

How to Step up as a Man

And Be the Spiritual Leader in the Home

- In order for a man to be courageous, he must know the truth about who God is. Courage that overcomes fear comes from convictions, and convictions about life and death come from the truth of Scripture.
 - **Learn how to study your Bible and pull application from it**
- The easiest thing for a man to do in a devastating crisis is to move into denial and do nothing.
 - **Doing nothing, running away from a crisis is never an option**
- Another good man standing alongside you will help you be courageous when journeying through the valley.
 - **You must be connected to other godly men in order to take next steps**
- It takes repeated acts of courage for a man to truly face and process his emotions. The natural tendency is to run away from them or deny they exist or to think that you are less a man because you sob uncontrollably. Pleasure and pain were both meant to be experienced by men.
 - **Emotions are a gift from God, they should not rule us, but teach us**
- It takes repeated acts of courage for a man to give others freedom to process their emotions differently from him and not be at the same place as he is.
 - **There are people ahead of you in the journey, and also behind you, don't judge**
- A man is no less courageous if faced with a situation that he cannot fix and about which he doesn't know what to do, but cries out to God in prayer, "Help me, God!"
 - **Prayer is our biggest weapon, we need His wisdom and grace to move forward**
- A man can have doubts and still step up.
 - **Face the truth, you don't have all the answers, and you can't wait until you do**
- A man doesn't have to understand all of God's purposes to step up and be His man.
 - **Move on what you know now, God will direct you to your next step in His timing**