Contents

**Author’s Note: *“Yes men read, they read into things.”..................ix***

**Introduction—*Moving from Good to Great*...................................xi**

*Although many books examine the social and moral decline of men, not many books look at the good and potential of men. Yes, deficiencies exist, but they can be fixed. Men make mistakes, but they can learn from them. Men have issues, but they can be remedied. This book starts with the premise that men are good and have the potential to be great.*

**STEP 1*****is Acknowledge the Enemy.*** *It outlines the forces that are behind men’s actions by using the biblical text to give a description and understanding of who the enemy is and how the enemy operates in disguise to seduce and eventually hurt men. It also gives men the answer to confront the enemy and regain their standing.*

**CHAPTER 1 — STEP 1: The Enemy (What We’re Up Against) ...1**

**STEP2** *is Integrity. It allows men to be honest with themselves about the various demons that lie within. In being honest, men are asked to call out demons that have overtaken them and disrupted their lives: temper, lust, fear, arrogance, hate and past indiscretions are all dealt with.*

**CHAPTER 2 — STEP 2: *Integrity (The Honest Fight) .............13***

**STEP 3** *is Security. Men must learn to protect themselves inside and out against temptation of the flesh. It begins with the first piece of armor by addressing and confronting sexual issues that men deal with—such as: sexual temptation, sexual consequences, sexual frustration, sex versus love making. It also addresses issues of: male violations, homosexuality, sexual diseases, marriage and single fathers.*

**CHAPTER 3 — STEP 3: *Security—Part 1 .........................................27***

**CHAPTER 4 — STEP 3: *Security—Part 2 .........................................39***

**CHAPTER 5 — STEP 3: *Security—Part 3 .........................................49***

**CHAPTER 6 — STEP 3: *Security—Part 4 .........................................56***

**STEP 4** *is Community. It discusses men and politics; equating righteousness with justice. Racism, classism, and sexism are addressed. It teaches men about volunteering their time and not living a hypocritical life which can hurt the community. Additionally it deals with the heart of a man and how men hurt too. Issues of: suicide, domestic violence, death, unforgiveness and men helping men are talked about in detail.*

**CHAPTER 7 — STEP 4: *Community—Part 1 ...................................63***

**CHAPTER 8 — STEP 4: *Community—Part 2 ...................................75***

**CHAPTER 9 — STEP 4: *Community—Part 3 ...................................86***

**STEP 5** *is Mobility. It discusses men who find themselves constantly moving in the wrong direction, which often leads to frustration and devastation. The chapter directs men toward social and spiritual mobility, leadership and obedience to leadership. Issues covered include: wrong decisions, getting rid of anything in life that causes temptation and self-destruction, walking away from abusive situations, money management, men balancing their professional and personal lives, and romance.*

**CHAPTER 10 — STEP 5: *Mobility—Part 1 ......................................99***

**CHAPTER 11 — STEP 5: *Mobility—Part 2 ....................................113***

**CHAPTER 12 — STEP 5: *Mobility—Part 3* ...................................125**

**STEP 6** *is Resiliency. It addresses tolerance and how men can build up resistance to prevent responding angrily or violently to every big or little thing that happens in their lives. It also discusses being confident and secure, monogamy, starting your own business, staying healthy and how men can bounce back from disgrace, disasters and allegations and live wholesome lives.*

**CHAPTER 13 — STEP 6: *Resiliency—Part 1 ...............................139***

**CHAPTER 14 — STEP 6: *Resiliency—Part 2 ..................................152***

**CHAPTER 15 — STEP 6: *Resiliency—Part 3 ..................................160***

**STEP 7** *is Mentally. It deals with the mind and how it can be damaged by what goes in through the eyes. Step 7 deals with lust, mental illness and selfesteem, along with: how to handle disappointments and how men can think and bring out the greatness in themselves.*

**CHAPTER 16 — STEP 7: *Mentally—Part 1 ....................................177***

**CHAPTER 17 — STEP 7: *Mentally—Part 2 ....................................189***

**CHAPTER 18 — STEP 7: *Mentally—Part 3 ....................................194***

**STEP 8** *is Effectively. It teaches men how to fight their demons by using the Word of God. It teaches men when to speak, when to be silent and what to say. It also defines and empowers men’s role and purpose in the home, on the job and in the streets. This step shows men how to carve out evil and plant good using the Word of God.*

