



HEROIC MEN **BE A MAN!**

DISCUSSION GUIDE FOR
SMALL GROUPS



Be A Man! Discussion and Reflection Guide

How to Use This Study Guide

This guide is designed to support the *Be a Man!*—a journey with Fr. Larry Richards through 10 short, powerful video episodes. Each session in this guide includes scripture verses and thoughtful questions to spark real conversation among your men's group.

This is not a checklist. Don't feel the need to go through every question. Instead, choose the ones that resonate most with you or seem right for your group. The goal is connection, not completion.

If the conversation starts to open up—**let it flow**. Lean into what's meaningful. Ask follow-up questions that help the group explore deeper mindsets, challenge assumptions, and uncover better ways of living. Help the men move toward simple, specific, daily habits that embody what's being discussed.

A reminder: caution your men against giving *advice*. Instead, invite men to share what they've learned and what they think. Reflect honestly, and encourage one another.

Be present. Call the Holy Spirit into the work.

Chapter 1: Final Goal

What would you do differently today if you knew it was your last day? Who would you spend time with?	<i>Teach us to count our days aright, that we may gain wisdom of heart – Psalm 90:12</i>
What will people actually remember most about you? What would you want to be remembered for?	<i>Whatever you do, do from the heart, as for the Lord and not for others – Colossians 3:23</i>
Think about the people in your life. How do their needs compare to yours? How are you able to see what others need and act on it, even when it's not easy? Is there anything God might be nudging you to use to help someone else (your time, your skills, your possessions)?	<i>No one has greater love than this, to lay down one's life for one's friends – John 15:13</i>
Do you talk to God every day, in prayer? How often do you connect with God? What stops you from spending time with Him each day?	<i>Great crowds assembled to listen to him and to be cured of their ailments, but he would withdraw to deserted places to pray – Luke 5:15(b)-16</i>
How do the little choices you make every day show what's really important to you? Do they show if you're trying to follow God's plan?	<i>Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect. – Romans 12:2</i>

Chapter 2: Beloved Son

Why is it often hard to see ourselves as a son of God? Why is it so important? Do you know a man that has embraced this sonship? What does that look like? Read this Scripture verse slowly. Picture yourself being baptized in the water. See, hear, and feel what it is like to have God tell you how much he loves you and calls you his beloved son. Most men have never truly experienced this verse in their hearts.	<i>"And a voice came from heaven: 'You are my beloved Son; with you I am well pleased.'" – Mark 1:11</i>
When have you ever had a moment when you felt God call you His beloved son—not just in your head, but deep in your heart? If you haven't, what do you think it might be like?	<i>As far as the east is from the west, so far has he removed our sins from us.— Psalm 103:12</i>
How do you react to the idea of being truly open with God? God is strong. We men are often weak. But men are supposed to be strong, supposed to be unshakeable, supposed to show no weakness. Bring these struggles and questions to God in prayer. What does humility look like? Do you admire a humble man? What's holding you back from being truly open with God? What feelings or thoughts come up when you hear the invite to let God 'hold you,' like a father holds his son? Do you define yourself more by your sin or by your identity as God's son? How would your daily life change if you truly believed you were loved and chosen?	<i>Amen, I say to you, unless you turn and become like children, you will not enter the kingdom of heaven – Matthew 18:3</i>
Where can you fit 5 minutes of prayer in your day, to build your identity as a beloved son? Try the simple daily prayer practice: repent, surrender, and rest in God's love.	<i>"Be still, and know that I am God." – Psalm 46:10</i>

Chapter 3: Repent

When was the last time you felt the need for radical repentance? What held you back—or helped you move toward it?	<i>Repent, therefore, and be converted, that your sins may be wiped away, - Acts 3:19</i>
What areas are there in your life where sin no longer shocks you the way it used to? How would your life change if you regained that sensitivity?	<i>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness — 1 John 1:9</i>
What experiences have you had where a friend knew you were struggling and supported you? What's holding you back from seeking accountability?	<i>Therefore, confess your sins to one another and pray for one another, that you may be healed. — James 5:16(a)</i>
Where are you choosing comfort over character right now? What's one simple discipline you could re-commit to this week?	<i>At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it. — Hebrews 12:11</i>
What battles have you been trying to fight with your own strength, rather than God's? Pick a Bible verse that will help you combat sin, and memorize it.	<i>The Lord is my strength and my shield, in whom my heart trusts. I am helped, so my heart rejoices; with my song I praise him. — Psalm 28:7</i>

