

# MAN UP ↑

**A FOUR WEEK  
BIBLE STUDY  
ON SEX,  
ANGER, PRIDE  
& POWER**

**ATHLETES  
INTERVARSITY**  
CHRISTIAN FELLOWSHIP

# MAN UP

1

## TEAMMATE REDEFINED

R O M A N S 1 2 : 9 - 2 1

2

## ANGER MANAGEMENT

J A M E S 1 : 1 9 - 2 0 & 2  
T I M O T H Y 2 : 2 2 - 2 5

3

## MUD PIES OR SOMETHING MORE?

1 C O R I N T H I A N S 1 3 : 1 - 1 3

4

## WHO'S NUMBER ONE?

M A R K 9 : 3 3 - 3 7

# 1

## TEAMMATES: REDEFINED

R O M A N S 1 2 : 9 - 2 1

### **DEFINE** the issue

How do men define friendship?

What does male friendship look like?

What's missing from most friendships you have with guys?

### **CULTURAL** impact

What are some characteristics of male friendships?

What does it look like in today's culture?

What are some characteristics you don't want in your friendships?

What would make you uncomfortable?

What movies/shows show the ideal male friendships? Which

movies/shows reveal the non-ideal male friendships? Why?

**Leaders Guide Notes:** *Most people will probably say movies like "Good Will Hunting", "I Love You Man", etc... So be prepared to talk about these things and why they liked/disliked the portrayal from the film and/or show. Share your own ideas as well. Remember this is a group trying to see what scripture says about this topic, so feel free to learn something yourself.*

Where do we struggle with it personally?

Do you have a friend or teammate you talk to when the crap hits the fan? Why do you go to this person?

Is there anyone on your team that really knows you? Or do you feel like you always have to wear a mask?

What words come to mind when you hear the phrase “intimate male relationship?”

**Leaders Prompt:** *Talk about how “awkward” these questions are. Most likely everyone is already thinking about how weird of a conversation this is. So go ahead and bring out into the open and discuss why this is awkward for men who are “teammates” or “friends” to be open about this.*

## **THE CORE** of the issue

What are some values that you wish to see in a friendship? What does a true friendship look like?

Do our friendships look this way? Why or why not? What’s stopping us?

## **SCRIPTURE** on the issue

**Leaders Prompt:** *We are now going to look at an excerpt from Romans where Paul is expounding on what communal living should look like and why it is important.*

Read Romans 12:9-21

What stands out to you in these verses?

What are some common themes?

**Leaders Guide Notes:** *Humble yourself before others, pursue love with one another, love even your enemies, share in sadness with others as well as joy, etc...*

*Be sure to point out how Paul moves into relationships, he doesn't just stay an arm's length away. He empowers us to feel as our friends feel, to share ALL aspects of life with them. This is not how many of us think about teammates. We usually are satisfied with just "good times."*

What are actions that we are to do in regard to our teammates?  
*Mourn with those who mourn, rejoice with those who rejoice, etc...*

## **OUR RESPONSE**

Do our friendships reflect the values Paul talks about? Or do we just settle for the "good times"?

What holds us back from seeking out this type of friendship? Is it worth the effort to do so?

## **CHALLENGE**

Find one other guy or teammate to be open/vulnerable with and to reciprocate that action.

How can you be more open with God?



# ANGER MANAGEMENT

J A M E S 1 : 1 9 - 2 0 & 2 T I M O T H Y 2 : 2 2 - 2 5

## **DEFINE** the issue

What is anger?

How is anger different from rage?

## **CULTURAL** impact

Do you observe that people are angry a majority of the time? Would you say that people are more easily angered today than 10 years ago? Why?

As a man do you feel it is your place to show anger? Do you see most “man’s man” types as being easily angered?

Would you characterize violence and/or anger with masculinity?

## **THE CORE** of the issue

Why is it so easy to just get angry?

Why do we resort to anger?

What are situations in which you get angry? Why?

Is there any part of that situation in which you are fearful? Do you believe that fear causes the anger?

Where do you see anger in yourself?

What are the things that make you angry? What are your triggers?

How does anger manifest itself when you feel it? What do you do when you get angry? (i.e. punch a wall, yell at someone, etc...)

**Leaders Prompt:** *Share about how you have seen anger in your life. Help the group start thinking introspectively about what is really going on when they get angry. Is anger really what they are feeling or is it just easier to get angry than to work through it and possibly be vulnerable?*

## **SCRIPTURE** on the issue

Read James 1:19-20

Why does anger not produce the type of life God desires for us?

According to this passage what SHOULD we seek or act like?

**Leaders Guide Notes:** *should be quick to listen, slow to speak, slow to become angry.*

What is the outcome if we are short of listening, quick to speak, and easily and quickly angered?

How does this image seem different from what God desires in us and in relation to others?

Read 2 Timothy 2:22-25

How many of you have seen how easily an infant gets enraged? If we are to mature as we age, why are we still so easily angered? (Vs. 22)  
What is the type of life God desires us to pursue? Why?

What is Paul's reason for calling us to not get angry and quarrel?

**Leaders Guide Notes:** *to avoid burning bridges/friendships/relationship.*

If God has created each person, should he/she not be treated with the respect that comes with this truth?

How different would the world look if we pursued the life that God desires?

## OUR RESPONSE

How can you start examining your feelings when you are angered to see if anger is exactly what you are feeling?

Do we see the benefit to us and to others if we pursued a life free of anger and quick to listen? What would that take for you? What would it look like to pursue this life? **Leaders Guide Notes:** *Jesus.*

Are your relationships worth it?

