

# SESSION 2

# THE HEART OF A MAN

## PART 2



Real men are men of virtue. The way that boys learn to become men is by developing habits in themselves that help them to grow. In this session, teens learned specific tips they can put into practice that will help them develop good habits and grow into mature men of God.

The CONNECT section of the parent sheet connects you with the information that was presented to your teen in our small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his faith.

## CONNECT

A great man loves Jesus and a great man lives for others. When we are children, we focus entirely on ourselves, but as boys grow into men, they learn to love others and to live selflessly at all times. While it can be easy to become trapped in themselves, their own problems, and their own concerns, by learning from the example of Jesus and relying on His grace, young men can become great men of virtue who give their lives in service and sacrifice to their brothers and sisters in Christ.

This week, teens learned what real manhood is all about. They discussed the four marks of a man of greatness: love for Jesus, living for other people, serving women, and forming one's heart in virtue. They also learned that there is a reason that God made men strong: he intended men to defend and protect the dignity of women. The defense of something noble and beautiful is built into the heart of every man. While the sources of inspiration found in popular culture can be powerfully attractive for men, their hearts long for the deeper fulfillment that comes from being men of greatness.



*"Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which was in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross..."* —Philippians 2:2-8

## DISCUSS

It is important for young men not only to be challenged to become great men, but also to see and learn from real-life examples of great men in their own lives. They can also learn from the stories of the saints; great men and women whose lives of virtue, holiness, and total love for Jesus Christ make them great intercessors from heaven for us to have today.

Here are some conversation starters to help you discuss this topic with your teen. And remember to share your perspectives as well.

- » Think of a man in your life who is an example of true manhood, and who impacted your life in a positive way. What are the qualities that make him a great man? How does he reflect the qualities you see in Jesus?
- » Can you describe a time when you or a guy you know stood up to defend a woman's dignity, or a time when you didn't but should have? How will this experience prepare you to defend the dignity of a woman in the future?
- » Do you have a patron saint? Who is a saint you can ask to help you become a person of greatness?

## COMMIT

This week, teens were challenged to practice three specific tips for becoming men of greatness: examine their conscience, be accountable, and go to Confession. They were challenged to examine one bad habit that they have and fast from it. They will try to replace that bad habit with a good habit, like prayer or an act of service. They have also picked one guy in the group to hold them accountable to that commitment and help them grow in virtue.



*“Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.”*

—Philippians 4:4-9