Chapter 4: Holy Spirit

What does surrendering to the Holy Spirit look like in your daily life? Where do you resist giving up control?	<i>If we live in the Spirit, let us also follow the Spirit. — Galatians 5:25</i>
In what ways are you being a witness to Christ in your daily life? Where might fear still be holding you back?	<i>But you will receive power when the holy Spirit comes upon you, and you will be my witnesses — Acts 1:8(a)</i>
How might people see Christ in the way you use your gifts? What experience(s) have you had of being “on fire” with the Holy Spirit? What fueled it?	<i>Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. — Matthew 5:16</i>
What do you need to let go in yourself for Christ to truly live through you? What gifts do you have from the Holy Spirit? What gifts have you observed in another man?	<i>Yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me. — Galatians 2:20</i>

Chapter 5: True Strength

Where does true strength come from? How do we rely on it daily? How have you seen God's strength come alive in your life?	<i>I remind you to stir into flame the gift of God that you have through the imposition of my hands. For God did not give us a spirit of cowardice but rather of power and love and self-control. - 2 Timothy 1:6-7</i>
What's the difference between conviction and condemnation, and why does it matter? Can you share a time when the Holy Spirit convicted you—not to shame you—but to call you to freedom and healing?	<i>Hence, now there is no condemnation for those who are in Christ Jesus. - Romans 8:1</i>
How do we take responsibility for our lives without falling into shame? In what ways are you tempted to blame others or circumstances for your struggles?	<i>Each one must examine his own work, and then he will have reason to boast with regard to himself alone, and not with regard to someone else; 5 for each will bear his own load. - Galatians 6:4-5</i>
Are you truly building your life around God—or just fitting Him in? What is your daily prayer like? What would it take for you to reorder your daily schedule so that prayer and time with God come first?	<i>But seek first the kingdom [of God] and his righteousness,[a] and all these things will be given you besides. - Matthew 6:33</i>

Chapter 6: Real Love

Are you truly building your life around God—or just fitting Him in? What is your daily prayer like? What would it take for you to reorder your daily schedule so that prayer and time with God come first?	<i>But seek first the kingdom [of God] and his righteousness,[a] and all these things will be given you besides. - Matthew 6:33</i>
What does it practically look like to "die to yourself" for others in daily life—especially within your family, friendships, or workplace?	<i>No one has greater love than this, to lay down one's life for one's friends. — John 15:13</i>
How do you show love to your family? How do you prefer to express love to your spouse and children (or those closest to you)? What are ways you can become more intentional in how you show love?	<i>Husbands, love your wives, even as Christ loved the church and handed himself over for her — Ephesians 5:25</i>
How has fear, pride, or emotional distance kept you from telling others you love them? Who do you need to have a "deathbed conversation" with? (Imagine they were dying right now, and you wished you'd shared specific thoughts with them.)	<i>There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love. — 1 John 4:18</i>
When you look at the crucifix, how does it challenge or inspire your understanding of love and manhood?	<i>But God proves his love for us in that while we were still sinners Christ died for us. — Romans 5:8</i>
Who in your life might experience you more in judgment? Love? What does it look like to be the "incarnation of love" in a world marked by division and pain?	<i>I give you a new commandment: love one another. As I have loved you, so you also should love one another. — John 13:34</i>

Chapter 7: Holy Wisdom

What does it mean to live with the “attitude of Christ”? How does embracing humility and self-emptying challenge the way we live as men today? How can you tell someone has the attitude of Christ?	<i>Have among yourselves the same attitude that is also yours in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped—</i> <i>Philippians 2:5-6</i>
How do we differentiate between the wisdom of the world and the wisdom of God in our daily lives? What are some ways in which worldly wisdom shapes your decisions? How can you re-align with God's wisdom?	<i>Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect. — Romans 12:2</i>
Are we living our days according to our plans—or God's? When was the last time you stopped to ask God what He wanted you to do with your day or your life? How has the way you approach your day changed since the beginning of this series? How will you change it before the end?	<i>Many are the plans of the human heart, but it is the decision of the Lord that endures.— Proverbs 19:21</i>
In what ways are we called to be "slaves of God" and "slaves of others"? What does servanthood look like in your relationships—at home, at work, in your parish?	<i>Whoever wishes to be first among you shall be your slave. 28 Just so, the Son of Man did not come to be served but to serve — Matthew 20:27-28</i>
Are we praying to align our will with God's, or asking Him to align with ours? How do you know God's will? When you find yourself prioritizing your own will, how can you give things back over to God?	<i>“Father, if you are willing, take this cup away from me; still, not my will but yours be done.” — Luke 22:42</i>

