

# **Real** **Men**

## **Talk About Freedom, Girls, & Marriage**



**A discipleship manual  
for young men**

MIKE & MEREDITH CURTIS WITH KATIE-BETH & ZACK NOLETTE

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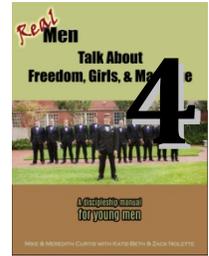
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# Real Men

## Guard Their Hearts & Fight

**What do you battle with, in your heart, when it comes to women?**

You are not alone. Most men struggle to control their desires in a way that honors the Lord. You are in a battle.

The marine was on guard duty. He was alert and ready. His gun was in position. If he needed to, he could use it. His mind was focused on his job. Well trained for any emergency, he was ready for anything that would happen. He would protect at all costs, with his life if necessary.

Just days later, he was in battle. Bullets flew around him and the blood of the enemy's victims soaked his uniform. Life and death choices had to be made. He tried to carry a fellow soldier to safety, but he was too late. Miraculously, he was still alive. He had a clear shot at the enemy. He took aim and fired.

We are in a battle every day in the area of lust and temptation. We are going to talk about battle and guard duty. You are guarding something that is important to God: your heart.

In this chapter we're going to look at guarding our hearts and winning the battle against temptation, especially how it can occur in the context of relationships with the opposite sex.

The goal of our enemy is that we sin against our Heavenly Father. In the context of our relationships with women, Satan wants us to lust, flirt with women, defraud them (lead them to believe that you are committed to them when you are not), get involved with non-Christian women, look at pornography, and waste our single years. He has a worldwide strategy going on that is pervasive in our culture. If you are a red-blooded man, you are not safe from his tactics. There are only two things to do.

1. Guard your heart
2. FIGHT!

Remember, when Satan tempts you, he wants you to sin against God. The word sin over time seems to have lost its kick. Nowadays we joke about sin. We laugh at sin. We watch sin. When an evangelist brings up sin to an unbeliever he may smile and heartily agree that he is a "sinner" (with a smug smile on his face).

Sin is not a joke to God. He hates sin. He punishes sin. Sin has negative consequences that can affect us for the rest of our lives.

Sin is breaking God's holy law. (See I John 3:4) Sin is lawlessness. Each one of us is conceived in sin. Everyone has sinned and fallen short of the glory of God. (See Romans 3:23) Until we are set free by Jesus Christ, we are in bondage to sin.

## **The Battle Begins**

Let's examine the fall of man in Genesis 3

**Read Genesis 3:1-24**

**How did sin enter the world?**

**What lie did Eve believe that led to her sin?**

## **What were the consequences for Adam and Eve's sin against God?**

One thing to remember is that the most heinous thing about sin is that it is an offense against God. It is easy to try to measure our own sinfulness by how much we hurt others, but that is a humanistic viewpoint. Sin is only sin in relation to God's law. If there was no God, there would be no sin. This is why evolutionists have such a hard time defining right and wrong. When we look at things from God's perspective, our choice is clear and grey areas become black and white. In Genesis 39, we find the story of Joseph who encountered temptation and was able to overcome it.

## **Winning the Battle**

**Read Genesis 39:1-12**

**Joseph found favor in the eyes of his slave master. How did this occur?**

**What temptation did Joseph face?**

**How did he overcome?**

Note that Joseph said, "How could I do such a great evil and sin against God?"

Often, we avoid sin because of the consequences. We don't want to mess up our future marriage, so we stay pure. We want God to bless us financially, so we tithe. It is true that sin has negative consequences and this should deter us. After all, we should fear the Lord who has the power to send us to Heaven or Hell.

However, how much more, should we love the Lord and not want to grieve His heart. When faced with the temptation to look at dirty pictures on the internet, we should say with Joseph, "How could I do such an evil thing and sin against the Lord?"

