

Based on the Original **MEN'S** **FRATERNITY** Material Created by Dr. Robert Lewis
C L A S S I C

INCLUDES:

- Exclusive Articles
- Session Outlines
- "Red Zone" Features
- Presenter Insights

33

THE SERIES™

AUTHENTIC
MANHOOD™

VOLUME **2** TRAINING
GUIDE

A MAN AND HIS STORY

Designed for use with
33 DVD Series

authenticmanhood.com

LifeWay | Men



33

THE SERIES™

**AUTHENTIC
MANHOOD™**

**VOLUME 2 TRAINING
GUIDE**

A MAN AND HIS STORY

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Published by Authentic Manhood
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How to Experience **33** as an Individual or Group

33 The Series can be viewed on DVD, downloaded from authenticmanhood.com, or experienced via mobile apps. Any of these three delivery systems can be utilized by groups or individuals. *One of the great things about this series is the variety of ways it can be used and/or presented.*

The series is organized in a way that provides flexibility and offers a variety of options on how the material can be experienced. **33** is organized into six topically-themed volumes that include six sessions each. *Volumes include topics on a man's design, story, traps, parenting, marriage and career.* You can choose to commit to one volume/topic at a time, by limiting a particular experience to six sessions, or you can combine multiple volumes into one expanded experience that includes more sessions (12, 18, 24, 30, or 36). You can also choose any combination thereof.

*However you choose to experience 33, the manhood principles and practical insights taught in each volume are essential for every man on the journey to Authentic Manhood. **33***



The Importance of Being in a **Community of Men**

Climbing a mountain alone is a difficult and even dangerous undertaking.

Attempting to climb the mountain of manhood alone is also not recommended. Just like a mountain climber needs to belay or connect with another man for safety and support, we need other men around us to help us stay on course with our manhood.

Having other men deeply connected to us becomes invaluable when we slip, struggle, or stray off course in our manhood journey.

To fully enjoy 33, experience it in community with other men. The goal of this study is not just to fill in the blanks of your **Training Guide**, but also to fill in the blanks of your life. Having other men walk through the experience with you is key to moving this material from the pages of your **Training Guide** to the pages of your life.



MANHOOD COMMUNITY

- 1 Provides encouragement.** Every man needs other men cheering for him and encouraging him on his journey to Authentic Manhood.
- 2 Gives you additional insight.** Having other men around you helps you get a much better perspective on your life. Others can help you discover your blind spots and avoid costly mistakes.
- 3 Brings constructive criticism.** We all need men in our lives who will be honest with us to help us become better men.
- 4 Makes your journey richer.** Sharing life with a community of men makes the great times feel like a celebration and provides much needed support when life gets rough.

No one can force you to open up your life and work to make a connection with another man. Although it can be challenging and frightening, it's well worth the risk. **SS**

From a Weekly Gathering to a Global Movement

Several years ago, Dr. Robert Lewis responded to the desire of a handful of men who were hungering for more than a Bible study. They wanted a map for manhood – a definition of what it meant to be a man. They needed help to leap over the hurdles they were encountering in life.



churches to prisons, on military bases and the field of battle, at NASA and even on a space shuttle mission. Wherever the messages were heard, the challenge remained the same: to call men to step up and follow biblical manhood modeled by Jesus Christ.

Robert responded by launching a weekly gathering called *Men's Fraternity*, challenging men to join him at six o'clock each Wednesday morning for 24-weeks. From the depth of his own personal experience and the pages of Scripture, Robert developed what came to be known as the Men's Fraternity series:

The Men's Fraternity curriculum *was created on the front lines where men live, written in the trenches in response to men who pleaded for purpose and direction*. It has proven to be the most widely used and effective material on Authentic Manhood available today.



- *The Quest for Authentic Manhood*
- *Winning at Work & Home*
- *The Great Adventure*

What began as a weekly meeting of men searching for answers to their manhood questions has grown into a bold movement that has dramatically impacted the lives of men, their families and communities. 

