

# **BASIC WARRIOR TRAINING**

## **LESSON PLAN FOR LEADERS**

# INTRODUCTION

Manhood does not occur by accident. It takes intentional thought. It takes the courage to combat a harsh, sinful environment. Above all, it takes a willingness to follow God's lead.

A man cannot meet this struggle successfully without developing his potential, building supportive relationships and bravely facing the areas of his life he'd rather not see.

*Basic Warrior Training* takes us through 18 manhood challenges—challenges that require a man to leave his comfort zone and seek God's help. This process leads us toward necessary change and a deeper understanding of what our identity is founded on.

Matthew 7:25 gives us a good picture of what this foundation should look like: “The rain comes down. The water rises. The winds blow and beat against that house. But it does not fall. It is built on the rock” (NIRV). Building your identity and character on the right foundation determines the course of your entire life.

God has a plan to make you into His best. To accomplish this goal, you must first endure the heat of life, accept God's grace and guidance and rely on the support of a band of brothers. As you do this study together, may you each become a better spiritual warrior as a result.

This lesson plan is designed to help men understand the following character strengths and God's plan to help them develop these strengths. When a man lives out these characteristics daily, he fulfills his calling as a great leader and helps others see who Jesus Christ is.

These characteristics are:

JUSTICE  
JUDGMENT  
DEPENDABILITY  
INITIATIVE  
DECISIVENESS  
TACT  
INTEGRITY  
ENTHUSIASM  
BEARING  
UNSELFISHNESS  
COURAGE  
KNOWLEDGE  
LOYALTY  
ENDURANCE

# LESSON PLAN & TOPICS

## **PART 1 - CHAPTERS 1-4**

This week we're talking about the real you—your mind, body, passion and sin. We'll discuss how a man prepares himself internally to be God's warrior externally, and how he steps toward the important challenges every man must face.

## **PART 2 - CHAPTERS 5-8**

This week we'll look at how to deal with a man's relationship to women, authorities and his personal standards. We'll also talk about types of goals a man needs to have to strengthen himself for life's challenges. While God is in control, a man needs to be tough and learn how to evaluate who (and what) he should and shouldn't trust.

## **PART 3 - CHAPTERS 9-12**

This week we'll see what it takes to live a successful life. A man must express gratitude and acceptance, use his time wisely, delay gratification and be resilient. He needs to be part of a strong manhood team that supports him and helps him learn how to give to and receive from others.

## **PART 4 - CHAPTERS 13-16**

This week we're discussing how to develop a strong mind and never quit learning. By doing this, a man is able to prepare for and adapt to the constant changes around him. God has a specific purpose for each man. To fulfill it, a man must be focused so that he leaves a positive legacy of a selfless life.

## **PART 5 - CHAPTERS 17-20**

This week we'll focus on leadership. Men lead. The big question is *how* they lead. Following God's leadership builds the character of a warrior who makes a difference in every circumstance he is in. Warriors must recognize and celebrate the efforts they have made to accept God's path for their lives and their sacrifice to meet the needs of others.

# LEADERS' TIPS

1. Each week, pick a couple questions from the selected chapters that you see as most relevant to your group, or use the questions listed below.
2. Encourage each man to discuss how these questions interact with his own personal experiences.
3. Set aside time for prayer about the needs that each man expresses.
4. Encourage those who are comfortable to read the Bible passage out loud and talk about how it integrates into their life.

## DISCUSSION QUESTIONS

### PART 1 - CHAPTERS 1-4

1. What does being a man look like to you?
2. Describe how you've seen testosterone and natural aggression affect your life. How easy or difficult is it for you to control your aggression?
3. How have you seen your aggression benefit you? How has it harmed you?
4. How easy is it for you to focus on someone else's imperfections instead of on your own sin? What can you do to recognize when you're wasting time judging others?
5. Talk about a time when you stayed passive instead of taking action. What were the consequences?
6. What's one goal you want to achieve?
7. Name one external and one internal obstacle that could keep you from reaching that goal.
8. Read Romans 5:3-4, and talk about how it applies to your life.  
"And that's not all. We are full of joy even when we suffer. We know that our suffering gives us the strength to go on. The strength to go on produces character. Character produces hope."

