

THE 7 VIRTUES OF • MANHOOD •

A BOY'S GUIDE TO GROWING UP

Discussion Guide for Dads

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PAGES 2 - 4

And Jesus grew in wisdom and stature,
and in favor with God and man.

LUKE 2:52

This is your opportunity to teach your student what it means to
grow in wisdom, stature, and favor with God and with man.

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- Think about your journey to become a man. What were some of the key milestones?
- What would you say is your main purpose in life?
- Who and what helped shape you to be the man you are?
- What was your relationship with your dad like? How did he help shape you?
- What might you want to do the same as your dad to raise your son? What might you want to do differently?
- How did your journey of faith in God impact the man you are today?
- Are you sure of your eternal destiny?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Tell your son about the key milestones of your journey to become a man (as it's appropriate for his age).
- Tell him about the most important influences on your life.
- Discuss your plans for reading, discussing, and learning about the 7 Virtues of Manhood together.
- Discuss how you might both come to know God better this year.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. How do you feel about becoming a man? What things seem most exciting? What things seem scary?
2. What do you think is your main purpose in life?
3. Who is a man you admire? What do you admire about him? How did he become this kind of man?
4. What are the three things this chapter says a man of God knows?

TAKING ACTION



It can be great to kick off something new with a fun activity, such as going out for ice cream, going on a bike ride, or starting a project together. Think about what you and your son enjoy, and use that as a fun activity to strengthen your relationship and build a foundation for the discussions ahead.

GETTING IN THE WORD

Have your son open his Bible and read **Luke 2:52**. Here are some questions to ask him:

- What are the ways this passage says Jesus increased or grew?
- How do you hope to grow in these areas?

CHAPTER 01

THE TRUE FRIEND

PAGES 5-15

STANDS BY AND STANDS UP

My command is this: Love each other as I have loved you.

JOHN 15:12

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- Who were your friends growing up?
- Who has been a True Friend to you?
- How have you served someone as a True Friend?
- Do you consider Jesus a friend? If so, what does that mean in your daily life?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Share some stories about your childhood friends with your son.
- Give him some examples of what acts of True Friends still stand out to you today.
- Tell him about your relationship with Jesus.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. What did you think about the story of Frodo and his friends? How did David and Jonathan stick with each other like Frodo and his friend? (pgs. 7-8)
2. Who are your closest friends? How did you become friends? (pg. 8)
3. Can you think of any times when your friends stuck with you through something hard? Or when you stuck with a friend? How did this make you feel? (pg. 8)
4. What are the three ways listed that we can stand by and stand up for our friends? (pgs. 10-11)
5. Who is our ultimate True Friend? How did he prove this to us? (pg. 15)
6. In your own words, how would you describe what it means to be a True Friend? (pg. 15)
7. How could you be a better True Friend? (pg. 13)

TAKING ACTION



True Friends help each other through tough times. Ask your son to think of a friend who is going through a tough time.

- Brainstorm ways to be a good friend to someone in a hard situation—maybe writing an encouraging note, inviting them to hang out, or helping them study.
- Ask your son to write down **who** he wants to help, **how** he plans to help, and **when** he will help.

GETTING IN THE WORD

Have your son open his Bible and read **1 Cor. 13:4-7**. Here are some questions to ask him:

- What does a loving friendship look like?
- How can you practice being that kind of friend?

CHAPTER 02

THE HUMBLE HERO

PAGES 17-26

USES GIFTS FOR GOD'S GLORY

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

1 PETER 4:10

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- Who were your heroes growing up?
- Why has he been a hero to you?
- How do you use your gifts for others?
- How did Jesus use his power for you?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Share your favorite superhero or real hero stories with your son.
- Let your son know about your gifts and how you use them for him, the rest of your family, and even how you use them to serve the world.
- Let your son know about the gifts you think he has been given and how you can see him using them to serve the family, his school and the world.
- Tell your son how Jesus shared everything with us.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. What powers would you want to have if you were a superhero? (pg. 19)
2. What makes someone with powers a good guy (hero) or a bad guy (villain)? (pg. 19)
3. What do you think your talents are? (pg. 20)
4. Where do your talents come from? (pg. 21)
5. Who are you using your talents for? Are you more like a hero or a villain? (pg. 21)
6. When was one time when you definitely did NOT live like a Humble Hero?
7. What does the end of the chapter call Jesus? How does Jesus live like a Humble Hero? (pg. 23)
8. How can I be a better example of a Humble Hero for you?

TAKING ACTION



Have your son share who his favorite hero is.

- Ask him to describe what he loves about this hero.
- Ask him how that hero uses their powers. For themselves or others?
- Have him make a plan for how he can start living more like his favorite hero.

GETTING IN THE WORD

Have your son open his Bible and read the story of David and Goliath in 1 Samuel 17. Here are some questions to ask him:

- Why do you think God chose to use David and his stones to defeat Goliath?
 - **Answer:** God wanted to show that He can use anyone. The focus in this passage is less on David's faith, and more in who David had his faith in.
- How did David live like a true Humble Hero?
- How can you start living like this?