What began with a few men huddling up grew into a weekly gathering of more than 300 men. In just a few years, local attendance at Men's Fraternity climbed to more than a thousand men.

The message of Authentic Manhood began to spread and soon exploded into a global movement *impacting more than a million men in more than 20,000 locations worldwide* – from locker rooms to boardrooms, from

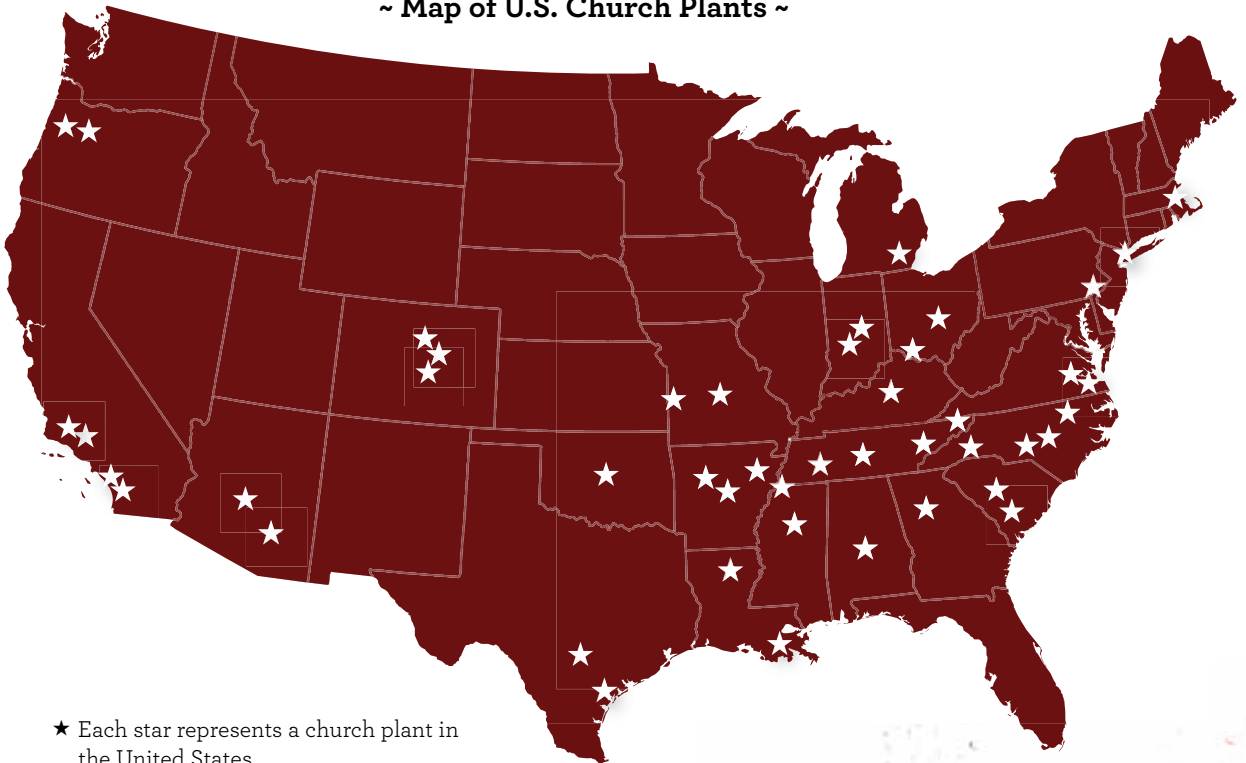


A Movement that **Grows Authentic Men** and **Plants Churches**

For over a decade, Fellowship Associates has helped over *a million men all over the world to discover the life of truth, passion and purpose they were created to live through Authentic Manhood materials*. During that same decade, Fellowship Associates has been directing a church planting residency program that has been recognized as one of the most effective church planting efforts in the world.

