



Stand Firm & Act Like Men

JOBY MARTIN

MEN'S STUDY GUIDE

Week 1 – What Is a Man?

Reading Assignment (*Scripture Included*)

Chapter 1 | Genesis 1:26-31; Genesis 2:1-24; Genesis 3:1-20; 1 Corinthians 16:13-14

Big Teaching Takeaways

- Biblical manhood begins with God, not culture.
- Identity is received from God, not earned.
- Passivity leads to brokenness.
- Jesus restores what sin destroys.

Personal Reflection Questions

What responsibilities has God specifically entrusted to you right now that you may be avoiding or neglecting?

Why is surrender to Jesus foundational before you can truly lead others well?

What area of your life needs greater obedience, responsibility, or courage right now?

Discussion Questions

What stood out to you in Chapter 1?

Why do you think Joby Martin emphasizes Genesis as the starting point for defining biblical manhood?

Adam's greatest failure was passive silence in the garden. Where do you see passivity showing up most often in men today?

How does understanding your identity as a son of God change the way you pursue leadership, work, marriage, or relationships?

What is the difference between worldly strength and biblical strength modeled by Jesus?

Application / Memory Verse Challenge:

Spend intentional time this week humbling yourself before God in prayer. If married, pray out loud over your wife and family. If single, pray for surrender, obedience, and future leadership. Model humility before those you love by bowing before Jesus first.

Memory Verse: 1 Corinthians 16:13-14

Prayer Focus: Ask God to ground your identity in Christ and help you embrace biblical manhood.

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Week 2 – Be Watchful

Reading Assignment (*Scripture Included*)

Chapter 2 | 1 Corinthians 16:13-14; 1 Peter 5:6-11; 1 Corinthians 6:18

Big Teaching Takeaways

- There is a real spiritual enemy.
- Watchfulness requires humility and awareness.
- Isolation is spiritually dangerous..
- Godly men need accountability.

Personal Reflection Questions

Which spiritual attack do you struggle with most personally: pride, isolation, lust, comfort, distraction, passivity, or anxiety? Why?

What warning signs tend to appear in your life before spiritual drift happens?

Discussion Questions

What stood out to you in Chapter 2?

Why do you think isolation is one of Satan's most effective strategies against men?

Describe a time when accountability protected you spiritually—or when the lack of it hurt you.

Why is confession difficult for many men? What fears keep men hidden?

What kind of friendships are necessary for real biblical brotherhood?

Application / Memory Verse Challenge:

Identify four godly men you can pray with, confess struggles to, and walk honestly with. Commit to building real biblical brotherhood and accountability instead of isolation. Reach out intentionally this week to begin or strengthen those relationships.

Memory Verse: 1 Peter 5:8

Prayer Focus: Pray for humility, alertness, and protection from the enemy.

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Week 3 – Stand Firm

Reading Assignment (*Scripture Included*)

Chapter 3 | 1 Corinthians 16:13-14; Ephesians 6:10-18; Exodus 15:3

Big Teaching Takeaways

- Standing firm requires dependence on God’s strength.
- The armor of God equips believers for battle.
- Prayer is essential in spiritual warfare.
- Men are called to fight for those they love.

Personal Reflection Questions

In what areas are you currently fighting for your family, marriage, purity, or faith?

How does remembering that the battle is spiritual—not merely emotional or cultural—change your perspective?

If someone examined your habits, priorities, and routines, would they say you are spiritually prepared for battle? Why or why not?

Discussion Questions

What stood out to you in Chapter 3?

What does spiritual drift typically look like before someone fully falls away or compromises?

Which piece of the armor of God do you most need to strengthen in your life right now? Why?

Why is passive indifference spiritually dangerous for men?

How can prayer become more than a last resort and instead become a daily weapon?

Application / Memory Verse Challenge:

Commit to real accountability and spiritual discipline this week. Meet regularly with godly men, confess sin honestly, repent quickly, and actively armor up through prayer and Scripture. Refuse passive indifference and fight for holiness, your family, and the people you love.

Memory Verse: Ephesians 6:11

Prayer Focus: Ask God to strengthen you in spiritual battle.

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Week 4 – Be Strong

Reading Assignment (*Scripture Included*)
Chapter 4 | Matthew 20:17-28

Big Teaching Takeaways

- Biblical strength looks like Jesus.
- Leadership is about service.
- Authority should be used sacrificially.
- Godly men rely on God's strength.

Personal Reflection Questions

Where are you currently tempted to demand rather than serve?

What practical act of sacrificial leadership is God calling you to this week?

Discussion Questions

What stood out to you in Chapter 4?

How does Jesus completely redefine what strength and leadership look like?

Why do many men associate serving others with weakness instead of strength?

What everyday acts of service are hardest for you to do consistently? Why?

How can humility actually increase influence and leadership effectiveness?

Application / Memory Verse Challenge:

Serve the people God has entrusted to you with humility, consistency, and sacrifice. Lead by serving at home, with your family, at work, and in everyday relationships. Choose practical acts of love this week that reflect the servant leadership of Jesus.

Memory Verse: Matthew 20:28

Prayer Focus: Pray for strength marked by humility and servant leadership.

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Week 5 – Love is...

Reading Assignment (*Scripture Included*)

Chapter 5 | Matthew 22:34-40; 1 Corinthians 13:1-13; 1 John 4:7-21

Big Teaching Takeaways

- Love is central to biblical manhood.
- God's love is sacrificial.
- Without love, strength is empty.
- Men are called to reflect God's love.

Personal Reflection Questions

Who in your life currently needs patient, sacrificial, or intentional love from you?

If the people closest to you described your love, what would they honestly say?

Discussion Questions

What stood out to you in Chapter 5?

Why does Paul place love at the center of strength, leadership, and maturity?

How does biblical love differ from the way culture normally defines love?

Which description of love in 1 Corinthians 13 challenges you the most personally? Why?

How does Jesus model sacrificial love differently than the world models love?

Application / Memory Verse Challenge:

Stand firm and intentionally serve the people you love this week. Look for practical ways to lay down your preferences, time, and comfort for others. Ask yourself daily: 'How can I make their needs more important than my own?' Then faithfully do the next loving thing God places in front of you.

Memory Verse: 1 Corinthians 13:13

Prayer Focus: Ask God to help you receive and reflect His love.

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Week 6 – Are You Ready to Stand Firm and Act Like a Man?

Reading Assignment (*Scripture Included*)

Chapter 6 | Luke 11:11-13; Galatians 4:1-7; Matthew 3:13-17; John 13:15

Big Teaching Takeaways

- Identity as sons changes how men live.
- Jesus models biblical manhood perfectly.
- Faithfulness flows from the Father's love.
- Men are called to responsibility and sacrifice.

Personal Reflection Questions

What does your spiritual leadership in the home look like? Where can it improve?

What legacy are you currently building through your habits, priorities, and relationships?

If you truly believed your identity was secure in Christ, what would change most about how you live?

Discussion Questions

What stood out to you in Chapter 6?

How does understanding your identity as a son of God change the way you view yourself?

In what ways do men commonly search for identity apart from God?

Why is spiritual leadership in the home often neglected or outsourced?

How does Jesus perfectly model courage, humility, sacrifice, and obedience?

Application / Memory Verse Challenge:

Gather your family or close community together this week for intentional prayer and communion centered on Jesus. Lead with humility, serve like Christ, and remind those you love that their identity is rooted in the finished work of Jesus. Fathers and husbands: pray boldly over your family and model spiritual leadership through surrender and service.

Memory Verse: John 13:15

Prayer Focus: Pray for courage and identity rooted in the Father's love.

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