

THE GOOD MAN SERIES

Leader Guide

A Field Guide for Leading Men into Freedom, Healing, and Strength for Good

Hey brother,

Welcome to the Good Man Series Leader's Guide. This series is designed for you to walk with other men, not as an expert, but as a guide. You'll create space for honest conversations, help men engage their stories, and take simple, intentional steps together toward becoming good men. You don't have to have it all figured out, you just have to be willing to go first.

And you're not doing this alone. Through Zoweh and the Zoweh Allies Network, you're joining a brotherhood of men stepping into the same mission, to recover the masculine heart and help other men do the same. What you're facilitating matters, and when we link arms, it becomes something bigger than any one group. So start small, invite a few men, and trust God with what He wants to do.

- Josh Overton

Zoweh Allies Director

PS... If you are already saying to yourself, "This is exactly the type of blueprint I need to help guide my men's group", and you want to join a community of Allies who are taking an intentional stand to fight for the hearts of others, I'd love to invite you to visit the Zoweh Allies website to learn more about the Zoweh Allies Network

www.Zoweh.org/Allies

LEADER ORIENTATION

The Kind of Leader This Journey Requires:

This *Leader Guide* exists to equip men who are willing to **walk with other men** into deeper healing, freedom, and orientation. This is not a curriculum to master or a program to manage. It is a **journey to steward with a group of men, cultivating redemptive brotherhood.**

The Good Man Series addresses a quiet crisis among men: isolation, confusion, false strength, and pain of having unfathered and unfinished hearts. This journey offers a different way—one rooted in kindness, truth, courage, and the restoring work of God.

You are not being asked to lead men perfectly. You are being invited to guide men **honestly, humbly, and attentively, shoulder to shoulder on this exploration.** We have found over the years of working with men that it is very difficult to lead men where we are not willing to walk.

There are many ways to experience *The Good Man Series*- this guide focuses on a weekly small group format or a weekend retreat.

Your Role as Group Leader

As *The Good Man Series* leader, you are not expected to be an expert, a therapist, or the most healed man in the room. The role does not require you to have all the answers or to present yourself as someone who has it all figured out. Instead, it invites humility and authenticity, creating space for others to show up as they are without pressure or comparison.

What is important is that you are present, grounded, and honest in an appropriate and thoughtful way. You are called to cultivate an environment of trust by protecting safety and honoring silence when needed. Above all, remain attentive to what God is doing in the room, allowing His guidance to shape the direction and depth of the experience.

Your primary posture is **facilitator and brother**, not fixer or counselor. Your role is to create space where truth can be discovered, where God can intimately meet men, and where transformation can unfold at a human pace... slowly and over time. Through this, you'll develop what we refer to as a *Redemptive Brotherhood*.

A redemptive brotherhood is defined by the following:

1. It is formed when individuals pursuing intimacy with God come together to know and be known, to share life in the Kingdom together, aspiring to grow in love for one another.
2. It is a place where a person's true, authentic self is invited and welcomed.
3. It is a place where a person's glory is pursued, not their sin.
4. It is a place where, at its core, the belief that the redeemed heart is good fuels both acceptance and growth.
5. It is a safe and trusting place where deep places of the heart and soul can be pursued, known, and touched.

6. It is a space where we seek to offer good care to one another. Where we hold space for stories, processing, pain, and grief. Where we aspire to listen well and respond with kindness and curiosity, without judgment and without trying to fix or give advice.
7. It is a place where everyone is free to participate, offer, and contribute. Where no one's glory is muted, their wounds honored, and their stories valued.
8. It cannot be a substitute for God, but rather is a place God inhabits, and what God designed in order for love and life to be experienced.
9. It must be small. It must be intimate.
10. It is a place where our lives intersect, and how we live in the kingdom together, where we pray, play, worship, eat, share, care for, and journey together. Ideally, it is intergenerational.
11. It is larger than itself. It must be missional and intentional—for others and on behalf of others.
12. It cannot be contained in a day, a time, or a room.
13. It will be messy. In the complexity and messiness of relationships, we understand God will provoke and disrupt in order for there to be opportunities for healing and growth, and for the possibilities of moving in new ways of relating. Change and disruption are inevitable
14. It is a place where we understand that the Life and Love of God and each other is fiercely opposed, and we therefore acknowledge that we are in a battle and have an enemy that comes to steal, kill, and destroy.
15. It is a space where walking with God together for healing, transformation, validation, training, and initiation is seen as a sacred privilege and priority.

Leader's Frequently Asked Questions

How do I create a trusting environment where men feel safe enough to be vulnerable?

There are several factors to consider when creating an environment where men feel safe enough to share authentically:

- Where you meet (Location)
- Frequency and consistency of gatherings
- Number of group members

Also, listening is one of the most remarkable skills a man can ever develop. Invite the men of your group to read [*Listening Well: A Guide for Men 6 Day Devotional*](#) as preparation leading up to your first gathering.