The proceeds from the sale of Authentic Manhood materials have helped underwrite the planting of 56 (and growing) strategic churches throughout the United States as well as in Canada, Hong Kong, Dubai, Guatemala, Poland, and Spain. [33](#)

~ Map of U.S. Church Plants ~



★ Each star represents a church plant in the United States

The Presenters



BRYAN CARTER

Bryan Carter taught the original Men's Fraternity curriculum to a group of more than 800 men over a three-year period at Concord Church. Additionally, he's been a frequent speaker at local and international churches, conferences and events.

Bryan is the Senior Pastor of Concord Church in Dallas, Texas.

He is the author of a 28-day devotional book entitled, *Great Expectations*. Bryan also contributed to the book *What Two White Men of God Learned from Black Men of God*, coauthored by Dr. Joel Gregory and Dr. Bill Crouch.

A recreational basketball player, Bryan is a fan of the NBA's Dallas Mavericks.

Bryan and his wife Stephanie are the parents of two daughters, Kaitlyn and Kennedy, and one son, Carson.

TIERCE GREEN

Tierce Green teaches the principles of Authentic Manhood to well over a thousand men each week at a gathering called *The Quest*. He is also one of the teaching pastors in the bullpen for his Senior Pastor, Kerry Shook.

Tierce is the Executive Pastor of Small Groups at Woodlands Church in The Woodlands, Texas.

Tierce has written curriculum for Student Life, North American Mission Board and LifeWay. His most recent project is a 12-week series for men called *Fight Club: Some Things Are Worth Fighting For*.

A lifelong Dallas Cowboys fan, Tierce's favorite activities include landscaping, good food and conversation.

He and his wife Dana have one daughter, Anna.

JOHN BRYSON

Seeing firsthand the impact the original Men's Fraternity curriculum had on his own life, John Bryson decided to teach the material himself. In the years since, he's led thousands of men through the basic ideas of biblical manhood.

John is a co-founding teaching pastor of Fellowship Memphis in Memphis, Tennessee.

In 2010, he completed his Doctor of Ministry from Gordon-Conwell Theological Seminary. John is also the author of *College Ready*, a curriculum for college students, and travels the country consulting and investing in churches, church planters, leaders and new ideas.

A native of Harlan, Kentucky, John played baseball at Asbury College.

He and his wife Beth have 5 kids: Brooke, Beck, Bo, Boss and Blair.

Looking Back

SESSION **ONE** | Training Guide

THIS SERIES CAN ALSO BE EXPERIENCED IN THE **3G** APP





★ Home Run

by Chip Dodd

M

*y name is
Chip Dodd.*

I have worked in the world of restoration of men's hearts for over 25 years. I have a PhD and am a licensed professional. The words you are about to read I mean, and I live.

The life we are meant to have is not just about intellect, willpower or morality as much as it is about giving our hearts to the God who loves us and to the people who need us. In so doing, we ourselves can be blessed to live fully, love deeply and lead well.

We cannot give what we do not know and do

evening was calm. The day was finished. Life was good. From the backseat my youngest son William said, "Dad, do you remember when I hit the home run at McKnight Field?" I heard him clearly, but wanted to say, "What?" as if I misunderstood so that maybe he would say, "Never mind" or "Nothing." You see, I knew that he had not actually hit a home run but a ball that bounced over the fence. He wished deeply that the hit could be a home run and was seeking my affirmation of his "success."

His brother, Tennyson, had already hit a passel of home runs that summer and had stowed the balls away in a drawer in his bedroom, with the

Heartbreak

not have. **We have to be able to know the heart and use the language of the heart to be able to give heart and fully understand our story.** God wants to give us an abundant life, yet we have to show up to receive it with our hearts in our hands.

What follows below is an abridged story from my book, *The Perfect Loss*. I wrote the book as a testimony of what God can do with a surrendered heart.