The more you cultivate a love relationship with Jesus Christ, the more you will want to obey Him and thoughts of disobedience will sicken you. Growing closer to Jesus is a way to guard your heart, protecting yourself from giving into temptation.

**Read II Timothy 2:22**

**What command is in this verse that Joseph obeyed?**

**Joseph fled the scene. We are called to flee from sin. We are also called to pursue something. What are we called to pursue?**

**Who are we to run after God with?**

We need to flee from sin, but we also need to run after God and the things of God with other believers who love Jesus and have pure hearts. This will help to cultivate our love relationship with Jesus. Fleeing from sin and pursuing godly things with on-fire believers is a way that we fight against the enemy. We resist his tricks, but we don't just run away from his schemes, we actually run to the roar by chasing after God!

## **When We Blow It**

In II Samuel 11 we find a much different story.

**Read II Samuel chapters 11-12**

**Some people say that in this story David broke all of the Ten Commandments. How is that possible?**

**What was David's first mistake?**

**How did David first try to cover up his sin?**

**What was his second attempt to cover up his sin?**

**What caused him to repent?**

**What were the consequences of David's sin?**

**Read Psalm 51**

**This is David's song of repentance after his sin with Bathsheba. Jot down some thoughts on this psalm.**

This is a great psalm to use when you are repenting from sin in your life.

David blew it big time. Here was the man after God's own heart trading it all in for a beautiful woman, married to one of his faithful soldiers. David's first mistake was not lusting after Bathsheba. His first mistake was staying home during the season when kings go off to war.

Laziness and pleasure seeking are open doors for the enemy to engage our attention. When our hands are idle, we are prey to Satan. Do not be lazy in your life. Fill your life

with hard work and ministry. It is good for a man to work hard during the day and be exhausted when night falls. Filling our life with the pursuit of pleasure (“I need to have some fun”) or idleness (“I just need to chill”) leads to temptation.

It is not wrong to relax occasionally, but think of the biblical pattern: Six days of working hard (sun-up to sun-down—about twelve hours or more) and one day of relaxing to pursue a closer relationship with God. The amount of free time we have in our culture is nowhere close to God’s idea of a proper balance between work and rest. In America, we work only five days a week and only eight hours at that. Then we do a few hours of work around the house during the weekend. Most Americans spend hours watching television EVERY day! We open the door to the enemy of our souls with this lifestyle.

If you are single, make the most of your single years. Work hard and save money for your future family. Serve wholeheartedly in your local church. Share the Gospel with everyone you meet. Work hard at everything you do! If you are focused on making the most of your single years and accomplishing exploits for the Kingdom of God, you will not have much free time to watch and look at things you shouldn’t.

Hard work is a way to guard your heart, protecting yourself from sinning against the Lord.

## **The Battle Rages On**

Here is a primer on spiritual warfare. Remember Satan’s goal is to get you to sin. The battle is about sin vs. holiness. When you fight against the devil, you are resisting temptation (defensive) and moving forward in your relationship with Jesus (offensive).

**Read Ephesians 6:10-20**

**List all the defensive weapons listed in this passage.**

**How do these weapons work to protect us from lust, flirting with women, defrauding women, getting involved with non-Christian women, looking at pornography, and wasting our single years?**

**There are only two offensive weapons. What are they?**

**How can we use our sword in our battle against the kingdom of darkness?**

**How does prayer defeat the enemy?**

**Read I Corinthians 10:12-13**

**When are we most likely to fall into sin?**

**How are you tempted when it comes to lust, women, and other things that we are talking about?**

**How many other men in the world are tempted in this way?**

Knowing that you are not alone should help you. God can give you the victory. Other Christian men are struggling too. They can help you to overcome the evil one.

**God does not tempt us and He helps us when we are tempted by Satan. How does the Lord help us out?**

**Read Matthew 4:1-11**

Here is the perfect example of a man overcoming temptation.