Is there anything I can give my men to prepare before our first gathering?

We strongly recommend that all group leaders read [*Listening Well: A Guide for Men 6 Day Devotional*](#) as preparation leading up to your first gathering. We suggest making this available to all the men in your group.

The freedom to share authentically goes hand-in-hand with the ability to listen well. As the men in your group become intentional listeners and begin to share with more vulnerability, deep trust and brotherhood will be formed.

Should my group(s) be open or closed? Can men join a few weeks in?

The Good Man Series is best experienced as a closed group, where the same men show up consistently and build trust together. This allows the men to develop real trust and brotherhood over time. Having drop-ins, guests/visitors, and men who show up inconsistently or join late is disruptive to fostering the desired environment of trust.

We know many church groups and small groups function with an open door in order to be welcoming for visitors. If your current small group has an open-door policy, we suggest inviting the men of your group to journey through *The Good Man Series* with you as a separate exercise rather than bringing it into your open-door group.

Do I have to start a new group, or can my existing group go through *The Good Man Series*?

You can certainly go through *The Good Man Series* with your existing group or choose to start a new group! The journey is best experienced in the context of men who are committed (as much as possible) to being present for each gathering, from start to finish—and we highly recommend keeping the group closed once it starts (see the question above).

If there are men in your group who are unable to commit to all eight sessions, or you are unable to keep your *Good Man Series* group closed for any reason, you may want to consider:

- Having an alternative group option available for men who need it
- Inviting these men to join the **next TGMS group**

What is the ideal number of men for a group?

There's no perfect number—it depends on the men in the room. That said, we find that groups of 6-8 offer a good balance of intimacy and variety. What matters is finding the right balance: small enough to build real trust and give every man space to speak, but large enough to bring different perspectives and experiences to the table.

As you think about your group, consider:

Your space — How many men can you realistically host?

Your goal — Depth and intimacy will be more easily achieved in smaller groups; larger groups may be better for weekend retreats or men's ministry groups.

Whom are you inviting — Are you going through this series with friends who already know each other? Or hosting a retreat for the men of your church, who may not know each other very well?

For larger groups or weekend retreats:

You can watch the video session together and then break into however many small groups you need. When breaking into small groups, we've found it most helpful for men to remain in the *same* smaller group through the duration of the series.

How do we introduce this to people who have never heard of it?

Keep the invitation simple, direct, and real. You don't need a polished pitch—what matters most is that it comes from your own experience. Share what you are hoping to experience in your own life through *The Good Man Series*, and invite others to imagine what could happen in theirs.

For men who are unfamiliar with *The Good Man Series* or the creators at Zoweh, invite them to check out Zoweh's mission and books, audio, and other resources at Zoweh.org and the [Zoweh Outpost](#) to better understand the Biblical foundation and Christian principles they can expect to encounter during the journey.

Is there a good way to co-lead? How would you divide roles?

When two men lead together with clarity and respect, it sets the tone for the whole group.

If you are considering co-leading with another man, we suggest talking through:

- Who naturally takes the lead in guiding conversations?
- Who gives focused attention to the environment—making the space feel grounded, focused, and comfortable?
- Is one of you more dialed in with administrative tasks, logistics, or technology?
- Who's more likely to stay connected with the group between sessions—checking in, following up, keeping guys engaged?

Play to your strengths. You don't have to do the same things—you just need to move in the same direction.

And don't overlook the opportunity to Invite God into how you lead together. Ask God to show you how to lead with alignment, trust, and purpose.

How often should groups meet? What rhythm works best?

Consistency matters. A steady rhythm creates the kind of environment where men can show up, build trust, and actually be known.

A few things to consider:

Weekly — This is the strongest option for fostering engagement, intimacy, and depth quickly

Every other week — This can work well for some, but with slower momentum. It can be more difficult to go deep and maintain connection.

Monthly — If this is your option, it will be important for the men to stay connected in between. Grab a meal, meet for coffee, go for a hike, work out together—do something that keeps the connection going outside the group.

Weekend Retreat — Some of the most impactful experiences happen when men step away from the noise for a bit. Getting out of the day-to-day—even for a weekend—can create space to reset, hear from God, and go deeper with each other. It's a chance to unplug, focus, and build something real together.

At the end of the day, the goal is simple: create a rhythm that helps men stay engaged, show up consistently, and move forward together.

Should groups be in the same life stage or mixed life stages?

Both can work, but groups with **mixed life stages are often very powerful**. Older men can offer perspective and steadiness. Younger men often bring honesty and hunger.

Even though it can sometimes be difficult for men across generational gaps to trust one another, inviting men to mutually engage in healing those wounded places is one of our prayers for this series. The shared human experience—wounding, longing, identity—often matters more than age.

