



BetterMan

WHEN MEN RISE
SO DOES EVERYTHING ELSE.

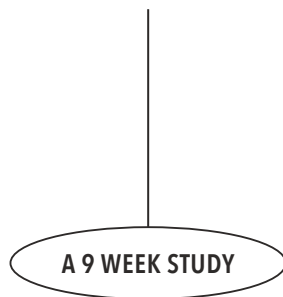
A 9 WEEK STUDY



BETTERMAN

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BETTERMAN

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WEEK 01

Manhood Today



BETTERMAN CORE

MANHOOD TODAY

01 Clarity & Community

A. As men, we all want to be *better*...

- A better _____.
- A better husband.
- A better friend.
- A better _____.

B. To be *better*, we need two things: clarity and community.

- In order to grow, we need two things:
 - ① *Clarity*: To know who we are and where we are going.
 - ② *Community*: To know who we are going with.

Every *real* man's motto: "*Growth to the grave*"

- BetterMan co-founder Robert Lewis once said, "*You cannot become what you cannot define.*" Clarity is key in understanding your manhood.
- Being created in God's image, you were created for _____.

"What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured."

– KURT VONNEGUT, *PALM SUNDAY*

02 How Are Men Doing Today?

A. Every man is looking for a manhood that works. And a manhood that works is

_____.

- People are inspired by it.
- Women and wives feel safe and valued around it.
- Families thrive in it.
- Sons are drawn to it.
- Daughters delight in it.
- The world is better because of it.

“Life-giving” is the word the Bible uses to describe the manhood that Jesus offers. “I came that they may have life and have it abundantly.”

– KING JESUS [JOHN 10:10]

B. Because we lack clarity and community, most men today live in a manhood

‘_____.’

- Changing times have left men dazed and confused:
 - AI tells us that our wisdom is no longer needed.
 - Automation tells us that our strength is useless.
 - Culture tells us that our gender is pointless.
 - And modern Christianity, with its conscious and unconscious feminization and catering to women and children, tells us that our presence is optional.

This fog has left us disoriented. In the “1970s, progressive culture said, ‘I don’t need a man.’ In the 90s, it was ‘I don’t want a man.’ Today, everyone is asking, ‘What is a man?’”

C. Men in a manhood fog _____.

- They settle for less in life, but don't know it's less.
- They create _____... lots of them!

D. Looking for meaning, men in a manhood fog will do one of three things:

- ① They will _____ at their manhood and masculinity and hope it works.
- ② They will turn and listen to the loudest voice in culture.
- ③ They will _____. They will slowly quit their manhood and masculinity.

After researching the cultures of history, world famous anthropologist, Margaret Mead, made this observation: *"The chief responsibility of every society is to find healthy roles for its men."* Why? Because a culture that fails to call its men up and offer them a specific masculine blueprint for embracing good and noble pursuits, will see its men naturally dumb down to problematic behaviors.

03 Four Challenges Men Face Today

A. Men face all sorts of challenges, but four impact and touch every man:

- ① The loss of a common manhood _____.
 - Without vision, we live in "no-man's land."
 - Because culture [both secular and Christian] refuses and has failed to create a target, men do not know how to win. And if we don't know how to win, we won't play.

“The only thing worse than being blind is having sight but no vision.”

– HELEN KELLER

PROVERBS 29:18

“Where there is no prophetic vision the people cast off restraint...”

② The rise of a “_____,” unstable manhood.

- Weightlessness is created by the emotionally and/or physically absent _____.
- This loss of dad is significant on two levels:
 - Dad’s presence gives a son the weight of emotional stability: *love and affirmation.*
 - Dad’s instruction gives a son the weight of directional stability: *moral convictions and practical skills.*

PROVERBS 17:6

“The glory of sons is their fathers.”

“We make men without chests and expect of them virtue and enterprise. We laugh at honour and are shocked to find traitors in our midst. We castrate and bid the geldings be fruitful.” – C.S. LEWIS

- Weightless manhood unleashes a host of problems. It is an epidemic in America today: In 1960, only 5% of boys in America were fatherless; today it’s 39%.

“What a boy can use, and too often doesn’t have, are the heart of his father and the fellowship of men. A boy needs at least one man who pays attention to him, spends time with him, and admires him. A boy needs a role model, a man whom he can regard as a mentor.”

– DENNIS RAINEY

- ③ A radically changed, rapidly changing _____ landscape. The last 50+ years have been socially devastating. The result is generations of men living lives of quiet despair:
- Men's and women's roles have increasingly merged.
 - The definition of marriage was changed for the first time in over 4,000 years.
 - Millennials [85%] think marriage is obsolete. Cohabitation has exploded. Today, there are more unmarried adults than married.
 - For those that do get married, they are marrying later and having fewer children [1.6 kids per home on average today].
 - A majority of children [61%] born to mothers under 30 are born outside marriage.
 - There are now multiple gender categories, not just male and female.
 - Sexual standards have dramatically changed.
 - 93% of prisoners are men [men receive harsher punishment than women for the same crimes].
 - 77% of men suffer symptoms of a mental health condition, yet only half talk to anyone about it.
 - Depression rates have increased tenfold among men since 1960.
 - Men have the highest rate of suicide; we account for 51% of the population, but 80% of the suicides.
 - Women now outnumber men in college [2 to 1] and earn more advanced degrees, making up the majority of enrollees in law and medical schools.

“Since Title IX, girls are 14 academic points ahead of boys. This statistic holds true from kindergarten to graduate school.”

- There are now 7 million working age men in the United States who don't work.
- More women are managers in the workplace than men.
- Single women buy their own homes today at twice the rate of single men.
- Women shoulder most of the responsibility for the health and vitality of the Christian faith.
- Clearly women are _____ in today's modern world while men have stalled.

④ The _____ men believe.

- Satan has been telling two lies from the beginning of time:
 - *“you're so good you don't need God”* [Gen. 3:1-7].
 - *“you're so bad God could never use/love you”* [Gen. 3:7-10].
- Men walk a fine line between these lies everyday. To believe one or the other causes you to fall into pride or despair. Both cause isolation. You'll believe things like:
 - *“I can do this on my own. I don't need anyone's help.”*
 - *“My actions affect me and no one else.”*
 - *“I'm the only one who struggles with this.”*
 - *“It's too late to do anything about this.”*
 - *“If they know the truth about me, they'll reject me.”*

“People use drugs, legal and illegal, because their lives are intolerably painful or dull. They hate their work and find no rest in their leisure. They are estranged from their families and their neighbors. It should tell us something that in healthy societies drug use is celebrative, convivial, and occasional, whereas among us it is lonely, shameful, and addictive. We need drugs, apparently, because we have lost each other.” – WENDELL BERRY, *THE ART OF THE COMMONPLACE*

04 The Million Dollar Question

Can we recover and define a vision of manhood for the 21st century that is life-giving, enduring, and capable of forming strong, faithful men?

05 Three Promises For Our Journey

- ① You will gain clarity and make some significant personal _____.
- ② You will receive helpful insight and support from your table leaders and make new _____ along the way.
- ③ You will receive a clear _____ of manhood to help you ‘win’ in this modern world.



- 1 How do you think men are doing today? What are your greatest concerns as a man in this modern world?
- 2 Which one of the “*lies men believe*” has most impacted your life? In what ways? Explain.
- 3 Which one of the 3 promises made in this session excites you the most in going forward with BetterMan? Why?

NOTES





WEEK 02

Man & His Story



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MAN & HIS STORY

01 Challenges Men Face Today

A. The modern world minimizes and mocks men [Review From Week 1]:

- The loss of clarity and a common manhood vision...
- ‘Weightless’ manhood unleashed by absent dads and fatherless homes...
- A radically changing social landscape...
- The lies men believe...

B. The challenge of our _____.

- Our past matters. Environments and experiences begin shaping us from the day we are born. Men rarely take the time to connect the dots between *then* and *now*.
- Most men never explore the source and motives behind their desires and emotions. They have no answers for their addictions, anger, and feelings of loneliness and despair.

The Greek philosopher Socrates once said, “*The unexamined life is not worth living.*” It could also be said, “*Unexamined manhood is hard to live with.*”

PROVERBS 20:5

“*The purpose in a man’s heart is like deep water,
but a man of understanding will draw it out.*”

- The _____ past is crucial to a better manhood. Without examination, the good from our past can go unappreciated, and the bad can unconsciously rule over us.

“We live what we’ve learned...” – GRANT GOLIHHER, *THINK LIKE A HORSE*

- To take full advantage of life *today*, we need to identify and engage trouble spots from *yesterday*. A “trouble spot” is any _____ issue from the past where a lack of closure adversely impacts the direction of a man’s life today.

C. All men, to some degree, have _____ business. Something from their past that haunts them: unresolved tragedy, family breakup, personal conflict, abuse [personal, physical, or sexual], abandonment, betrayal, etc.

- Do you sense any unfinished business in your life? Until a man deals with the hurt from his past, he can never be truly _____.
- Though we are a product of our past, no one has to be a _____ of the past unless he chooses to be... either by denying it, ignoring it, or surrendering to it.
- We must courageously step into our past, explore any trouble spots we find, and seek to resolve them. In most cases, this will take the counsel and support of others.

“History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.” – MAYA ANGELOU

02 Unearthing Your Trouble Spots

A. These are the five common trouble spots that will undercut your manhood:

- ① The _____ wound. It's impossible to overstate the impact of dad on a son's life. When you grew up and left home, you didn't leave your dad behind.

"I am my father's son..." – STEPHEN WILSON JR.

- ② The lack of a clear manhood vision. Manhood is not something you should *"just know."* Real manhood is _____.

- Manhood is a learned lifestyle. It is talked about, modeled, and passed down by other men. If you never catch it, the lack of clarity becomes a trouble spot that will hold you back as a man.

- ③ Unprocessed _____. Any pain and hurt from your past that is not transformed will ultimately be transferred onto someone else.

