

### 1<sup>st</sup> Session, July 26<sup>th</sup> titled “Are You Ready for Anything”

This lesson is about vigilance, and will answer the question, How can I be ready for anything that comes my way? You’ll learn a new skill that will help you “be on your guard” as you pursue Biblical manhood.

Scripture used: Luke [12:35](#)-40; I Corinthians [9:19](#)-27, [10:12](#)-14; I Peter [3:14](#)-16, 5:8

### 2<sup>nd</sup> Session, August 2 titled "God’s Way to Stand Firm in the Faith”

What is the problem God is trying to solve when he says, “Stand firm in the faith”? As much as we want to stay positive, almost every day has “I wish I didn’t have to go through this” moments. While we can’t escape the storms of life, we don’t have to be swept away by them either. Join us and learn, or be reminded, how you can stand firm on a firm foundation!

Scripture used: 1 Peter [3:14](#)-18, Romans [10:17](#), Matthew [22:29](#), [7:24](#)-27, Hebrews [4:12](#)

### 3<sup>rd</sup> Session, August 9<sup>th</sup> titled “The Clint Eastwood Effect”

You’ve probably seen the movie where: a band of outlaws is terrorizing a town until someone—usually a retired gunfighter seeking redemption—arrives to help the townspeople stick up for themselves. Suddenly, the meek and mild general store proprietor has a shotgun in his hands and says, “Not in my town, scumbag!” What’s the difference between the cowardly store owner and the courageous defender of his town? Someone inspired him to be courageous. We all want to be men of courage. Join us as we continue our series on Rock Solid Men and talk about where courage really comes from.

Scripture used: 1 Corinthians [16:13](#)-14; Joshua 1; Psalm 100:1-3

### 4<sup>th</sup> Session, August 16<sup>th</sup> titled “Strength- Who Is In Your Foxhole”

Are you in a strong place, or do you feel a bit puny? Or maybe a little bit of both depending on the area. Weak or strong, one thing is for sure: we will always be stronger together. In this lesson we are going to learn or be reminded of God’s “official” way of making disciples who are strong in mind, body, and spirit.

Scripture: 1 Corinthians [9:24](#)-27, Ecclesiastes 4:9-10,12, Galatians 6:1-2, Ephesians [3:16](#), [6:10](#), 2 Timothy [3:16](#)-17

### 5<sup>th</sup> Session, August 23<sup>rd</sup> titled “The Christian’s Secret of a Happy Life”.

Do you have Scriptures that make you dizzy? Hopefully you do! And hopefully after this lesson you’ll have a few more! Our main text is, “Do everything in love.” What does that mean, and look like in action? Join us and learn, or be reminded, how a deeper understanding of God’s message of love can empower you to really, truly, fully, and finally find the Christian’s secret of a happy life.

Scripture: 1 Corinthians [16:13](#)-14, 1 John 4:7-16, John 15:1-17.

### 6<sup>th</sup> Session, August 30<sup>th</sup> titled “What is Sabbath, Why does It Matter, and How Do You Do It”

You say to your primary care physician, “Doctor, I’m so tired on Mondays I can barely function.” After running the usual tests your doctor tells you, “All your labs came back normal. I’m sorry to be the bearer of bad news, but it looks like you’ve contracted a severe case of rest-interval dysfunction.” “What?!” you protest. “How could that be? I just got back from a week of

vacation?" This lesson will explain the art of living a biblically rhythmic life. You will walk away with a host of practical ideas to help restore and renew your soul each and every day.

Scripture: Genesis 2:2, Deuteronomy [5:12-15](#), Matthew [11:28](#), 12:1-14, Mark [2:23-28](#), Luke [5:15-16](#)

7<sup>th</sup> Session, September 6<sup>th</sup>, titled "In Times of Trouble, The Rock Solid Man Stands"

What happens to you when you face struggle, hardship or pain? If your foundation isn't solid, you'll stumble and fall. A Rock Solid Man stands firm when the troubles of life hit you. Over the past six sessions we have seen what the Scripture has to say about living like a rock solid man. We've examined 6 attributes of Christian manhood: vigilance, faith, courage, strength, love and rest; and six corresponding life practices for the Christian man: prayer, devotions, worship, relationships, service and sabbath. Join us as the lesson leader wraps up this series and shares how these practices have formed his faith and helped him face very real pain and difficulty. The Scriptures promise: The best is yet to come!

Scripture: 1 Corinthians [16:13-14](#)