When my youngest son, William, was eight years old and oldest son Tennyson was ten, my wife and I and the boys were driving home one Friday night after going out to eat. The

trophies from the team's championships. He also had a nickname, T-Bone, which became memorable to other boys and interested parents.

I said to William truthfully and gently, "No." Then, he tried again, with a little more urgency in his voice, "Yeah, Dad, you remember. I hit the ball and it bounced over the fence and everybody thought it was a home run, but really it bounced over, but it was a home run. You remember."

I felt more fear and a dawning pain of compassion pulling at my heart. I slowly said, "No, William, I don't remember that."

After hearing me say, "No," William sat for a second; then he screamed from the backseat, "Don't say that! Don't say that! Yes, I did; you remember!" The silence in the car was heavy and a thousand words of heart sat on a tipping point,

to either be brought into the light or to fall into the dark of unsettled shadows and squashed dreams. My little eight-year old son beckoned me to meet him in his expression of pain while he was telling me to leave him alone.

The part of me that just didn't want to deal with this and didn't know what to do wanted to run

I love you for you.



away from William's pain—ignore him or “teach him about life.” **I just wanted to fix it by telling him something that I didn't know to be true: “You will hit a home run next time.” I wanted to postpone his agony by pretending a gushing cut was just a scratch.** I wanted to attack what I could not control, shut him down with my own denial about life's outcomes and tell him to toughen up. I wanted to give him a resignation pill—the infamous fix-all—“Life's not fair, so get over it and get on with it.” This half-truth always works to shame hope into a corner. I said none of these things.

We drove home in silence. I hurt inside about my young son. I knew pain. I knew what it was like to hide my heart, to pour contempt upon hope, to mock the risk of vulnerability, and to lose dreams without grieving. My William was in pain. I knew he needed someone to fight for him so he could have himself back and his destiny—to show up emotionally and spiritually.

We arrived home while I was having these thoughts. As we got out of the vehicle and headed toward the back door, I said, “William, stay out here with me; let's sit out here.” He said, “No, sir.” I sat down where I believe God had designed for us to sit, on our back porch, looking out over our courtyard of flowers and bushes on an old church pew.

William said, “No” again, then sat down, the way someone sits when they are still standing up on the inside. We sat there. He, staring out into the dark, full of pain, silent. I, full of pain, scared, wanting and locked out. I reached out my hand to touch the back of his shoulder. He

pulled away with a message of contempt. I sat there seeing the back of him.

Then, I said the simplest, most obvious hopeful prayer I could imagine. “William, do you believe that you have to hit home runs to be somebody?”

Before I knew it, an anguished cry rose from within my eight-year old. “What do you think?” he cried and then the tears rushed forward as his torso fell over onto his thighs, and his head rested against his clenched

hands. “What do you think? All I ever hear is ‘T-Bone, T-Bone, T-Bone.’ I'm nobody. They don't even know my name,” he wailed. A groan emerged with chest-wracking tears as his rib cage shook. “I'll never be anybody 'til I can hit a home run.” I was leaning forward with him. His tears dropped like rain on the old red bricks, turning each spot black.

I slowly reached out my hand and touched his shoulder; this time his body melted against my leg as I leaned over him with a heavy heart. After a time of crying hard, he breathed the breath that is the rest of the grieving; I said, “William, William, I don't care whether you ever hit a home run or even play baseball. You are William. Your worth is yours, your gifts are yours; you are your own kind of ball player. You will hit a home run when it's time, or your gifts will play themselves out in many other ways. I love you for you. You have got to be William. I know you want to hit home runs. I know you hurt. But you are made to be William.”

Resting against my leg with the side of his face turned onto my knee, he looked tired, and rested, and like William. Some of the words I spoke went into the openings of his heart. Most of them probably just disappeared, but the love wasn't lost, nor his struggle for truthfulness wasted.