- Trauma breeds in a man fear, cynicism, anger, dark feelings of insecurity, mistrust, anxiety, and loneliness that affects everyone around you.
- Ongoing negative feelings from trauma usually need the help of others to resolve.

"If you don't heal from what hurt you, you'll bleed on people who didn't cut you." – ANONYMOUS

- ④ Addictive habits. The big three: _____, _____, sex/pornography. This trouble often starts early in life and then stays late.

- 90% of adult addicts started using their addictive substances before age 18.
- On average, a man is first exposed to pornography by the age of 12.
- Addictions come riding in on a big lie: *"I can handle it."* Soon after, they grow, like a ticking time bomb, ready to self-destruct.

PROVERBS 25:28

"Like a city that is broken into and without walls is a man who has no control over his spirit."

- ⑤ No close friends. Manhood is a team sport—isolating is, at best, unhealthy and, at worst, deadly.

PROVERBS 18:24:

"There is a friend who sticks closer than a brother."

Recent research indicates that one in five men in the US and one in three men in the UK lack close friendships entirely. Two-thirds of young American men say: *'No one really knows me.'* Nearly half of men in the UK feel they cannot confide in a friend about their problems. American men are 50 percent less likely to report receiving social support than women [having someone check in on them or offer help when they need it], and also report having fewer friendships than they did 30 years ago.

03 How To Address Your Trouble Spots

A. _____ it.

B. _____ it.

PROVERBS 11:14

"In an abundance of counselors there is victory."

PROVERBS 13:20

"He that walks with the wise is wise"

JAMES 5:16

"Confess your sins to one another, and pray for one another that you may be healed."

C. _____ it and take action [with the help of trusted family members and/or friends].

- Courageously address your trouble spot.
- Put together a plan for healing.
- Invite accountability.
- Call on God to help you, *"God is our refuge and strength, a very present help in time of trouble"* [Psalm 46:1].

Brothers, refuse to run from what's hard... "If you aren't in over your head, how do you know how tall you are?" – TS ELLIOT

DISCUSSION QUESTIONS

- 1 Share one positive asset you gained from your family growing up that is still making a difference in your life today.
- 2 Is there any pain or “*unfinished business*” from your past that you believe is still impacting your life now? Would you be willing to share what it is?
- 3 Rate your life on each of the five manhood trouble spots below by checking the appropriate circle next to each. Then tell the story behind each of the trouble spots you rated for your life as “Significant”.

Trouble Spots	How Much Effect		
The Dad Wound	☐ Little	☐ Some	☐ Significant
Lack of a Clear Manhood Vision	☐ Little	☐ Some	☐ Significant
Unprocessed Trauma	☐ Little	☐ Some	☐ Significant
Addictive Habits	☐ Little	☐ Some	☐ Significant
No Close Friends	☐ Little	☐ Some	☐ Significant

- 4 If you’ve had success in dealing with a trouble spot, share how this success came about with your group. What was it that you did to make progress with this trouble spot, come to terms with it, or gain victory over it? Explain.

YOUR LIFE STORY



Table Leaders:
Scan to review
helpful instructions
for conducting
this meeting.

WHAT'S YOUR STORY

EXPLORING OUR PAST HELPS EXPLAIN US TO US.

Your story is more than what happened—it's how those moments shaped you.

The people, events, and environments of your past formed how you think, feel, and live today—for better or worse.

AN INVITATION

Before Session 3, set aside intentional time with your group to share your life stories.

This isn't just another meeting—it's a chance to build trust, deepen brotherhood, and bring context to your journey as a man. Don't miss it.

WHEN YOU MEET

- Choose a private, comfortable environment where men can be honest
- Plan for at least 2–2.5 hours (don't rush it)
- Table leaders will guide and go first
- Each man shares (up to 20 minutes)
- Start with 5 minutes of personal reflection (or prepare ahead)

BEST PRACTICES

Use these prompts to help shape your story:

- Draw the home you grew up in [stick figures welcomed]!
- In one or two sentences, describe your relationship with your dad.
- What is one positive memory, event, or person who shaped you?
- What is one negative memory, event, or person that may still affect you today?

AFTER YOU SHARE

Take a few minutes as a group to reflect:

- What stood out?
- What themes were common?
- How did this deepen your understanding of one another?
- Where did you see God at work?

FINAL WORD

This may be one of the most meaningful moments of your BetterMan journey. Lean in. Listen well. Honor each man's story.

God is at work—even in the parts you didn't understand at the time.



WEEK 03

Dad Factor



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DAD FACTOR

01 Like Father Like Son

A. Dad is _____!

“Every father should remember one day his son will follow his example, not his advice.” – CHARLES KETTERING

B. The intentional _____ of dad in the home is foundational to a healthy masculinity in his sons and femininity in his daughters.

“One father is more than a hundred schoolmasters.” – GEORGE HERBERT

“My father didn’t tell me how to live. He lived and let me watch him do it.”
– CLARENCE BUDINGTON KELLAND

C. The Old Testament ends, surprisingly, with an important word about dads.

MALACHI 4:6:

“And he will turn the hearts of fathers to their children and the hearts of children to their fathers. Otherwise, I will come and strike the land with a curse.”

- The Scriptures paint a tragic but clear picture: If you want to curse the land, simply turn the hearts of fathers *from* their children and the hearts of children *from* their fathers.

D. Heart work: *making the impact of dad personal.*

- What one or two words (or phrases) come to mind when you think about your dad? Write them in the space below:

- What one or two words (or phrases) would your children say about you right now? Write them down below:

- What one or two words (or phrases) would you want your children to say about you 20 years from now? Write them down below:

02 Three Types of Dads

A. The _____ dad.

- Our society has an increasing number of men who are clueless about fatherhood and what children need in a dad. Over half of the fathers in America today could be labeled “*problematic.*”
- A dad’s absence, neglect, irresponsibility, and parenting ignorance unleash pain and long-lasting psychological wounds onto their children.

“Remember, strangers may frighten, but only the familiar can devastate. A child’s deepest wounds almost always come from those closest to them. *If strangers and strange sights can shake the world of children, it takes the people they know and love the best to pull it out from under them like a chair.*” – FREDERICK BUECHNER

B. The _____ dad.

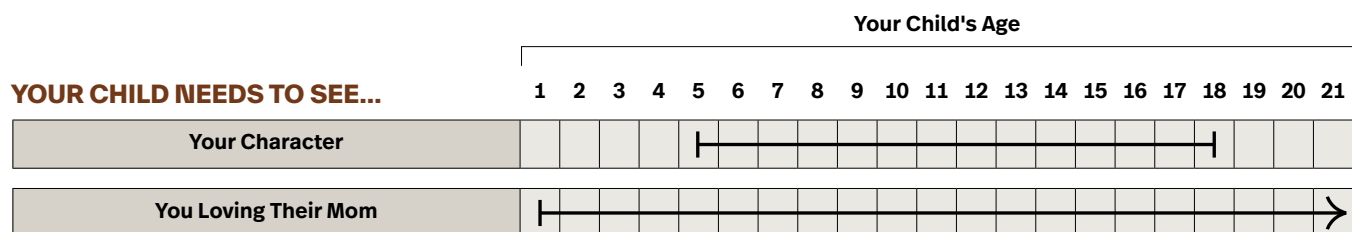
- This dad has good intentions but lacks understanding. His words and actions, however sincere, fail to connect rightly with his child's heart and emotions, or miss critical needs his child has in terms of affirmation, direction, gender understanding, spiritual insight, or life skills.
- As much as he tries to be a good dad, these “misses” can unintentionally hurt his child and bring on negative reactions, shortcomings, and problems.
- The good dad needs more than good effort. He needs a smart effort.

C. The _____ dad.

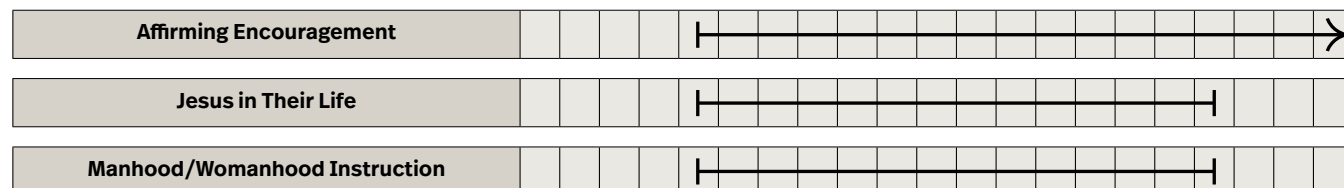
- Three things the smart dad has that other dads don't:
 - ① Guidance & Instruction. He has acquired from various sources wisdom and understanding of what his children need most (the Bible, books, videos, other successful dads, etc.).
 - ② Vision & Strategy. He has developed (or adopted) an intentional ‘ _____ ’ for meeting those needs. [*smart dad plan opposite page*]
 - ③ Consistency & Community. He knows while a plan can't guarantee a great outcome with his children, consistency and the right community will significantly increase that possibility. He knows consistency best happens when he is surrounded by other dads who are as committed as he is to raising their children well.

The Smart Dad

The Smart Dad knows what his child[ren] needs. Different ages and stages bring about different needs. Here is a straightforward guide to help you understand when & what your child needs:



YOUR CHILD NEEDS TO RECEIVE...

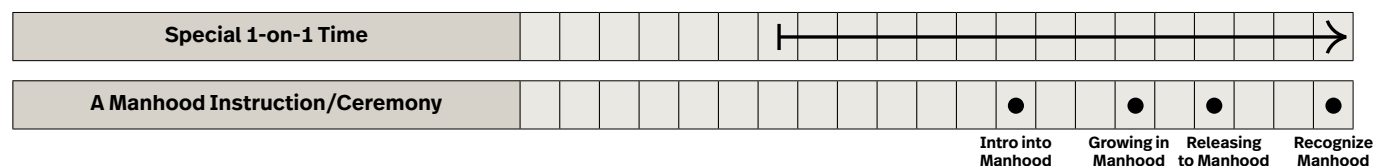


Introduce and reinforce God's design for masculinity and femininity.
This is a season of preparation—not a one-day event.

