

# 10 ESSENTIALS FOR MEN

Welcome to the 10 Essentials for Men small group curriculum. The content within is a means to the end of becoming the type of man God designed each of us to be as we lead, serve, and contribute to the world around us. Below you'll find a few 'pro tips' to help you as the leader & facilitator of the curriculum set your group up for success through self-discovery, honest improvement, and transparent discussion.

## SECTION ONE: BODY (WEEKS 1-3)

The first few weeks of a new small group often include some tricky dynamics as new group members get to know each other, learn how to be transparent, and become familiar with each week's content. The best way you can serve your group is to help everyone settle in by creating a laid-back atmosphere where everyone feels safe and welcome. If you can, set up your physical meeting space ahead of time so that the feel of the environment isn't too stiff or sterile, and prepare the spiritual meeting space by praying for your members before they arrive. Men may be more guarded in sharing how they're 'really doing' or what they 'really think,' so be bold in leading by example any time there's a chance to be real in discussion, even at the beginning of the semester. After all, a real example is often more effective than a right example. The first third of the semester focuses on our physicality, or body, which may be an area where the men in your group have a variety of feelings or teachings they believe about themselves. Be sensitive to this as you lead the discussion. The only right way is God's way, so focus on what God says about the body personally and communally, and let personal opinions remain secondary. Each week concludes with action steps. Champion these and challenge your group members to take them! Bring some accountability by asking who has made progress in the previous week's action steps.

## SECTION TWO: SOUL WEEKS 4-6)

By now, it's likely group members have gotten comfortable with the feel and pace of your group and they are beginning to open up beyond general principles and ideas to share their personal thoughts and experiences. If your group isn't quite there yet, that's okay. Keep leading the way with transparency and hope-filled dialogue. Trust the Holy Spirit to bring to mind things that need to be shared and the courage to share aloud. Remember that our job isn't to 'fix'; our goal is to facilitate discussion and self-discovery so that our group members will hear and respond to the prompting of the Holy Spirit to make the changes we need to align ourselves with God's design for our lives. With the above in mind, the soul is a topic that is often overlooked and undervalued, especially in the secular world. The inconsistencies between wanting God's best but still ingesting and exposing ourselves to the broken, toxic, and sometimes sinful things of the world can make what God wants to be black and white. Let's challenge our group members in this



HIGHLANDS MEN

# 10 ESSENTIALS FOR MEN

middle section of the semester to seek God's opinion first, even if it means making some changes that are contrary to the way many of our friends, family, or coworkers live. After all, God's way is the best way, and while the world might call it extreme, God calls it holy.

## **SECTION THREE: SPIRIT (WEEKS 7-10)**

The third and final section of our curriculum is the most important - our spirit! Remember, spiritual life isn't an area that many men are comfortable talking about in general, much less in personal reference. As you facilitate discussions around this topic, be sure to dispel any feelings of shame or guilt in this area. Meet your members where they are and affirm their desire to take a step in the right direction. As this semester comes to a close, be sure to work the idea of next steps into the conversation with your group members. You can do this with the whole group to get the ball rolling or by connecting with individual members to help them identify potential next steps. We know from experience that more than a video clip, group text, or email, personal conversation and encouragement produce more next steps than anything. You have the honor of having those conversations with the men God has placed in your group!



**HIGHLANDS MEN**