**CHAPTER 19 — STEP 8: *Effectively—Part 1 ..................................207***

**CHAPTER 20 — STEP 8: *Effectively—Part 2 ..................................218***

**STEP 9** *is Prayerfully. It addresses prayer and how its power has been ignored and underestimated. In this book prayer is given a new understanding that will make men think twice about the necessity and power of talking to God. God is the general and we are the soldiers in God’s army and soldiers must keep in touch with the general if they want to live and succeed. It speaks to men in prison, in deceptive situations and powerful positions.*

**CHAPTER 21 — STEP 9: *Prayerfully—Part 1 ................................233***

**CHAPTER 22 — STEP 9: *Prayerfully—Part 2 ................................240***

**STEP 10** *is Boldly. It encourages men to go forward courageously in the battle. It is the finale, and lets men know that whatever the battle, God is with them.*

**CHAPTER 23 — STEP 10: *Boldly ...................................................251***

*The Pledge of Armor, The Principles of Armor, The Purpose of Armor, The Practice of Armor, The Prayer of Armor, The Power of Armor, and The Penalty and Promise of Armor, plus The Psalm of Armor.*

**THE ARTICLES OF ARMOR............................................................254**

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| AUTHOR’S NOTE |

W

hile I was writing this book, a young woman came to me and asked, “Why are you writing a book for men? They don’t read.”

“Sure they do,” I said.

“No, they don’t!” she insisted.

I said, “Yes, they do. They read *into* things. They look at the surface, and if they like what they see, they take it a little further and pursue it a little harder. It’s the law of *look, like, pursue*.

Men are visual, and the visual works its way to the mental, and the mental works its way to the analytical where men can look deeper into things. This book is designed on those characteristics. Hopefully *The Ten Step M.A.N.* will capture the attention of men with its graphics and title, and then lure men with its content. The content will then lead men to look deeper into their lives and experiences and pursue life changes to become greater men for themselves and others!

I then told the young woman, “*this book is for you too*.”

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| INTRODUCTION**Moving from Good to Great***The steps of a* ***good man*** *are ordered by the Lord…. Psalm 37:23**… because* ***greater is he*** *that is in you, than he that is in the world.* *1 John 4:4* |

A

man is distinguished by his character … How he keeps his word and conducts his deeds. How he lives his life and gains respect with little convincing. How he rises from failure and emerges from disgrace. How he loves and encourages others, embraces family, confronts weaknesses, challenges injustices, and practices ethics. How he adapts to change, envisions the future, dismisses the ignoble, and honors the progressive. How he breathes with ease, speaks with authority, walks with dignity, and addresses the crowd with confidence. A man’s character has its own charisma, its own disciples, and they relish hearing him and being around him because he’s the same in the light and in the dark.

But a man’s character can be tarnished by awful acts of arrogance, selfish ambitions, and relentless drives. He can forsake all others in pursuit of himself. He can reduce others with misogynistic, self-abasing, narcissistic, misguided rhetoric. For this kind of man, there is no humbleness—just power hungriness. He allows his penis to interrupt his mission, his mouth to spew hate, his mind to judge prematurely, his eyes to wander off the path of righteousness, and his brinksmanship to force a fight. He loves money and hates discipline. He loves wrong and does wrong to love. He can succeed in the eyes of others and break down in the sight of God. This can result in public and private failure.

No man wants to fail. Every man wants to succeed. Failure is an institution of family disruption, social disintegration, moral decay, psychological dysfunction, emotional breakdown, financial insecurity, communal chaos, life imprisonment, sexual promiscuity, physical diseases, human shame, and spiritual conflict. It’s horrible to feel like a failure and to be perceived as a letdown. Unfortunately the perception and the sentiment of character flaws and personal failures have attached themselves to men in society.

Although many books examine the social and moral decline of men, not many books look at the good and potential of men. Yes, deficiencies exist, but they can be fixed. Men make mistakes, but they can learn from them. Men have issues, but they can be remedied. However, they can’t be remedied with just analytical, critical, social, penal, or psychological solutions for the male condition. They can’t be improved with just educational journals or statistical manuals that outline more of the problem than the solution. Most men know what the problem is—like most sick people know what the sickness is. And just like the sick, men want the cure. Men want the solution. Men want the medicine so that they can fix what’s wrong and live right.

