

LIONS DON'T BOW

WARRIOR PROTOCOLS

12-Week Men's Group Curriculum

"A domesticated man IS fatherlessness."

A complete curriculum for pastors and church leaders to start men's groups that transform passive men into the leaders their families need.

12 Complete Sessions • Leader Preparation Notes • Discussion Questions

Biblical Foundation • Weekly Challenges • Participant Notes Pages

lionsdontbow.com

CURRICULUM OVERVIEW

Phase 1: Awakening — Weeks 1-3

- Week 1: Adam's Silence — The Origin of Male Passivity
- Week 2: The Cost of Passivity — What Your Silence Is Stealing
- Week 3: Breaking Through Denial — Confronting Your Patterns

Phase 2: Identity — Weeks 4-6

- Week 4: God's Design — Created to Lead, Protect, Provide
- Week 5: Leadership vs. Dominance — Christ's Example
- Week 6: Reclaiming Your Identity — The Man You Were Made to Be

Phase 3: Action — Weeks 7-9

- Week 7: Taking Initiative — David vs. Saul
- Week 8: Hard Conversations — Nathan Confronts David
- Week 9: Consistency Over Time — The Compound Effect

Phase 4: Leadership — Weeks 10-11

- Week 10: Spiritual Leadership — 'As for Me and My House'
- Week 11: Emotional Presence — Being There, Not Just There

Phase 5: Brotherhood — Week 12

- Week 12: Iron Sharpens Iron — The Power of Brotherhood

Appendix

- How to Facilitate • Recommended Reading • Glossary • Notes Pages

HOW TO FACILITATE THIS CURRICULUM

Session Format (75-90 minutes)

CHECK-IN (15 min) — Start by following up on last week's challenge. Go around the room. 'Did you do it? What happened?' This builds accountability from day one.

TEACHING (15 min) — Read or present the teaching content. Don't rush this. Let the Scripture and concepts land. The pull quote is your anchor point.

DISCUSSION (30 min) — Work through the questions. You won't get to all of them. Pick 3-4 that resonate. Go deep, not wide. One man's real answer beats six surface responses.

CHALLENGE (10 min) — Explain the weekly challenge. Make sure every man commits to something specific. Vague intentions produce vague results.

PRAYER (15 min) — Close by praying for each other's challenges. This isn't generic. Pray specifically for the battles each man is facing.

Facilitation Principles

Don't rescue. When a man shares something hard, resist the urge to fix it, minimize it, or make him feel better. Let him sit in the discomfort. That's where growth happens.

Call out excuses. Passive men are masters of rationalization. When you hear 'I couldn't because...' or 'She doesn't let me...' lovingly push back. 'Is that a reason or an excuse?'

Expect action. Every session ends with a challenge. Follow up relentlessly. Men who only talk about change never actually change.

Model vulnerability. You go first. Share your own struggles with passivity. If the leader is guarded, the group will be guarded.

Maintain confidentiality. What's shared in group stays in group. This is non-negotiable. Without safety, there's no honesty.

Stay in your lane. You're a facilitator, not a therapist. If issues arise that are beyond your scope (abuse, addiction, mental health crisis), refer to professionals.

Group Guidelines

Share these expectations in Week 1:

- **Attendance:** Commit to all 12 weeks. If you miss, you're letting down the brotherhood.
- **Honesty:** Surface-level sharing is wasted time. We go deep or we go home.
- **Action:** This isn't a support group. We don't just talk. We do.
- **Confidentiality:** Nothing leaves this room without permission.
- **No fixing:** When a brother shares, listen. Don't immediately offer solutions.

PHASE 1: AWAKENING

WEEK 1

Adam's Silence: The Origin of Male Passivity

"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."

— Genesis 3:6

FOR THE FACILITATOR

This is the foundation session. Many men have never connected Adam's silence with their own patterns. Go slow here. Let the weight of it land. Some men will get defensive. That's the denial talking. Don't argue. Just keep pointing back to the text.

THE TEACHING

The fall of mankind wasn't just about eating forbidden fruit. It was about a man who stood silent when he should have spoken. Notice the text: Adam was 'with her.' He wasn't off naming animals. He was right there, watching, saying nothing.

