

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?

2. What hard conversation have you been avoiding?

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

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

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

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

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:

NOTES

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?

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

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

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

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

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

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:

NOTES

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?

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

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

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

5. When did being passive become your default?

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

THIS WEEK'S CHALLENGE

Complete the self-assessment at lionsdontbow.com/assessment. Share your top 3 areas of passivity with the group.

MY SPECIFIC COMMITMENT:

NOTES

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?

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

3. What are you providing beyond money?

4. Where have you believed masculine responsibility is oppressive?

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

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

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:

NOTES

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?

2. Where have you confused passivity with servanthood?

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

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

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

6. How can you lead spiritually without being preachy?

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:

NOTES

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?

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

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

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

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

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

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:

NOTES

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?

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

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

4. What has your passivity allowed to grow unchecked?

5. What decision have you been putting off?

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

THIS WEEK'S CHALLENGE

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

MY SPECIFIC COMMITMENT:

NOTES

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?

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

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

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

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

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

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:

NOTES

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?

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

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

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

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

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

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:

NOTES

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?

2. What has kept you from leading spiritually?

3. What would it look like to make Joshua's declaration in your home?

4. How are your children experiencing faith? Through you, or around you?

5. What one spiritual practice could you initiate with your family?

6. What's your biggest barrier to praying with your wife regularly?

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:

NOTES

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?

2. What do you use to escape emotional engagement?

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

4. What triggers you to check out?

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

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

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:

NOTES

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?

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

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

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

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

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

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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