We talked quietly a little more. He said after a bit that he was ready to go inside. I asked if he minded if I prayed. Afterwards, as we entered the house off the porch, Sonya and Tennyson were coming into the same room. William saw Tennyson, moved to him quickly, put his

arms around him and said from way inside himself, "I love you, Tennyson." There they stood, arms around each other; the one who walked in pain proclaiming love to the one who, at the time, walked in victory. "I love you, too, William," were Tennyson's simple words. William had his heart back and his voice with it. I wish that none of it had to happen, but even more I was thankful that I had the heart to step into my love. //

One of the longest journeys a man can take is eighteen inches, from his head to his heart. He moves from figuring to feeling so he can become all of himself. By becoming able to identify, explore and express what he is feeling, a man becomes more accessible to himself, others and God.

As men, we must bring our hearts to the surface in order to discover and tell the stories of our lives. What were we scared of back there? What hurt and maybe even still hurts? Who taught me about loving a woman? Who showed me how to be vulnerable with men? When did I become ashamed of asking questions? How did I get rage and healthy anger confused? When did survival take the place of dreams and "getting by" take the place of passion? What makes me apologize for being sad or even cry about loss? The answers to these questions are a part of my own unique story and will open up doors of shared experiences with other men who also have their own unique stories. The truth of our lives allows us to find kinship. When one man tells the truth about himself, ironically he is often telling the truth about the lives of many other men.

We are made to live fully, love deeply and lead well. We are made to do so by living a life of passion, intimacy and integrity. We find the doorway to living this life by learning how to feel our feelings, tell the truth about them and give these experiences to God and others. To find our feelings, we must identify, explore and express what is happening within us.

To live the lives we are made for and the lives that our wives, children, friends and those we lead need us to live, we have to practice a daily experience of confession, surrender and acceptance. Confession is the daily admission of being human to God. I am not God, and I am in need of God. Surrender is the giving over of our hearts to the God who made us and wants us back—everyday. Acceptance is the work of facing the fact that life is tragic but God is faithful in the midst of the tragedy. As we practice confession, surrender and acceptance, we keep an undivided heart. We also end up living a story that carries on in the hearts of those we have loved—even beyond our earthly lives.

May God bless the next phase of your story. Thank you for striving for Authentic Manhood for both yourself and for those who matter most to you. You are a gift and you live in a world that desperately needs you to show up and look back so you can give your heart. 33



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33 Presenter Insight

The Power of Story

by John Bryson, 33 Presenter



E*very man has a story and every man is in the midst of a story.*

God is the ultimate author of all things, including my story and your story (see Romans 8:28; 11:36). A man cannot truly step into Authentic Manhood until he begins to see his life as a narrative—an epic adventure, a tragedy and a comedy all rolled up into one, with an ending that has yet to unfold!

I remember, in my twenties, being in a small group of men and being challenged by them to write down my heritage, my high points, my hurts and my heroes for the purpose of sharing my life story with the group. Being encouraged to look back, put my story on paper and share those discoveries with other men was powerful. Giving focused attention to my past, giving voice to the shaping influences of my life and sharing the good, the bad and the ugly of all that is me with trustworthy men was profound. Equally as powerful was hearing them do the same and realizing that though my story is unique, as a man, I am not alone. *We all have been shaped by defining moments, decisions, painful experiences and personal relationships.*

In my thirties, that “look back” got enhanced and nuanced as I listened to Dr. Robert Lewis teach



Men's Fraternity and the Quest for Authentic Manhood in Little Rock, Arkansas. Men's Fraternity was the movement that birthed and inspired 33 The Series. I was struck by Robert's clarity in telling his own story. His discoveries from his past were like keys that unlocked significant doors in his present. I learned from Robert that we are all deeply influenced by our fathers, mothers, friends, mentors and even our own heart.

In my forties, the role of "story" went nuclear as I invested in several significant experiences with intensive counseling. *Trusted, skilled, and trained men led me through experiences that forced me to look back into my story and explain me, to me. They helped me not only process my life experiences, but also capture the emotions that went with those experiences.* What started on those couches was a rediscovery of my heart. As a young man, I learned to live out of my head, not out

of my heart. I learned to think and accomplish, but I forgot how to feel. Here's the problem: living out of your head and with your hands usually works well in school, work, and with machinery but not so well with God, your spouses, kids, and friends. Those closest to you want your heart.