YOUR CHILD NEEDS TO HEAR...



YOUR CHILD NEEDS TO EXPERIENCE...



Every son needs a clear transition from boyhood to manhood—a marked moment where a father declares, "You are no longer a boy," and confers responsibility, authority, and expectation. A great resource we recommend: 'How to Raise a Modern Day Knight,' by Dr. Robert Lewis.



Four Markers of Manhood experienced through Rite of Passage Ceremonies:

Age 13 – Passage

Rite of Passage: A formal ceremony signifying the transition from boyhood to manhood that culminates with the definition of manhood

Age 16 – Practice

Rite of Passage: A season of proving that begins with a ceremony where the young man is affirmed in his strength and purpose.

Age 18 – Purpose

Rite of Passage: A ceremony of 'releasing,' where family and friends gather to celebrate the young man's new independence into the world [by vocation or education], recognizing that he is a blessing, not a burden on the world.

Age 21 – Praise

Rite of Passage: A ceremony in which friends and family publicly recognize that the man has completed his manhood journey and is now launched into a full, life-giving manhood.

“Owning a piano doesn’t make you a pianist, and fathering children doesn’t guarantee their flourishing. What shapes sons and daughters is not mere presence, but the intentional, emotionally and spiritually invested father—the one who goes out of his way to impart wisdom, life skills, and godly insight that lead to lasting outcomes.” – DR. CHRIS HARPER

03 Helpful Advice to Fathers with Parenting Challenges

A. If you’re a dad who is “disconnected” personally and emotionally from your son or daughter, know it’s _____ to close this gap no matter how old they [or you] are.

- Be courageous and request a meeting.
- Let your child know that you love them. Express genuine sorrow over your separation and ask for forgiveness where necessary.
- Explore ways to move forward. Be consistent but be patient; reconciliation may take more time than you think.

“‘Why do men like me want sons?’ he wondered. ‘It must be because they hope in their poor beaten souls that these new men, who are their blood, will do the things they were not strong enough nor wise enough nor brave enough to do. It is rather like another chance at life; like a new bag of coins at a table of luck after your fortune is gone.’”

– JOHN STEINBECK

B. If you’re a single dad through divorce or death, or a dad with a blended family, don’t _____ at your situation.

- Seek outside help and wisdom to build a sound parenting strategy for going forward.
- In all things practice love, patience, and humility. Divorce, death, or remarriage brings with it emotional weight that can be hard to carry.

04 Helpful Advice to Sons with a Dad Wound

A. Approach your dad wound with openness and _____.

- Find out what your dad's story was with his dad. Often, knowing your dad's story helps with understanding how he wounded you.
- Admit the truth about your wound.
- Choose to _____ your dad.
- Choose to _____ your dad to God.

B. Take the initiative with your dad. Don't _____ for him to come to you. Instead, courageously step forward and seek reconciliation with him while you can.

Remember, you are not responsible for the harm, but you are responsible for your healing.

C. Ask your dad to _____ you. If you never heard him say to you, "I love you" or "I'm proud of you", then go to him and courageously ask him for those blessings.

D. Reclaim the relationship you missed with your dad by becoming a _____ dad that blesses your children.

E. Become a spiritual _____. If you know a man who never knew his dad, or a man who was rejected by his dad, consider walking with him and asking some men he admires to join you in blessing and affirming his life.

“The spiritual father is ‘the one who par excellence bears the burdens of others.’” – DOSTOEVSKY, *THE BROTHERS KARAMAZOV*

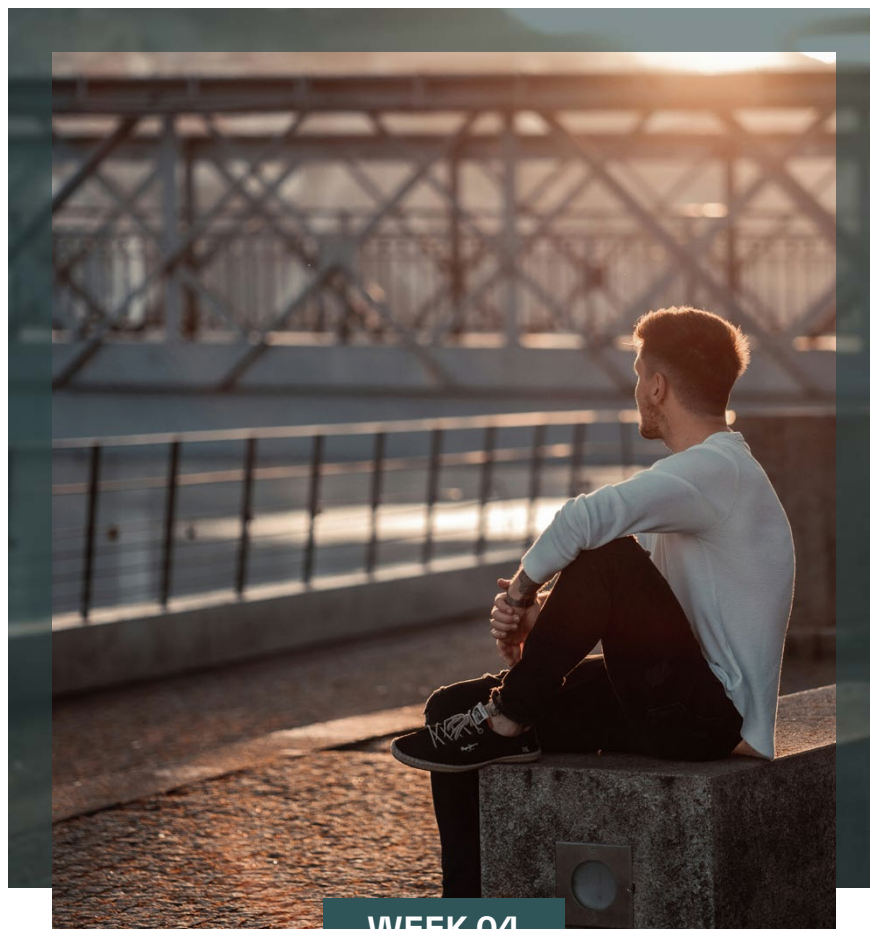


DISCUSSION QUESTIONS

- 1 What words came to mind when you were asked to think about your dad? Explain. What words did you write down that you would want your children (or future children) to say about you 20 years from now? Why those words?
- 2 Did you hear anything in today's session that could help you be a better dad? What was it? Also, was there anything you heard today that called up something that needs attention right now from you with your children? Explain.
- 3 As a son, did you get what you needed from your dad? If not, what did you miss? Is it possible to now reclaim some of what you missed? How? If not, what still needs to happen to make peace with your dad?

NOTES





WEEK 04

Man & The Good Life



BETTERMAN CORE

MAN & THE GOOD LIFE

Remember, we are on a journey: We've looked at where men are. We've talked about where we've been. Now, let's look at where we're going and how to get there...

01 The Three Approaches To Manhood

A. The _____ - _____ man.

- Born of testosterone and pseudo-confidence, you believe you have what it takes to be a man.
- Manhood comes from within.

B. The “image” conscious man.

- Your manhood lacks substance; you copy culture and the changing times. You are “tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes” [Eph. 4:14].
- Manhood comes from without.

C. The _____ man.

- God created man and called him to embrace a timeless manhood.
- A manhood grounded in the Word of God.
- A Christ-like manhood, born from the **joyful pursuit of sacrificial responsibility...** “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many” [Mark 10:45].

The transcendent man is a life-giving man who is living the good life.

02 The Good Life

“There is no question which a man of any sense could take more seriously than...what kind of life one should live.” – PLATO

A. What is the good life? Can the good life be defined? Research and social science says “_____”!

- Social science, like Harvard’s 80 year study of adult development, has helped to document and define what the good life is.

B. What the research says the good life isn’t:

- It’s not _____ and possessions.
- It’s not _____.
- It’s not thrilling experiences.
- It’s not personal _____ and fame.

Asked how great it was to win the Super Bowl, Tom Brady replied, *“Is this it? There’s gotta be more to life than this...”*

C. What the research says the good life is:

- Close _____.
 - People who have friends and close confidants are more satisfied with their lives and less likely to suffer from depression (Choi, K. W., et al., The American Journal of Psychiatry, Vol. 177, No. 10, 2020). They’re also less likely to die from all causes, including heart problems and a range of chronic diseases (Holt-Lunstad, J., et al., PLOS Medicine, Vol. 7, No. 7, 2010; Steptoe, A., et al., PNAS, Vol. 110, No. 15, 2013).
- A good marriage.

“At a human level, few things in my life, if any, govern the measure of my joy, virtue, and success in God’s calling like my marriage. Marriage has extraordinary power to enhance our joy and to catapult us in the pursuit of God’s pleasure and His purposes for our lives. But marriage also has unequalled power to deliver grief, and to discourage and stifle us spiritually, vocationally, and otherwise. Marriage can be helpful or hurtful; it can be fuel or frustration,” – BILL EUBANKS

- _____ over intensity.
 - As men we want to take giant leaps with our finances, health, and relationships. But the key to health and stability is consistency, not intensity. The Lord guides the steps of a man, not the leaps and bounds [Psalm 37:23]. Four practical things you **can do** to make life more consistent:
 - ① Avoid harmful debt.
 - ② Pay attention to your health.
 - ③ Avoid long term disputes.
 - ④ Seek help to break any harmful, addictive habits.
- And lastly, but most importantly, a vibrant _____.

03 The “Faith Side” Of The Good Life?

1 PETER 1:3-4:

“According to His great mercy God has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in Heaven for you.”

A. Faith begins with God's great _____ [v3]

God always makes the first move. It may be through a stranger, an event or crisis, a friend, a family member, or an unusual circumstance. Whatever the means, God steps into our lives and says, *"I have a better way for you."*

B. Faith comes alive when we are born _____, placing our hope and trust in THE 'better way.' [v3]

JOHN 3:5

Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God."