At the end of the day, the important thing is to create an environment where each man can feel safe to share his unique story and perspective, while also encountering and honoring perspectives and stories that are different.

How can I offer this at my church?

We created *The Good Man Series* to be usable and accessible in a church setting. But far from being “another program” or filling a slot on the calendar, this is about creating an environment where men can grow deeper, become more grounded, and walk with God in a transformational way.

If you’re already in a leadership position in your church, take a minute and get clear on what you’re hoping for. Then build something that fits your context.

If you need to present *The Good Man Series* to leadership for approval, start by sharing the goal: to help men move toward a stronger, more grounded life with God—and with each other—and invite your leadership team to catch your vision for what you are hopeful for.

Should my group stay together or multiply into new groups?

Some groups choose to **stay together and continue with other materials**. Staying together allows the relationships to mature, creating a foundation for long-term redemptive brotherhood. The continuity and shared history give them space to tackle harder questions, know each other, and grow in ways that only come from consistent, long-term connection.

Other groups decide to **multiply, creating new groups** so more men can experience the *The Good Man Series*. Multiplying doesn’t mean leaving depth behind—it means equipping new leaders, extending opportunity, and allowing the ripple effect of growth to reach more men in your church or community.

There’s no single right way to move forward after a group completes *The Good Man Series*—both continuing as a single group or multiplying into new groups are solid options. The key is discerning what’s most faithful for your group at this time.

Can this be used with students and young adults?

Though *The Good Man Series* was created for men, it can be used effectively with young men—high school, college-age, or emerging leaders. This is a unique opportunity to help them explore what it means to walk with God, understand their identity as beloved sons of God, and build authentic friendships with other men.

What matters most in guiding younger men is:

- **A capable leader** – someone who has gone through *The Good Man Series* and can model honesty, integrity, and steady leadership.

- **Clear expectations** – letting men know what the group is about, what’s required, and how to engage respectfully.
- **Emotional safety** – creating a space where they can share honestly without fear of judgment.

Have you used a hybrid of virtual and in-person meetings?

Yes, a hybrid of virtual and in-person meetings can work—but only when handled intentionally. The goal is to create a space where men can show up fully, engage honestly, and build trust, whether they’re in the room or on a screen.

Things to consider to create an effective hybrid model:

- 1. Nothing can replace the intimacy that comes with in-person friendships.**
- 2. Virtual gathering can be useful as a backup**—filling in for a travel day, illness, or scheduling conflict—but it can risk diluting the depth and engagement that comes from being together.
- 3. Set clear expectations for engagement.** If gathering virtually, we strongly recommend asking men to keep their cameras on. Body language helps set the environment.
- 4. Hybrid meetings require leaders who can manage both spaces simultaneously.**

The greatest benefit of hybrid models is accessibility. Travel, health, work, or family responsibilities shouldn’t keep men from participating in brotherhood.

When done well, a hybrid setup allows men who might otherwise miss out to still grow, engage, and contribute.

The Good Man Series Journey

We created *The Good Man Series* with clear intention: to guide men in exploring their hearts and their stories with God. Each part of the journey is designed to help them grow in deeper intimacy with Him, while also building meaningful, authentic friendships with other men along the way.

- 1. *The Good Man* — Invitation & Freedom**
- 2. *The Larger Story* — Orientation & Awareness**
- 3. *The False Self* — Honesty & Seeing**
- 4. *Wounding* — Tenderness & Truth**
- 5. *Healing* — Receiving & Union**
- 6. *The True Self* — Identity & Being**
- 7. *Glory* — Training & Rhythm**
- 8. *Taking It Home* — Commissioning & Sending**

Throughout *The Good Man Series*, each session builds on the one before it, so it's important not to rush the process. Authenticity and depth develops through steady, intentional pacing—not pressure or urgency. Take time to let each part of the journey stir and invite the hearts of the men in your group.

Be familiar with the overall flow so you can guide with confidence, while still allowing each session to unfold naturally. Some men may want to move ahead too quickly, while others may linger in earlier stages. Your role is to gently hold the pace, helping the group stay engaged with where they are without forcing them forward or letting them remain stuck behind.

Small Group Overview

Format: 6–8 men | Weekly | 1.5–2 hours

The Good Man Series is designed to foster steady, relational connection over time, cultivating a redemptive brotherhood. Trust is not rushed—it is built gradually. Awareness doesn't happen all at once; it deepens week by week. And true integration takes place not just in the sessions, but in the realities of everyday life.

This format is especially well-suited for men who are balancing the demands of family and work, who need space and time to process and reflect, and who may be new to this kind of inner work. It allows for a sustainable pace that supports both growth and consistency.

Session Rhythm

Each session follows a consistent and predictable rhythm, which helps cultivate a sense of safety and trust within the group.

