

## WEEK 1 — LIONS DON'T BOW

# Adam's Silence

*"She also gave some to her husband, who was with her, and he ate it." — Genesis 3:6*

### DISCUSSION QUESTIONS

1. Where in your life are you 'standing with her' but staying silent?

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2. What hard conversation have you been avoiding?

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3. When did you first learn that staying quiet was safer than speaking up?

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4. How has your passivity affected your wife? Your children?

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5. What would leading look like in your current situation?

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6. What are you afraid will happen if you stop being passive?

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### THIS WEEK'S CHALLENGE

Identify one situation where you've been passive. Have the conversation you've been avoiding or make the decision you've been deferring.

### MY SPECIFIC COMMITMENT:

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### NOTES

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**WEEK 2 — LIONS DON'T BOW**

# The Cost of Passivity

*"The thief comes only to steal and kill and destroy." — John 10:10*

## DISCUSSION QUESTIONS

1. What has your passivity stolen from your wife? Your children? Yourself?

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2. Where do you see the 'thief' operating through comfort and avoidance?

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3. What decisions have you deferred that you should have owned?

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4. What are your children learning about manhood from watching you?

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5. What areas of your life feel 'dead' that used to feel alive?

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6. If nothing changes, what will your family look like in 10 years?

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## THIS WEEK'S CHALLENGE

Ask your wife: 'Where do you wish I would step up and lead more?' Listen without defending. Write down what she says.

## MY SPECIFIC COMMITMENT:

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## NOTES

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## WEEK 3 — LIONS DON'T BOW

# Breaking Through Denial

*"Search me, God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23*

### DISCUSSION QUESTIONS

1. What excuses do you make for your passivity?

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2. When conflict arises at home, what's your automatic response?

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3. Where do you hide? (Phone, work, sports, garage, sleep, etc.)

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4. What patterns did you see in your father? How are you repeating them?

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5. When did being passive become your default?

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6. What would your wife say your biggest blind spot is?

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### THIS WEEK'S CHALLENGE

Complete the self-assessment at [lionsdontbow.com/assessment](http://lionsdontbow.com/assessment). Share your top 3 areas of passivity with the group.

### MY SPECIFIC COMMITMENT:

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### NOTES

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## WEEK 4 — LIONS DON'T BOW

# God's Design

*"The LORD God took the man and put him in the Garden to work it and take care of it." — Genesis 2:15*

### DISCUSSION QUESTIONS

1. What are you building? What meaningful work has God given you?

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2. What are you protecting? What needs your active guarding?

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3. What are you providing beyond money?

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4. Where have you believed masculine responsibility is oppressive?

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5. What would it look like to fully embrace your design as a man?

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6. What's one area where you've been drifting that needs cultivating?

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### THIS WEEK'S CHALLENGE

Identify one thing that needs 'guarding' this week. Actively protect it. Note what's different when you're on guard vs. checked out.

### MY SPECIFIC COMMITMENT:

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### NOTES

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## WEEK 5 — LIONS DON'T BOW

# Leadership vs. Dominance

*"Husbands, love your wives, just as Christ loved the church and gave himself up for her." — Ephesians 5:25*

### **DISCUSSION QUESTIONS**

1. What has been your model of male leadership? Healthy or distorted?

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2. Where have you confused passivity with servanthood?

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3. What would sacrificial leadership look like in your marriage this week?

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4. How do you respond when your wife disagrees with your leadership?

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5. What's one area where you need to take more initiative?

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6. How can you lead spiritually without being preachy?

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### **THIS WEEK'S CHALLENGE**

Plan something for your family this week without being asked and without asking for input. Take full initiative. Own the outcome.

### **MY SPECIFIC COMMITMENT:**

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### **NOTES**

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## WEEK 6 — LIONS DON'T BOW

# Reclaiming Your Identity

*"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10*

### DISCUSSION QUESTIONS

1. What lies about yourself have you believed? Where did they come from?

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2. If you fully believed you were 'God's handiwork,' how would you live?

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3. What 'good works' do you sense God has prepared for you?

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4. Where have you shrunk yourself to avoid risk or rejection?

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5. Who is the man you were made to be? Describe him.

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6. What would your family say if that man showed up consistently?

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### THIS WEEK'S CHALLENGE

Write a one-page description of the man you were created to be. Read it every morning this week. Start becoming him.

