

JOB Y MARTIN
with CHARLES MARTIN

Becoming the Man You Were Created to Be
Instead of Who the World Says You Are

STAND FIRM & ACT LIKE MEN

STUDY GUIDE

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INTRODUCTION

This study guide is a companion to my book *Stand Firm and Act Like Men: Becoming the Man You Were Created to Be Instead of Who the World Says You Are*. My prayer is that the Holy Spirit will use this book and study guide to lead you on a path to biblical manhood as you read and deepen your understanding of what the Bible says about it. I wrote this book because masculinity is in crisis, and an attack on gender is, at its root, an attack on the character and nature of God.

Each chapter in this book builds on the previous one to unpack 1 Corinthians 16:13-14 and Ephesians 6:13-14, helping you learn what it means to live out biblical manhood by bowing down to the King of kings. Throughout the book, I will share illustrations and experiences from my own life in an effort to compel you to rethink what it means to be a man in God’s economy.

Whether you use this study guide on your own or in a small group, I encourage you to read each chapter of *Stand Firm and Act Like Men* beforehand and look up each Scripture in the study guide. As you work through the guide ask the Holy Spirit to move the words from your head to your heart so that you can rediscover biblical manhood and live it out by loving and serving others.

CHAPTER 1

What Is a Man?

1. Read Genesis 1:26-31. God uses the pronoun *us* when He speaks about making man and woman—a veiled reference to the Trinity. God is triune, meaning there is one God who eternally exists as three distinct persons: God the Father, God the Son and God the Holy Spirit. God did not create because He needed something; rather, His perfect love within the Godhead moved Him to create. How does knowing this impact your view of the Creator and His creation?

2. The word *image* in the original Hebrew is masculine, and the word *likeness* is feminine. What does this reveal about God creating both man and woman in His image?

3. Read Genesis 2:1–9. God made Adam from the dust of the ground, and Adam became a man when God breathed His *ruach* into him. This Hebrew word, *ruach*, means “breath,” “spirit” and “life.” Have you received the breath and Spirit of God into your life or are you trying to do this life on your own? How is that going for you?

4. God created Adam in the wilderness and then placed him in the garden. Why do you think God did that?

5. Read Genesis 2:15. What does this verse tell us about work? (Hint: God gives Adam work before Adam sinned.)

6. Read Genesis 2:16–17. God gave Adam a will to obey and freedom in the garden, with only one rule to keep. What does this tell us about God?

7. Read Genesis 2:18–24. What do you notice about the way God created Eve? What does this tell us about men and women? What does it reveal about marriage?

8. Read Genesis 3:1–6. God gave Adam work to enjoy, a will to obey and a woman to love—all under the banner of worship—but Adam chose to be passive. Eve took the bite, and everything was broken. Sin entered and corrupted our work, our will to obey and our relationships. How have you seen passivity in your own life or in the life of others, result in brokenness and damage?

9. Read Genesis 3:7–20. When Adam and Eve realized what they had done, they tried to fix the problem, but they did not have the means to do so. Their fig leaves only made the matter worse, but God knelt down and made them garments after shedding the blood of an animal. These weren’t just clothes to cover them; they were a foreshadowing of the One who would come to shed His blood to atone for all sin. What does God’s response to Adam and Eve reveal about His character and His plan of salvation?

CHAPTER 2

Be Watchful

1. Read 1 Corinthians 16:13–14. Paul closes his letter to the church in Corinth with specific instructions to the men. What does he tell them to do and to be?

2. Read 1 Peter 5:6–11. What do these verses reveal about God? What do they reveal about the devil?

3. To *be watchful* is a military term—like a soldier on guard because the enemy is nearby. Knowing that you have an enemy prowling around, what needs to change in your life for you to live more watchfully?

4. What does it mean to be sober-minded, and why is this quality important for a man to cultivate?

5. Peter describes many of the devil’s tactics to destroy men, including pride, anxiety, laziness, isolation and lust (1 Corinthians 6:18). Which of these tactics do you most often fall prey to?

6. What people and practices do you need in your life to protect you from the devil’s tactics? What steps will you take to put them in place?

CHAPTER 3

Stand Firm

1. Read 1 Corinthians 16:13–14 and Ephesians 6:10–18. What do these verses reveal about our Enemy?

2. What does each piece of armor represent, and what is its purpose? (Belt, breastplate, shoes, shield, helmet, sword)

3. In verse 18, Paul tells us to keep alert with perseverance. How is God calling you to persevere right now so others may benefit?

4. Paul concludes his teaching on the armor by telling us to “pray at all times in the Spirit.” What does that look like in your life right now?

5. Read Exodus 15:3 and Luke 11:14–23. How are you fighting for and defending those you love?

6. How are you treating the sin in your life like a pet instead of an apex predator? (The first step to killing it is being honest—you’ll never be free until you are.)

7. If you were the devil, how would you fight against yourself?

CHAPTER 4

Be Strong

1. Read Matthew 20:17–28. What does Jesus’s response reveal about the kingdom of God in comparison to what the world says about power?

2. What do these verses reveal about the purpose for which Jesus came?

3. In verse 22, what is the “cup” Jesus is referring to?

4. How are you consistently relying on your own strength instead of the Lord’s?

5. What authority has God placed you under? How are you—or are you not—submitting to that authority?

6. When God establishes you as the leader of something, how do you respond? How do you think others people view you as a leader?

CHAPTER 5

Love Is...

1. Read Matthew 22:34–40. What is profound about Jesus’s answer?

2. Read 1 Corinthians 13:1–13. How does this description of love differ from what you typically believe about love and from how you live it out in your daily life?

3. What childish ways are you engaging in? (See verse 11.)

4. Read 1 John 4:7–21 and John 15:13–14. What do these verses reveal about God and His love?

5. Have you experienced God’s love? Explain your answer.

6. How are you trying to love in your own power instead of living from God’s love?

7. Who in your life have you decided is no longer worth the effort of sacrificial love? Why?

CHAPTER 6

Are You Ready to Stand Firm and Act Like a Man?

1. Read Luke 11:11–13 and Galatians 4:1–7. What do these verses reveal about sonship?

2. How do you often live with an orphan mentality instead of a sonship mentality? *(Think about how a son runs to his father—and not from him—when he sins.)*

3. What do you think when you think about God? What do you think God thinks about you?
(Does what you think align with what the Bible says?)

4. Read Matthew 3:13–17. Before Jesus began His earthly ministry, God the Father publicly declared His delight over Him, His beloved Son. What do you need to add or remove from your life to remind you that your identity in Christ precedes your activity?

5. Read Matthew 26:26–29 and John 13:12–17. What do these verses show us about Jesus acting like a man? (Taking responsibility for others' actions, enduring pain, sacrificing, serving, loving.)

6. Men, what is God telling you to do about standing firm and acting like a man?
Women, what is God telling you to do about encouraging and loving the men in your life well?