JOHN 14:6

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

The phrase *"born again"* can also be rendered *"born from above."* It describes a man who has finally come to the end of himself. Like Adam, he sees that he hasn't merely made mistakes—he has disobeyed, rebelled, and attempted to play God. But grace breaks in. Turning from sin and self, he turns toward King Jesus in faith and repentance. And in that moment, the miracle happens: the rebel becomes a son. He is adopted into God's family, given a new nature, a new identity, and a new allegiance—forever.

None of this is self-generated. It is the supernatural work of the Holy Spirit, breathing life where there was only death, opening blind eyes, softening hardened hearts, and raising a man "from above."

C. Faith makes us sons of _____ [v3]

- Everything God has for His Son [Jesus], He now has for us, His adopted sons.

GALATIANS 3:26

"For in Christ Jesus you are all sons of God, through faith."

GALATIANS 4:5-7

"To redeem those who were under the law, so that we might receive adoption as sons. And because you are sons, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave, but a son, and if a son, then an heir through God."

D. Faith assures us of our inheritance in heaven. [v4]

- Because He rose, so will those who are *"in Him."*
- We have life beyond this life.

JOHN 11:25

"I am the resurrection and the life. He who believes in Me will live even if he dies."

JOHN 3:16

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish, but have everlasting life."

04 Are You Connected To Jesus?

Faith [trust] in the life, death, and resurrection of King Jesus is the beginning point of real manhood. Nothing happens without it.



DISCUSSION QUESTIONS

- ## NOTES





WEEK 05

Defining Manhood



BETTERMAN CORE

DEFINING MANHOOD

01 It's Time for *the* Definition

A. Every man needs a clear _____ of manhood to guide his life.

Men don't drift into understanding. We drift into ignorance. And where clarity is absent, confusion fills the void.

- A clear definition of manhood becomes:
 - A compass in moments of temptation,
 - A standard in seasons of pressure,
 - A roadmap when life becomes complex.

"When a thing is not rightly understood, the abuse of that thing is inevitable..." – A.R. BERNARD

B. Our options...

- We can _____ and make-up a definition for ourselves. This is how generations lose their way—every man *"doing what is right in his own eyes."*
- We can look to _____ to define it for us.
- We can look to God's good and timeless _____ for a definition.

JEREMIAH 6:16

"Stand by the roads, and look and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls."

C. So what is history's greatest source of enduring wisdom? It's the _____, God's unchanging Word. Why the Bible?

- No book has formed the character of men more consistently or more powerfully.
- It remains history's most printed, most translated, most trusted source of truth.
- Week after week, billions look to it for strength, wisdom, and guidance.
- Its teachings laid the foundation for morality, justice, marriage, and ordered society.

02 The Bible and Manhood

A. Genesis, the first book of the Bible, introduces us to a _____ manhood.

- Before sin and confusion, God defined manhood. Masculinity is not a social construct; it is a divine design.

"Who can give a man this, his own name? God alone. For no one but God sees what the man is." – GEORGE MACDONALD

B. Immediately after Adam's creation, God gave him four foundational responsibilities. These weren't suggestions. They were his calling. They gave him purpose.

- As sons of Adam, these four responsibilities have been passed down to us. We were born into a masculine lineage with a divine calling.

03 The Four Life-giving Responsibilities of Real Manhood

A. A real man courageously follows God's _____.

- Men were not built to run on instinct alone. God spoke to Adam because men need instructions, boundaries, and direction.

PROVERBS 14:12

"There is a way that seems right to a man, but its end is the way to death."

- A man becomes dangerous in the right ways when he anchors his life in the truth of God's Word.

MATTHEW 4:4

"Man shall not live by bread alone, but by every word that comes from the mouth of God."

- When a man submits to God's Word, everything else begins to fall into place.

"A Bible falling apart belongs to a man who isn't..." – C.H. SPURGEON

B. A real man loves and protects God's _____.

- From the very beginning, God entrusted Adam with a woman, not to dominate and use her, but to love her, honor her, and lay his life down for her.

- A woman flourishes where a man is faithful.

EPHESIANS 5:25

"Husbands, love your wives, just as Christ also loved the church and gave Himself up for her."

- Christ is the model. Self-sacrifice is the method.

C. A real man excels at God's _____.

- Long before sin entered the world, work entered the world. That means work is holy.
- Work is not a curse. It is a calling. God put Adam in the garden "to work it."

GENESIS 2:15

"The Lord God took the man and put him in the garden of Eden to work it and keep it."

- Every man has a garden—a place to bring order, strength, and blessing.

D. A real man betters God's _____. He leaves it better than he found it.

- He does this through leading his children. God's first command was "*be fruitful and multiply.*"

PSALM 127:3-5

"Behold, children are a gift of the Lord... Like arrows in the hand of a warrior, so are the children of one's youth. How blessed is the man whose quiver is full of them."

- Through leading God's church.

“Since the family is the fundamental social unit and the man is the established family leader, we should expect that men would also be the leaders of the extended church family, the household of God”
[1 Tim. 3:15]. – COUNCIL OF BIBLICAL MANHOOD & WOMANHOOD

- Through loving his community.

JEREMIAH 29:7

“But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.”

04 So What Defines Real, Life-Giving Manhood?

A REAL MAN...

- Courageously _____ God’s Word
- _____ and _____ God’s Woman
- _____ at God’s Work
- _____ God’s World

05 Practical Implications of This Definition

- A.** This is a manhood every man can _____ to. You don’t have to be perfect. You just have to be willing. God supplies the strength.

- B.** This is a manhood that you can anchor your _____ to. It gives a man a stable identity in an unstable world.
- C.** This is a manhood women _____ for. Not because it's macho, but because it's Christlike.
- D.** This is a manhood dads can confidently call their _____ into. Boys become men when men train them.
- E.** This is a manhood _____ affirms. It aligns with psychology, sociology, Scripture, and experience.
- F.** This is a manhood that leads to abundant life and God's greater reward.

- The reward for courageously following God and His Word: Real freedom in life.

JOHN 8:32:

"Jesus said, 'You will know the truth and the truth will make you free.'"

- The reward for loving and protecting God's woman: Deep, intimate companionship called "oneness".

GENESIS 2:24:

"For this reason a man shall leave his father and his mother, and be joined to his wife; and the two shall become one flesh."

- The reward for excelling at God's work: Success and influence.

PROVERBS 22:29:

“Do you see a man skilled in his work? He will stand before kings; he will not stand before obscure men.”

- The reward for bettering God’s world: Hope and joy, no matter what comes your way.

ROMANS 5:4-5

“...and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”

06 This Is The Stuff Superheroes Are Made Of. That Superhero Is _____!



30 DAY CHALLENGE

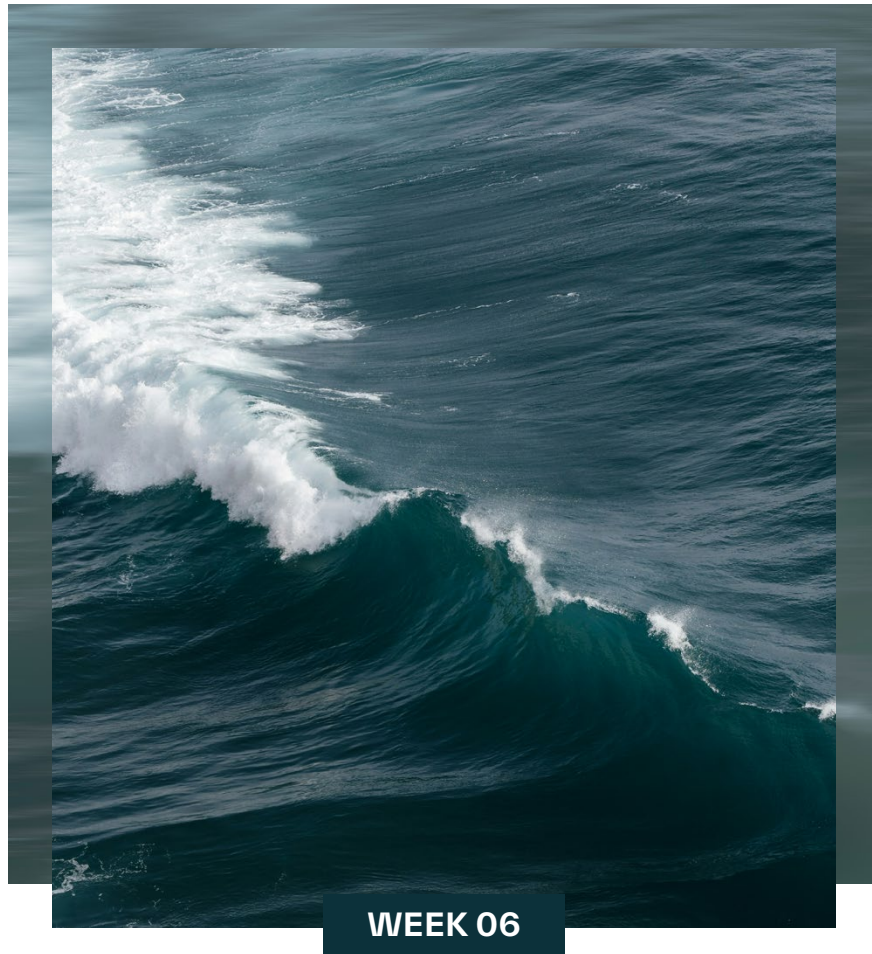
Take today's manhood definition and post it in a place where you can review it each day for the next 30 days. Doing so will help make God's definition of manhood an indelible part of your memory. You will also experience the four timeless responsibilities of this definition mixing with your thoughts in the day to day and calling you to real life-giving manhood. So take the 30 day challenge!

DISCUSSION QUESTIONS

- 1 What was your idea of manhood before hearing today's session? In the past, how would you have defined "manhood" to someone who asked you? Explain.
- 2 What did you find most helpful or inspiring today about the definition of real manhood and its four life-giving responsibilities from the Bible? Explain.
- 3 Which of the six practical implications of the manhood definition [5/A-F] was most meaningful to you? Why?