### PART 2 - CHAPTERS 5-8

1. Talk about some positive and negative couple relationships you've observed. How did they treat each other?
2. What does respecting and protecting all women mean to you?
3. Based on your checklists, what areas of intimate intimacy do you (and your significant other) need to improve on?

4. Identify several authority figures you must submit to. How difficult is it for you to follow them?
5. Talk about a time an authority asked you to do something that conflicted with what God wanted. How did you respond?
6. What's one goal you set but never followed through on? Why did you fail?
7. What's one external challenge you've faced and overcome? How did that experience lead to internal growth or success?
8. Read Hebrews 12:9, and talk about how it applies to your life.  
"Besides, we have all had human fathers who trained us. We respected them for it. How much more should we be trained by the Father of spirits and live!"

### **PART 3 - CHAPTERS 9-12**

1. What type of team are you part of today? How do you actively support each other?
2. Which L.A.R.G.E. C.A.R.E. or F.R.I.E.N.D.ship skill is difficult for you to express? How can you start practicing this skill to strengthen or build your relationships?
3. When have you had to accept that a part of life couldn't be changed and had to move on? How did you handle that situation?
4. What are some details you need to complete in order to accomplish a specific goal you have?
5. What's one life detail that you struggle to complete? How can your relationship with God help you do this?
6. What's one challenge you're going through or went through recently?
7. What's one way you've grown in the past year? How did that experience add to your identity?
8. Read Psalm 25:4, and talk about how it applies to your life.  
"LORD, show me your ways. Teach me how to follow you."

### **PART 4 - CHAPTERS 13-16**

1. What fuels you? Explain what you rely on to get you through tough times.
2. How would you describe your "why"? How can you discover more about God's purpose for you?
3. Describe the stage of life you're in now. How have you needed to change over the past year?
4. What's one personal change you need to make to move closer toward manhood? What's your first step?
5. Have you thought about the legacy you'll leave behind one day? How do you want people to remember you?

6. Describe one of your role models or heroes. How do or did they live for “we,” rather than “me”?
7. What’s one way you actively develop your mind? What areas of life do you like to learn about?
8. Read 1 Peter 1:6-7, and talk about how it applies to your life.  
“Because you know all this, you have great joy. You have joy even though you may have had to suffer for a little while. You may have had to suffer sadness in all kinds of trouble. Your troubles have come in order to prove that your faith is real. Your faith is worth more than gold. That’s because gold can pass away even when fire has made it pure. Your faith is meant to bring praise, honor and glory to God. This will happen when Jesus Christ returns.”

### **PART 5 - CHAPTERS 17-20**

1. Talk about the ways you’re a leader at your job, at home, with your friends or in your community. How do you think the people you lead would describe you?
2. Describe a time you followed someone who led you down a harmful path. What were the consequences? How could you have avoided that negative experience?
3. Describe your relationship with your parents or caretaker. What’s one positive trait you learned from them?
4. How are you different from your parents? As you reflect on your past, what areas do you need to improve going forward?
5. How has God helped you through a challenge you faced?
6. Which characteristic is the most difficult for you to follow? How can you start integrating it into your daily life?
7. When have you sacrificed your character because it was easy or convenient in the moment?
8. Read 2 Peter 1:5-8, and talk about how it applies to your life.  
“So you should try very hard to add goodness to your faith. To goodness, add knowledge. To knowledge, add the ability to control yourselves. To the ability to control yourselves, add the strength to keep going. To the strength to keep going, add godliness. To godliness, add kindness for one another. And to kindness for one another, add love. All these things should describe you more and more. They will make you useful and fruitful as you know our Lord Jesus Christ better.”