Shouldn't we put some degrees of separation from us and a one-year-old and "man up" and get a hold of our anger?





# Mud Pies or Something More?

1 CORINTHIANS 13:1 - 13

## **DEFINE** the issue

How would you describe lust?

Where do we see it play out in our culture?

What events in the news or pop-culture come to mind when you hear the word “lust”?

In what ways did lust create a problem for these individuals and/or groups?

Does our society see lust as something that is a problem? Give examples of why or why not.

## THE CORE of the issue

What drove these individuals to pursue these scandalous encounters?

At what point did attraction turn to lust then ultimately into something destructive?

How can love and lust coexist together? ?

*If love is the “greatest” according to Scripture, why do we seem so content to dabble with lust? Lust is only a cheap imitation to what love offers. Love requires commitment, vulnerability, compassion, care, and requires that you allow someone to REALLY know you. Lust requires nothing and only allows you to consume another because there is no commitment, etc... Maybe this is why we seek it more and more because we are really seeking all the things love offers.*

What is it about sexual encounters that drive us to act in similar ways?

Why is it that one encounter never satisfies and the thing we sought after must be repeated?

Why do we feel we need more?

**Leaders Guide Notes:** Be sure to share your own experiences here to get conversation going, specifically if you have dealt with feelings like this or even experiences.

Where do we Struggle with it personally?

What is the difference between love and lust? Which one is more appealing to you? Which would be more satisfying or offer more fulfillment?

Have you ever thought about how lust and love can operate in a world where love is the most important virtue?

Do you see lust and love as being contradictory? If so, how?

## **SCRIPTURE** on the issue

We are going to look at a piece of Scripture in which Paul is writing to the church of Corinth about spiritual gifts. I promise it applies to our topic! The interesting thing is that Paul never talks about lust as an end in itself; instead he explains how NOTHING is anything without love being the root of it. The reason we do anything has to be love.

### **Read 1 Corinthians 13:1-13**

What stands out to you in this passage?

Is love something that sounds appealing to you? Do you think it is something to be desired or sought after?

Do you think it is attainable to live in such a way? (vs. 4-8)

Is your view of the idea of “love” similar to Paul’s? Do we hold it in such high regards? Why or why not?

## **OUR RESPONSE**

*“We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”*

*C.S. Lewis: The Weight of Glory*

Why are we so content to go about playing in the mud with lust?

What is hindering you from putting childish things behind you and “MANNING UP” to the high call to **LOVE**?



# WHO'S NUMBER ONE ?

M A R K 9 : 3 3 - 3 7

## **DEFINE** the issue

How would you describe success?

## **CULTURAL** impact

Who in society would you describe as successful? What makes them successful? Money? Winning? The “American Dream”? Power? Something else?

When have we seen someone's “success” get the best of them? What do you think caused the downfall?

(i.e. Tiger Woods, Kobe Bryant, Sen. John Edwards, Penn State)

## **THE CORE** of the issue

Do you think the “American Dream” or “Winning the Title” is an accurate measure/fair standard of success? Why or why not?

Where do you think the desire to succeed comes from?

At what point does the pursuit of greatness/success/ winning become a negative thing?

**Leaders Guide Notes:** *when it becomes all about us and begins to affect others*

Where do we struggle with it personally?

On a scale of 1-10, how much pressure do you feel to be successful or to win?

Where does that pressure come from in your life besides your sport?  
Your family? Yourself? Others?

Have you ever felt overwhelmed by that pressure to succeed?

How does your drive to perform well affect you positively or negatively?  
Others?

Has your quest for success ever conflicted with your faith or morals, or destroyed relationships? What are specific examples of this in your life?

**Problem:** Often times as athletes we are expected to perform at the highest levels. But why does our desire to succeed often lead to disappointment, broken relationships, tension, or failure?

In other words, have you ever stopped to think that we have a flawed view of what it means to be successful and a flawed view of how to get there? Let's talk about it.

## **SCRIPTURE** on the issue

Tonight we're going to look at a short passage of Scripture that deals with a couple of guys who wanted to be great and how Jesus tells them they can be truly successful.

### **Read Mark 9:33-37**

What sticks out to you from the passage?

Why do you think James and John were arguing? What do you think drove them to want to be successful?

What do you notice about Jesus reaction?

**Leaders Guide Notes:** *Jesus doesn't say wanting to be great is bad; He shifts their attention to what it truly means to be great.*

What does Jesus say greatness is? How does his definition of greatness and success differ from society's?

## **OUR RESPONSE**

**Leaders Prompt:** *In this passage, Jesus shows us that "it is our direction, not our intentions, that determines our destination." Notice again that He did not tell his disciples that their desire to be great was bad, but that they were looking at greatness all wrong. So he said to them, "If you really want to become great, become a servant to all."*

Do you ever wonder if your pursuit of greatness is truly going to lead to happiness and success? Have you ever honestly stopped to consider Jesus' view of greatness?

Agree or not, how did Jesus "practice what he preached" by becoming a servant to all?

**Leaders Prompt:** *Opportunity to share the Gospel if the Spirit leads: Read Philippians 2:5-11; Discuss how Jesus became a servant to all, even to the point of death on a cross, and how God made Him truly great*

How would following Jesus instruction on becoming great change your life? Your team? Campus? World?

What is one step you can take to become a Christ-like servant (and begin to pursue greatness) in our team this week?

## **PRAYER**

For further reading/reference: Matthew 19:30, Mark 8:34-38, Luke 9:24-25, John 15:13, Eph. 2:8-9, I Corinthians 26-29