NOTES





WEEK 06

The Definition: Courageously Following God's Word



BETTERMAN CORE

THE DEFINITION: COURAGEOUSLY FOLLOWING GOD'S WORD

01 “If I Had A Boat”

Imagine yourself sitting in a boat. This boat has oars and a sail. In this boat, your heart/soul is in one of four places:

A. You're Sailing

The wind is at your back. The sun warms your shoulders. Cool water splashes your face. You are refreshed. Alive. Everything feels effortless. Grace fills your sails, and faith comes easy. God is for you—who can be against you?

B. You're _____

The wind has quieted. You're still on course, but it's work now. The oars are heavy, your hands blistered. You still believe, still move forward, but time with God, family, and others feels more like duty than delight. You row because you must.

C. You're Drifting

You've stopped paddling. The wind has died. The current carries you where it will. When you speak of hope and faith, it's more memory than motion. The anchor is up. There is no peace, only passivity, and now you move without purpose.

D. You're _____

The waves are higher now. You can't see the horizon. The water fills faster than you can bail. Panic replaces prayer. What began as neglect has become disaster. You are going under—unless grace reaches in.

02 Mayday

A. Most men today are drifting or _____. If you ever want to row and eventually start sailing, you must be anchored in the _____ of God.

- Every man needs a consistent, honest relationship with God and His _____. The Bible's teachings and message remain relevant throughout a man's entire life, with its meaning deepening and expanding with age and experience.

PSALM 119:10,18

"With all my heart I have sought You... open my eyes that I may behold wonderful things from Your law."

"Nobody ever outgrows Scripture; the book widens and deepens with our years." – C.H. SPURGEON

03 To Know God is to Know His Word

A. God reveals Himself in a few ways, but He _____ Himself first and foremost through his unchanging, sufficient, timeless word.

- The majority of men [and professing Christians] have never read God's word [cover-to-cover].
- The average man picks up the Bible less than 2x a year [outside of a regular church service]. We pick up our cell phones 144x per day [on average].
- We are living in the most bible-saturated time in history. Yet we are more _____ - _____ than ever before. If we don't know God's Word, we can't know Him [or His Son].
- Is it any wonder most of us are drifting, or worse, sinking?

“Men do not need any ‘new revelation.’ Most of us don’t even know the old revelation.” – DR. CHRIS HARPER

B. God grows us through his Word.

- Spiritual and emotional growth are tied to our Bible intake and understanding. We need to get Scripture in our head so that it can live in our hearts.

LUKE 2:52

“Growing in wisdom, favor, and stature with God and man.”

- It is time to make some moves. Here are a few pro tips for building a consistent, honest rhythm with God and His Word. As you go, remember what God told Jeremiah:

JEREMIAH 29:13

“You will seek Me and find Me when you search for Me with all your heart.”

- C.** Set a regular _____ and _____ to meet with God daily. Mornings are often best for men. It is important to hear from God before the world starts talking.

PSALM 5:3

"In the morning, O Lord, You hear my voice; in the morning I lay my requests before You and wait in expectation."

- Manage your expectations. Start small. Early wins are important! Get alone and give God 10–15 minutes of undivided attention every day.
- As you grow in understanding and desire, increase your time... Be CONSISTENT!!!

- D.** Have a good _____ Bible, a pen (for notes), and a yellow highlighter near by.

- Bring the right tools to the job.
- A reliable Study Bible and something to write with help you engage, not just observe. We're not just raking leaves; we're diving for pearls!

- E.** Welcome _____ in.

- Begin simply: *"Good morning, God!"*
- Make this a relational time. Be honest about where you are—your hopes, fears, fatigue, and gratitude.
- Practice the presence of God. Imagine Him sitting across from you, listening. Because He is.

JAMES 4:8

*“Draw near to God, and He will draw near to you.”***F.** Practice the Three R's:**① Read (and listen)**

- Read slowly and thoughtfully. Or use a Bible listening app if that helps you focus. A Bible reading plan gives you direction and consistency. A Study Bible can help answer questions and give context.

② _____

- Highlight any verses that grab your attention or that you sense God is using to speak to you.
- Put a question mark beside passages you don't understand—seek answers later through study or conversation.
- When you finish reading or listening, pause. Ask: *“Lord, what are You saying to me?”* Remember, obedience begins with listening.

PSALM 139:23

*“Search me, O God, and know my heart.”***③ Respond**

- When you finish your reading or listening, take a few minutes to ask God, *“What are you saying to me?”*
- Some men write their thoughts and impressions down in a journal.

G. _____ and commit your day to Him.

- Pray through what you've read. Ask God to help you live it out.

- Invite Him to guide your words, steps, relationships, and reactions throughout the day.
- End your time by praying the Lord's Prayer—slowly, personally, meaningfully:

MATTHEW 6:9-13 (PERSONALIZED):

"My Father who is in Heaven, I honor Your holy name.

Your kingdom come. Your will be done, on earth as it is in Heaven.

Give me this day my daily bread.

Forgive me my sins, as I forgive those who sin against me.

Lead me not into temptation, but deliver me from evil.

For Yours is the kingdom, the power, and the glory forever and ever. Amen."

04 Courageously Act

A. It is not enough to know God's Word. Courageous men obey [practice] His Word.

- A simple plan for courageously following God's Word is what we call START, SHARE, STAND:
 - _____: Begin your morning with one verse you plan to live out, not just read.

JAMES 1:22

"But be doers of the word, and not hearers only."

- **Share:** Pass on what you possess—share that verse with a brother who can hold you accountable. Remember, “iron sharpens iron,” [Pr 27:17]. God may give you something that he needs, and He may show him something you need.
- _____: The enemy hates action. Be ready to stand firm when the moment of testing comes—choose courage over comfort.

ACTS 5:29

“We must obey God rather than men.”

Brother... Delayed obedience is disguised disobedience. When God’s Word speaks clearly, act quickly, before your feelings talk you out of it. May the spirit of Joshua be with you:

JOSHUA 1:7

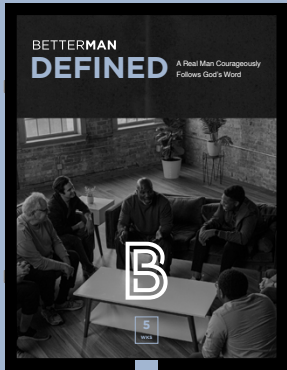
“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.”



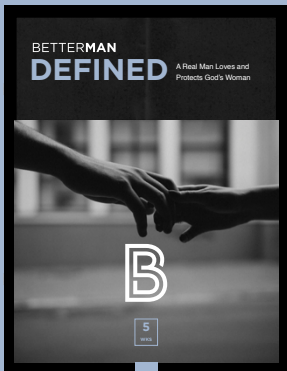
DISCUSSION QUESTIONS

- 1 Where are you at in your boat: sailing, rowing, drifting, or sinking? Explain.
- 2 Besides BetterMan, are you spiritually connected to other men? If so, how have these spiritual relationships made a difference in your life? Explain.
- 3 Do you spend time alone with God and the Bible? If so, what has been your experience? How has this time helped you? If not, what help do you think you need to get started or back doing so again?

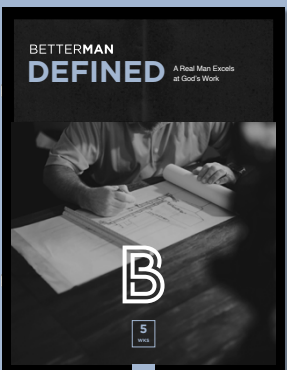
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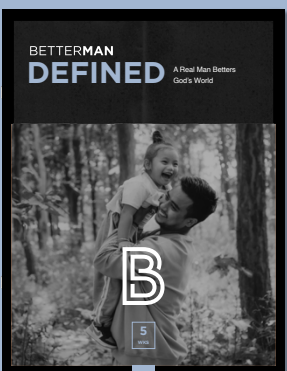
5 WEEKS OF
Courageously
Following
God's Word



5 WEEKS OF
Loving &
Protecting
God's Woman



5 WEEKS OF
Excelling at
God's Work



5 WEEKS OF
Bettering
God's World

Brothers, don't stop at the starting line...

BetterMan Core awakened something in you. You've tasted and seen the cost and calling of true biblical manhood.

But maturity isn't proven by how you start. It's revealed by how you continue.

BetterMan Defined is the next ground God wants you to take. This is where convictions become habits. Where disciplines become instinct. Where weightless men become anchored men.

Core gave you language. Defined gives you weight.

If you've finished BetterMan Core, the question isn't if you should continue – it's whether you're ready to go further. BetterMan Defined is a theological and practical Deep-Dive into the BetterMan Definition.

God has started something in you; don't leave it unfinished.





WEEK 07

The Definition: Loving & Protecting God's Woman



BETTERMAN CORE

THE DEFINITION: LOVING & PROTECTING GOD'S WOMAN

01 The Four Life-Giving Responsibilities Of Timeless Manhood

God's man is called to:

- ① Courageously Follow God's _____. (Week 6)
- ② Love and Protect God's _____. (Week 7)
- ③ Excel at God's _____. (Week 8)
- ④ Better God's _____. (Week 9)

02 Winning With Your Wife

"There is no more lovely, friendly and charming relationship, communion or company than a good marriage." – MARTIN LUTHER

A. Before she was your girlfriend, your fiancé, your wife, she was God's

_____.

- Because she is God's daughter, she is worthy of all honor, love, care, and protection.
- On your wedding day, at the altar, when you say "*I do*," God is giving you his daughter to steward. It is important that you get this right—that you are a *Life-Giving Husband*. Not a *Lost* one.

B. The Husband Scale

THE _____
HUSBAND

THE LIFE-GIVING
HUSBAND

- The *lost husband* thinks he knows women and _____ about how to live with his wife.

PROVERBS 14:12

"There is a way that seems right to a man, but its end is the way to death."