CHAPTER 03

THE SERVANT LEADER
PAGES 27-35

TAKES INITIATIVE FOR OTHERS

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

PHILIPPIANS 2:3-4

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- What leaders do you admire most?
- What leaders have served you well? What have they done for you specifically?
- How has Jesus served you?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Share a story about servant leadership that has impacted you.
- Let your son know the emerging leadership traits you see in him.
- Discuss the ways you both could serve people more like Jesus did.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. What do you think of when you hear the word “leader”? Do you have to be in charge to be a leader? (pg. 29)
2. Who are some of the best leaders you know? What makes them great leaders?
3. How does Jesus define leadership?
4. What are the three things this chapter says a Servant Leader does? How does the good Samaritan do all three? (pgs. 30-31)
5. How did Jesus serve us? (pg. 33)
6. How does Jesus help us become Servant Leaders? (pg. 33)
7. How can I serve you and our family better?

TAKING ACTION



With your son, interview a leader in your community about what it means to be a Servant Leader.

- Invite your son's input in whom you interview—for example, it could be a pastor, a school principal, a local mayor, or a CEO.
- Help your son plan a few questions in advance about how the leader thinks about and lives out servant leadership.

Help your son make a plan of action for how he can take initiative to help:

- Those at home
- Those at school
- Those in his neighborhood or city

GETTING IN THE WORD

Have your son open his Bible and read **Philippians 2:3-8**. Here are some questions to ask him:

- What does Paul call us to in verses 3-4?
- Read verses 6-8. How did Jesus live out what Paul calls us to in verses 3-4?

CHAPTER 04

THE PACESETTER

PAGES 37-50

SETS THE EXAMPLE

Don't let anyone look down on you because you are young,
but set an example for the believers in speech, in conduct,
in love, in faith and in purity.

1 TIMOTHY 4:12

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- What are some of the most important things you have accomplished in life? Did you have a Pacesetter or role model(s) that showed you the way for those accomplishments?
- Who do you think of as a great example today?
- Who is your Pacesetter in matters of faith?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Talk to your son about the people who have been Pacesetters in your life.
- Together, pick a Pacesetter in the Bible (check Hebrews 11 if you need ideas) that you want to study and imitate together.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. How would you describe what a Pacesetter does in a race? What does a Pacesetter do in the race of life?
2. Who have been Pacesetters in your life? What type of person should you start following? (pg. 41)
3. Who are you running the race of life alongside? Are they influencing you in good ways? (pg. 42)
4. What happened in the story when the Pacesetter got tired and didn't tell anyone?
5. Are you the Pacesetter for anyone? How can you be a Pacesetter in school? Or at home?
6. What are the ways to be a good example listed near the end of the chapter? Which one do you need to work on the most? (pgs. 45-46)

TAKING ACTION



- Choose someone who has been a Pacesetter for you, and help your son identify one person who is a Pacesetter for them (other than you). Write thank-you notes to your Pacesetters and mail or deliver them.
- One way boys can be Pacesetters is by standing up when they see someone being bullied. Ask your son how he feels when he sees someone being bullied. Brainstorm ways he can deal with a bully or a situation where someone he knows is getting bullied. Then, ask your son to pick which response is the best—and why.

GETTING IN THE WORD

Have your son open his Bible and read Hebrews 12:1-3. Here are some questions to ask him:

1. How does this passage relate to running a race and being a Pacesetter?
2. Who does this passage direct us to look toward in the race?
3. What are the three things the chapter in 7 Virtues says these verses tell us to do?

CHAPTER 05

THE BOLD ADVENTURER

PAGES 51-62

GOES COURAGEOUSLY

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

JOSHUA 1:9

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- What were some of your most memorable adventures as a kid?
- How do your kids' adventures compare to yours?
- Where do you draw the line between adventure and danger?
- Taking risks can feel terrifying. When we know that Jesus lived, died, and rose again for us, how does that help us to take risks and facing adventures?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Talk with your son about the adventures you had as a boy.
- Encourage him to explore and be adventurous (and give him boundaries for those adventures).
- Discuss why and how Jesus wants us to be Bold Adventurers.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. What is Nelson Mandela's definition of courage? (pg. 54)
2. Where did the boy in Luke 15 look for adventure? What are some examples of wrong places to seek adventure? (pgs. 53-54)
3. Who is an example of a Bold Adventurer that you know in your life? What about from the Bible?
4. Do you think your life is adventurous?
5. What are some ways you waste time in your life? Are there things that keep you from the adventures God has for you? (pg. 53)
6. How did Jim Elliot live as a Bold Adventurer? (pgs. 55-56)
7. What are the ways to start living courageously listed near the end of the chapter? (pgs. 57-58)
8. How did Jesus live as a Bold Adventurer?

TAKING ACTION



Pick an unfamiliar destination that you can get to without a car and challenge your son to navigate their way to it without using a GPS or phone.