Welcome & Review (about 10–15 minutes)

This is a time to check in, perhaps with an opening question, and invite each man to share how the previous session impacted him and how it carried into his week.

Briefly share something you are personally looking forward to in the session, helping set the tone and direction.

Video teaching (approx 25-32 min.)

Encourage the men to take notes as they listen, paying attention to what stirs, challenges, or encourages their hearts.

Time Alone with God questions- “Now it's your turn.” (10-15 min code of silence)

This is a quiet, intentional space—“now it's your turn”—where the men reflect on guided questions in silence, giving them room to process personally.

Group discussion (25-35 min)

Be intentional about making sure every man has a chance to share—think of it like a batting lineup before opening it up more freely for conversation.

Closing

Close the session with encouragement and prayer, sending the men into their week to continue the exploration of the evening with God.

Consistency in this rhythm matters. It creates safety, and safety creates the conditions for authentic sharing.

Leader Encouragements

Maybe you're asking yourself, "*What did I just sign up for?*" Good. That's an honest question—and a strong place to start. At Zoweh, we respect men who are willing to ask hard questions and step into the unknown. This guide was built for you, to give you a clear sense of the ground you're stepping onto and what this journey is going to demand—and offer—in return. Some suggestions and encouragements as you move with the men in your group through each session:

Begin and end on time. This communicates respect for the men and their commitments, and it reinforces that this space is intentional and trustworthy. Starting on time sets the tone; ending on time builds credibility and helps men stay engaged week after week.

Protect confidentiality at all costs. What is shared in the group stays in the group. This is foundational to creating a space where men feel safe enough to be honest and vulnerable. Remind the group of this when needed, and model it yourself in both words and actions.

Let silence work. Silence is not something to rush past or fill. It often creates the space a man needs to reflect, access what he's really feeling, or find the courage to speak. Trust that meaningful things are happening even when no one is talking.

Interrupt men who attempt to fix, advise, or rescue others. While often well-intentioned, this can shut down vulnerability and shift the focus away from personal discovery. Gently redirect the group back to listening.

Normalize uneven progress. Every man's journey will look different. Some may move quickly into deeper places, while others take more time. Remind the group that this is normal and healthy—there is no "right pace" as long as they stay engaged.

Remember that pauses, gaps, and moments of silence during sharing are often important. A man may not be finished—he may simply be gathering his thoughts or choosing his words carefully. Give him the space to continue without interruption.

Be watchful for shame as it begins to rise. You may notice it in body language, tone, or withdrawal. When it shows up, slow the group down and respond with care. If defensiveness surfaces, gently re-ground the room with a kind and curious question, such as: *“That seemed to carry some energy—would you be willing to share what might be underneath that or where that connects to your story?”*

Never sacrifice safety for speed. It’s more important that the group feels safe than that you “get through” all the material. Depth and transformation come from a secure environment, not from rushing the process.

Be intentional about including every man. If someone hasn’t shared, help bring them in. You might think of it like a batting lineup, or even give a gentle heads-up: “Hey, you’re on deck.” This helps men prepare and ensures no one gets overlooked.

Between sessions, encourage the men to stay engaged with what they experienced in the session. Invite them to continue noticing, journaling, and reflecting throughout the week. Not every meaningful moment happens in the group—much of the real work unfolds in daily life. Growing awareness in those everyday moments is often what leads to lasting change and healing.

SESSION GUIDES

As you move through each session, use the Session Guides as your primary framework for leading the men. They are designed to give you clarity and support, so you don't have to guess what comes next.

Each session guide includes three key elements:

1. Why this matters helps you get grounded ahead of time and understand the significance of the session in the overall journey.

2. Small Group Guide provides the step-by-step structure for actually leading the men through the session experience.

These session guides are especially helpful in a small group setting. We've prepared a separate host guide for use in retreat settings.

SESSION 1 — THE GOOD MAN: Invitation & Freedom

Session Aim: *To invite men into the journey, name the problem of isolation and false strength, and establish freedom—not performance—as the goal.*

WHY THIS MATTERS:

Every man, whether he can name it or not, is asking: *How do I become a good man?* This journey doesn't begin with self-fixing, quick tips, or behavior change—it begins with a new perspective. Believing is seeing, and seeing more clearly is critical to the healing journey and becoming more free. Men do need a group of skills, but more importantly, a perspective for employing those skills as they move through their opportunities, responsibilities, and roles as men on a masculine journey.

At the core, we were created as image bearers of a good God—and that is *very good*. Though that image has been distorted, restoration is possible. God's mission is to redeem and remake us into who we were always meant to be. As we participate in that process with God, we step back into our purpose: to live under His rule and reflect His goodness in the world.

Restoration is the work of taking what's been broken and, like a master craftsman, making it new again.

Be on the lookout for: guarded humor, over-spiritualized answers, pressure to impress.

