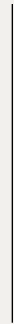




BETTERMAN



**STUDY LEADER GUIDE
BETTERMAN CORE**

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OVERVIEW

What does being a man really mean? Today men are confused. Predominant culture in the 1970's said "I don't need a man." Culture in the 90's said "I don't want a man." Today we are asking "what is a man?"

BetterMan is about activating a *better* masculinity - the true and timeless masculinity God designed from the beginning in Genesis.

BetterMan is an 11-week group study on the essentials of biblical manhood. Each week consists of compelling teaching followed by group discussion that provides a clear vision for biblical masculinity and practical ways to become the man God calls us to be.

After BetterMan, men are able to:

- Articulate what it means to be a man.
- Understand the challenges and opportunities manhood brings.
- Relate and connect better with their wife.
- Find greater purpose and success with work.
- Spiritually connect deeper with God.
- Deal with their past so it doesn't impact their future.

The key to BetterMan is the transformative power of relationships, which is why Study Leaders are pivotal. BetterMan Study Leaders will facilitate honest and real discussions along with mentoring, supporting, and encouraging the men in their group. Would you prayerfully consider investing in men as a Study Leader?

WHAT TO EXPECT

As a BetterMan Table Study, you and a Co-Leader will meet with your Small Group of men (usually around 6 men).

Each meeting will last **-75 minutes** with the following format:

- **5 minutes** to welcome and get refreshments
- **35 minutes** for the teaching and workbook guide
- **35 minutes** for the Small Group discussion

Throughout the 11 weeks, the men in your group will learn the fundamentals of biblical manhood, share their personal stories, deepen their relationships with other men, hear the Gospel, and walk away with life-changing practical applications. You're helping them kickstart their life-long journey of becoming a better man.

BEST PRACTICES

HAVE A GUIDE MINDSET. Your primary role as a Study Leader is to be relational and interactive. You'll be helping the guys in your group address key issues in their lives, deal with their faith (or lack thereof), and make practical changes for the better.

MODEL AUTHENTICITY. As a Study Leader, authenticity is better than expertise. Your job is not to know everything, but rather create a welcoming environment. Feel free to share struggles you are currently facing or have faced in the past. If someone asks a question that you are unsure of how to answer, that's perfectly OK! Communicate you'd like to think about it and get back to them next week.

BE MINDFUL ABOUT TIME. As a facilitator, ask good questions, listen, and help men stay on topic. Keep a gauge for the men in your group who are more prone to share or talk the longest and try to encourage the more reserved men in your group to share their thoughts and perspectives, too!

COMMUNICATE WELL. Keep in touch with the men in your group. Examples of communication can include weekly reminders, following up after each session, and sporadic encouragement. Also, consider making yourself available outside of the weekly group time for men to process things they are learning.

POINT TO JESUS. True transformation will come from God working in men's lives. The Gospel will be clearly shared after Session 6 and that is a great opportunity to make sure you know where each guy in your group is with Jesus. Call any man who lacks faith to believe in Him!

RESPONSIBILITIES

- 1. RECRUIT YOUR CO-LEADER.** Step one is recruiting another spiritually-grounded man to help you lead your Study. Since the time is meant to be highly relational, having a Co-Leader will help the guys in your group receive the attention they need. Having a Co-Leader also provides backup if the other misses a session. If you're having trouble recruiting a Co-Leader, reach out to the BetterMan Study Host for help!
- 2. RECRUIT MEN TO JOIN YOU.** Study Leaders primarily recruit their participants. Although any man will benefit from the BetterMan Experience, it's geared toward men between the ages of 20-40. BetterMan is designed to impact men of all kinds: Christians, non-Christians, and everyone in between. You can leverage existing relationships with your sons, colleagues, friends, etc. to find young men to join you. Sometimes, registration is open to all. Your BetterMan Study Host will let you know which is best for the specific event. If not, feel free to ask!

3. **ATTEND EACH BETTERMAN SESSION.** As a Study Leader, your weekly attendance is important. It's also helpful to arrive ~15 minutes before the start of each BetterMan Session so you can welcome and interact with men as they arrive. If you must miss a session, make sure your Co-Leader has been informed beforehand and is ready to lead the Study solo.

4. **HOST A “MY LIFE STORY” MEETING.** BetterMan is 11 weeks long, but as a Study Leader, we ask that you schedule a meeting at your home or another location, between Session 2 and Session 3 of BetterMan. At this gathering, men will share their stories with one another. This usually takes 2-3 hours so that each Participant can share their life story in 15-20 minutes. Additionally, serving dinner or dessert makes this gathering more personal. This powerful moment produces a healthy dose of honesty and transparency between the men which then enriches their later discussions. If this is a challenge for you, let your BetterMan Study Host know so they can help you get creative in how to achieve the goal of group storytelling in another way.