This is the first recorded act of male passivity in human history. Adam had received the command directly from God (Genesis 2:16-17). He knew the stakes. Yet when the serpent approached his wife, he abdicated. He deferred. He waited to see what would happen instead of stepping into his role as protector and leader.

"Adam wasn't off naming animals. He was right there, watching, saying nothing. This is the first recorded act of male passivity in human history."

Every passive man since has been replaying Adam's failure. Standing by while things fall apart. Hoping someone else will handle it. Avoiding the hard conversation. Staying silent when truth needs to be spoken.

The consequences were catastrophic. Not just for Adam and Eve, but for every generation that followed. God's words to Adam are haunting: 'Because you listened to your wife and ate...' The issue wasn't that he listened to her opinion. The issue was that he followed her into sin instead of leading her away from it.

SUPPORTING SCRIPTURES

"The LORD God commanded the man, 'You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil.'" — Genesis 2:16-17

"To Adam he said, 'Because you listened to your wife and ate fruit from the tree about which I commanded you... cursed is the ground because of you.'" — Genesis 3:17

DISCUSSION QUESTIONS

1. Where in your life are you 'standing with her' but staying silent? What situations are you watching unfold without stepping in?
2. What hard conversation have you been avoiding? What's the cost of your silence?

3. When did you first learn that staying quiet was safer than speaking up? What taught you that?
4. How has your passivity affected your wife? Your children? Be specific.
5. What would it have looked like for Adam to lead in that moment? 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 this week where you've been passive. Have the conversation you've been avoiding or make the decision you've been deferring. Report back to the group next week with what happened.

NOTES

WEEK 2

The Cost of Passivity: What Your Silence Is Stealing

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

— John 10:10

FOR THE FACILITATOR

The challenge this week (asking his wife where she wishes he'd lead more) will be uncomfortable. Prepare men for this. Tell them: 'She might say things that hurt. Your job is to listen, not defend.' Follow up hard on this next week.

THE TEACHING

Passivity isn't neutral. It feels safe because you're not doing anything wrong. But inaction has consequences just as real as wrong action. Your silence is saying something. Your absence is creating something. Your deferral is building something.

What is passivity stealing from your marriage? Your wife didn't sign up to be a single parent with a roommate. She wanted a partner, a leader, someone who would pursue her and protect her. Every time you check out, scroll your phone, avoid the hard topic, or wait for her to decide, you're stealing her security.

"The thief doesn't always come with obvious destruction. Sometimes he comes with comfort, distraction, and the path of least resistance."

What is passivity killing in your children? Kids need to see what engaged fatherhood looks like. Sons need a model of masculine leadership. Daughters need to know what to expect from a man. Your passivity is teaching them that men drift, avoid, and disappear.

1 Timothy 5:8 says failing to provide makes you 'worse than an unbeliever.' Provision isn't just financial. It's emotional, spiritual, and relational. Are you providing what your family actually needs from you?

SUPPORTING SCRIPTURES

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." — 1 Peter 5:8

"Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever." — 1 Timothy 5:8

DISCUSSION QUESTIONS

1. What has your passivity stolen from your wife? From your children? From yourself?
2. Where do you see the 'thief' operating in your life through comfort and avoidance?
3. What decisions have you deferred to your wife that you should have owned?
4. How do your children see you? What are they learning about manhood from watching you?
5. What areas of your life feel 'dead' that used to feel alive? How might passivity be connected?
6. If nothing changes, what will your family look like in 5 years? 10 years?

THIS WEEK'S CHALLENGE

Ask your wife this question: 'Where do you wish I would step up and lead more?' Listen without defending. Don't explain, justify, or fix. Write down what she says. Bring it to group next week.

NOTES

WEEK 3

Breaking Through Denial: Confronting Your Patterns

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

— Psalm 139:23-24

FOR THE FACILITATOR

Men will share assessment results this week. Create safety but don't allow minimizing. When someone says 'I scored pretty bad on boundaries' push deeper: 'What does that look like specifically in your marriage?' Names and specifics break through denial.

THE TEACHING

Passive men are masters of self-deception. We minimize ('It's not that bad'), rationalize ('She's overreacting'), blame shift ('If she would just...'), and spiritualize ('I'm being patient'). Jeremiah 17:9 warns that the heart is 'deceitful above all things.' We have a thousand ways to avoid seeing ourselves clearly.

