Boys take, Men give.
Boys criticize, Men create.
Boys complain, Men solve.
Boys consume, Men serve.
Boys pout, Men endure.

—John Bryson
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Today’s event will consist of four sessions, each one a blend of watching the video, responding to some questions on your own, and discussing a few points with the men around you. Your host will give you instructions for each session; you’ll also want to watch for on-screen prompts that will direct you to notes, exercises, and other features in your manual.

At various times throughout the day, you will be encouraged to look inward through the **GETTING YOUR BEARINGS** exercises. There are eight of these, most will take three minutes or less to complete, a few will take longer. You will work through these on your own.

There are also three times designated for group discussion, labeled **CIRCLE UP** in your manual. These provide opportunities for you to hear what other men are learning, as well as a chance to verbalize your thoughts and ideas.

As a way of connecting all that you’ll encounter today, the manual will also guide you through the process of developing a personal **STEPPING UP CREED**. This creed will highlight your own response to the four sessions, serving as a reminder of any life adjustments or affirmations you hope to make.

There are other related pieces scattered throughout your manual, including sidebars, statistics, and articles. You probably won’t have time to look at many of these during today’s event, but we encourage you to read them at a later time.
ABOUT TODAY, ABOUT LIFE

Welcome to the Stepping Up video event for men. I’m glad you’re joining us.

In my own journey through manhood, I’ve discovered three progressive truths:

I have to be intentional.
I must rely on God.
I need other men.

I have to be intentional. There’s just too much turbulence out there to rely on autopilot. I can’t afford to drift from one day to the next, one decision to the next, one assignment to the next and expect to be successful. I will fail, or at the very least under-deliver—as a husband, dad, and friend—if I’m always in reactive mode. If my life is to have a purpose, then I must live it purposefully.

I must rely on God. Though second on my list, this is the most important truth. I must never treat God as an add-on. With Him at the center, at the core, I have constant access to His grace, mercy, help, and wisdom. Without Him, I have nothing and I am nothing.

I need other men. This is really an extension of relying on God. I need the encouragement, training, and yes even the correction that God sends my way through other men. This is the great truth of Proverbs 27:17, “Iron sharpens iron, and one man sharpens another.” Other men sharpen me; they make me a better man.

Everything you see and hear at today’s Stepping Up event is wrapped around these three truths. May it be a life-shaping day for you. And as you go through this day, I encourage you to begin thinking about five other men you could challenge to join you in going through our ten-session Stepping Up video series.

Go deeper together, and keep on stepping up!

Dennis Rainey,
president and CEO of FamilyLife
SURVEYING THE TERRAIN
DEFINING MANHOOD
It may seem cliché to relate the journey of manhood to climbing a mountain, but the parallels are many. Climbing requires perseverance, training, and dependence on others. It requires a varied skill set that changes based on climate and terrain. It is filled with setbacks, and the challenge is immense. A seasoned climber will tell you that the journey up a tall peak is epic in its toll on his life and resources, but also in its reward for the accomplishment.

The only way to reach the top is to keep moving up. Sure, sometimes you have to intentionally backtrack, or spend the night in camp to acclimate, but you can only reach the top by putting one foot in front of the other.
And that’s what men do. They keep stepping up, even when everything around them is screaming, “Stop! This hurts! This isn’t fun anymore!” They take one more step. They keep the goal in sight and press toward it.

Just as challenging as moving in the midst of misery is making sure you are on the mountain. When does a boy know he’s transitioned from the adolescent foothills and set his feet firmly on Mount Manhood?
A boy becomes a man when he

- reaches a certain age
- hits puberty
- drives a car
- stops living with his parents
- joins the military
- gains responsibility
experiences sex for the first time

takes care of someone

 sailor loses something important

puts others before himself

understands what family really means

doesn’t rely on others to do what he should do for himself

SURVEYING THE TERRAIN
When Does a Boy Become a Man?

It is an age-old question: When does a boy become a man? Most modern cultures lack clear points of entry. Sure, there is the occasional remnant of transition, such as the bar mitzvah or Eagle Scout ceremony, but even these events are in decline and lack the clarity a boy needs.

The South Pacific island nation of Vanuatu has a people group that makes transition into manhood quite clear to their boys by practicing the ancient tradition of land diving. Prior to the ritual, the village elders build a 100-foot-tall rickety tower. Then, to prove their manhood to the tribesmen below, the bravest young men climb to the top, tie vines to their ankles, and jump head first into a pile of soft dirt. It’s an ancient version of bungee jumping, without any bungee. If the chief engineer designed everything properly, the divers’ shoulders should just barely graze the supple soil. If not, then the villagers are spared the trouble of digging a grave.

