

THE GREATEST DISCOVERY OF YOUR LIFE.

# ENTITY



[ Participant's Workbook ]

IDENTITY | PARTICIPANT'S WORKBOOK

# IDENTITY

[ Participant's Workbook ]

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# INTRODUCTION

If you think about it, all men are detectives in some way. As young boys, we had an intense yearning to seek and discover answers. We ventured into the woods looking for hidden creatures and hideaways, and we took apart our toys to figure out how they worked. But the thing we were most fascinated with was ourselves. Even as adults, we all have the same questions running through our brains: Who am I? What plan does God have for me? What does it really mean to be a man?

In a world that offers countless desires and distractions, it can be hard to know who you truly are, deep down. That's why we created *Identity*, to cut through all the noise and help men of all ages and backgrounds discover their identities made full in Christ. In this series, we're going to look at the four manhood questions every man needs to answer through how he chooses to live his life. We're going to identify the key struggles of manhood and create strategies to effectively deal with those challenges. And we're going to explore the three main facets of a man's identity: hero, spiritual warrior, and leader.

## IDENTITY

Like most investigations, this process won't always be easy or straightforward. It's going to require your steadfast commitment and full strength. You'll have to accept that developing your manhood requires facing some discomfort. You'll have to fight to overcome whatever distracts you from God's message. And you'll have to be open to the work He desires to do within you as He calls you into unfamiliar territory.

Above all, you're going to need a team. We're all fighting the same spiritual battles, and we need the support, acceptance, and accountability that strong relationships provide to have any hope of winning. So take the initiative to create or join a men's group you can journey with through this study. And if you don't have a group or campfire, identify one or two people in your life you can share your experience with. You'll be amazed at how rewarding this journey can become when you grow alongside fellow brothers in Christ.

So get ready, detective! Grab your gear, call your partners, and then go out into the field. It's time to begin the search for your identity.



## WHAT TO EXPECT

In the search for your identity, this guide will serve as your detective's notebook, giving you all the tools you'll need to sort through the evidence, understand the details, and make key discoveries. Each lesson is broken up into seven components.

### **CASE SUMMARY**

A short introduction to the topics discussed in the lesson. This section also includes a key verse that relates to the lesson as a whole.

### **PRELIMINARY**

An initial question to help you begin applying the lesson topics to your life. You can either think about this question quietly to yourself or discuss it as a group before the lesson video.

### **OUTLINE**

The main points of the lesson video. Each lesson is divided into three to five subcategories highlighting the

## IDENTITY

most important takeaways from the video. These subcategories include fill-in-the-blank lines, whose answers are provided on-screen, and various scripture references to help you engage with God's Word.

## IN DISCOVERY

A list of questions related to the lesson topic for you to discuss as a group after watching the video. These questions will enable you to both engage with the learning material on a more personal level and build connections with the other men in your group. During discussion, your group must adhere to two rules: everything shared remains confidential, and do not put down or reject anyone for what they share. It's only when you feel safe with each other that your group can have the openness and vulnerability necessary for you to develop into strong men of God.

## FIELD WORK

A suggested list of activities to help you put what you've learned into practice throughout the week.

## FIELD NOTES

Space provided for you to complete your field work, or to write down any other important notes or thoughts.

## ANOTHER ANGLE

A short excerpt from another resource in our collection that either dives deeper into the lesson topic or provides a different perspective.

# OPEN INVESTIGATION

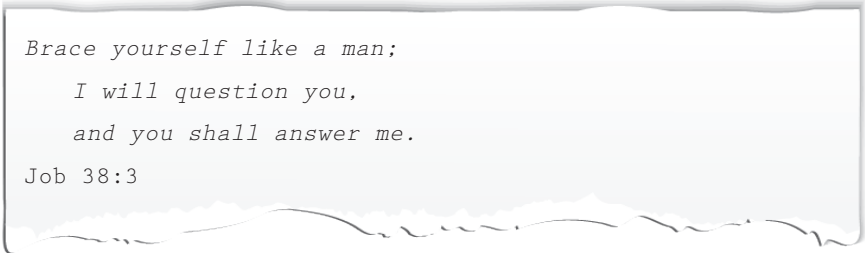


## LESSON 1

### CASE SUMMARY

When it comes to being a man, it can be easy to think we have it all figured out. But if we look a little deeper, we'll discover that there's something missing. In this lesson, we'll investigate:

- God's true definition of manhood
- His plan for all men
- What it takes to be a man



*Brace yourself like a man;  
I will question you,  
and you shall answer me.*  
Job 38:3

### PRELIMINARY

How would you define manhood?

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## DEFINING MANHOOD

CEDRICK

God's definition of manhood contradicts the definition many men believe in.

1. The easy route to manhood is the "macho image."  
The hard route is developing yourself as a \_\_\_\_\_ . (MARK 10:43-45)
2. It's easy to think we have arrived.  
It's hard to be \_\_\_\_\_ by life.
3. It's easy to convince ourselves that we don't need others.  
It's hard to receive God's correction through other people.

*As iron sharpens iron,  
so one person sharpens another.*  
Proverbs 27:17

## ACHIEVING MANHOOD

ROBERT

God wants you to be a man. Therefore, God wants you to:

1. Take the \_\_\_\_\_ you've experienced and learn from it. (ISAIAH 38:17)
2. Let go of old, useless patterns.
3. Treat your relationships with more care, empathy, and value. (EPHESIANS 4:32)

4. Stop thinking only of your own welfare and focus on the well-being of others.
5. Stop seeing yourself as more valuable than women or children.
6. Own up to your mistakes and choose to act in a different way.
7. Take responsibility for your decisions and actions. (PROVERBS 28:13)
8. Be aware of your \_\_\_\_\_.