David's prayer in Psalm 139 is dangerous. He's asking God to expose what's hidden. To reveal the patterns he can't see. To show him the 'offensive ways' he's blind to. This is the prayer of a man ready to change.

"Denial feels protective but it's actually a prison. You can't change what you won't acknowledge. You can't fight an enemy you refuse to name."

Breaking through denial requires brutal honesty. Not self-hatred, but clear-eyed acknowledgment of patterns. What do you do when conflict arises? Where do you hide? What are your go-to escapes? How do you avoid feeling uncomfortable emotions?

The patterns usually formed early. Maybe you learned that speaking up got you hurt. Maybe you watched your father check out. Maybe you discovered that being agreeable kept the peace. These patterns made sense once. They're destroying you now.

SUPPORTING SCRIPTURES

"The heart is deceitful above all things and beyond cure. Who can understand it?" — Jeremiah 17:9

"If we claim to be without sin, we deceive ourselves and the truth is not in us." — 1 John 1:8

DISCUSSION QUESTIONS

1. What excuses do you make for your passivity? What's your go-to rationalization?
2. When conflict arises at home, what's your automatic response? Flight? Silence? Deflection? Explosion?
3. Where do you hide? (Phone, work, sports, garage, sleep, porn, food, etc.)
4. What patterns did you see in your father? How are you repeating them?
5. When did being passive become your default? What taught you this was the way to survive?
6. What would your wife say your biggest blind spot is? What would she say you refuse to see?

THIS WEEK'S CHALLENGE

Complete the Lions Don't Bow self-assessment at lionsdontbow.com/assessment. Bring your results to group. Be prepared to share your top 3 areas of passivity honestly. No minimizing.

NOTES

PHASE 2: IDENTITY

WEEK 4

God's Design: Created to Lead, Protect, Provide

"The LORD God took the man and put him in the Garden of Eden to work it and take care of it."

— Genesis 2:15

FOR THE FACILITATOR

This week shifts from 'what's wrong' to 'what's right.' Men need vision for who they were made to be, not just conviction about who they've been. Spend extra time on the Hebrew word 'shamar' (guard). It reframes everything.

THE TEACHING

Before Eve was created, before the fall, before everything went wrong, God gave Adam a job. Work and protect. Cultivate and guard. This wasn't a curse; it was a calling. Men were designed for mission and responsibility from the very beginning.

The Hebrew word for 'take care of' (shamar) is the same word used for a watchman guarding a city. Adam wasn't just a gardener. He was a guardian. His job was to protect the garden from anything that would threaten it, including the serpent who showed up later.

"You weren't made to drift. You weren't made to defer. You were made to cultivate and guard. Everything in you was built for this."

1 Corinthians 16:13 commands us to 'act like men, be strong.' This isn't cultural oppression. It's creational design. Men are still called to work (build something meaningful), protect (guard what's been entrusted to you), and provide (ensure your family has what they need).

The problem isn't that men have too much responsibility. It's that we've abdicated the responsibility we were designed to carry. We've traded mission for comfort, protection for passivity, and provision for distraction.

SUPPORTING SCRIPTURES

"Be watchful, stand firm in the faith, act like men, be strong." — 1 Corinthians 16:13 ESV

"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

DISCUSSION QUESTIONS

1. What are you building? What meaningful work has God given you beyond just earning a paycheck?
2. What are you protecting? What has been entrusted to you that needs your active guarding?
3. What are you providing? Beyond money, what does your family need from you that only you can give?
4. Where have you bought the lie that masculine responsibility is oppressive or outdated?
5. What would it look like to fully embrace your design as a man? What would change?

6. What's one area where you've been drifting that you need to start cultivating?

THIS WEEK'S CHALLENGE

Identify one specific thing in your life that needs 'guarding' this week. It might be your marriage, your kids' hearts, your family's schedule, or your own integrity. Actively protect it. Note what's different when you're on guard vs. checked out.

NOTES

WEEK 5

Leadership vs. Dominance: Christ's Example

"Husbands, love your wives, just as Christ loved the church and gave himself up for her."

— Ephesians 5:25

FOR THE FACILITATOR

Many men had poor models of leadership (absent, abusive, or passive fathers). This creates confusion between leadership and dominance. Spend time distinguishing Christ's model. He led by serving and sacrificing, not by demanding.