Try not to: fix, teach beyond the video, or push vulnerability, and do your best not to allow other men to do the same.

Key Scriptures: Genesis 1:26-28, and 31 (AMP), Luke 6:45, Galatians 5:1, John 10:10

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What brought you here, and what are you hopeful for—really?*

Watch the Video Together (30 min)

Time alone with God questions (encourage each man to do this quietly/silently) (10-15 min)

- Why are you here?
- How did that make me feel?
- What am I hopeful for?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page 13 of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father, thank you for this day in your Kingdom and for each man here. Thank you for loving us, pursuing us, and inviting us to walk as good men—Kingdom men. Together, we offer you our hearts, souls, minds, and bodies as living sacrifices. We commit ourselves to you and declare that we are open to your transformation, restoration, healing, and training.

Jesus, you offer true freedom. We ask that you give us eyes to see where we are not yet free. Reveal the hidden places in our hearts and the parts of our stories where compromise has taken root, and lead us into truth.

Holy Spirit, meet us in this place of new beginnings. Remind us that we are free in Christ, and teach us how to live in that freedom each day. Amen.

SESSION 2- THE LARGER STORY: Orientation to Reality

Session Aim: *To orient men to the larger story they were born into, helping them see reality clearly so they are no longer disoriented, naïve, or living in a story too small to carry their hearts.*

WHY THIS MATTERS:

If you don't know the larger story your story is in, you will be swept into a smaller one, guaranteed. God invites you to more clearly see the Larger Story and understand its invitation for you to live large in it. You were never created to live small. Humbly, yes, but never small. True humility comes from a place of strength, not passivity.

Living awake to the context and reality of The Larger Story is the beginning of not living small—passively, naïvely, or disoriented.

Be on the lookout for: intellectualizing, abstraction, minimization of spiritual realities.

Do not: rush discussion or turn this into a theology lecture.

Key Scriptures: Ephesians 5:15–16, Proverbs 4:23, John 16:33, Romans 12:21

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Watch the Video Together (30 min)

Time alone with God questions (encourage each man to do this quietly/silently) (10-15 min)

- Father, where have I been interpreting my life through a smaller story? How do you want to show me the larger story I am in?
- Jesus, what part of my heart has been wounded or taken out in the battle?
- Holy Spirit, where do I need to take heart today, and what good are you inviting me to bring into the world, so that I may not be overcome by evil?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father, we ask you to give us eyes to see the reality of the larger story—and the spiritual battle unfolding around us. Show each man here your invitation to live with strength and purpose in the roles, relationships, and responsibilities you've entrusted to him.

Jesus, we invite you into our everyday lives. Reveal the larger story within our daily stories. Wake up our hearts and minds to how it all works—who we are in it, where You are, and where heaven is breaking through.

Holy Spirit, lead us. Show us where you are moving and what you are revealing. Train us in the ways of your Kingdom, that we would become good men—strong, steady, and dangerous for good.

SESSION 3 — THE FALSE SELF: Seeing What Is Not You

Session Aim: *To help men recognize the False Self—the survival-based identity they have mistaken for who they are—and experience freedom through honest awareness.*

WHY THIS MATTERS:

This session represents a turning point in the series. As men begin to see themselves and their stories more clearly, it can bring a mix of emotions. Some may feel exposed, vulnerable, or even unsettled. Others may feel a deep sense of relief as things they've carried quietly are finally named and understood. Both responses are normal and important.

Your role is to protect and steward this moment carefully. Create space for honesty to continue growing, and be attentive to the presence of shame. When shame begins to surface, it can quickly shut men down or cause them to withdraw. Gently slow the pace if needed, affirm courage where you see it, and help reframe what's being shared in a way that invites understanding rather than self-condemnation. The goal is not just honesty, but honesty that leads to freedom rather than deeper hiding.

Be on the lookout for: self-criticism, humor as deflection, emotional flooding. (*Emotional flooding is when someone becomes overwhelmed by the intensity of their emotions and can no longer stay present or process what's happening. It may look like shutting down, becoming reactive, or struggling to find words. In that moment, the goal is to slow things down and help them regain a sense of steadiness and safety before continuing.*)

Try not to: analyze men or label personalities.

Key Scriptures: Romans 7:17-20 and 24–25 AMP; Proverbs 15:1; Genesis 3.

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Video teaching (30 min)

Time alone with God questions (do this quietly/silently) (10-15 min)

- Father, where in my story did I first begin to hide, fear, or prove, giving the false self authority in my life?
- Jesus, what parts of me am I confusing for me? Ways in which I cope, or comfort, or combat, or become aggressive, and why?
- Holy Spirit, how is the false self preventing me from experiencing your love, and then in turn offering love to those you've entrusted to me?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father, thank you that we are not our sin, and our sin is not who we are. Like Paul in Romans 7, we confess that sin is at work in us, yet you have provided a way for us to live in truth. Give us the courage and strength to walk with you as You train us to become more like Jesus.

