

Men & Masculinity: Chapter 9 (The Hard work)

Questions for discussion

1. What do you see in the mirror?

There seems to be a point in everyone's life when they look in the mirror. They search in the eyes staring back at them, for something to recognize. How do our eyes tell us who we are? Frankly, I don't know but I can tell you it is true: we find ourselves in our eyes. Have you ever seen pictures of Santa Claus's eyes? They seem so warm, friendly and inviting. Yes, his face is that way too, but I have always felt there was something about the eyes. Goodness and safety just emanate from Santa through his eyes.

2. Do you need a change of heart?

To become the man is to change your eyes. Not literally silly but in the heart. As we just read in the scriptures, it's the stuff we let fester in the heart that kills us; our fears, disappointments, and failures. Success helps us but the other side of life is a heart killer. They say it takes 10 positive statements to erase one negative word. It's scary but true, our hearts don't really ever forget. We are built by our experiences in life. This chapter is about taking a new path, a path that purposely reinforces who we truly are as a man. It's the stuff that builds a happy strong heart rather than an abused hurt one. A heart like that can change our eyes.

3. We need to change sometimes.


Just as a person loses their leg or a job, things will change. To look in the mirror and see a man takes time, but it can be done. The beginning begins with telling yourself you're a man. It won't change you overnight but the positive seeds of who you are have been planted in the mirror. I was told once I have great "self-talk" ability. That came from practice not habit. I hated myself for a long time because someone close to me said I was less than stellar. They were dead wrong, but that truth took time to believe.

4. Do you ever spoil yourself?

This is a strange place to be. It's uncharted territory for some of us. I was asked if I had ever bought myself a chocolate bar in my first marriage. The honest answer was I hadn't. I was consumed with serving others. Being bold for you is somewhat arrogant, cocky, and self-centered, but in a good way. We could easily go down the road of self-absorption. I just want you to like and love yourself, not flaunt it. Spoiling yourself with something as simple as a chocolate bar is a great start.

5. Discovering you and God is how we grow.

The beginning of making a man is confidence. One of the worst things I experienced is a wife and parents that berated me in public. If those you have trusted with your heart think less of you then you are in trouble. Who do you turn to? It all begins with two people



God and you. I think the most pleasant surprise about knowing God was that in discovering him we really discover ourselves. Many Christians say it's all about knowing God. That is true but not the whole truth. Self- discovery happens as we grow in the Lord.