THE TEACHING

Here's where passive men get confused. They've seen leadership modeled as dominance, control, or dictatorship. So they reject leadership entirely and call it humility. But the opposite of domination isn't passivity. It's sacrificial leadership.

Look at how Christ leads the church. He doesn't bark orders from a distance. He gives himself up. He serves. He sacrifices. He initiates. He pursues. He leads by laying down his life, not by demanding submission.

"Your wife doesn't want a dictator. But she also doesn't want a doormat. She wants someone who will step up, take responsibility, and lead the way while treating her as a valued partner."

Biblical leadership looks like: Taking initiative without being asked. Making decisions while valuing input. Serving sacrificially without keeping score. Protecting fiercely without controlling. Leading spiritually without being preachy.

Passive men often hide behind 'servant leadership' as an excuse to never lead at all. But servanthood without leadership is just people-pleasing. Leadership without servanthood is tyranny. Christ modeled both perfectly.

SUPPORTING SCRIPTURES

"Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave." — Matthew 20:26-27

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." — Philippians 2:3

DISCUSSION QUESTIONS

1. What has been your model of male leadership? Was it healthy or distorted?
2. Where have you confused passivity with servanthood? Avoidance with humility?
3. What would sacrificial leadership look like in your marriage this week? Be specific.
4. How do you respond when your wife disagrees with your leadership? Dominate? Cave?
5. What's one area where you need to take more initiative without being asked?
6. How can you lead your family spiritually without being preachy or performative?

THIS WEEK'S CHALLENGE

Plan something for your family this week without being asked and without asking for input. It could be a date night, a family activity, or handling a problem that's been lingering. Take full initiative. Own the outcome.

NOTES

WEEK 6

Reclaiming Your Identity: The Man You Were Made to Be

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

— Ephesians 2:10

FOR THE FACILITATOR

The written description challenge is powerful. Some men will resist putting it on paper. Push through that resistance. Having a written vision of who they're becoming creates something to aim at. Consider having men share excerpts next week.

THE TEACHING

You are not an accident. You are not a mistake. You are not defined by your failures or your father's failures. You are God's handiwork, created with purpose, designed for good works that were planned before you were born.

Passivity has stolen your sense of identity. You've forgotten who you are. You've believed the lies that you're worthless, incompetent, or unnecessary. You've shrunk yourself to avoid disappointing anyone.

"The humble man isn't the one who thinks little of himself. It's the one who thinks of himself less while knowing who he truly is."

Reclaiming your identity means remembering what's true: You are a son of the Most High. You are a man with a mission. You are a leader worth following. You are a husband who can love sacrificially. You are a father who can shape the next generation.

This isn't arrogance. It's alignment. You're agreeing with how God made you instead of accepting the diminished version passivity has created. 1 John 3:1 says we are called children of God, 'and that is what we are!' Own it.

SUPPORTING SCRIPTURES

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" — 1 John 3:1

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." — Psalm 139:14

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 differently?
3. What 'good works' do you sense God has prepared for you? What's your mission?
4. Where have you shrunk yourself to avoid risk or rejection?
5. Who is the man you were made to be? Describe him specifically.
6. What would your wife and kids say if that man showed up consistently?

THIS WEEK'S CHALLENGE

Write a one-page description of the man you were created to be. Not the passive version. The fully alive, leading, protecting, providing man. Be specific about how he acts, decides, leads, and loves. Read it every morning this week.

NOTES

PHASE 3: ACTION

WEEK 7

Taking Initiative: David vs. Saul

"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**

FOR THE FACILITATOR

The 'giant' identification is critical this week. Push for specifics. Not 'my marriage needs work' but 'I've been avoiding the conversation about our intimacy for six months.' Named giants can be fought. Vague problems persist forever.

THE TEACHING

While King Saul and his entire army cowered in fear, a shepherd boy stepped forward. David didn't wait for permission. He didn't form a committee. He didn't ask someone else to handle it. He saw a problem and he moved toward it.

Notice verse 16: Goliath came forward 'every morning and evening' for forty days. The problem didn't go away because Israel ignored it. It got louder. More intimidating. This is what happens when passive men hope giants will disappear on their own.

"Passive men stay safe by never trying. They also never slay any giants."