Jesus, help us to recognize our false selves at work within us—without shame, but with a deep resolve to become who you created us to be. Remind us that we are your image bearers, fully seen, accepted, loved, and called good. Shape us into the men you see when you look at us.

Holy Spirit, guide us as we examine how these false selves operate and how they can lead us to wound others. Form in us a brotherhood—a training circle—where we can honestly see what is happening within us: the hiding, the striving to prove ourselves, the fears that drive us, and the ways we justify or cope. Give us clarity to recognize these patterns, humility to confess them, and strength to choose a different way.

Lead us together into truth, freedom, and transformation. Amen.

SESSION 4 — WOUNDING: What Happened to You?

Session Aim: *To help men understand how wounds shaped their beliefs, agreements, and False Self, and to invite them to walk back into those places with Jesus.*

WHY THIS MATTERS:

Early experiences—especially in boyhood—often shape a man’s life through wounds caused by authority figures who, even with good intentions, failed to handle his heart well. These moments of wounding carry messages that, when believed, form the false self, driving behaviors like self-protection, performance, and striving for worth. This leads to a limited, self-centered way of living.

But the key is not just that wounding happened—it’s that God meets us in those places. By recognizing our wounds and the lies they taught us, we can invite God into them for healing and step into freedom.

This session opens deeper, more personal places, so move slowly and give men time to process. Don’t rush the moment or push for quick insight. As pain surfaces, normalize it without minimizing it. Let it be real and meaningful without trying to fix or soften it too quickly. Be clear

that this is not about blaming parents. The goal is to understand impact, not assign fault—making space for both love and wounds to be acknowledged honestly.

Be on the lookout for: grief, anger, shutdown.

Do not: rush healing or force sharing.

Key Scriptures: John 10:10; Psalm 139:23–24; Isaiah 61, Psalm 109:22, Luke 4:16-19 AMP.

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Video teaching (30 min)

Time alone with God questions (do this quietly/silently) (10-15 min)

- Jesus, how did my father and mother mishandle my heart?
- Father, what causes me to be passive or to be aggressive? What causes me to hide, to prove myself, or to feel afraid?
- Jesus, what happened to me?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father, this is challenging for us. We want to honor our parents, and at the same time, we ask for the courage to see where they—and other authority figures—missed us or failed to protect us. Help us hold both truth and honor with humility and grace.

Jesus, would you show us where in our stories our voices and feelings were dismissed? Reveal to us the moments of wounding and the messages we received in those times—the lies that took root in our hearts and shaped how we live. Show us how those lies have influenced us, and begin to free us from their hold.

Holy Spirit, we invite you into the depths of our hearts—into the memories of our formative years as boys. Gently uncover the moments that have impacted our ability to choose well, the patterns we've lived by, and the ways we've learned to cope through self-protection, self-promotion, and self-sufficiency. Bring to light the agreements we've made and the vows we've lived out, especially the places where we believed we were on our own.

Father, in your kindness, lead us only where we are ready to go. Give us compassion and empathy for the younger parts of ourselves that still need care. Teach us to receive your love there, and to walk in healing, freedom, and truth—together as men. Amen.

SESSION 5 — HEALING: Receiving from the Father

Session Aim: *To invite men into healing as union with God—receiving truth, breaking agreements, and restoring identity.*

WHY THIS MATTERS:

Healing is a journey of redemption, taken with God so that he can care for you, attend to you, comfort you, and advocate for you. It is learning to give the wounds, wounding, their messages, the agreements, and vows you've made over to the Father so that you can receive what he has always wanted to give you ... Love. The kind of love that heals and leads to freedom. We all, as men, desperately need to remove anything and everything that is in the way of receiving God's love. Healing is the remedy and the cure done by God for your heart, which will not only transform you but will also empower you to love others.

It's important to remember that healing is relational, not mechanical—it doesn't come from following steps or getting it "right," but from being present, open, and engaged with God in an honest way.

Protect silence in this space. Resist the urge to fill it or move things along too quickly. These quiet moments often create the room men need to actually receive—whether that's clarity, comfort, truth, or simply a sense of being seen.

Gently guide the men away from striving. Many will instinctively try to fix themselves or produce a result. Instead, invite them to slow down, let go of pressure, and simply receive what God may be offering. The goal is not effort, but openness.

Be on the lookout for: performance, over-efforting, fear of vulnerability.

Do not: turn healing into a formula

Key Scriptures: Luke 4; Romans 8; Psalm 34:18.