### MY SPECIFIC COMMITMENT:

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### NOTES

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## WEEK 7 — LIONS DON'T BOW

# Taking Initiative

*"David said to Saul, 'Let no one lose heart on account of this Philistine; your servant will go and fight him.'" — 1 Samuel 17:32*

### DISCUSSION QUESTIONS

1. What 'giants' in your life have you been avoiding?

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2. Where do you wait for permission when you should just act?

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3. What's the difference between Saul and David? Which one are you?

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4. What has your passivity allowed to grow unchecked?

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5. What decision have you been putting off?

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6. What's one area where you need to stop waiting and start moving?

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### THIS WEEK'S CHALLENGE

Identify your biggest 'giant' right now. Name it specifically. Take one concrete step toward it this week.

### MY SPECIFIC COMMITMENT:

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### NOTES

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## WEEK 8 — LIONS DON'T BOW

# Hard Conversations

*"Then Nathan said to David, 'You are the man!'" — 2 Samuel 12:7*

### DISCUSSION QUESTIONS

1. What hard conversation have you been avoiding the longest?

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2. How do you typically handle conflict? Avoid? Hint? Explode?

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3. What do you fear will happen if you say what needs to be said?

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4. Who is the 'Nathan' in your life who tells you truth?

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5. What would change if you had that hard conversation this week?

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6. How can you speak truth while still being loving?

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### THIS WEEK'S CHALLENGE

Have ONE hard conversation you've been putting off. Write down beforehand: What needs to be said? Why does it matter? What outcome am I hoping for?

### MY SPECIFIC COMMITMENT:

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### NOTES

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**WEEK 9 — LIONS DON'T BOW**

# Consistency Over Time

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." — Galatians 6:9*

## DISCUSSION QUESTIONS

1. Where have you been inconsistent? What patterns do you start but never sustain?

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2. What daily practices would transform your family if done consistently?

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3. What typically causes you to quit when trying to change?

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4. How has your inconsistency affected your wife's ability to trust you?

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5. What would it look like to 'not give up' in your situation?

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6. What one consistent practice will you commit to for the rest of this program?

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## THIS WEEK'S CHALLENGE

Choose ONE daily practice (5-15 min) to commit to for the rest of the 12 weeks. Do it every day. Track it. Report weekly.

## MY SPECIFIC COMMITMENT:

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## NOTES

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**WEEK 10 — LIONS DON'T BOW**

# **Spiritual Leadership**

*"As for me and my household, we will serve the LORD." — Joshua 24:15*

## **DISCUSSION QUESTIONS**

1. On a scale of 1-10, how would you rate your spiritual leadership at home?
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2. What has kept you from leading spiritually?
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3. What would it look like to make Joshua's declaration in your home?
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4. How are your children experiencing faith? Through you, or around you?
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5. What one spiritual practice could you initiate with your family?
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6. What's your biggest barrier to praying with your wife regularly?
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## **THIS WEEK'S CHALLENGE**

Initiate family prayer or devotion at least 3 times this week. It doesn't need to be long. Just take the lead.

## **MY SPECIFIC COMMITMENT:**

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## **NOTES**

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## WEEK 11 — LIONS DON'T BOW

# Emotional Presence

*"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." — Ephesians 6:4*

### DISCUSSION QUESTIONS

1. When are you most likely to be physically present but emotionally absent?

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2. What do you use to escape emotional engagement?

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3. How would your wife and kids describe your emotional presence?

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4. What triggers you to check out?

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5. What would change if you were fully present during dinner every night?

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6. How can you tell when your child needs your attention?

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### THIS WEEK'S CHALLENGE

Create a 'phone-free zone' for one hour every evening this week. Full presence. No screens. Eyes up.

### MY SPECIFIC COMMITMENT:

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### NOTES

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## WEEK 12 — LIONS DON'T BOW

# Iron Sharpens Iron

*"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17*

### DISCUSSION QUESTIONS

1. What has this group meant to your transformation?

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2. Where would you be without the accountability and brotherhood?

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3. What's your specific plan to continue in community?

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4. Who in your life needs what you've learned? Name someone.

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5. What would it look like to lead a group like this someday?

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6. What's your biggest takeaway from this 12-week journey?

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### THIS WEEK'S CHALLENGE

Make two commitments: (1) Your plan for continued accountability. (2) One man you will reach out to this week who needs what you've learned.

### MY SPECIFIC COMMITMENT:

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### NOTES

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