

SESSION #7 BIBLICAL MANHOOD: HEART**I. INTRODUCTION**

Wound: Any unresolved issue where a lack of closure adversely impacts and shapes the direction and dynamics of a man's life now.

1. All men are affected by _____ to one degree or another
2. Authentic men are _____.
3. Every man has the _____ wound.

II. A BROKEN WORLD

1. In an instant, a perfect world became _____.
2. We live as broken men in a broken world.
3. In spite of our best efforts to create _____ on earth, we still experience pain, disappointment, discouragement, fear, anxiety, and frustration.
4. One day Jesus will return to make all things _____.
 - "He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, no pain anymore, for the former things have passed away." Revelation 21:4 [ESV]

III. BROKEN MEN

1. Adam's sin not only broke the world, it also broke _____.
2. The Bible teaches that our nature is bent _____ from God.
3. Left to ourselves we try to do _____ but too often we can't.
4. The heart wound is a man's total inability to do good before God apart from a relationship with Jesus Christ.
 - "There is no righteous, not even one." Romans 3:10 [NIV]
 - Compared to God's standard, we all fall miserably _____.
5. The solution to the heart wound is not psychology, morality, religion, or self-help.
6. In the book of Romans, Paul reveals the _____ to the heart wound:

- “While we were still sinners, Christ died for us.” Romans 5:8 [ESV]
- Jesus said, “I am the way, the truth and the life. No one comes to the Father except through me.” John 14:6 [ESV]

7. Jesus is our only solution to the heart wound.

IV. DISCONNECTED MEN

1. Faith in Jesus doesn't mean that we all of a sudden become _____.
2. There are _____ effects of the heart wound.
3. When we disconnect from our _____ it sets us up for failure and it leads us into dangerous and damaging territory.
4. Men have a tendency to bore through life with their _____.
5. Men's routine _____ of self-disclosure is dangerous to their emotional and even physical health.
6. Author Chip Dodd says: “We just go through the motions, never fully knowing ourselves, never fully knowing others and never fully finding the _____ life.”
7. Those feelings and experiences that we stuff deep inside always find a way to the _____.

V. THREE SUGGESTIONS FOR CONNECTING WITH OUR HEART

1. We must recognize and _____ feelings.
 - “Feeling our feelings is about beginning to take responsibility for the content of our hearts. It requires us to live out how our hearts are made and use our feelings to experience and add to relationship, first with ourselves, then with others.
 - There are two extremes that can happen with emotions:
 - To _____ - driven by desire to control life.
 - To _____ emotions – driven by self-love and self-obsession.
 - A balanced approach is to be honest with our feelings before God and before trustworthy friends.
2. We must tell the _____ about our hearts to those who are trustworthy.
 - We need to practice _____ communication.
 - To one degree or another, we all struggle with the _____

things.

- “No temptation has seized you except what is common to man.” 1 Corinthians 10:13 [NIV]

3. Give the truth of your heart to _____.

- Like David, we must be brutally _____ with God.
- Try keeping a journal of your prayers to God.

VI. CONCLUSION

1. To stay connected to our heart, we need three things:

- Feel our feelings
- Tell the truth about our hearts to others
- Give the truth of our heart to God

2. We are _____ men living in a broken world.

- Jesus said, “I have told you these things, so that in me you may have peace. In the world you will have trouble. But take heart! I have overcome the world.” John 16:33 [NIV]

3. We are wired to have _____ with our Creator and community with others.

4. The six sessions of “A Man and His Story” were intended to help you become more connected:

- Connected to your past...with your wounds and your victories
- Connected to others...your teammates
- Connected to yourself...your own heart
- Connected to God...and the story He is telling through your life.

DISCUSSION / REFLECTION QUESTIONS

1. How has the brokenness of the world touched your life? What does God's promise to redeem the world mean to you?

2. Why do you think it is difficult for guys to be transparent? Discuss how transparency may be difficult for you personally.

3. This session recommended three ways to connect with your heart. How are you doing in these areas?
 1. Recognize and feel feelings
 2. Tell the truth about our hearts to those who are trustworthy
 3. Give the truth of our heart to God

(ANSWERS)

I. INTRODUCTION

1. All men are affected by wounds to one degree or another
2. Authentic men are difference-makers.
3. Every man has the heart wound.

II. A BROKEN WORLD

1. In an instant, a perfect world became imperfect.
2. We live as broken men in a broken world.
3. In spite of our best efforts to create heaven on earth, we still experience pain, disappointment, discouragement, fear, anxiety, and frustration.
4. One day Jesus will return to make all things new.

III. BROKEN MEN

1. Adam's sin not only broke the world, it also broke us.
2. The Bible teaches that our nature is bent away from God.
3. Left to ourselves we try to do good but too often we can't.
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 - Compared to God's standard, we all fall miserably short.
5. The solution to the heart wound is not psychology, morality, religion, or self-help.
6. In the book of Romans, Paul reveals the solution to the heart wound:

IV. DISCONNECTED MEN

1. Faith in Jesus doesn't mean that we all of a sudden become perfect.
2. There are lingering effects of the heart wound.
3. When we disconnect from our heart it sets us up for failure and it leads us into dangerous and damaging territory.
4. Men have a tendency to bore through life with their head.
5. Men's routine avoidance of self-disclosure is dangerous to their emotional and even physical health.
6. Author Chip Dodd says: "We just go through the motions, never fully knowing ourselves, never fully knowing others and never fully finding the abundant life."
7. Those feelings and experiences that we stuff deep inside always find a way to the surface.

V. THREE SUGGESTIONS FOR CONNECTING WITH OUR HEART

1. We must recognize and feel feelings.
 - There are two extremes that can happen with emotions:
 - To disconnect - driven by desire to control life.
 - To overindulge emotions – driven by self-love and self-obsession.
2. We must tell the truth about our hearts to those who are trustworthy.
 - We need to practice transparent communication.
 - To one degree or another, we all struggle with the same things.
3. Give the truth of your heart to God.
 - Like David, we must be brutally honest with God.

I. CONCLUSION

1. To stay connected to our heart, we need three things
2. We are broken men living in a broken world.
3. We are wired to have community with our Creator and community with others.