

# Man Up! | Discussion Guide | Session 1 - September 15, 2020

**1. What insight, quote, or observation from your reading did you find to be helpful, encouraging, eye-opening, challenging, or troubling?**

**2. React to this counterintuitive and countercultural statement, which the book purposefully opened with:** When a father says of his son, “I Just want him to be happy,” it means he has given up hope that his boy will be a man. ... For the most part, we don’t want our sons just to be happy; we want them to be virtuous, which is to say, we want them to be men. (vii) ... it is more destructive to a man to cause evil than to suffer evil; and we don’t really want our sons to be happy, we want them to be virtuous. (viii)

**3. Agree or Disagree?**

The fact that this book “exists...you bought it. Or it was given to you. And you started reading it. Such is evidence that as a society, we have simply lost – or forgotten – the collective knowledge of what it means to be a man. That we need to read books to learn what used to be taught by fathers and grandfathers is an indictment of us. Somehow, we’ve lost this basic human knowledge of what a man is and does.” (xi)

**4. So, did anything in the first pages tick you off? ...or challenge, confront or, encourage you... frustrate you?**

“I want to disabuse you of the idea that you might thoroughly enjoy this book. I genuinely hope you do not... I want this book to challenge you, to confront you, to encourage you to do something more – something higher, nobler, harder, and holier than you are presently doing. So this book is going to tick you off.” (xii) I know its’ (this book) is going to irritate you, because the call to higher and holier manliness irritates me. I would much rather indulge my selfish nature and join in whatever hedonism *du jour* there is to be found. (xiii)

“...this book is about Jesus. That’s going to frustrate you too.... If you thought Jesus came to show you how to be a better person, you’ll again be sorely disappointed. Yes, He is the standard for masculinity throughout this book, but it’s not a standard that you can meet. It’s a stand that will mock you and make you feel inferior., You can never be as manly as Jesus.... But you also don’t need to be.” (xiii)

**5. How do you define Man and masculinity? How did you define these before reading? Anything change?**

How do you define Man? (p 5-7) “Masculinity is not a single trait. It’s a lifestyle, a discipline, a habit cultivated by practice. Simply having anatomy and genes that allow you to stand and pee does not make you manly. Real masculinity is not found in any individual characteristic or trait but in the intersection of male characteristics with the exercise of manly virtue. Masculinity means harnessing the nature power a man possesses and using it for the good of others around him. The essence of masculinity is not rugged independence. It is sacrificial giving.” (8)

**6. Agree or Disagree? Has this been your experience?**

“To shape you into a man, a mature man, is one of the primary functions of the Church...” (7)

**7. Will you help me fight the temptation to be *malakia*? How do you call out a man’s *malakia*?**

[In 1 Corinthians 6:9-11]... “*Malakia* is the moral softness of self-indulgence, self-centeredness, self-preservation...This softness, then, is more than we understand with the word *effeminacy*. It’s internal effeminacy. It’s moral softness. It’s loving oneself above others. It’s seeking easy pleasure over the pain of doing what’s good and right for others according to your calling in life.” (10-11)

**Next Meeting: Wednesday, September 23<sup>rd</sup> at 7:00pm. Read Chapter 2 and Chapter 3.**