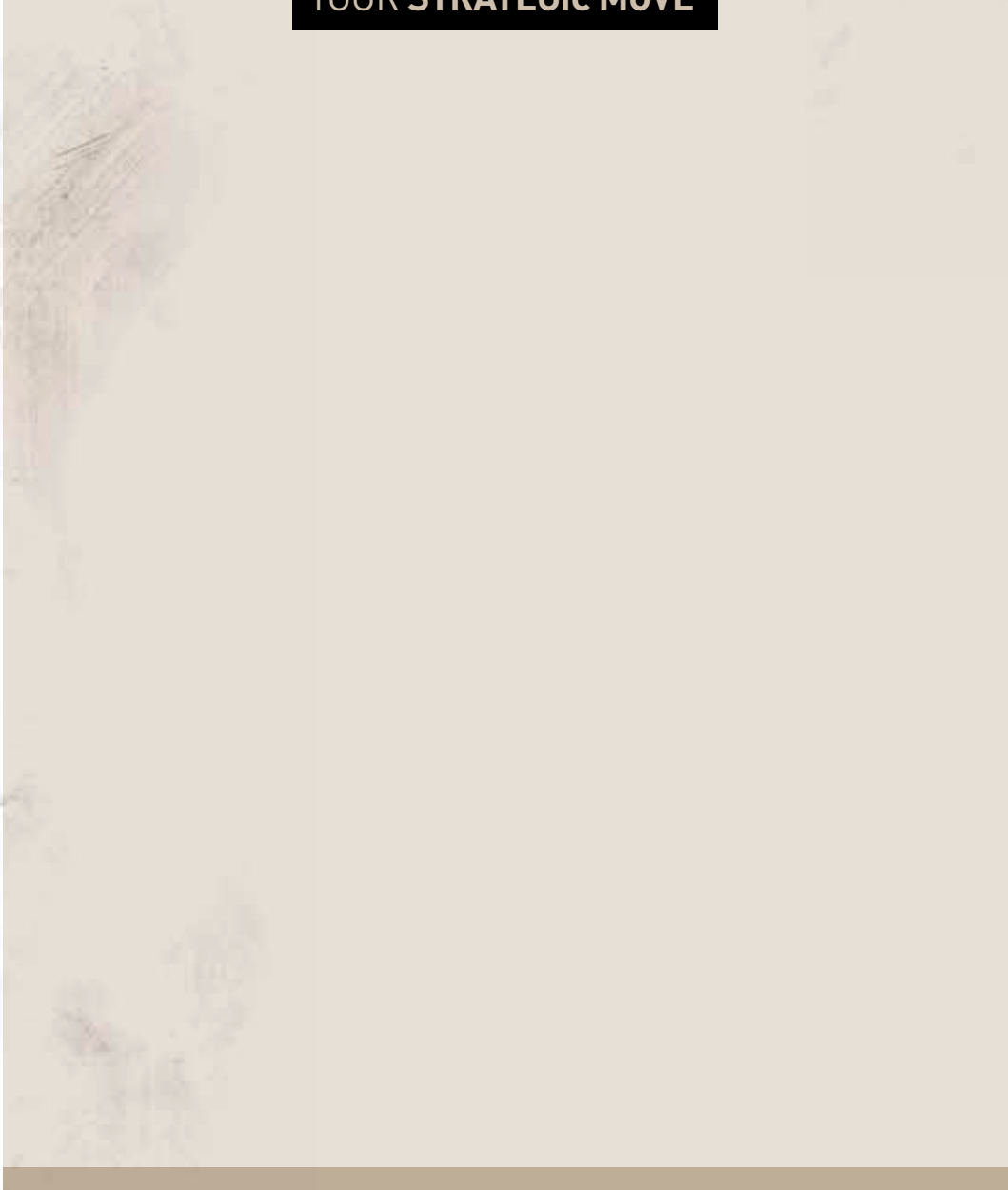
- _____ and ease

- **BIGGEST FEAR:**
Boredom or responsibility
- **WAYS IT CAN PLAY OUT:**
 - Avoid **STRESS** and **RESPONSIBILITY**
 - Constant **COMSUMPTION**

DISCUSSION / REFLECTION QUESTIONS

1. Refer to the “FOUR KEY REALITIES” on pages 18- 19. Which one is the most important for you to remember in this season of your life? Why?
2. You heard today that idols often start out as good things and come from legitimate desires but can be turned into a bad thing. When do you think something crosses the line from being a good thing or a legitimate desire into an idol?
3. Use the list of DIAGNOSTIC QUESTIONS on pages 22-23 to begin processing which of the Deep Idols you identify with the most. Control, significance, or comfort? How do you think that Deep Idol is manifesting itself in your life right now?
4. Write down (page 16) and share with your group your one or two STRATEGIC MOVES that you need to make in order to apply what you’ve learned in this session.

**AUTHENTIC
M A N H O O D
YOUR STRATEGIC MOVE**



RESOURCES ON THE FOLLOWING PAGES:

- Four Key Realities (p. 18-19)
- Going Deep: A Framework of Idolatry (p. 20-21)
- Diagnose Your Heart: 11 Diagnostic Questions (p. 22-23)
- **THE RED ZONE:** Time Well Spent? (p. 24-25)

An Experience for Individuals or Groups

VOLUME **3**

A MAN AND HIS TRAPS

33
THE SERIES™

A JOURNEY TO AUTHENTIC MANHOOD AS MODELED BY JESUS IN HIS 33 YEARS ON EARTH.

This volume of *33 The Series* challenges and equips men to go below the surface, to look deep into their hearts and explore some areas that are all too easy to ignore but that are critical in their journey toward Authentic Manhood.

It introduces a framework and a process that will help men understand what lies behind the manhood traps and beneath the heart idols that can distract them from the truth and the power of the gospel. Then it unfolds a biblical battle plan that helps men replace specific temptations and struggles with God's better promises. It deals head-on with issues that all of us as men can relate to like sexual lust, the need for control, unfounded fear and the pursuit of significance.

Full of practical insights and helpful resources, *A Man and His Traps* gives men the freedom to take off their masks and move to a healthier place of honesty and growth as they learn to become more like our model, Jesus Christ.



"I'm excited about 33 The Series and the way that it deeply connects with today's man. It presents the timeless truths of Authentic Manhood in a powerfully new and engaging way. I encourage every man to check it out and join the movement."

Dr. Robert Lewis, creator of the original Men's Fraternity series

SESSIONS:

- 1 Idols
- 2 Empty Promises
- 3 Battle Plan
- 4 XXX
- 5 Control
- 6 Significance & Comfort



Teaching team: Bryan Carter, Tierce Green, John Bryson

**AUTHENTIC
MANHOOD**

is a movement that leads men to live the life of truth, passion and purpose, that they were created to live.

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