Saul was the king. He had the authority, the armor, the army. But he was passive. He let fear and uncertainty paralyze him while his people suffered. David had none of those advantages, but he had initiative. Guess who God used?

What giants are you letting roar at your family while you hide in your tent? What problems have been shouting for months that you've refused to face? Initiative means moving toward them instead of away.

SUPPORTING SCRIPTURES

"For forty days the Philistine came forward every morning and evening and took his stand." — 1 Samuel 17:16

"David said to the Philistine, 'You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty.'" — 1 Samuel 17:45

DISCUSSION QUESTIONS

1. What 'giants' in your life have you been avoiding instead of confronting?
2. Where do you wait for permission when you should just act?
3. What's the difference between Saul and David in this story? Which one are you more like?
4. What has your passivity allowed to grow unchecked in your home?
5. What decision have you been putting off that you need to make this week?

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. It might be a hard conversation, a financial mess, a relational conflict, or a personal sin. Take one concrete step toward it this week. Don't wait for perfect conditions.

NOTES

WEEK 8

Hard Conversations: Nathan Confronts David

"Then Nathan said to David, 'You are the man!'"

— 2 Samuel 12:7

FOR THE FACILITATOR

Have men prepare before the hard conversation: What needs to be said? Why does it matter? What outcome are you hoping for? This prevents the conversation from becoming an attack. Truth without love is brutality. Love without truth is sentimentality.

THE TEACHING

David, the same man who killed Goliath, had committed adultery with Bathsheba and murdered her husband to cover it up. Everyone knew. No one said anything. The king was too powerful. The situation was too awkward. Then Nathan showed up.

Nathan didn't soften the blow. He didn't dance around it. He told a story that exposed David's sin, then drove the point home: 'You are the man.' He had the hard conversation everyone else avoided. Proverbs 27:6 reminds us: 'Faithful are the wounds of a friend.'

"The conversation you're most afraid of is probably the one you most need to have."

Passive men are terrified of hard conversations. We hint. We hope people figure it out. We wait until we're so angry we explode. We'd rather let problems fester than risk the discomfort of direct communication.

But hard conversations are where transformation happens. When Nathan confronted David, David repented (Psalm 51). The confrontation led to restoration. Avoiding the conversation would have led to destruction.

SUPPORTING SCRIPTURES

"Faithful are the wounds of a friend; profuse are the kisses of an enemy." — Proverbs 27:6 ESV

"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness." — Galatians 6:1 ESV

DISCUSSION QUESTIONS

1. What hard conversation have you been avoiding the longest? Why?
2. How do you typically handle conflict? Avoid? Hint? Explode? Something else?
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? Do you have one?
5. What would change if you had that hard conversation this week?
6. How can you speak truth while still being loving and not just harsh?

THIS WEEK'S CHALLENGE

Have ONE hard conversation this week that you've been putting off. Write down beforehand: What needs to be said? Why does it matter? What outcome am I hoping for? Report back to the group with what happened.

NOTES

WEEK 9

Consistency Over Time: The Compound Effect

"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

FOR THE FACILITATOR

This is where many men fall off. The initial motivation fades. Help them choose a sustainable daily practice, not an ambitious one. 5 minutes of prayer with their wife beats 30 minutes they'll never do. Track this weekly for the rest of the program.

THE TEACHING

One heroic act doesn't make you a leader. Consistent, daily action over time does. Your family doesn't need a hero once a year. They need a man who shows up every single day.

This is where most men fail. They get fired up, make changes for a week, then drift back to old patterns. Transformation isn't an event. It's a process. It's compound interest applied to character.

"Your wife doesn't need you to be perfect. She needs you to be consistent."

Small actions repeated consistently become who you are. Praying with your kids every night. Having a weekly date with your wife. Being present at dinner. Handling problems when they're small. These 'boring' consistencies build unshakeable families.

James 1:2-3 connects trials with perseverance. The testing of your faith produces staying power. Every time you choose consistency over comfort, you're building the muscle that will carry you through harder seasons.

SUPPORTING SCRIPTURES

"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord." — 1 Corinthians 15:58

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." — James 1:2-3

DISCUSSION QUESTIONS

1. Where have you been inconsistent? What patterns do you start but never sustain?
2. What daily or weekly practices would transform your family if you did them consistently?
3. What typically causes you to quit when you're 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 specific situation?
6. What one consistent practice will you commit to for the rest of this 12 weeks?