- For example, you might drive to a state park and ask your son to navigate your way to a spot of the park map by foot, bike, or canoe.
- Or if you live in a big city, you could pick a park or landmark and ask your son to navigate your way to it on public transit or by foot.
- Talk about what it takes to pick a goal and reach it without getting distracted or lost.

GETTING IN THE WORD

Have your son open his Bible and read **Deuteronomy 31:6**. Here are some questions to ask him:

- What does God give as the reason why the Israelites should not be afraid?
- How does the sure presence of God give us courage to live as Bold Adventurers?

CHAPTER 06

THE NOBLE KNIGHT
PAGES 63-74

LIVES HONORABLY

But the noble make noble plans, and by noble deeds they stand.

ISAIAH 32:8

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- When you were a child, was there an area where you really struggled to do what was right? Are there areas where you still struggle today?
- How does Jesus wipe away your sins? Are you fully trusting him to do that?
- Have you thought about living in God’s kingdom forever in perfection as a prince of the King?

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Tell your son about the outstanding moral qualities that you see in him.
- Discuss Philippians 4:8 (pg . 67) and how those categories can help you both live the life you were meant to live.
- Discuss what you think it is going to be like to live forever in heaven as a prince, a son of God.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It’s not a checklist—feel free to focus on what will be most helpful for him and for you.

1. What kind of code were knights asked to follow? (pg. 65)
2. What tough times did Theodore Roosevelt go through? (pg. 66)
3. What obstacles are in your way to living an honorable life? Who can you ask for help to overcome these obstacles? (pg. 67)
4. What is integrity? What does it look like to live with integrity? (pg. 68)
5. How can you show respect and honor to your friends? Parents? People that are different from you? (pg. 69)
6. What are ways that you have learned to seek purity? (pg. 70)
7. What does it mean to be determined? (pg. 70)
8. What are challenges or difficult situations you might face this year? What does it look like for you to deal with them as a Noble Knight?
9. What does this chapter suggest you should do if you have lived dishonorably?
10. How was Jesus a Noble Knight? (pgs. 71-72)

TAKING ACTION



Look for an opportunity for you and your son to serve someone in your community who is vulnerable or in need.

- As you work together to plan your service project, talk through what it means to serve others in ways that really help—taking initiative, listening to their needs, helping to build long-term solutions, etc.

GETTING IN THE WORD

Have your son open his Bible and read **1 Peter 3:18**. Here are some questions to ask him:

- How would you explain what this verse means?
- How does this verse apply to living dishonorably?

CHAPTER 07

THE FAITHFUL FOLLOWER

IS LOVED BY GOD

My sheep listen to my voice; I know them, and they follow me.

JOHN 10:27

QUESTIONS FOR DADS

Here are a few things to reflect on before discussing this chapter with your son:

- Have you thought about how well God loves you lately? Do you think you fully understand the love of Christ in your life?
- Do you need to invite Jesus into your life? If so, do you have someone who can help explain his love to you? If not, you are welcome to email or call me. (My name is Howard Graham, and I'm in charge of the program that is publishing this book. It is my joy to help dads and boys understand how to know Jesus. You can email me at hgraham@pdsmemphis.org or call my cell at 901 240 2111.)
- How would a deeper relationship with God make you a better parent?
- Where do you hear the voice of God in your life now? Do you know someone you could ask for help with matters of faith? If not, feel free to reach out to me at the email or cell number above.

SHARING WITH YOUR SON

Here are some things you may want to talk about with your son for this chapter:

- Talk to your son about your relationship with God and his Son, Jesus.
- Talk with your son about his relationship with Jesus.
- Help him know why he needs a relationship with Jesus and how he can have one.

QUESTIONS FOR YOUR SON

Here are questions to discuss with your son. It's not a checklist—feel free to focus on what will be most helpful for him and for you.

1. How would you summarize the book of Jonah? What did God do for Jonah later in the book? (pg. 77)
2. How do the verses in Ephesians 2 make us out to be like Jonah? (pg. 78)
3. How does John 10 describe Jesus? How does Jesus come after us like God came after Jonah? (pg. 79)
4. How does this chapter say we are to respond to what Jesus has done on the cross? (pg. 79)
5. How does this chapter summarize what it means to be Jesus' followers? (pg. 80)
6. How is Jesus connected to each of the 7 Virtues at the end of this chapter? (pgs. 80-81)
7. Have you made the decision to be a Faithful Follower? When did you do that and what was it like for you?
8. Do you have a plan of everyday habits that allow you to hear God's voice so you can follow him?



Share your story of faith. When did you realize you needed God's forgiveness and trust in him? How did that feel? If it happened over time, how did you or your understanding of God grow over that time?

GETTING IN THE WORD

Have your son open his Bible and read each of the verses listed for each of the 7 Virtues at the end of this chapter. Here are some questions to ask him:

- How does Jesus both show us how to live out these virtues, and empower us to live them out?
- Which virtue do you need to pray that God would help you live out more?