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Video teaching (30 min)

Time alone with God questions (do this quietly/silently) (10-15 min)

- Father, how and when was my heart wounded? intentionally, or unintentionally? What was the message of that wound? What was the agreement and vow of that wound? What was the message of that wound? What was the agreement and vow of that wound?
- Jesus, I renounce the vow that I will always (or never) _____
Jesus, I unsubscribe now from the agreement that _____
I renounce the lie that _____
- Father, what do you think of me? How do you see me? What truth do you want to give me to replace the lie(s)?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father, as we bring forward what we've uncovered in our journeys, we ask that you would sit with us in these places—these equations, these packages of lies, our agreements with them,

and the vows we've made because of them. We confess that we have believed lies, and together we turn away from the ones you have revealed to us.

Jesus, remind us that this is not a one-time moment, but a process of healing. Teach us to move with you as you gently uncover more—showing us pieces of our false selves and inviting us to trace them back to the wounds and messages that shaped them. Give us trust and perseverance to stay with you in this work.

We declare together that we are in, Jesus—for healing, for the great exchange: trading what was not good and is not good for what is true and good. Thank you for seeing us as you created us—your beloved sons. Today, we receive your love.

Holy Spirit, we ask that you would show us and speak to us. Give us the holy and beautiful experience of being loved by you today—hearing your voice, seeing with clarity, and receiving the truth of how you see us. Let your love become more than something we understand—make it something we truly experience.

We declare our love for you, Father, Son, and Holy Spirit, and we invite your power and authority to lead us, transform us, and form us into good men. Amen.

SESSION 6 — THE TRUE SELF: Training in Being

Session Aim: To reveal the True Self—who men already are in Christ—and invite them to live from being rather than striving.

WHY THIS MATTERS:

Your true self isn't something you're becoming—it's who you already are. Lies from past wounds feel powerful because they were deeply experienced, but they aren't true. Just as those lies were formed through experience, truth must also be experienced—through encountering God's love, hearing His affirmation, and seeing ourselves as He does.

God's love is what transforms us, helping us reject lies and step into our identity as sons, image bearers, and good men. As we partner with Him—choosing to align our will with His—we participate in our healing, reclaim what was lost, and grow into the truth of who we really are.

This session focuses on stabilizing identity, helping men see themselves clearly in light of God's truth having renounced the lies. Move slowly, allowing men to experience with God, an experiential knowing of who he truly is: a son, an image bearer, a good man.

Be on the lookout for: striving disguised as obedience

Do not: rush toward application

Key Scriptures: Romans 8; Ezekiel 36:26; John 10:27; Matthew 12:35, Luke 6:45

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Video teaching (30 min)

Time alone with God questions (do this quietly/silently) (10-15 min)

- Father, where am I still identifying with the false self? The wounds, agreements, old names. What are you saying is true about who I am in Christ?
- Jesus, what part of my heart needs your transforming grace, so that I can overcome and become the man you created me to be?
- Holy Spirit, what name, identity, or glory are you speaking over me? The one Heaven knows me by, that you want me to receive and grow into.

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Blessed Trinity—Father, Son, and Holy Spirit—we give you our hearts today for the renovation and restoration, the healing and training we need in this moment. Father, we declare together that we are your sons, beloved in every way. We open our hearts to receive your love, to receive the truth of who you say we are—who we are in heaven and how we are truly known in your Kingdom.

Jesus, we proclaim that you are at work for good in our lives. you have made a way for us to live less bound and more free. Together, we receive the work of the cross in all its fullness, empowering us to walk in freedom.

Father, restore our ability to choose. Restore our wills, and grow in us the capacity to discern what is true and good. Give us wise and discerning hearts, and eyes to see the good you are bringing about in our lives.

Holy Spirit, we declare that we are yours, and you are ours. Lead us, guide us, and form us into the men we are created to be. Amen.

SESSION 7 — GLORY: Living the Restored Life

Session Aim: To help men understand their glory—how they uniquely bear God’s image—and train in rhythms that sustain freedom.

WHY THIS MATTERS:

God’s glory is His weight, worth, and radiant presence—and you carry a reflection of that glory as someone made in His image. Your unique “glory” is how you express God to the world, and it’s why your life faces opposition: the enemy works to wound you and hide your true self because a free, grounded man is powerful.

Living in your glory doesn’t remove struggle, but it equips you to resist and bring goodness to others. This kind of freedom requires ongoing healing, growth, and intentional living. Your glory isn’t tied to roles, jobs, or titles—it’s something you carry into every season, regardless of circumstances.

Not everyone will be excited about or understand your glory, and some may resist it. Even so, you’re called to keep offering it with love, trusting God and staying rooted in Him as you live out who you truly are.

This session shifts from healing to formation. Emphasize responsibility without pressure.