- The *life-giving husband* knows he doesn't know everything, but he wants to. He's a learner. He's humble and seeks out _____ and practical _____ on how to be a life-giving husband.

1 PETER 3:7

"Husbands, live with your wives according to knowledge..."

- John Calvin notes, *"for nothing destroys the friendship of life more than contempt; nor can we really love any but those whom we esteem; for love must be connected with respect."* If you are married, remind your wife today in word and deed how much you love and respect her.

→ Somewhere on this "Husband Scale" is _____.

03 What God's Daughter Needs Most

A. She needs to feel your _____

EPHESIANS 5:25

"Husbands, love your wives just as Christ loved the church."

"To love is nothing. To be loved is something. But to love and be loved, that's everything." - T. TOLIS

Priority #1 for every husband: Make sure your wife *feels* loved... Emotional engagement is the single greatest factor in a woman's happiness in marriage and life.

- This is a call to emotionally _____ with your wife. Not just *head-connection* but *heart-connection*.
- Three practical ways to build "*heart-to-heart*" connection:
 - ① Regularly _____ your wife.
 - With words of affection and praise ("*You're beautiful*" "*You bring joy to my life*").
 - With hugs and touches that don't always lead to sex.
 - With words of commitment ("*I'll always be here*" "*I'm yours forever*" "*I love you*").

- ② _____ your wife. Maintain and stoke the fire!

"Love is a fire. Whether it is going to warm your house or burn it down, you decide..."

- Leave notes, send texts, surprise her with small gifts.
- Establish a regular date-night rhythm.
- Periodically take her on an overnight or weekend getaway.
- Ask, "*How can I love you better?*" and follow through.

- ③ Speak her love _____.

Identify which of the *Five Love Languages* best connects with her heart:

- ☐ Words of Affirmation ☐ Gifts ☐ Physical Touch
☐ Acts of Service ☐ Quality Time

B. She needs to _____.

EPHESIANS 5:26-27

“Husbands, keep your wives holy and blameless through the washing of water with the Word.”

- This is a call to spiritually _____ your wife.
- Adam failed here—he stayed silent when he should have spoken truth [Genesis 3:6]. And then, when it came time to accept responsibility, Adam blamed his wife! [v.12]
- The life-giving husband rejects passivity and leads his home toward holiness. Three practical ways to show faith to your wife:
 - ① Initiate spiritual _____.
 - Pray with her and for her.
 - Engage in spiritual conversations.
 - Encourage church involvement together.
 - ② Uphold biblical values at home.
 - Discuss convictions about finances, forgiveness, and family.
 - Protect those values—even when life is hard.
 - ③ Build friendships with other godly men.
 - Invite their spiritual influence into your life.
 - Let their example strengthen yours—your wife will feel safe seeing it.

C. She needs the _____.

EPHESIANS 5:28-29

"Husbands, provide and care for your wives."

- This is a call to financially _____ your wife. When a man provides faithfully, he creates *freedom* and *options* for his wife's calling and peace.
- The husband is the _____ - _____ in his wife's life balance. Financial faithfulness communicates care and leadership, not control. Even if provision is limited, the effort itself builds trust.
- Two thoughts for the 'modern' man:

"The share of married women who earn at least as much as their husbands has more than tripled over the past five decades..."

- PEW RESEARCH

- ① For those men who out-kicked their coverage and she's financially crushing it:

Your wife may bring home the butter, but you're still the bread. You are not a placeholder—you are a pillar. Don't outsource your leadership because your wife out-earns you. Money doesn't make the man. Mission does. Stand up and lead [spiritually, emotionally, physically]. Provide direction even if she provides the majority of the income. A home without male conviction collapses under comfort. You don't need the biggest paycheck to have influence. Stay in the fight; your family's future depends on it.

- ② For those men who are underperforming and underdelivering:

Get to work. Your wife should not have to pull double shifts because you won't pull your weight... Not to mention, any man who has to ask his wife for lunch money dies a little inside every day.

"Households where women are the primary breadwinners make up 16% of US households, but account for 42% of the divorces. Marriages in which the woman is the breadwinner are 2-3x more likely to end in divorce." – AMERICAN COMMUNITY SURVEY

04 The Life-Giving Husband in Summary

ROLE	RESULT FOR HIS WIFE
Emotional Connector	She _____ deeply loved.
Spiritual Initiator	She _____ in Christ-likeness.
Financial Liberator	She _____ peace and personal freedom.

"Here's a secret every woman knows: women want real men—men they can count on and look up to. Every woman wants a strong, responsible man." – ALLIE STUCKEY

05 All The Single Men

1 CORINTHIANS 7:32

“I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord.”

A. Every man is called to honor God with his relationships—married or single.

- Singleness is not a holding pattern or second-class status. It’s a *sacred assignment* where God forms, focuses, and forges a man’s faith.
- Before Adam ever received a wife, he received a _____ with God, a _____ to do, and a _____ to obey.

B. Singleness is a season of stewardship

- God entrusts every man with a season of singleness—whether temporary or lifelong—to strengthen his devotion to Christ. This is not wasted time.
- As a single man, you should be growing your:
 - Faith: Develop depth now.
 - Focus: Use your freedom to serve.
 - Future: Prepare, don’t whine.

“The man who will be a good husband someday must first learn to be a godly man today.” – ANONYMOUS

C. Singleness is a season for _____

- Paul reminds us that both marriage and singleness are gifts [1 Corinthians 7:7].
- The question is not, *“Which gift do I prefer?”* but *“How will I use the gift God has given me right now?”*

- A Life-Giving single man:
 - Walks closely with God.
 - Lives with integrity and mission.
 - Honors women as sisters, not conquests.
 - Uses his strength for service, not self-indulgence.

“The truly free man is he who lives under the rule of Christ, whatever his status in the world.” – JOHN CALVIN



DISCUSSION QUESTIONS

- 1 How did this session help you in better understanding and loving your wife (or if single, in better understanding marriage)? How does seeing your wife, first and foremost, as God's daughter change how you approach her? Explain.
- 2 Which one of the three major needs of a wife [emotional/spiritual/financial] challenges you the most as a man? Why? What would have to happen for you to step up and better meet this challenge?
- 3 What's one thing you could start doing right now to better love and encourage your wife? Be specific. What's stopping you?

NOTES



Access Free Resources on Betterman.com

- + Podcast
- + Blog
- + Daily Devos



BetterMan Podcast

Weekly, we post sermons and keynotes from our national speaking team addressing all things manhood & masculinity in today's church & culture.



SPOTIFY



APPLE



Daily Devos

A daily [Mon-Fri] manhood moment & encouragement sent straight to your inbox. Bible. Coffee. BetterMan. Preferably in that order.



Defined Series

Week 9 is almost here, but God isn't finished. BetterMan Defined is next. The next step of growth. The next level of discipline. The next depth of obedience. Core prepared you. Defined perfects the practice.







WEEK 08

The Definition: Excelling At God's Work



BETTERMAN CORE

THE DEFINITION: EXCELLING AT GOD'S WORK

01 Work Is Big For Every Man

Work sits near the center of a man's soul. It's where purpose, identity, and worship collide. When God placed Adam in the garden, the first thing He gave him was work. Before a wife, a family, or even a name to defend, Adam had work to do. Work was not the curse—work was the calling.

A. Work Can Be _____ Life-Giving.

- When your work is aligned with God's design:
 - You see the value in what you do.
 - You end your day exhausted but not empty.
 - You sense the pleasure of God in your labor.

"God made me fast. And when I run, I feel His smile..." – ERIC LIDDELL

B. Work Can Also Be Draining and Disorienting.

- At other times, work can drain you:
 - When your boss overlooks your gifts.
 - When you feel stuck, but afraid to move.
 - When you succeed on paper, yet your heart feels bankrupt.
- That's the paradox of modern work; often we can climb the ladder only to find it leaning against the wrong wall.

02 Quick Facts About Men And Work

A. Most men define themselves by what they do.

- Ask a man his name, and he'll tell you his job.
- Our culture doesn't ask, "Who are you?" but "What do you do?"

B. Men spend more waking hours at work than anywhere else.

- Roughly 50–60% of life is spent on the job.
- 25–30% with family and personal interests.
- 5–10% in church or community.
- No wonder work shapes our souls so profoundly.

C. But many men feel _____ in their labor. According to Gallup:

- Nearly 70% of men are not engaged in their work.
- About 20% are actively disengaged – just clocking in, not bought in.
- Men were built for _____, not maintenance. When work loses its "why," men lose their "_____."

D. The good news: *meaning matters again.*

- Younger generations of men crave meaning. They want their work to make a difference.
- They long for something that echoes in eternity, not just deposits in a 401(k). This hunger, properly directed, can fuel revival in how men see vocation.

E. The future demands resilient men.

- By 2050, nearly one-third of working-age men could be _____. Why?
 - AI: Computers and algorithms are faster, cheaper, and less ‘messy’ than people.
 - Automation: Machines are replacing muscle.
 - Education: Women are outpacing men in learning, and learning is leverage.
 - Isolation: As marriage and families decline, so does male motivation.
- A real man must see work not as survival but as _____.
God’s image-bearers were made to build, lead, and cultivate, even when culture shifts.

03 What The Bible Says About Work

COLOSSIANS 3:23-24

“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance. It is the Lord Christ whom you serve.”

- A.** Colossians 3 teaches us that all good [ethical] work:
- Is sacred to God.
 - Is service for God.
 - Deserves my best as a man.
 - When done in faith, will be rewarded by God.

- There is no 'secular' work for the man of God – only _____ work done in _____ spaces.

“A shoemaker, a blacksmith, a farmer – all their work is holy if done in faith.” – MARTIN LUTHER

04 How a Man Finds Meaning & Excels at His Work

A. Don't just work. _____ your craft.

PROVERBS 22:29

“Do you see a man skilled in his work? He will stand before kings.”