**What three areas is Jesus tempted in?**

**Are you ever tempted in similar ways?**

**How does Jesus defeat Satan?**

**How can you defeat temptation?**

## **Bring it Home**

Scripture is invaluable in winning the battle against sin. In fact, you probably won't win it without Scripture. Read the Bible every day. Memorize key passages and use them as a sword to slice the head off the tempter.

Here are some verses to memorize. Write them each three times.

*"So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it" (I Corinthians 10:12-13 ©1984 NIV).*

*“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?”*  
(II Corinthians 6:14 ©1984 NIV).

*“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body”* (I Corinthians 6:18-20 ©1984 NIV).

*“Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” (I Corinthians 6:9-11 ©1984 NIV).*



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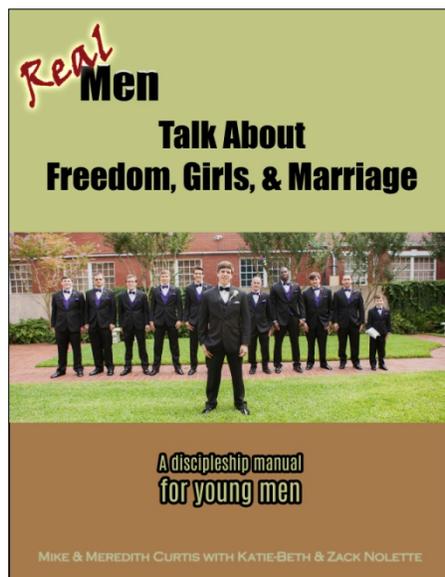
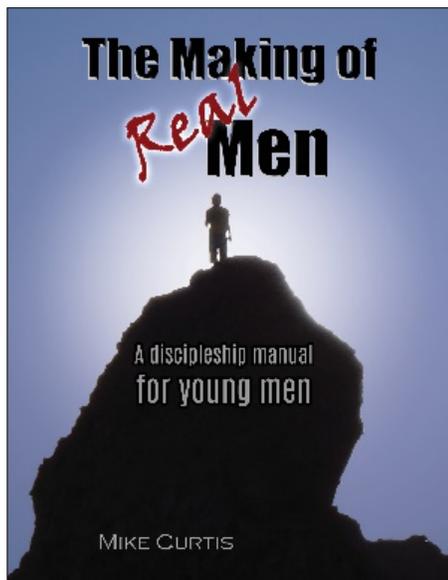
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## Real Men Discipleship Manuals