What does this practice have to do with manhood? It’s a bit of a moving target, as boys are not allowed to participate until after they’ve been circumcised at eight (years, not days). Once a boy feels he’s ready for the challenge, he climbs to a lower platform (only the manliest jump from the top) and prepares to jump. His mother holds up one of his favorite childhood items (toy spear, loin cloth, or King Kong
Interesting practice, but probably not one to propose to your family. The point is that pursuing ceremonies and rituals to help boys with this transition is a worthy and rewarding endeavor. Robert Lewis has been encouraging men for years to establish rituals in their families. Check out his book *Raising a Modern-Day Knight* for stories of what he did with his boys and ideas for you to try.

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**Instructions for Land Diving**

- Prepare the soil.
- Select the proper banana leaf for fashioning your athletic support device.
- Check your vines for the proper length.
- Check them again.
- Climb to the top.
- Make sure your will is written and accessible by your loved ones.
- Say a quick prayer and leap out as far as you can.
- Try to avoid undermining your manhood by screaming like a twelve-year-old girl at a Justin Bieber concert.
- Just before slamming into the ground, tuck your chin to your chest so that only your shoulders lightly graze the ground.
- If everything goes well, dust off your forehead and walk away proudly.
- Don’t try this at home. Seriously, don’t.
getting your bearings

Take three minutes to work through the following questions on your own.

1. When did you first see yourself as a man? Check all that apply.
   After I
   - [ ] Started my first job
   - [ ] Turned eighteen
   - [ ] Graduated from high school
   - [ ] Married
   - [ ] Joined the military
   - [ ] Got my driver’s license
   - [ ] I’m not sure
   - [ ] Attended a bar mitzvah
   - [ ] Other:

2. How would you describe your transition from adolescence to manhood? Check all that apply.
   - [ ] Slow
   - [ ] Painful
   - [ ] Haphazard
   - [ ] Too fast
   - [ ] Awesome
   - [ ] Unintentional
   - [ ] Deliberate
   - [ ] Exciting
   - [ ] Out of Control
   - [ ] Other:

3. Take a moment to write down a few thoughts about what did help or would have helped make this transition better; (for example, “I wish my dad would have talked more about it”). The point of this exercise is not to condemn anyone for what they didn’t do, but to help you be more proactive with your children as the opportunity presents itself.
Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love. —1 Corinthians 16:13–14

**WHAT DOES “ACT LIKE MEN” MEAN? IT MEANS DON’T ACT LIKE A WOMAN.**

Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him. —Genesis 2:18

Don’t act like a woman means

1. **DON’T FOLLOW, LEAD.**

   Leadership is “the ability to communicate a compelling state of affairs in a way that engenders followership.”

   He [the serpent] said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” —Genesis 3:1

2. **DON’T BE THE WEAKER VESSEL.**

   Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered. —1 Peter 3:7

3. **LOSE THE DRAMA!**

   Be stable.

   Proverbs says . . .

   • A fool speaks his mind. (18:2) • The vexation of a fool is known at once. (12:16)
   • A fool is wise in his own eyes. (12:15) • A fool belittles his neighbor but lacks sense. (11:12)

**WHAT DOES “ACT LIKE MEN” MEAN? IT MEANS DON’T ACT LIKE AN ANIMAL.**
There is a lot of confusion in the culture about manhood these days. Peruse the popular men’s magazines, and the formula becomes painfully predictable. The shining example set forth for all to follow is typically the latest tough-guy actor or high-profile athlete. The advertisements then provide the map for modeling your life after them: wear the right watch, drive the right car, sip a suitable beverage, don some groovy glasses (lenses optional), and of utmost importance, be arrayed in apt attire, preferably a slim-cut suit (how often does one wear suits?). Polish off the package with a pair of shoes (no socks) that cost more than your first car.

If you do all of these things, along with eating hundreds of salads a day and mastering the fine art of making sushi, all while working out four to seven hours a day and launching a venture capital firm, then maybe, just maybe, you’ll land the right girl, and then you’ll be a real man.

Yet in the midst of these guidelines and practical articles like “How to Shave Your Scrotum” (huh?), there is a chasm of content on the key components of authentic manhood. Things like character development, investment in the next generation, leaving a lasting legacy, faithfulness, integrity, and fidelity all go unnoticed.

The pull of the magazine ideal of manhood tugs at the hearts of men every day, but if you want to learn to leave a lasting legacy, the data screams to look elsewhere.
SURVEYING THE TERRAIN
According to Voddie Baucham, the culture measures manhood by the three B’s.