- Mediocrity is a form of laziness. God doesn't need perfection, but He deserves precision.
- When working, work like a _____. Become the man whose excellence opens doors and earns trust.
- Excellence is not about recognition; it's about reverence.
- Christians don't work to impress; we work to express worship.

When you clean, lead, code, or sell 'as unto the Lord,' you transform labor into liturgy. “God is glorified when we reflect His excellence in ordinary things.”

B. Be trustworthy and responsive.

- A faithful man refreshes those who lead him.
- He finishes what he starts. He communicates clearly. He takes ownership.

PROVERBS 25:13

"A faithful employee is as refreshing as a cool day in summer."

PROVERBS 22:1

"A good name is to be more desired than great wealth."

C. Be a builder of others.

- The workplace can be toxic, cynical, and divisive. Be the man who lifts others.
- A word of encouragement can reset a culture. Speak life. Pray quietly for your coworkers. Refuse gossip.

1 THESSALONIANS 5:11

"Encourage one another and build each other up."

EPHESIANS 4:29

"Let no unwholesome word proceed from your mouth, but only such as is good for building up."

D. Keep your _____.

- Integrity is the currency of leadership.
- When you say you'll do it, do it.
- When you make a promise, _____ it.
- When possible, _____ - _____. A faithful man is not content with the bare minimum.
- At work, your word and your witness travel together.

05 Honoring God In Every Season Of Work

A. Every man reading this is in one of four 'seasons' of work:

- ① You're in the grind, earning a living and making a name. In this season

Be _____.

- God does not waste unseen seasons. Show up. Do the small things well.
- Faithfulness in the ordinary often precedes fruitfulness in the extraordinary.

LUKE 16:10

"He who is faithful in little will also be faithful in much."

1 THESSALONIANS 4:11

"...and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you..."

- ② You're in transition, maybe stuck in one job while looking for another. In this season **Be Teachable.**

- When jobs end or doors close, let humility open your heart.
- Self Reflect, ask yourself, "Am I doing what God has gifted me to do?"
Seek counsel from trusted friends/advisors. God often uses detours to redirect your destiny.

PROVERBS 16:3

"Commit your work to the Lord, and your plans will be established."

③ You're in a season of success. **Be** _____.

- Success without surrender leads to pride. Use your platform to serve, not to boast.

1 CORINTHIANS 4:7

"What do you have that you did not receive?"

④ You're in the fourth quarter [Retirement]. **Be Fruitful.**

- You may stop working for a paycheck, but you never stop working for the Kingdom.
- Invest your wisdom in younger men. Mentor, teach, and encourage.

PSALM 92:14

"They still bear fruit in old age; they stay fresh and green."

Brothers, remember, you don't work for a company; you work for a King. In every season, your work becomes worship when your heart is His.

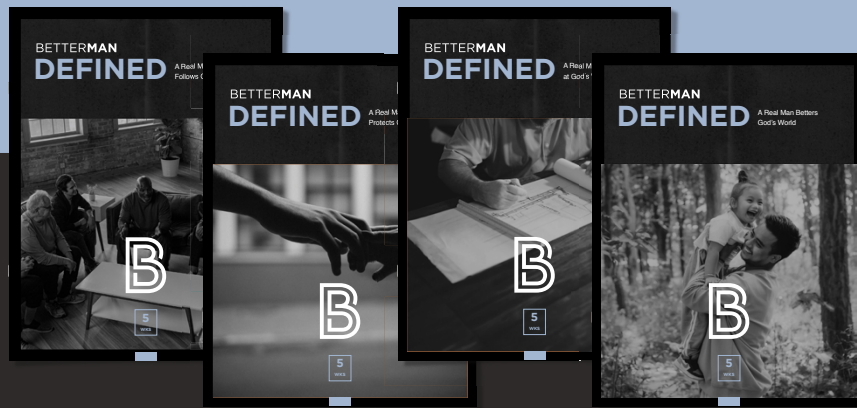


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08

DISCUSSION QUESTIONS

- 1 How do you feel about your work right now? Is your work life-giving or draining? Explain.
- 2 Which of the four “excelling at work” principles [4A-C] that were covered in this session have prospered you in your work? Share a personal story.
- 3 What is one personal takeaway from today’s session on work that you can use and apply right now? Explain.

NOTES



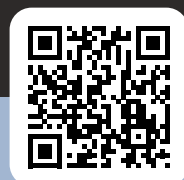
You're almost done with CORE – and that matters. What you've built here will carry weight for the rest of your life.

But *God isn't finished.* BetterMan Defined is next.

The next step of growth.
The next level of discipline.
The next depth of obedience.

Core prepared you. Defined perfects the practice.

Don't pause the work
God has started. Press on.
Get Defined.



BETTERMAN.COM/BETTERMAN-DEFINED



BetterMan is a movement, one that only rises as men like you rise with it. If this journey has shaped you, strengthened you, awakened something in you, then lock shields with us.

→ Pray for this work.

→ Support this work.

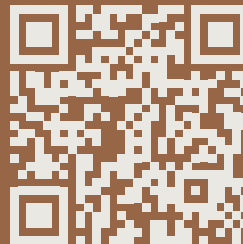
→ Spread this work.

→ Lead others into this work.

BetterMan is not an institution, it is an army, like the army of God. And you are now part of it.

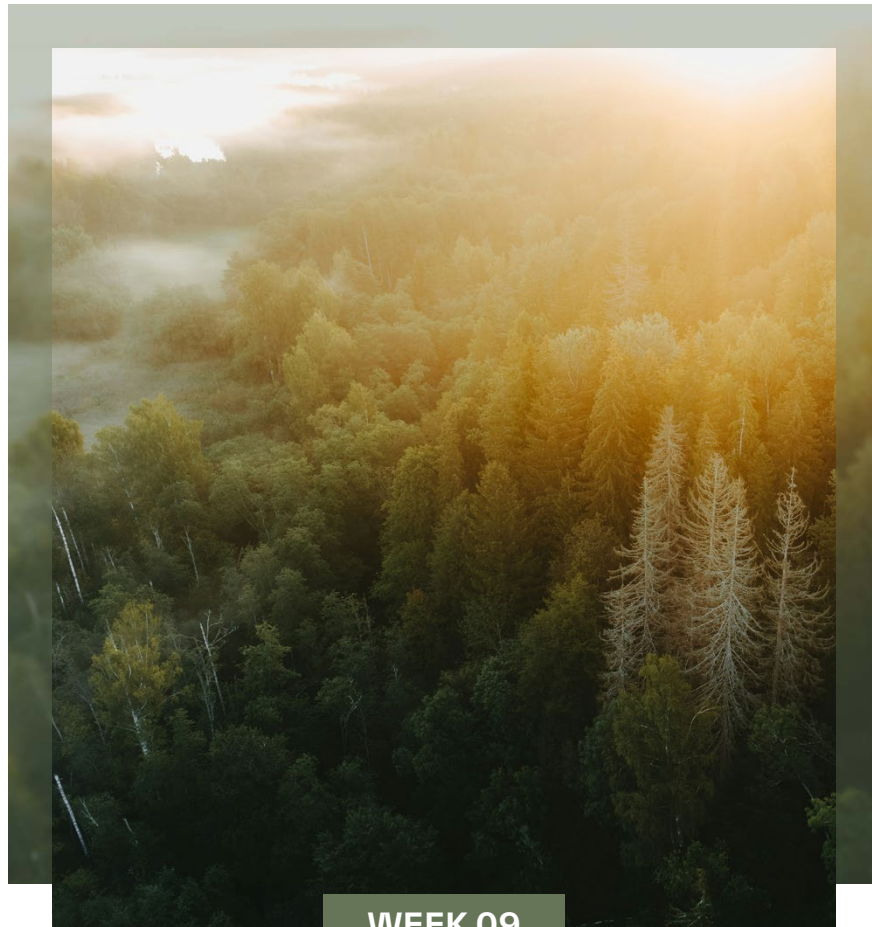
"For from day to day men came to David to help him, until there was a great army, like an army of God."

- 1 CHRON. 12:22



BECOME A MONTHLY
PARTNER TODAY





WEEK 09

The Definition: Better God's World



BETTERMAN CORE

THE DEFINITION: BETTER GOD'S WORLD

God's man doesn't just live in the world—he shapes it. He leaves people, places, and generations stronger than he found them. He builds a legacy through three sacred arenas: his children, his church, and his community.

01 A Man And His Children

- A.** One of God's first commands to man was, "Be _____
and multiply."

GENESIS 1:28

"Be fruitful and multiply and fill the earth and subdue it..."

- Before man ever built a city, started a business, or joined a mission, God said, "Raise a family".
- Fruitfulness isn't just about reproduction—it's about multiplication. Fatherhood is God's strategy for shaping the future.

- B.** Children are a divine gift meant to _____ a man's life.

PSALM 127:3

"Behold, children are a gift of the Lord, the fruit of the womb is a reward."

"For unflagging interest and enjoyment, a household of children makes all other forms of success lose importance." – TEDDY ROOSEVELT

- Children make a man larger, deeper, and more selfless. They stretch his capacity to love, forgive, and lead.

- C.** Children are a man's greatest opportunity for _____.

“Children are the living messages we send to a time we will not see.”

– NEIL POSTMAN

- A man may build companies, preach sermons, or amass wealth—but none of it will echo into eternity like the sons and daughters he raises for God’s glory.

02 What Your Children Most Need From You

A. “Dad, I need you to be present in my _____ years.”

- Early presence builds lifelong confidence. The first six years shape eighty-five percent of a child’s personality.
- Absence, especially from fathers, leaves wounds that linger.

“No one outgrows his feelings of childhood. For better or worse, the child lives on in the adult.” – HUGH MISSELDINE

B. “Dad, I need your discipline balanced with _____.”

- Children thrive under authority mixed with affection.
 - Authoritarian homes demand obedience without warmth.
 - Permissive homes offer warmth without truth.
 - Neglectful homes provide neither.
 - Authoritative homes model God’s heart—firm in truth, rich in grace.

- Children raised in authoritative homes:
 - Adopt family values.
 - Respond well to authority.
 - Possess greater emotional well-being.