Be on the lookout for: comparison, overcommitment

Do not: turn practices into rules

Key Scriptures: Revelation 5:5; Matthew 28; Proverbs 25:2; 2 Corinthians 3:18; Luke 8:15

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *What was one takeaway from last week? What did God show you?*

Watch the Video Together (30 min)

Time alone with God questions (encourage each man to do this quietly/silently) (10-15 min)

- Father, what wounds, patterns, and old training are you inviting me to see, and now unlearn? How are you retraining me to live free, strong, and oriented as a good man?
- Jesus, who and where are you entrusting me with power or influence, and what in me still needs healing so I can reign and rule with kindness, strength, and wisdom?
- Holy Spirit, what is the glory that you have placed within me, the unique offering of my true self, and how are you asking me to offer it for the good of others right now?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Close in prayer, then encourage the men to make time in the coming days to continue to practice time alone with God, bringing the questions of their hearts to him. There are additional questions for further exploration on page ___ of *The Good Man Series Journal*.

Closing Prayer adapted from *The Good Man Series Journal*:

Father God, we stand in awe—what a gift that we each carry a glory from you. you alone are the Glorious One, and we praise and worship you for your greatness. And yet, in your goodness, you have entrusted each of us with a unique expression of your glory—a weight, a beauty, a goodness to bring into the world.

Father, we recognize why we face opposition. We are your image bearers—your sons, your men—and the good you have placed within us is something the enemy fears. Jesus, you are amazing. Thank you for the freedom you've given us. Today, we step into that freedom again, declaring that we have been entrusted with your goodness—and that, in you, we are good.

Holy Spirit, give us the ability and discernment to guard our hearts. Make us vigilant in the ways of your Kingdom. Together, we renounce every lie and every way those lies have operated in our lives.

Holy Spirit, we invite you to reveal any places within us that have been compromised by past wounds and the lies we believed. As your image bearers, train us to live awake and alert—to recognize our glory, to walk with you in developing it, protecting it, and bringing that goodness into every area of our lives. Teach us to offer what you've placed within us generously, wisely, and with love.

Jesus, may the glory you've entrusted to us impact those around us—those you've called us to love—with new tenderness and strength. Let them encounter your presence through us, sensing the weight and reality of you in the way we live and love.

Holy Spirit, bring forth the fullness of your fruit in our hearts and in our lives. Form us into men who reflect you well. Amen.

SESSION 8 — TAKING IT HOME: Integration & Commissioning

Session Aim: To integrate the journey and commission men to live from healed hearts in their everyday lives.

WHY THIS MATTERS:

This journey isn't a one-time experience but the beginning of an ongoing life of healing, growth, and training with God. A good man continues to seek God in solitude, learning to think, live, and act in new ways across every area of life. Though it's challenging, it's good—and with God's power and presence, he is equipped to live it out.

This is a sending, not a summary. Resist adding new material. Bless what God has done.

Be on the lookout for: emotional fatigue, pressure to perform.

Do not: rush the ending.

Key Scriptures: Proverbs 4:23; Luke 4; Matthew 12:35; Psalm 37:23; Micah 6:8 ESV; Acts 11:24

SMALL GROUP GUIDE:

Welcome & Opening question (10–15 min)

Opening Question: *Looking back at the first session, how did God meet you in your journey and what you were hopeful for?*

Watch the Video Together (30 min)

Consider using these questions to promote further discussion:

- What truth do you want to protect going forward?
- Where is God inviting you to take the messages you've heard to a deeper place?
- What feels different in you as you end this series and season of your masculine journey and prepare for the next?

Group discussion (40 min)

Remember, as you lead, to:

- Protect confidentiality
- Let silence work
- Interrupt men who attempt to fix, advise, or rescue other men
- Normalize uneven progress
- Silence or pauses or gaps can be welcome and even important. A man may not be finished sharing, but is gathering his thoughts or choosing his words. Let him.

Prayer & Closing (10 min)

Closing Prayer: A Prayerful Blessing and Declaration Over You

You are a good man, a warrior in the Kingdom, and a man after God's own heart.

God wants you. Hearts need you. And other lives are depending on you.

You were made to be loved and to reign with Christ in love forever and ever, and forever starts now. Keep going, keep practicing, keep reflecting... Go and be the Good Man He made you to be.

You are a good man—a warrior, king, elder-sage, and
most of all, a beloved son.

You are Dangerous for Good.

You are loved by God.

You are healing.

You are becoming.

You are not who you once were.

You are not what wounded you.

You are not what the lies said you were.

You are not disqualified.

Go now and live from the heart that is being made
more and more whole.

Guard it well.

Offer it freely.

Walk with courage.

Amen.

CLOSING MATERIALS

Brotherhood & Ongoing Formation

Men do not stay free alone. Encourage continued brotherhood, shared rhythms, and honest connection.

You've traveled far together. Continue the journey with Zoweh by utilizing our other resources. Find them here: www.zowehoutpost.com

Reach out with questions about leading groups or for coaching/encouragement to allies@zoweh.org

Event Host Guide - add content here from next tab