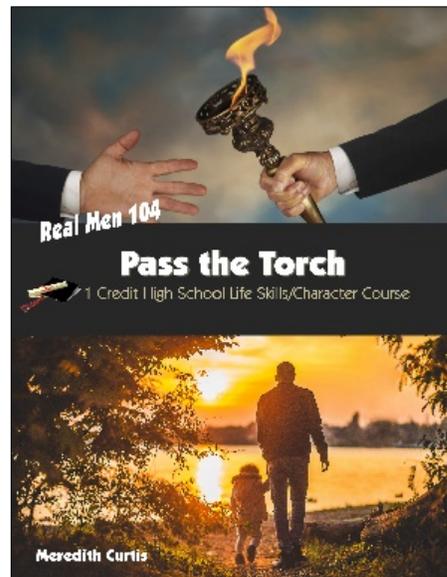
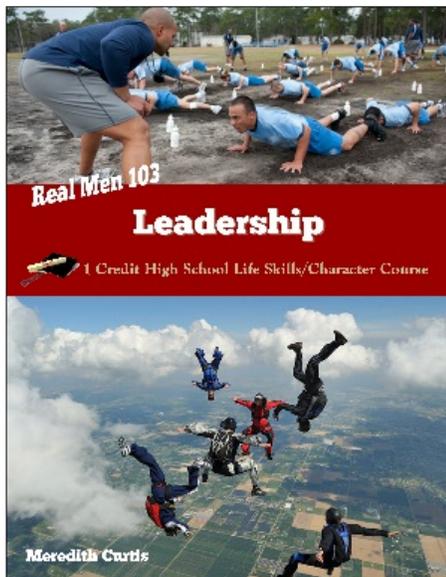
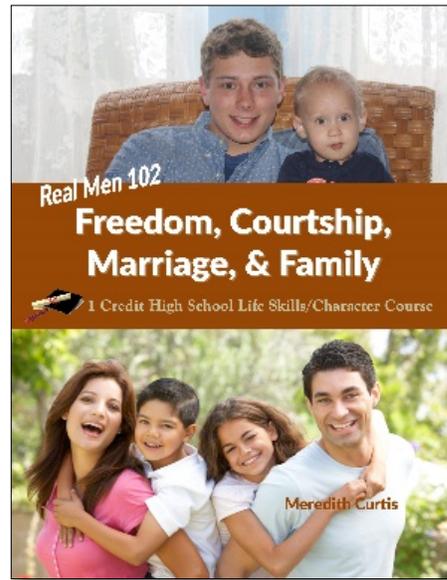
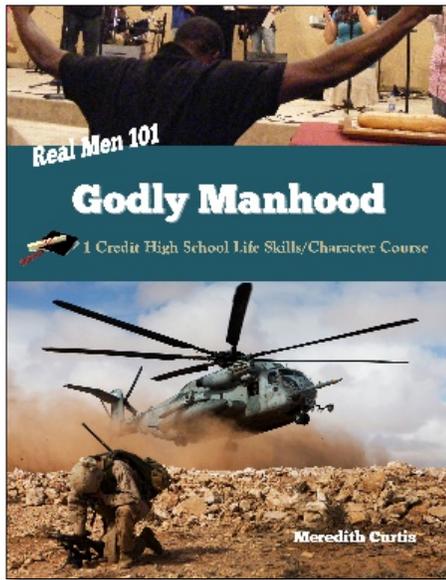
God calls fathers to impart life to their sons, passing the baton in the race of faith. These Bible studies were created for fathers (or mentors) to go through this material with their sons. Pastor Mike Curtis used these materials to mentor his own son and other young men in the church. These manuals cover tough issues that fathers and sons need to talk about and live out in their lives.