Chapter 8: Created to Serve

What does it mean to be a man created in the image of God? How does the truth of God as the author of masculinity shape your view of your role as a man, and how does it challenge you?	<i>God created mankind in his image; in the image of God he created them; male and female he created them.— Genesis 1:27</i>
What does it mean to be called to protect and lead our families—not as tyrants, but as servants? How do you speak to your wife and children? Does your speech reflect service? What are some concrete ways you can lead your family through love and sacrifice, rather than control or pride?	<i>Husbands, love your wives, even as Christ loved the church and handed himself over for her — Ephesians 5:25</i>
In what ways can we reflect the Father to our children and those around us? As spiritual leaders, how can our actions mirror God's fatherhood? How have you succeeded or struggled with this? How would your parenting change if you were to be a father like Saint Joseph and care for your children as if they were God's?	<i>Jesus said to him, "Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. — John 14:9</i>
What are the "adolescent" behaviors that can keep men from fully becoming spiritual adults? What areas of selfishness or immaturity might still be hanging on in your life? How can you surrender them? When you struggle with selfishness, how do you want to be called on and encouraged? How can you encourage others?	<i>When I was a child, I used to talk as a child, think as a child, reason as a child; when I became a man, I put aside childish things. — 1 Corinthians 13:11</i>
How can we live out the daily call to say, "I am third"? What's one way you can put God first, others second, and yourself last this week?	<i>Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me." — Luke 9:23</i>

Chapter 9: Holy Stakes

What does it look like for a man today to actively strive for holiness rather than just being good? What's holding you back you from aiming higher in your spiritual life?	<i>Strive for peace with everyone, and for that holiness without which no one will see the Lord. – Hebrews 12:14</i>
God is always calling us deeper into Him. What “way” is God putting before you now? What do you think God’s way looks like for your career? Your family?	<i>“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.— Matthew 7:21</i>
How has your prayer changed since starting this series? How will it be different by the end?	<i>Pray without ceasing. 18 In all circumstances give thanks, for this is the will of God for you in Christ Jesus. – 1 Thessalonians 5:17-18</i>
In your vocation—whether you're a husband, father, single man, or discerning—how are you being challenged to love more deeply? How does prayer enable you to love more? Can you give a concrete example?	<i>Your every act should be done with love. – 1 Corinthians 16:14</i>
When you hear Father Larry say, “Become a saint or go to hell,” how does that hit you? Is sainthood something you honestly see as possible for you?	<i>As he who called you is holy, be holy yourselves in every aspect of your conduct, 16 for it is written, “Be holy because I [am] holy.” – 1 Peter 1:15-16</i>

Chapter 10: Change the World

Can you name someone who has come closer to Christ because of your witness or example? What did you do that helped point them toward Jesus? What intentional steps are you taking to help your children (or younger people in your life) know and follow Christ?	<i>“Go therefore and make disciples of all nations...” – Matthew 28:19(a)</i>
Jesus connects love for Him with feeding His sheep. In what ways are you “feeding” others, meaning building them up, helping them to become better in life and in spirit—whether in your family, your parish, or your workplace? What do you dream of having in your life? What are the desires of your heart? How are you inviting God to bring those to life in you, or guide you?	<i>He said to him the third time, “Simon, son of John, do you love me?” Peter was distressed that he had said to him a third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” [Jesus] said to him, “Feed my sheep. – John 21:17</i>
What does evangelization look like in your life? Who are you actively praying for to come to Christ? How has prayer shaped your relationship with them? What aspects of the faith do you tend to get into arguments about? How can you be more effective in connecting souls with Christ?	<i>So we are ambassadors for Christ, as if God were appealing through us.. – 2 Cor 5:20(a)</i>