

Act Like a Man
Study Guide

ACT LIKE A MAN
COMPANION STUDY GUIDE

Dive deeper into the principles of *Act Like a Man* with our comprehensive study guide. Perfect for individual reflection or group study, this guide includes thought-provoking questions, practical exercises, and actionable steps to help you implement what you've learned.

Chapter 1



M A N :
Own Your Identity

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. What life stage are you in? Is that where you should be, or are you behind? If you're behind, how can you make progress?
2. In what area(s) of your life do you have wisdom to help other guys?
3. In what area(s) of your life do you need wisdom from other guys? Who could help meet this need?
4. What is the greatest wisdom, and greatest foolishness, that has been said to you regarding men and manhood?

PRACTICAL EXERCISES

For Married Men:

Reflect on your role as a husband and identify areas where you can grow. Write down your achievements and areas where you feel behind. Create a plan with specific steps to advance in these areas.

For Single Men:

Reflect on your current stage in life. Write down your personal and professional achievements and areas where you feel behind. Create a plan with specific steps to advance in areas where you feel you are lagging.

ACTIONABLE STEPS

1. Identify a mentor who embodies the wisdom you seek and arrange regular meetings to discuss your progress and challenges.
2. Set specific, measurable goals for your personal and professional development.
3. Commit to a daily habit of self-reflection and journaling to track your progress.

Chapter 2



SON:
Worship Your Father

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. Who or what did your dad and mom worship?
2. What generational curses and blessings have you seen in your life and family?
3. What 1-2 areas do you need to grow in as a worshiper of the Father?
4. Where has God given you dominion? (e.g., home, work, school, church) How are you doing at exercising that dominion? What could be improved?

PRACTICAL EXERCISES

For Married Men:

Reflect on your family history and identify patterns of behavior or beliefs that have been passed down through generations. Write a letter to your spouse sharing your insights and advice.

For Single Men:

Reflect on your family history and identify patterns of behavior or beliefs that have been passed down through generations. Write a letter to a younger family member sharing your insights and advice.

ACTIONABLE STEPS

1. Choose one area of your life where you need to exercise better dominion and create a plan to improve it over the next month.
2. Establish a daily routine that includes time for worship and prayer.
3. Connect with a faith-based community to strengthen your worship practices.

Chapter 3



SAGE :
Learn Your Lessons

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. What life stage are you in? Is that where you should be, or are you behind? If you're behind, how can you make progress?
2. In what area(s) of your life do you have wisdom to help other guys?
3. In what area(s) of your life do you need wisdom from other guys? Who could help meet this need?
4. What is the greatest wisdom, and greatest foolishness, that has been said to you regarding men and manhood?

PRACTICAL EXERCISES

For Married Men:

Review your monthly budget with your spouse and identify areas where you can reduce expenses. Allocate the savings towards a meaningful cause or investment.

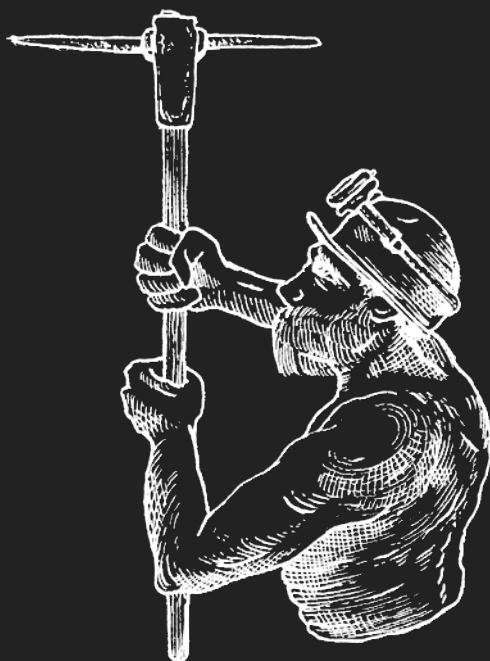
For Single Men:

Review your monthly budget and identify areas where you can reduce expenses. Allocate the savings towards a meaningful cause or investment.

ACTIONABLE STEPS

1. Set up a financial plan to eliminate debt and start building an emergency fund.
2. Begin a new project that aligns with your passions and skills, dedicating regular time to its development.
3. Find a volunteer opportunity within your church or community to serve and apply your skills.

Chapter 4



WORKER :
Do Your Job

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. What jobs have you previously held? Which were your most and least favorite?
2. What is the current work God has given you? How is it going?
3. Who is depending on you to get your work done?
4. What was most helpful in this chapter to you personally? Why?

PRACTICAL EXERCISES

For Married Men:

Create a weekly work plan that outlines your tasks and responsibilities. Review it with your spouse at the end of the week to assess your productivity and areas for improvement.

For Single Men:

Create a weekly work plan that outlines your tasks and responsibilities. Review it at the end of the week to assess your productivity and areas for improvement.

ACTIONABLE STEPS

1. Identify one person who depends on your work and have a conversation with them to understand how you can better meet their needs.
2. Implement a time management system to increase your productivity.
3. Set professional development goals and seek out training or courses to advance your skills.

Chapter 5



ARTIST:
Create Culture

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. What is God asking you to build, create, fix, or innovate? (e.g., a family, company, ministry, etc.)
2. What most concerns you about where Western culture is trending? Why?
3. Are there any areas of your life that you need to evaluate with the receive/reject/redeem exercise?
4. Do you have a good church home? If yes, are you giving and serving? If not, what should you be praying and looking for in a church home?