## **A GOD-GIVEN IDENTITY**

### **ROY**

Growth needs to take place \_\_\_\_\_ of you. When it does, you'll:

1. Be authentic, the way God designed you to be.
2. Act consistently, because your principles will be based on His Word. (PSALM 119:105-106)
3. Follow up on what you intend to do.
4. Express all of your God-given capabilities.
5. Be strong enough to persevere through life's hardships. (ROMANS 5:3-4)
6. Be congruent with how people view you.

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IDENTITY

**A MOMENT OF REFLECTION**

ROY

What are three things God is leading you to change about yourself that might stop you from being the successful man He has called you to be?

**ACCOMPLISHING GOD'S PLAN**

ROY

To face your challenges and follow through, you'll have to:

1. Focus all your capabilities on the task at hand.
2. Set aside time to evaluate your \_\_\_\_\_.
3. Find accountability partners to help you stay focused on what you need to change.
4. Review the rewards and costs of a behavior.
5. Increase your daily \_\_\_\_\_ with God. (COLOSSIANS 4:2)
6. Develop a step-by-step mentality to help you continue to go forward.

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## IN DISCOVERY

1. Before the lesson, you considered your definition of manhood. How well does it align with God's definition? How might you need to change it in order to become who He wants you to be?
2. How would the people in your life describe you? How accurately do you represent God to them? In what ways would you like to enhance your relationships?
3. Think about what it takes to be a man, as outlined in "Achieving Manhood" on pages 2-3. Which of those behaviors do you already engage in regularly? Which do you need to improve on?
4. Discuss how 1 Peter 2:11-12 relates to godly manhood. How can you remain firm in God's Word in a world full of sin?

*Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.*

## FIELD WORK

1. If you haven't already, take a moment of reflection and pray to God about three things in your life you need to change in order to become His man. Write them down in your field notes, along with a few steps you can take this week to begin making those changes.
2. Identify someone you can invite to join you in this study, or tell someone close to you about your participation in it and what you hope to achieve. By sharing this journey with them, you make them an accountability partner, which will help solidify your commitment to becoming God's man.
3. Read this week's "Another Angle" about the concept of the *self* and its importance in the development of our identity.
4. Dive deeper into God's Word using the scripture listed below, or find some of your own!
  - Micah 6:8
  - Colossians 3:12
  - Mark 11:24
  - Matthew 11:28-30



## ANOTHER

ENGAGE

The self has gotten a bad name in Christian culture and, at times, rightfully so. Our self can point us in sinful directions, but the alternative to not having a well-developed self is internal and external chaos. By giving us specific skills and potential, God intended for us to develop ourselves into the best we can be. We know it can be difficult to have relationships with people who have a weak identity, who lack character, or who do not follow through on what they say. God wants us to let Him strengthen us in these areas. The stronger our self is, the greater our sacrifice is when we submit ourselves to God (Romans 12:1).

*Manhood Journey Volume 5: Stepping Beyond Your Limits*

Chapter 5: Who's Really in Charge?

Dr. Roy Smith

# FIND OUT WHO YOU ARE IN HIM.

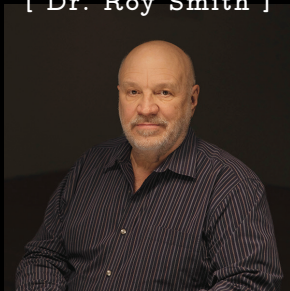
Too many men are lost. They feel worthless, inadequate, and unwanted. And too often they try to find out who they really are through fruitless pursuits—sex, work, money, you name it. *Identity* addresses this all too common issue head-on, directing men away from the lies, confusion, and disillusionments of life and pointing them toward the truth that our identities are already fully formed in God. To find yourself, all you have to do is find Him.

In this motivating study, Dr. Roy Smith, Robert Amaya, and Dr. Cedrick Brown call men up to dig deep, find out who they really are, and use that discovery to change the world.

## FIFTEEN LESSONS:

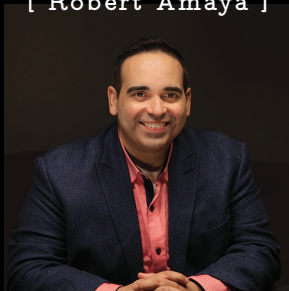
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|-----------------------|----------------------------|---------------------------|
| 1. Open Investigation | 6. Listen                  | 11. Baggage               |
| 2. Burn the Box       | 7. A Warrior in the Garden | 12. Like Father, Like Son |
| 3. Brace Yourself     | 8. Sorting the Files       | 13. Half the World        |
| 4. A Humble Hero      | 9. At Risk                 | 14. A Sacrificial Leader  |
| 5. Gentle and Wise    | 10. In the Mess            | 15. The Narrow Way        |

[ Dr. Roy Smith ]



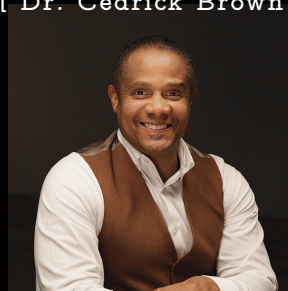
Psychologist, counselor, sex-addiction therapist... founder of Pennsylvania Counseling Services and LiveUp Resources... author and speaker... ordained minister... husband, father, and grandfather.

[ Robert Amaya ]



Actor, producer, director... Javier, “the Snake King,” in the movie *Courageous*... also starred in *Moms’ Night Out* and *Family Camp*... executive and creative director of LiveUp Studios and Films... husband and father.

[ Dr. Cedrick Brown ]



Pastor, author, speaker... former Washington State University and Philadelphia Eagles football player... Evangelical Free Church district superintendent for the Eastern district... husband and father.



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