THIS WEEK'S CHALLENGE

Choose ONE daily practice to commit to for the rest of this program. Keep it sustainable (5-15 minutes). It could be: praying with your wife, initiating conversation with your kids, exercising, or reading Scripture. Do it every day. Track it. Report weekly.

NOTES

PHASE 4: LEADERSHIP

WEEK 10

Spiritual Leadership: 'As for Me and My House'

"But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve... But as for me and my household, we will serve the LORD."

— Joshua 24:15

FOR THE FACILITATOR

Many men feel unqualified to lead spiritually because they don't know enough. Remind them: spiritual leadership isn't about having all the answers. It's about pursuing God publicly and bringing your family with you. Model vulnerability about your own spiritual struggles.

THE TEACHING

Joshua didn't poll his household. He didn't defer to his wife's spirituality. He didn't hope his kids would figure it out on their own. He made a declaration: 'As for me and my household, we will serve the LORD.'

This is spiritual leadership. It's taking responsibility for the spiritual direction of your home. Not forcing faith on anyone, but setting the trajectory, creating the environment, and modeling what following God looks like.

"God designed you to be the spiritual thermostat of your home, not a thermometer reflecting whatever temperature already exists."

Deuteronomy 6 makes clear that faith formation happens in daily life: when you sit at home, when you walk along the road. This isn't about being the family Bible scholar. It's about integrating faith into everyday moments.

Your kids need to see their father pursuing God. Your wife needs a spiritual partner, not just a church attender. Most men have abdicated this entirely. They let their wives handle church, devotions, prayer, and moral instruction. Then they wonder why their kids grow up with a disconnected faith.

SUPPORTING SCRIPTURES

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road." — Deuteronomy 6:6-7

"Start children off on the way they should go, and even when they are old they will not turn from it." — Proverbs 22:6

DISCUSSION QUESTIONS

1. On a scale of 1-10, how would you rate your spiritual leadership at home? What would your wife say?
2. What has kept you from leading spiritually? Fear? Inadequacy? Laziness?
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 this week?

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 or polished. Just take the lead. 'Let's pray before dinner.' 'Can I read something short with you before bed?' Notice what happens when you step into this role.

NOTES

WEEK 11

Emotional Presence: Being There, Not Just There

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

— Ephesians 6:4

FOR THE FACILITATOR

The phone-free challenge will be harder than men expect. Our devices have become escape hatches. Have men share specific times they'll implement this (dinner, bedtime routine, etc.) and troubleshoot potential obstacles.

THE TEACHING

You can be physically present and emotionally absent. You can be in the room but not in the moment. You can be home every night but completely checked out. This is the passive man's specialty.

Romans 12:15 calls us to 'rejoice with those who rejoice; mourn with those who mourn.' This requires paying attention. You can't enter someone's emotional world while you're scrolling. You can't notice when your child is struggling if you're mentally checked out.

"Your family doesn't need more of your time. They need more of your attention. Ten minutes of full presence is worth more than hours of distracted coexistence."

Paul tells fathers not to 'exasperate' their children. One of the most exasperating things a father can do is be physically present but emotionally unavailable. Kids feel the absence even when dad is sitting right there.

Screens are the great enemy of presence. The passive man's phone is his escape hatch from engagement. Every time you reach for it during family time, you're choosing to leave without physically leaving.

SUPPORTING SCRIPTURES

"Rejoice with those who rejoice; mourn with those who mourn." — Romans 12:15

"Be completely humble and gentle; be patient, bearing with one another in love." — Ephesians 4:2

DISCUSSION QUESTIONS

1. When are you most likely to be physically present but emotionally absent?
2. What do you use to escape emotional engagement? Phone? TV? Work? Hobbies?
3. How would your wife describe your emotional presence? How about your kids?
4. What triggers you to check out? Stress? Conflict? Boredom?
5. What would change if you were fully present during dinner every night?
6. How can you tell when your child needs your attention even if they don't ask for it?

THIS WEEK'S CHALLENGE

Create a 'phone-free zone' for one hour every evening this week. During that time, be fully present with your family. No screens. Full attention. Eyes up. Notice what's different about your interactions and what you observe in your family.