It is my deep desire that every man who experiences *33 The Series* will not only be equipped, but will also have the courage to "look back," so that he knows his story, understands his own heart, and is able to give his heart to those he loves. Chip Dodd cast a vision for me to "Live fully, love deeply and lead well;" and that is my desire for every man on the journey to Authentic Manhood. [SS](#)

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Moving Beyond the Past

by Jeff Lawrence

Jesus hand-picked Peter as a future leader of His movement. He had enormous plans for Peter, but Jesus also knew that Peter had blown it. Big time. In front of everyone. Just before Jesus had gone to His death through crucifixion, He warned Peter that he would deny Him three times. Peter said, “No way,” but it happened exactly as Jesus predicted.

After Jesus’ death and resurrection, He recognized that Peter would have to deal with his past before he could move forward and be the leader he was called to be. Jesus initiated a special meeting with Peter over a meal which they shared near the fishing boat—a place where Peter was comfortable. After some initial chit-chat, Jesus got to the point:

Jesus said to Simon Peter, “Simon son of John, do you love me more than these?”

“Yes, Lord,” he said, “you know that I love you.”

Jesus said, “Feed my lambs.”

Again Jesus said, “Simon son of John, do you love me?”

He answered, “Yes, Lord, you know that I love you.”

Jesus said, “Take care of my sheep.”

The third time he said to him, “Simon son of John, do you love me?”

Peter was hurt because Jesus asked him the third time, “Do you love me?”

“Peter needed to revisit his past in order to fully understand his story and prepare for his future.”

He said, “Lord, you know all things; you know that I love you.”

Jesus said, “Feed my sheep.”

John 21:15-17 (NIV)

What was Jesus doing? Peter answered the question clearly the first time, yet Jesus asked it again and again. Jesus wasn't being cruel. Peter needed to revisit his past in order to fully understand his story and prepare for his future. Jesus asked three questions, one for each of Peter's denials.

I love how honest the Bible is about the struggle: Peter was hurt. Fact is, sometimes the only path to growth is through sorrow. If Peter didn't deal with the sin of his denying Jesus, he would never speak boldly for Jesus. Without this conversation, Peter certainly

would carry guilt and self-doubt around in the days that followed, and, perhaps, others would have questioned Peter's trustworthiness. Peter needed restoration so that he could advance in confidence and freedom as the new leader of the church. He would go on to lead courageously and help launch a worldwide movement that continues to this day. [33](#)

1 John 21:15-17 (NIV)

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Looking Back

Presented by John Bryson

I. INTRODUCTION

1. Every man has a _____.
2. Too often, men do not know how to deal with their hurts, hopes and emotions.

II. LOOKING BACK

1. Every guy has been shaped by the key moments in his life.
2. Too many guys are _____ by the events in their past that they don't understand.
3. To be a real man, you have to look back and figure out what has shaped you.
4. We will be covering some _____ topics.

III. THREE KEY IDEAS TO GUIDE US

1. Take a _____ approach to analyzing our past.

- **Manhood Definition:**

- Reject Passivity
- Accept Responsibility
- Lead Courageously
- Invest Eternally

- We're going to take the initiative to look back on our lives.

2. The concept of _____.

- The deepest wounds that men can experience in life aren't physical but are the wounds of his soul.

- The natural instinct of a man who has a wounded soul is to simply _____ it's not there.

- Some guys compensate for the pain by learning not to feel.

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

3. Ultimately, God is the _____ of your life.
 - God can redeem your past and bless your future.
 - “And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Romans 8:28 (ESV)

IV. THE EXPERTS: UNDERSTANDING THE IMPORTANCE OF OUR STORY

1. Jeff Schulte, Executive Director, Sage Hill Institute, an initiative for Authentic Christian leadership.
2. Dr. Chip Dodd, Executive Director and Co-founder of the Center for Personal Excellence, a treatment center working with high-level executives.

