

# WHAT MEN ARE MADE OF

ESSENTIALS FOR MEN  
LCBC

## MAIN IDEA

The world needs men who are resilient in their faith.

## QUESTIONS

- Take a moment and introduce yourself. Share a moment when you faced a significant challenge and had to remain resilient.
- **Read 1 Peter 5:8 and Ephesians 6:12.**
  - What does resilience mean to you personally?
  - How do you relate to the idea of being spiritually “hunted” or under attack?
  - What are some practical ways you stay resilient in your faith, particularly when facing temptations or trials?
- **Read James 1:14-15**
  - Can you identify any ‘seeds’ of temptation in your life that have the potential to grow if not managed?
  - How have you seen God strengthen you or others in times of weakness or challenge?
  - Pastor Craig Groeschel said, “The wise put safeguards in place while they are strong to protect them when they are weak.” What safeguards do you need to put in your life today to help you stay strong when temptation comes?

## CHALLENGE

Memorize James 4:7 this week: “So humble yourselves before God. Resist the devil, and he will flee from you.” (S H Y B G R T D A H W F F Y)

## ADDITIONAL ACTION ITEM

Spend time reflecting on a specific area of your life where you struggle with resilience. Write down one step you can take to improve in that area and share it with a trusted friend or group member.