NOTES

PHASE 5: BROTHERHOOD

WEEK 12

Iron Sharpens Iron: The Power of Brotherhood

"As iron sharpens iron, so one person sharpens another."

— Proverbs 27:17

FOR THE FACILITATOR

This is the multiplication session. Men need a clear next step or they'll drift. Push for specific commitments: What group will you join? Who specifically will you reach out to? Get names and timelines, not vague intentions.

THE TEACHING

You've spent 11 weeks doing hard work. You've confronted your passivity, reclaimed your identity, taken action, and stepped into leadership. Now the question is: Will you keep going? Will you help others do the same?

Passive men isolate. They hide their struggles, pretend everything is fine, and try to white-knuckle their way through life alone. Ecclesiastes 4:9-10 warns against this: 'If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.'

"The movement grows when transformed men transform other men. Men who lead create men who lead."

Brotherhood is not optional for lasting transformation. You need men who know your struggles, who call out your excuses, who celebrate your wins, and who refuse to let you quit. Iron sharpens iron. Alone, you get dull.

But brotherhood isn't just for your benefit. As you've been changed, you've become equipped to help change others. The movement grows when transformed men transform other men. Who needs what you've learned?

SUPPORTING SCRIPTURES

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." — Ecclesiastes 4:9-10

"Therefore encourage one another and build each other up, just as in fact you are doing." — 1 Thessalonians 5:11

DISCUSSION QUESTIONS

1. What has this group meant to your transformation over the past 12 weeks?
2. Where would you be without the accountability and brotherhood?
3. What's your specific plan to continue in community after this group ends?
4. Who in your life needs what you've learned? Name someone specific.
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 specific commitments: (1) Your plan for continued accountability (what group, what men, what frequency). (2) One man you will reach out to this week who needs what you've learned. Get contact info. Set a date. The movement multiplies when lions create lions.

NOTES

RECOMMENDED READING

These books complement the Warrior Protocols curriculum. Consider assigning one per phase or recommending for continued growth after the 12 weeks.

Wild at Heart by John Eldredge

Foundational exploration of masculine identity and desire

No More Mr. Nice Guy by Robert Glover

Breaking free from the Nice Guy Syndrome

The Way of the Wild Heart by John Eldredge

Masculine initiation and the stages of a man's life

Boundaries by Henry Cloud & John Townsend

When to say yes, how to say no

The Silence of Adam by Larry Crabb

Deep dive into male passivity from Genesis

Point Man by Steve Farrar

Spiritual leadership in the home

Kingdom Man by Tony Evans

Every man's destiny, every woman's dream

Disciplines of a Godly Man by R. Kent Hughes

Practical spiritual disciplines for men

GLOSSARY OF KEY TERMS

Passivity

The pattern of avoiding initiative, deferring decisions, and abdicating responsibility. Not the absence of action, but the avoidance of leadership.

Domesticated Man

A man who has traded mission for comfort, leadership for passivity, and conviction for compliance. Present in body but absent in spirit.

Shamar

Hebrew word meaning 'to guard, keep, protect.' Used in Genesis 2:15 for Adam's role in the garden. The same word used for watchmen guarding a city.

Iron Sharpens Iron

Biblical principle (Proverbs 27:17) that men grow through challenging relationships with other men. Isolation breeds passivity; brotherhood creates accountability.

Sacrificial Leadership

Christ's model of leading by serving and giving, not demanding or controlling. The opposite of both passivity and domination.

The Compound Effect

The principle that small, consistent actions over time produce massive results. Applied to character, daily faithfulness builds unshakeable integrity.

Emotional Presence

Being fully engaged and attentive, not just physically present. The opposite of checking out while occupying the same space.

PERSONAL NOTES

PERSONAL NOTES

"Lions don't bow. Not to culture. Not to comfort. Not to their own passivity."

CONTINUE THE JOURNEY

Visit lionsdontbow.com for additional resources:

- 50+ articles on passivity, leadership, and transformation
- Free self-assessments for men
- Resources for pastors starting men's groups
- Information about coaching and intensives

Questions about implementing this curriculum at your church?

Visit lionsdontbow.com/for-pastors or reach out through the contact form.

lionsdontbow.com
A Dr. Hines Inc. Initiative • Broken Arrow, Oklahoma

© 2026 All rights reserved.
Permission granted to reproduce for church and ministry use.