WEEKLY CHECKLIST

EVERY WEEK:

- ✓ Pray for the time with your men.
- ✓ Send your group a reminder before each session and a follow up after each session.
- ✓ Familiarize yourself with that week's content in the BetterMan Workbook. Additionally, read the discussion questions in the workbook to help you lead the group discussion.

WEEK 2-3:

- ✓ Ensure the “My Story Time” is scheduled. Watch the three-minute training video on the BetterMan website called, “My Life Story,” to help you to lead this time.

WEEK 11:

- ✓ The BetterMan Workbook will point you toward Next Steps you can take after the 11 weeks are complete. Review that page before Session 11 and become familiar with what it offers. Your role is to help men decide what resource or study would be the best fit for them in order to keep growing in the year ahead.
- ✓ A BetterMan Card is included with every BetterMan Workbook. Have each man write their action steps down on the back of their card and share with the group. These cards can then be kept in a wallet like a credit card as a quick reminder of their commitment to become a better man.

FREQUENTLY ASKED QUESTIONS

Q. Am I qualified to lead?

A. Your main role as a Study Leader is relational and interactive. We're not looking for spiritual supermen! We want men with real-world experience who are willing to be open and honest about the good and the bad of their lives.

This being said, having a growing relationship with Jesus is *required* and essential to leading a BetterMan Group.

Q. What is the 11-week BetterMan Study Experience seeking to accomplish?

A. First, to call every man to personally embrace God's timeless vision of manhood. Second, to call every man who lacks a saving relationship with Jesus Christ to hear the call of the Gospel, believe, and be born again. Finally, to bring every man into an understanding that manhood doesn't just happen but is a journey that requires a lifetime of learning and practical application in the context of close, trusted male relationships. BetterMan is just a first step in that journey.

Q. I'd really like to reach young men, but I don't know many men between 20-40 years of age. How do I recruit young men?

A. That's a question many seasoned Christian men have! They want to connect, but they just don't know how to reach out to younger guys. Here are some ideas:

- Network within your church and ask around to find an interested young man to join your group who can then help you recruit other young men.
- If you have a son who's between 20-40 years of age, ask him to partner with you to recruit some other young men. They could be both his Christian and non-Christian friends.
- Look around in your workplace and invite younger men. If you happen to lead a business, consider putting men "on the clock" for the meeting.
- Pray that God would lead you to some younger men. You may be surprised at how He answers you and who He connects you with!
- Finally, don't forget to lean on the man you've invited to be your Co-Leader. He may have a network of younger men you can draw from.

Q. What makes a good Study Leader?

A. A good Study Leader is a man who is excited about the opportunity he has of investing himself into the lives of other men he will be with during the 11-week BetterMan Event. He commits himself to opening his life to his men, is willing to spend extra time with the guys who need help, makes sure everyone stays current with the material and creates a personal manhood plan, and when BetterMan ends, helps each man find a good Next Step to continue growing as a man.

Q. I don't feel qualified to lead a group of young men. What do I need to prepare?

A. BetterMan is not looking for spiritual supermen. Most importantly, you must have a relationship with Jesus. Beyond that, we want real men with real world experiences – good, bad, and ugly. All you need right now is a commitment to love on the men at your table, lead the table discussions – which is nothing more than asking the questions that are in the workbook – and being as real and honest to your men as you can. Everything else you will need to succeed will be provided.

Q. What should I expect when we meet for our first BetterMan Session?

A. As a Study Leader, you should plan to arrive 15-20 minutes before the first session begins so you can find your assigned table and be ready to greet your men as they arrive. The session should kick off on time with the BetterMan Host welcoming everyone and sharing a few BetterMan instructions. He will then introduce the BetterMan Speaker who will teach Session 1, either live or on video, for about 30-45 minutes.

When he concludes, your Host will once again take the stage and move you quickly into your table discussion time. As a Study Leader, you will lead this discussion. You will guide your men through the questions found at the end of the Session 1 outline in your workbook. A good rule for you to follow in leading this discussion time is, “Everyone should participate; no one should dominate.”

After 30-35 minutes of table interaction, your Host will again take the stage and end the session. You should know that BetterMan will always start on time and end on time. Total time for every BetterMan Session is 75 minutes.



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