**BILLFOLD**

**BALL FIELD**

**BEDROOM**

Robert Lewis offers a four-point definition of manhood that he developed while working with men in his church:

1. A man rejects passivity.
2. A man accepts responsibility (see chart on next page).
3. A man leads courageously.
4. A man expects a greater reward.

... looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

—Hebrews 12:2

WHEN I WAS A CHILD, I SPOKE LIKE A CHILD, I THOUGHT LIKE A CHILD, I REASONED LIKE A CHILD. WHEN I BECAME A MAN, I GAVE UP CHILDISH WAYS.

—1 Corinthians 13:11
The Bible highlights three areas where a man is given responsibility:

(1) **A will** to obey, (2) **a woman** to love, and (3) **a work** to do.

The Bible also highlights two men as being representative of all of mankind: Adam and Christ. It is helpful to note the way both of them responded to their responsibilities. One accepted and the other rejected the plan God set before him.

*For as by the one man’s disobedience [Adam’s] the many were made sinners, so by the one man’s obedience [Christ’s] the many will be made righteous. — Romans 5:19*

*For a man . . . is the image and glory of God. — 1 Corinthians 11:7*

<table>
<thead>
<tr>
<th></th>
<th>Adam</th>
<th>Christ</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A will to obey</td>
<td>The first man to appear on the scene. He was breathed to life by God himself. Adam means “from the ground.” Or “red.” His sin “cast a shadow” on all of humanity and reduced manhood.</td>
<td>Called the second Adam (1 Corinthians 15:47) because of the way He redeems, or “shines light” on humanity.</td>
</tr>
<tr>
<td></td>
<td><strong>God’s will:</strong> “ . . . of the tree of the knowledge of good and evil you shall not eat.” (Genesis 2:17)</td>
<td><strong>God’s will:</strong> “I lay down my life that I may take it up again . . . This charge I have received from my Father.” (John 10:17-18)</td>
</tr>
<tr>
<td></td>
<td><strong>Adam’s response:</strong> . . . and he ate. (Genesis 3:6)</td>
<td><strong>Christ’s response:</strong> He said “It is finished,” and he bowed his head and gave up his spirit. (John 19:30)</td>
</tr>
<tr>
<td>2. A woman to love</td>
<td>And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. (Genesis 2:22)</td>
<td>Christ loved the church and gave himself up for her. (Ephesians 5:25)</td>
</tr>
<tr>
<td>3. A work to do</td>
<td>“Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” (Genesis 1:28)</td>
<td>Christ reconciled us to himself and gave us the ministry of reconciliation. (2 Corinthians 5:18)</td>
</tr>
</tbody>
</table>
getting your bearings

Take fifteen minutes to process the following questions on your own.

1. Based on what you just heard, what would you say are some of the most important aspects of manhood?

2. Looking back at 1 Corinthians 13:11 (page 12), what are some things boys need to put away?

3. Conversely, if there are things a boy needs to “put away” to become a man, what kind of things does a man need to intentionally “take up”?

4. Thinking of your journey as a man, what is one area of manhood where you need to give attention more than any other? (It might help to look back to your notes from Robert Lewis’s teaching and James MacDonald’s segment on manhood.)

5. Why has this particular area been a struggle for you?

6. What do you need to do differently to put away things that have hindered your ability to grow in this area?
PART 2

“THERE WAS A DAY WHEN YOU WOULD MOVE FROM BOY TO MAN, AND THERE WAS SOME INDICATION OF WHEN THAT WAS. NOW WE DON’T KNOW . . . AND THE RESULT IS THAT YOU’VE GOT A BUNCH OF BIOLOGICAL ADULTS BUT EMOTIONAL CHILDREN . . . BOYS WHO CAN SHAVE.”

—MARK DRISCOLL

THE LURE OF ADOLESCENCE

What is the lure of adolescence? Why are men easily drawn back into boyhood, shirking responsibility and living only for themselves?

Think back to the average twenty-five-year-old man of 1950. Most likely he had served in one of the most brutal wars civilization had ever experienced. When he came home, he married, landed a job—
probably a trade of some sort—and had kids. Before long he bought
a house and likely lived there well into his retirement years, if not
the rest of his life.

Compare this to the average twenty-five-year-old man today. More than
likely he has done some college. If he graduated, he might have landed a
job, but may be exploring other options, such as graduate school or world
travel. He probably has a girlfriend, but he’s not ready to commit to
anything long term. He more than likely has a dog that he loves dearly.
Ask him about his goals for life and they probably center around making
money and experiencing the world, though he’s not sure yet what his
calling is. More than likely he has moved back in with his parents (if
he ever left) or is at least keeping his old bedroom as an option.