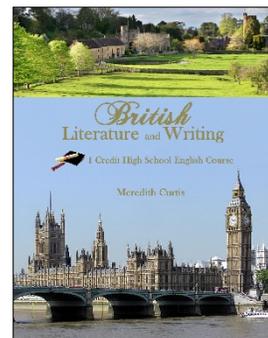
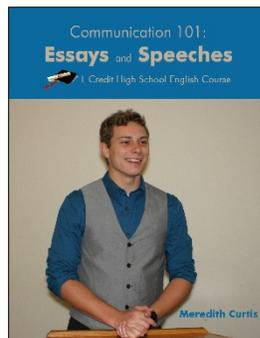
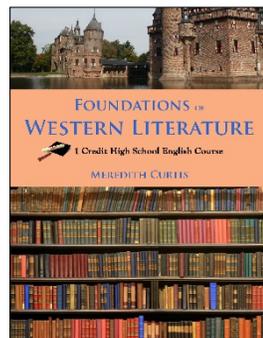
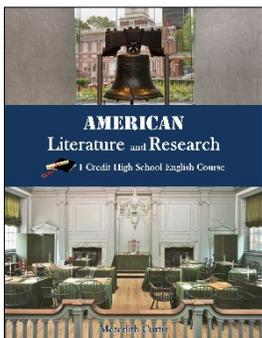
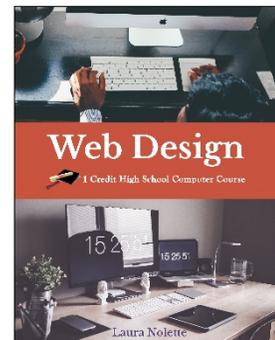
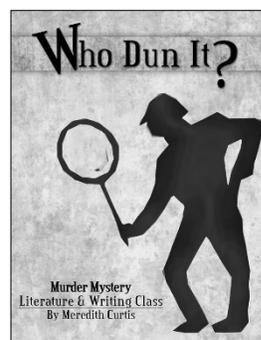
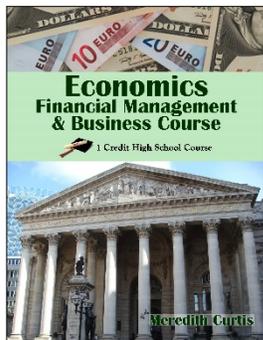
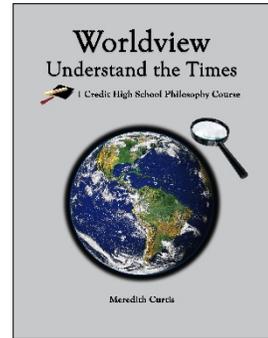
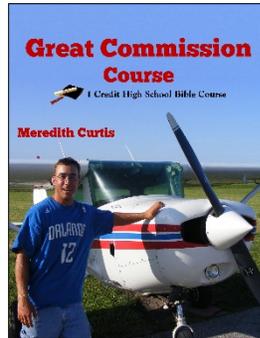
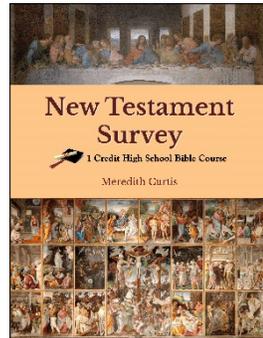
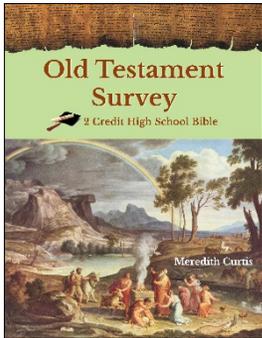
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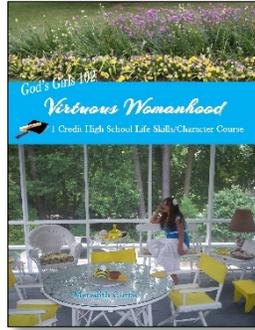
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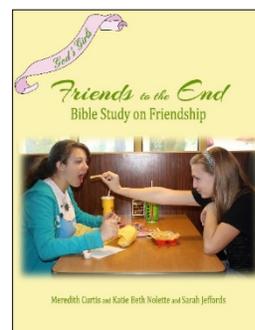
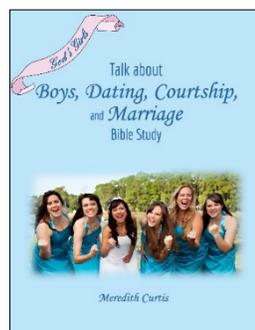
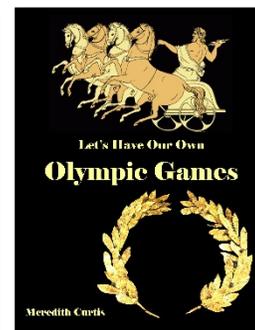
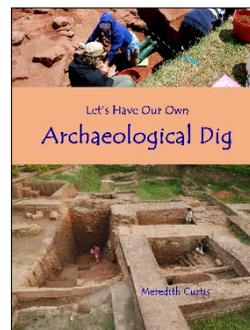
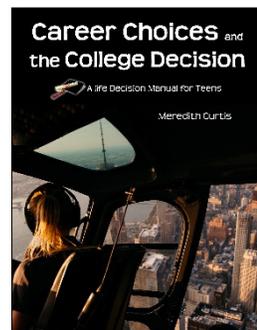
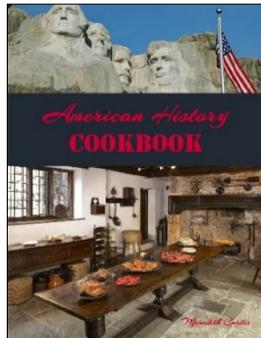
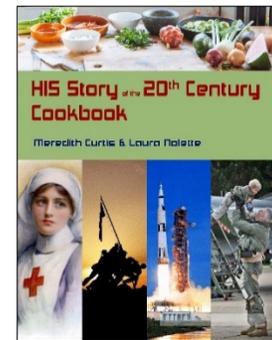
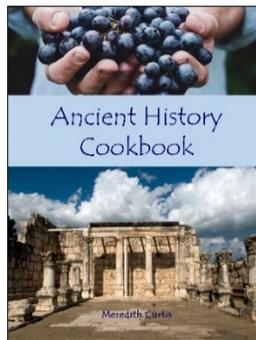
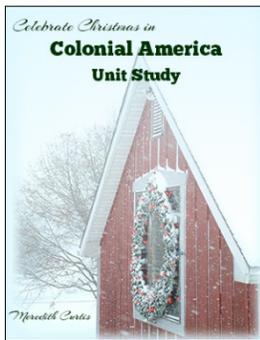