PRACTICAL EXERCISES

For Married Men:

Identify a creative project that you can start, such as building something, writing, or any form of art. Set aside time each week to work on it. Share your progress with your spouse.

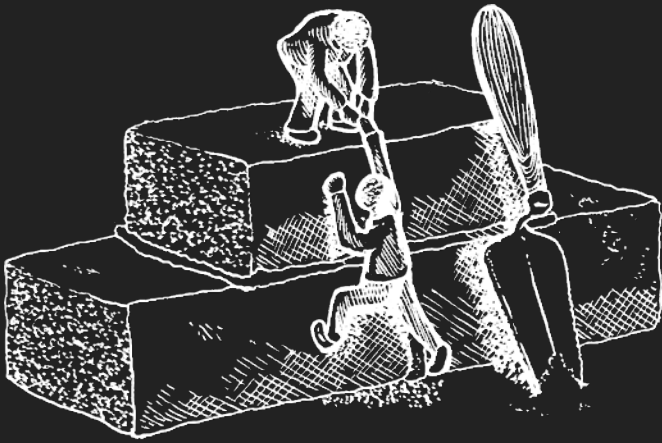
For Single Men:

Identify a creative project that you can start, such as building something, writing, or any form of art. Set aside time each week to work on it. Share your progress with friends or a mentor.

ACTIONABLE STEPS

1. Share your creative work with others and seek feedback to improve and inspire further creativity.
2. Join a community or group that shares your creative interests to foster collaboration and support.
3. Dedicate a specific time each day or week to engage in creative activities.

Chapter 6



STEWARD:
Build His Kingdom

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. What is your list of priorities that guide your decision making? Are there any changes that need to be made after reading this chapter?
2. Where are you a strong steward? (e.g., time, money, wisdom, abilities, relationships, etc.)
3. Where are you a weak steward? (e.g., time, money, wisdom, abilities, relationships, etc.)
4. Was there any part of the Success Sequence that you have not followed or currently are not following? What are the consequences?

PRACTICAL EXERCISES

For Married Men:

Perform an audit of your resources (time, money, abilities) with your spouse and identify areas where you can improve stewardship.

For Single Men:

Perform an audit of your resources (time, money, abilities) and identify areas where you can improve stewardship.

ACTIONABLE STEPS

1. Create a plan to address one area of weak stewardship and implement changes over the next month.
2. Establish a giving plan to support your church or charitable causes regularly.
3. Develop a habit of regular reflection and adjustment of your priorities to align with your stewardship goals.

Chapter 7



HUSBAND:
Love Your Princess

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. If you had to pick one word to describe your parents' relationship, what would it be? Why?
2. What are some of the best marriages you have seen? What made those marriages uniquely great?
3. If you are married, or hope to be married, what can you do immediately to be better prepared to love and lead well?
4. What things did the Holy Spirit highlight for you as you read this chapter? Are there any action steps you need to now take? What are those, specifically?

PRACTICAL EXERCISES

For Married Men:

Write a love letter to your spouse, outlining your commitment and love. Plan a special date or activity to share it with her.

For Single Men:

Write a letter to your future spouse, outlining the qualities and commitments you intend to bring to your future marriage. Reflect on how you can prepare for this role.

ACTIONABLE STEPS

1. Schedule regular date nights or quality time with your spouse to strengthen your relationship.
2. Read a book on marriage and discuss it with your spouse.
3. Seek out marriage counseling or join a couples' group to enhance your relationship.
4. For single men, read books or attend seminars on relationships and marriage to prepare for your future role.

Chapter 8



FATHER:
Leave Your Legacy

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. If you had to pick one word to describe your earthly father, what would it be? Why?
2. Who are some of the best fathers you have known? What made them great dads?
3. Who has served as a spiritual father to you? How were they a blessing to you?
4. Who is God asking you to father or spiritually father?

PRACTICAL EXERCISES

For Married Men:

Write a legacy letter to your children, outlining the values and principles you hope to pass down to them. Share this letter with your spouse and discuss how you can implement these values in your family.

For Single Men:

Write a legacy letter to your future children or spiritual children, outlining the values and principles you hope to pass down. Reflect on how you can start living out these values now.

ACTIONABLE STEPS

1. Create or update your will to ensure your assets are distributed according to your wishes.
2. Invest in a family trust or other financial instruments to secure your family's future.
3. Establish regular family meetings to discuss values, goals, and responsibilities.
4. For single men, start a savings plan or investment to build financial security for your future family.

Chapter 9



WARRIOR :
Slay The Dragon

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION

1. Prior to this chapter, did you see Jesus more as a lion or lamb? Why?
2. Has your view of Jesus shifted at all in this chapter? How?
3. Was your dad more of a lion or lamb? Was that good or bad?
4. Are you more of a lion or lamb? Is that good or bad?
5. After finishing this book, what are the changes God is asking you to make in your life going forward?

PRACTICAL EXERCISES

For Married Men:

Reflect on a recent conflict with your spouse or family. How could you have handled it better by balancing strength and tenderness? Discuss this with your spouse and plan how to approach similar situations in the future.

For Single Men:

Reflect on a recent conflict with friends, family, or colleagues. How could you have handled it better by balancing strength and tenderness? Plan how to approach similar situations in the future.

ACTIONABLE STEPS

1. Commit to one act of courage or confrontation that you've been avoiding, addressing it with both strength and kindness.
2. Develop a plan to tackle a significant challenge or goal in your life, breaking it down into manageable steps.
3. Engage in regular physical training or a new discipline to build both physical and mental strength.
4. For married men, discuss with your spouse how you can support each other in facing life's challenges with courage and grace.