DISCUSSION / REFLECTION QUESTIONS

1. Discuss with your group any hesitancy to look back at the defining moment and key relationships in your life.

2. Do you tend to blame your past or ignore your past? Why?

**AUTHENTIC
M A N H O O D
YOUR STRATEGIC MOVE**



THE REST OF THE STORY...



A rough start doesn't have to be the final chapter in a man's story. History is littered with accounts of consequential men who suffered through painful, humiliating experiences as part of their story before enjoying their greatest triumphs. The common thread? They refused to allow their setbacks to be the end of their stories.

Bill Belichick - His five-year tenure as head coach of the Cleveland Browns was abysmal, the team posting a 36-44 record and only one playoff appearance. Belichick resigned in disgrace, but would resurrect his career as head coach of the New England Patriots, winning multiple Super Bowls and dominating the NFL.

Terry Fox - An aggressive cancer diagnosis resulted in the loss of one of his legs. Undeterred, Fox embarked on a distance run across Canada to raise awareness for cancer research. Fox eventually lost his battle to the disease, but his run inspired the world's largest ongoing one-day fund-raiser for cancer research.

John Grisham - Grisham's first novel, *A Time to Kill*, was rejected by 16 literary agents and more than 30 publishing houses before it received a positive response. Now Grisham has more than 275 million books in print in 40 languages, and nine of his novels have been made into feature films.

Abraham Lincoln - The Illinois lawyer endured a number of personal and political setbacks before his election as 16th President of the United States. He mourned the untimely deaths of his mom and girlfriend, suffered a business failure, and lost an election before his leadership helped shape the destiny of a nation.

R. H. Macy - The Massachusetts native opened four different retail stores over a twelve-year period. All four failed. His fifth attempt, R. H. Macy Dry Goods of New York City, succeeded, eventually becoming one of the world's largest department stores with more than 800 locations and \$24 billion in annual revenue.



SCRIPTURE REFERENCES

Romans 8:28 (ESV) “And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

SUPPORTING RESOURCES

Allender, Dan. *To Be Told: God Invites You to Coauthor Your Future*. Waterbrook Press, 2005. In this book, author and counselor Dan Allender suggests that by more accurately understanding our past we are better equipped to join God in coauthoring our future.

Dodd, Chip. *The Voice of the Heart: A Call to Full Living*. Sage Hill Resources, 2001. Dr. Chip Dodd provides a guide for understanding and navigating our emotions and experiences.

An Experience for Individuals or Groups

VOLUME

2

A MAN AND HIS STORY

33

THE SERIES™

A JOURNEY TO AUTHENTIC MANHOOD AS MODELED BY JESUS IN HIS 33 YEARS ON EARTH.

Every man's life tells a "story." In the pursuit of Authentic Manhood, every man must understand and come to grips with the defining moments and key relationships that have shaped his unique "story."

This volume of *33 The Series* provides men with a biblical perspective of their "story." It equips them to embrace how their past has affected their present and prepares them to deal with whatever the future may hold.

In *A Man and His Story*, both experts and regular guys will help men learn from their past, come alive in their present and enjoy God's best in the future.

SESSIONS:

- 1 Looking Back
- 2 Dad
- 3 Mom
- 4 Healing
- 5 All-Along
- 6 Heart



"I'm excited about 33 The Series and the way that it deeply connects with today's man. It presents the timeless truths of Authentic Manhood in a powerfully new and engaging way. I encourage every man to check it out and join the movement."

Dr. Robert Lewis, creator of the original Men's Fraternity series



Teaching team: Bryan Carter, Tierce Green, John Bryson

**AUTHENTIC
MANHOOD**

is a movement that leads men to live the life of truth, passion and purpose, that they were created to live.

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