This is clearly a caricature of the two ages. Not that we want to return
to 1950, with the world on the cusp of war in Korea and the spread of
global communism. There was certainly a cultural undercurrent
flowing away from traditional biblical values.

But is the state of manhood better now than then? No doubt the men
of today seem to have more fun finding themselves and exploring
their options, but has it made for a better society, a better place for
women and children?

“The reason why we have thirty-, forty-, fifty-year-old
adolescents . . . [is] the breakdown of the family over
the last thirty-five to forty years. With the rise of
the divorce rate and the increased feminization of
men, what we’re finding is a reticence of men to
step up and step out.”

—Crawford Loritts
IF YOU ARE FEELING STUCK IN ADOLESCENCE:

- Begin by believing that God has created you in His image for a specific purpose, and has a great vision for your life.
- Know that He has great love for you and cares deeply about you.
- God does not want to see you fail in your pursuit of life in Him (John 10:10).
- Identify what has you stuck.
- Recognize that time is fleeting. You must develop a sense of urgency about getting unstuck (Ephesians 5:16).
- Choose one thing you are passionate about and identify one action you can take this week. Meet with a guy you admire who can give you advice and encouragement in this area.

IF YOU KNOW SOMEONE WHO IS STUCK:

- Begin by encouraging him, letting him know he’s unconditionally loved, that he’s not alone, and he’s not the first person in the world to be stuck.
- Drive him to clarify his future. Help him to objectify where he needs to be, and keep asking him, “So what are you going to do?”
- Remind him that taking responsibility will strengthen, not destroy him.
- Let him know you will be there to help him get over the hump.
CLIMBING MOUNT EVEREST

The Tetons have much to offer, but when it comes to climbing, there is no higher peak than Everest. If you’re thinking of giving it a whirl, here are some facts to whet your appetite:

- Edmund Hillary was first to the top, on May 29, 1953.
- His journey took three months, 400 people, and 10,000 pounds of baggage.\(^1\)
- Since then, 3,142 have ascended the summit (as of 2010).\(^2\)
- Over 200 have died attempting the climb.\(^3\)
- Average cost to climb is $60,000.\(^4\)
- Allow two months to make the trek.

Other helpful things to know:

- If you make it, you can now text your grandmother to celebrate, since cell phone service was installed in 2010.
- If Everest seems too easy for someone of your extreme manliness, set your sights on Mr. Apa Sherpa, who has climbed it a record twenty-one times.\(^5\)
- And since nothing is manlier than a shortcut, Frenchman Didier Delsalle was the first to fly to the top via helicopter in May 2005.\(^6\)
Take thirty minutes to discuss the following questions in your group.

1. How does our culture define manhood?

2. How does this compare to what Robert Lewis and James MacDonald shared?

3. Why is there so much confusion about manhood and what it means to be a man?

4. In your opinion, when does a boy become a man?

5. Who do you know that embodies real manhood?

6. If you are willing to share, what is the one area of manhood where you feel you need to grow in the coming year? (Refer to question 4 in Getting Your Bearings on page 14.)

7. On your own take 5–10 minutes to complete the "Wrapping it Up" exercise on the following page.
Write down one thing you need to do a better job of as a man.

Now write it in a way to fit into the following statement:

\[
I \text{ will be a man who} \quad \quad \quad \quad \quad \quad .
\]

For instance, if you hope to grow in your ability to be responsible, write, “I will be a man who can be depended on no matter what.”

Here are some other examples:

I will be a man who . . .

**CHARACTER:** does what’s right all the time.

**INTEGRITY:** is the same in public as he is in private.

**PERSEVERANCE:** does the hard thing when he feels like giving up.

**FAMILY:** sacrifices for the sake of those he loves.

**PRIORITIES:** keeps life and work in a proper balance.

**FAITH:** knows that life is best experienced as a faithful follower of Christ.

**TEACHABILITY:** knows when to admit he’s wrong.

**REPTANCE:** can ask for forgiveness.
It’s important that your statement fit this sentence because of the bigger purpose for this day. By the end of the day, we hope to help you develop a personalized Stepping Up Creed, one that fits who you are and addresses the main themes of each session. You will be filling in the following four statements:

I will be a man who

I will display courage by

I will pursue godliness by

I will make a difference by

You can see the final creed on page 77.

Once you have written your statement for this session, transfer it to the creed on page 77, and then take a break to prepare for session two.