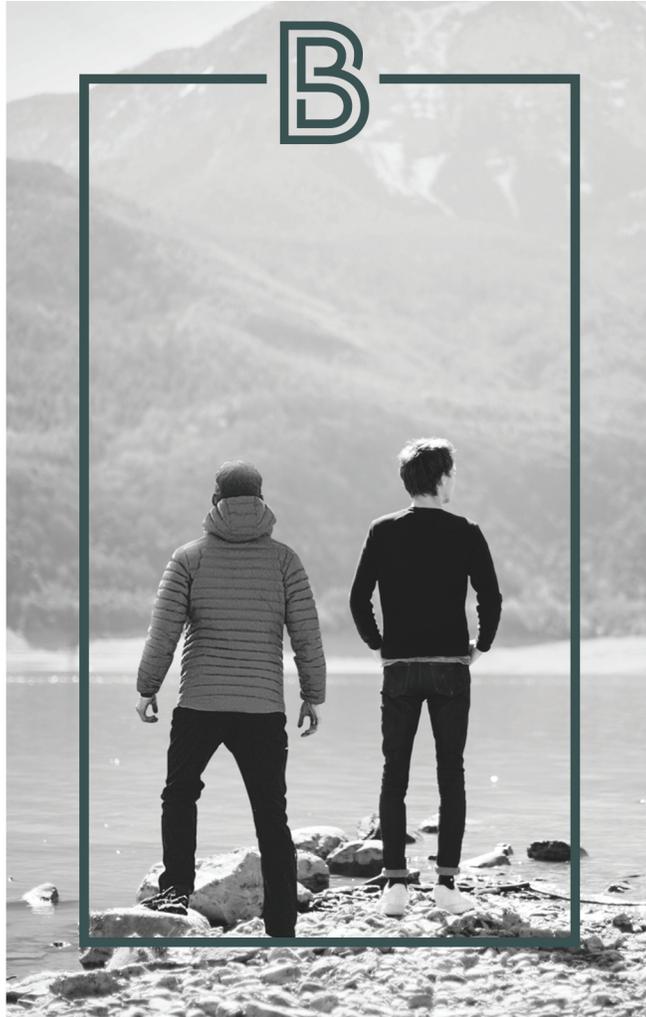


## SESSION SIX



## GOD & THE GOOD LIFE



# B BETTERMAN

## 1 The Three Approaches to Manhood

### A. The \_\_\_\_\_-\_\_\_\_\_ man

- You believe you have, or should have, what it takes to be a man.
- Manhood comes from within.

### B. The “\_\_\_\_\_” conscious man

- Your manhood copies culture and changing times.
- Manhood comes from without.

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**A Real Man...  
 Courageously Follows God's Word  
 Loves and Protects God's Woman  
 Excels at God's Work  
 Better's God's World**

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### C. The \_\_\_\_\_ man

- God created man and called him to embrace timeless manhood responsibilities.
- Manhood comes from the Bible

## 2 Manhood and the Good Life

### A. Can the good life be defined? Research and social science says “\_\_\_\_\_”!

- Social science, like Harvard's 75 year study of adult development, has helped to document and define what the good life is.<sup>1</sup>
- Other research studies, summarized by the ABC News special “*The Mystery of Happiness: Who has it... How to get it,*” also confirm the good life.<sup>2</sup>

### B. What the research says the good life isn't:

- It's not \_\_\_\_\_ and \_\_\_\_\_.
- It's not \_\_\_\_\_.
- It's not thrilling \_\_\_\_\_.
- It's not personal \_\_\_\_\_ and fame.

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**Over 80% of millennials say a major life goal is to get rich.<sup>3</sup>**

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Asked how great it was to win the Super Bowl, Tom Brady replied, “Is this it? There's gotta be more to life than this.”<sup>4</sup>

## 2

(Continued...)

### C. What the research says the good life is:

- Close \_\_\_\_\_.



People who are closely connected to family and friends are happier, physically healthier, and live longer lives than people less socially connected.<sup>5</sup>

Dr. Robert Waldinger

- A good \_\_\_\_\_.

Happy wife, happy life.

- \_\_\_\_\_ over life.

You can't control everything of course, but you can be wise and take steps that will reduce unnecessary stress and turmoil and add greater stability and satisfaction to your life.

Four practical things you **can do** to make life more manageable for yourself:

- Stay out of harmful debt.
- Pay attention to your health.
- Avoid long term disputes.
- Seek help to break any harmful, addictive habits.

- A vibrant \_\_\_\_\_.

## 3

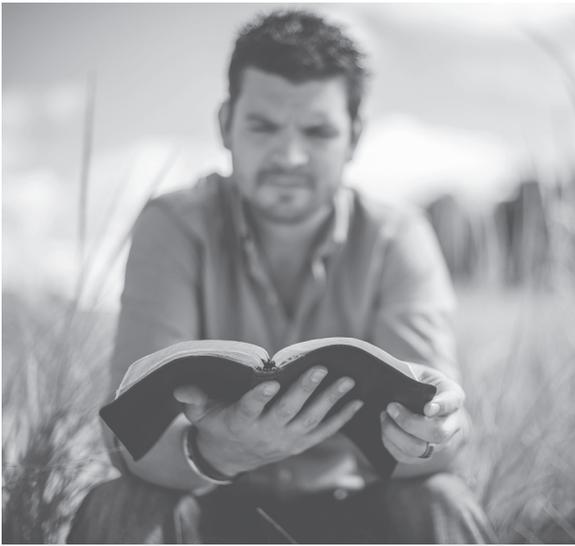
### So How Do We Engage the “Faith Side” of the Good Life?



According to His great mercy God has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in Heaven for you.

1 Peter 1:3-4

A. Faith begins with God's great \_\_\_\_\_.



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God always makes the first move. It may be through a stranger, an event or crisis, a friend, a family member, or an unusual circumstance. Whatever the means, God steps into our lives with a whisper or shout and says, “I have a better way for you.”

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### 3 (Continued...)

**B. Faith comes alive when we respond to God, believe, and are born \_\_\_\_\_.**

**C. Faith joins us to a living \_\_\_\_\_.**

- Jesus’ resurrection changed everything.
- There is no greater moment in life than the one where you experience Jesus alive in your life.

**D. Faith assures us of our inheritance in \_\_\_\_\_.**

- We have life beyond this life.

“ I am the resurrection and the life. He who believes in Me will live even if he dies. **John 11:25**

- “Reserved” means “you can count on it”; “it’s guaranteed!”

“ For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish, but have everlasting life. **John 3:16**

### 4 Are You Connected to Jesus?

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Faith in God is the beginning point of real manhood. Nothing happens without it.

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## Your Table Discussion Questions

1. What good life “not’s” do you tend to chase after?
2. How are you experiencing the good life right now and where are you coming up short?
3. How would you describe your relationship with God? Do you feel connected to Jesus?



### Your “BetterMan” Question



Before our next session, take a moment this week to reflect on your notes, and then answer the following question: What possible action step could I take from this session that could make me a better man? Write your answer down in the space below.

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