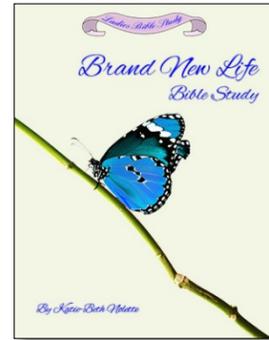
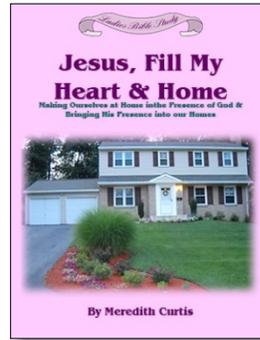
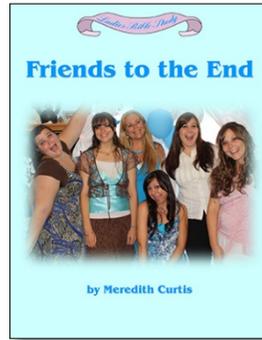
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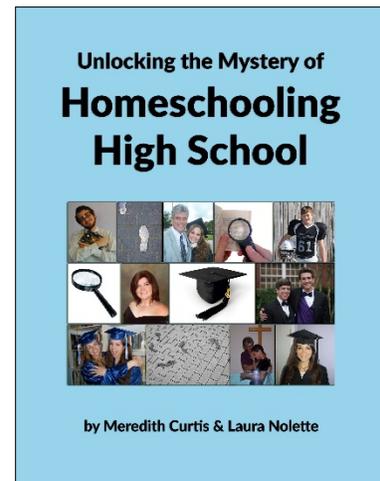
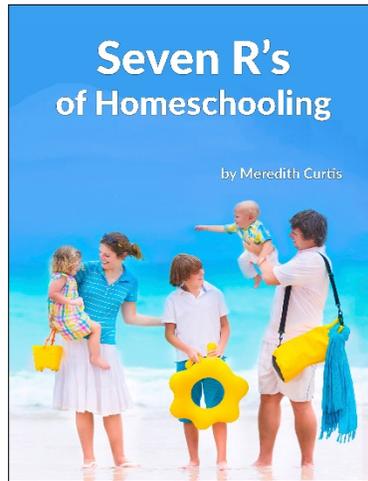
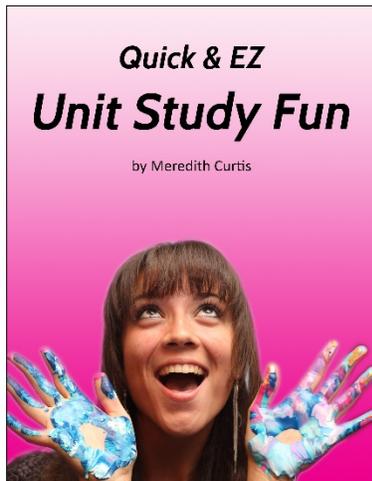
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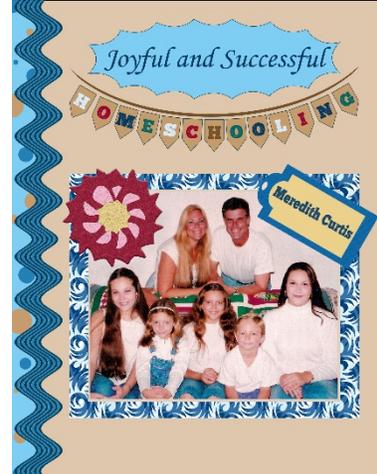
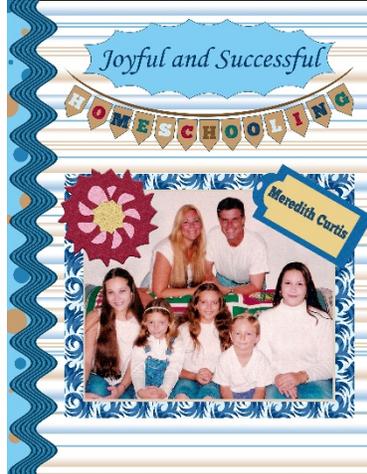
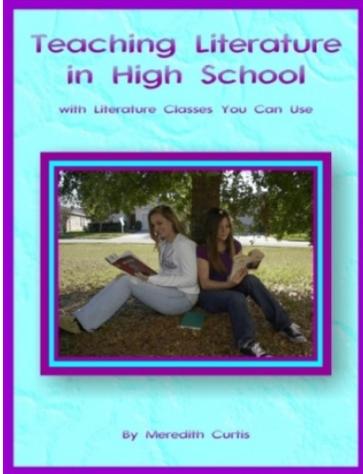