C. “Dad, I need you to celebrate God’s _____ in me.”

- A wise father doesn’t mold his child into his image—he mentors them toward God’s design.
- Encourage, don’t engineer. Support their God-given unique personality, abilities, talents and gifts.

D. “Dad, I need you to know how _____ is too much.”

- Too much control breeds rebellion.
- Too much indulgence breeds entitlement.
- Too high expectations breed resentment.

COLOSSIANS 3:21

“Fathers, do not exasperate your children.”

E. “Dad, I need you to live what you teach.”

- Your children will remember your reactions more than your lectures. They will imitate what you live, not what you list.

JAMES 2:17

“Faith without works is dead.”

F. “Dad, I need you to _____ me.”

- Every child needs the father's blessing:
- "I love you."
- "I'm proud of you."
- "You're really good at..."

MATTHEW 17:5

Even Jesus heard His Father say, "This is My beloved Son, with whom I am well pleased."

G. *"Dad, I need you to adjust your leadership as I grow."*

- Ages 1–13: Be a Coach. Train and instruct.
- Ages 13–18: Be a Cheerleader. Encourage and affirm.
- Ages 18+: Be a Consultant. Advise when invited.

H. *"Dad, I need you to make memories with me."*

- Experiences shape souls. Special father-child moments—camping trips, projects, blessing ceremonies—become anchors for life.

I. *"Dad, I need you to talk to me about God."*

- Share your story. Pray with them. Let them see how the Word moves your heart. Dads who disciple their children at home raise sons and daughters who walk with God long after they leave.

03 A Man And His Church

A. God's man is never a spectator in the church.

- The church is not an event to attend; it's a family to build.
- God's man does not outsource spiritual leadership—they show up, serve, and strengthen the body.

EPHESIANS 5:25

"Christ loved the church and gave Himself up for her."

B. The Church needs men who will:

- ① Show Up Faithfully: Worship weekly. Your presence is crucial.
- ② Serve Sacrificially: Find a place to give your gifts. Be dependable.
- ③ Stand Firm Spiritually: Protect unity, honor leadership, pray for your pastors.
- ④ Support Generously: Give your time, talent, and treasure for Kingdom impact.

C. Why This Matters:

- When men take responsibility in the church, families flourish and communities stabilize. A weak church produces weak men; a strong church, led by strong men, transforms a city.

"A church is strong when Her men are awake." – DR. CHRIS HARPER

"The Bride is most beautiful when the men are most godly..." – JOHN WERST

04 A Man And His Community

JEREMIAH 29:7

“Seek the welfare of the city where I have sent you... for in its welfare you will find your welfare.”

A. God’s man is a community steward.

- He works for the good of his neighborhood, workplace, and nation. He doesn’t hide from culture; he engages it with courage and compassion.

B. Ways to Better Your Community:

- ① **Serve Locally.** Volunteer in schools, shelters, sports, and civic spaces.
- ② **Lead Vocationally.** Bring integrity and excellence to your workplace.
- ③ **Advocate Biblically.** Stand for truth with humility and grace.
- ④ **Neighbor Intentionally.** Know names. Build trust. Be ‘salt’ and ‘light.’

05 Final Thoughts

A. Leave it _____ than you found it...

- It’s not fame we are after; it is faithfulness. Long, ordinary, faithful obedience in the same direction produces extraordinary results...

B. Invest in Your Children:

- Speak blessing. Create memories. Model faith. Children are God’s gifts to you.

C. Strengthen your Church:

- Your _____ and _____ are your battlefield. Show up. Serve humbly. Give generously.

D. Serve your Community:

- Love your neighbor. Lead with integrity. Seek the good of your city.

A home, church, and community will never rise above the commitment of its men. Strong, godly men make strong godly homes. Strong, godly homes make strong godly churches. Strong, godly churches make strong godly communities.

Brother, remember your mission... You are not here to escape the world. You are here to better it. Because when men of God rise, so does everything else.



DISCUSSION QUESTIONS

- 1 In light of today's session, what's one action step you could commit to right now that would make you a better dad for your children? Explain.
- 2 In light of today's session, what's one action step you could commit to right now that would help strengthen your church? Explain.
- 3 In light of today's session, what's one action step you could commit to right now that would help your community flourish? Explain.

NOTES



THE FINAL CHARGE

Brothers, you have walked through weeks of clarity, courage, and conviction. You have looked honestly at your story, your wounds, your calling, your responsibilities, and your God. You have heard the truth—not the hollow clichés of culture, but the Word of the living King. Now comes the moment every man must face: What will you do with what you've been given?

BetterMan was never meant to be a program you finish. It is a doorway—a beginning—a call into a bigger, older, holier way of life. A way of life built not on passivity, confusion, and cultural drift, but on devotion, discipline, and deliberate obedience to King Jesus.

You were not invited here to become better at being busy, or better at pretending. You were invited here to become better men—the kind of men God delights to strengthen. Now the mantle is in your hands. You know now what God's man does:

He courageously follows God's Word.
He loves and protects God's Woman.
He excels at God's Work.
He betters God's World.

These are no longer ideas. They are expectations—our King's expectations. Men of God have always been called to swim upstream, fight uphill, and push back the darkness. Your life is a battlefield. Your home is a formation ground. Your church is a basecamp. Step into your story with the weight of eternity in mind.

The days are urgent. The needs are great. The vacuum of godly masculinity is widening.

BetterMan is not the answer. Jesus is. But BetterMan is a tool in your hands. And tools in the hands of faithful men rebuild generations. You now carry the responsibility to multiply what you've learned:

Invite more men.
Start new groups.
Lead in your church.
Disciple the next generation.

Men reached become men unleashed. Men unleashed become men who build, protect, strengthen, and bless.

For the King.

WEEK 1: Manhood Today

1. Clarity & Community

A.

- father
- man

B.

- community

2. How Are Men Doing Today?

A. life-giving

B. fog

C. struggle

- problems

D.

1. guess
- 2.
3. resign

3. Four Challenges Men Face Today

A.

1. vision
2. weightless
 - father figure
3. social
 - excelling
4. lies

4. The Million Dollar Question

5. Three Promises for Our Journey

1. discoveries
2. friends
3. definition

WEEK 2: Man & His Story

1. Challenges Men Face Today

A.

B. past

- examined
- unresolved

C. unfinished

- free
- prisoner

2. Unearthing Your Trouble Spots

A.

1. father
2. caught
3. trauma
4. drugs, alcohol

3. How to Address Your Trouble Spots

A. Name

B. Share

C. Engage

WEEK 3: Dad Factor

1. Like Father Like Son

A. destiny

B. presence

2. Three Types of Dads

A. problematic

B. good

C. smart

1.

2. dad plan

3. Helpful Advice to Fathers with Parenting Challenges

A. never too late

B. guess

4. Helpful Advice to Sons with a Dad Wound

A. wisdom

• forgive

• release

B. wait

C. bless

D. smart

E. father

WEEK 4: Man & The Good Life

1. The Three Approaches to Manhood

A. self-made

B.

C. transcendent

2. The Good Life

A. Yes

B.

• wealth

• good looks

• achievements

C.

• friends

• Consistency

• faith

3. The “Faith Side” of the Good Life?

A. mercy

B. again

C. God

4. Are You Connected to Jesus?

WEEK 5: Defining Manhood

1. It’s Time for *The* Definition

A. definition

B.

• guess

• culture

• wisdom

C. Bible

2. The Bible and Manhood

A. timeless

3. The Four Life-giving Responsibilities of Real Manhood

A. Word

B. woman

- C. work
- D. world

4. So What Defines Real, Life-Giving Manhood?

- follows
- Loves, protects
- Excels
- Betters

5. Practical Implications of This Definition

- A. aspire
- B. life
- C. long
- D. sons
- E. history

6. This Is The Stuff Superheroes Are Made Of. That SUPERHERO Is YOU!

WEEK 6: The Definition: Courageously Following God's Word

1. "If I Had A Boat"

- A.
- B. Rowing
- C.
- D. Sinking

2. Mayday

- A. sinking, Word
- Word

3. To Know God is to Know His Word

- A. reveals
- Bible-illiterate
- B.
- C. time, place
- D. study
- E. God
- F.

- 1.
- 2. Reflect

- G. Pray

4. Courageously Act

- A.
- Start
- Stand

WEEK 7: The Definition: Loving & Protecting God's Woman

1. The Four Life-Giving Responsibilities of Timeless Manhood

- 1. Word
- 2. Woman
- 3. Work
- 4. World

2. Winning with Your Wife

- A. daughter
- B. Lost
- guesses
- help, advice
- YOU

3. What God's Daughter Needs Most

- A. heart
 - win
 - 1. affirm
 - 2. Pursue
 - 3. language
- B. see your faith
 - lead
 - 1. togetherness
- C. freedom to choose
 - liberate
 - difference-maker

4. The Life-Giving Husband in Summary

- feels
- grows
- experiences

5. All the Single Men

- A.
 - walk, work, word
- B.
- C. Surrender

WEEK 8: The Definition: Excelling At Your Work

1. Work Is Big for Every Man

- A. Deeply

2. Quick Facts about Men and Work

- A.
- B.
- C. lost
 - meaning, way
- D.
- E.
 - unemployed
 - stewardship

3. What the Bible Says about Work

- A.
 - sacred, secular

4. How a Man Finds Meaning & Excels at His Work

- A. Master
 - craftsman
- B.
- C.
- D. word
 - keep
 - over-deliver

5. Honoring God in Every Season of Work

- A.
 - 1. Faithful
 - 2.
 - 3. Humble

ANSWER KEY

WEEK 9: The Definition: Better God's World

1. A Man and His Children

- A. fruitful
- B. bless
- C. legacy

2. What Your Children Most Need from You

- A. early
- B. affection
- C. design
- D. much
- E.
- F. bless

3. A Man and His Church

4. A Man and His Community

5. Final Thoughts

- A. better
- B.
- C.
 - church, community



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