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You can be successful and filled with joy as you teach your children at home! Yes, it is hard work! Yet, homeschooling is fun! Not having arrived, but enjoying the process of learning and growing as a woman of God, we press on toward the goal of sending godly children out into the world to change lives one at a time by the transforming power of God! Homeschooling is a great method to fulfill this goal!





## ABOUT THE AUTHORS

Zack and Katie Beth Nolette are passionate followers of Jesus, honoring Him in their courtship and marriage. They are the parents of two adorable children. Zack works in marketing at AAA, is a speaker at Finish Well, and plays the drums for Powerline's worship team. Katie Beth is a stay-at-home mom who loves homeschooling.

Katie Beth is the author of

*Brand New Life*

*God's Girls Brand New Life*

*Alabaster Jar*

*God's Girls Friends to the End* (with Meredith Curtis & Sarah Jeffords)



Pastor Mike & Meredith Curtis are college sweethearts and homeschooling parents of five amazing children. They graduated from the University of Delaware in 1984 and Mike went on to get his M Divinity from Regent University in 1991. Mike preaches, teaches, and trains leaders. He is the author of *The Making of Real Men*. Mike's sermons are available for download here:

## REAL MEN TALK ABOUT FREEDOM, GIRLS, & MARRIAGE

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Meredith is the author of several books.

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*HIS Story of the 20<sup>th</sup> Century*

*HIS Story of the 20<sup>th</sup> Century for Little Folks*

Meredith is the author of several cozy mysteries: The Maggie King Mysteries series.

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*Wash, Dry, Cut, & Die*

*War of the Roses Mystery*

*Murder in the Mountains*

Meredith is the author of several Bible studies.

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*A Wise Woman Builds*

*Jesus, Fill My Heart & Home*

*Welcome Inn: Practicing the Art of Hospitality in Jesus' Name*

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Meredith is the author of several unit studies, timelines, and cookbooks.

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