Well, the solution is a spiritual one (please keep reading). I know that for many specialists, spiritual suggestions go against the grain of sound educational practice and are not even considered in social or scientific disciplines. It is too mystical, too unexplainable, and outside the normal understanding of educational research. I know that for many men, spiritual suggestions may sound trite and redundant because many books have been written about God and man. And many men are either tired of or skeptical about God-centered suggestions, and would instead like power answers without spiritual solutions. But the spiritual solution is unique in the way it is presented and the way it connects with other subjects, such as the political, social, and psychological.

The reason the spiritual is so different is because it starts with the premise that men are good, created *“in the image of God.”*[[1]](#footnote-1) Being created in the image of God gave men the spiritual, rational, and physical ability to be good rulers, workers, providers, and protectors with good intentions, minds, hearts, and souls. *“God saw all that he had made, and it was very good.”*[[2]](#footnote-2) The image of God guides the conscience of men to draw out the best in them.

Additionally, the spiritual suggests that men can be better; that men are good but can be greater. The good started with God; the great is manifested in the son of God. The spiritual seeks to bring greatness to the surface by connecting men with Jesus, who will be *“great and called the son of God.”*[[3]](#footnote-3) The greatness of Christ brings out the greatness in men *“because greater is he that is in you, than he that is in the world.”*[[4]](#footnote-4) In Christ men have the potential to be great workers, fathers, and leaders. Greatness is not only seen in men’s ability but also in men’s character. The spiritual indwelling allows men to be conscious of their actions and cognizant of their statements. Greatness takes men to another level of their potential, gives them something greater to look forward to, lifts them to a higher level in the world, and takes them to a deeper level within themselves.

The greatness of Christ allows men to confront their weaknesses by examining the whole of man—not just the “bad” of man—from the psychological to the social, and it provides the necessary dose of power for inner transformation and outer realization.

The spiritual remedy is persistent and allocates more to be effective to move from good to great. If the first dose of spirituality does not work or was not acceptable to your soul or did not connect with your reality or was not up to your doctrinal understanding, then you may require another dose and another dose until it hits the spot where failure and immoral behavior exist.

It’s just like water on fire: sometimes the first bucket doesn’t work, but if you keep throwing water on fire, it’s bound to go out. Men are under fire, from economic hardship to tarnished reputation, and the more water we put on the fire, the more likely the fire will go out. But this water is not natural; it’s spiritual, because there are some things that the natural can’t solve. If it could, men wouldn’t continue to trip and fall for the same old tricks over and over again, and repeatedly suffer the consequences of those mistakes.

Spiritual water goes deeper than natural water to bring life to the soul. Jesus says, *“If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.”*[[5]](#footnote-5) The souls of many men are dry like the desert and only through living water can the soul be quenched and life fulfilled. Jesus not only promises drops of water, but by faith *“streams of living water.”* These streams of living water can cleanse the soul of guilt and refresh the spirit of life. They can wash away the faults of yesterday and the misery of today. And they can bring man from the depths of despair to the shores of hope. The spiritual goes deeper than the natural to release the great in men.

The depth of this book is not only concerned with the male’s spiritual connection, as in relationship to God, but also—and mostly— concerned with the male’s spiritual strength, as in being prepared and properly equipped to fight against all kinds of character flaws and social failures. Put bluntly, the only way men are going to overturn their situation and social perception, and restore their moral, psychological, and social standing and realize greatness in themselves, is to fight for it.

This fight requires spiritual transformation, personal commitment, and practical action. It is not your typical battle. It is a spiritual battle, and a spiritual battle is deeper than a physical battle, because while the physical battle may hit the surface of failure, a spiritual battle knocks out the root of failure. The root of failure is temptation. Giving into temptation and not being in control of a situation can lead to disaster. Men are good, but they fall short of the good because of temptation. In the beginning man fell to temptation. Falling to temptation is a spiritual plunge that has a calamitous impact on our relationship with God and our personal life, and it diminishes our good character and potential for greatness. So while the root cause of failure is falling to temptation, the surface symptoms of the fall are seen in divorce, disease, discomfort, disharmony, and disaster in life. Once the root is dealt with, then the surface will bear better fruit in every area: marriage, family, stability, harmony, and peace in life. Men must learn to fight temptation so that they can take control of and responsibility for their lives. The God in us is constantly pulling us toward good even when we fall. When men come back from a fall, they not only have the ability to be good but the potential to be great in the name of Jesus. One thing I’ve learned is that people may pity and even despise a failure, but they love an overcomer—someone who has conquered weakness and beaten back bad behavior to rise to stability and greatness in life. In the beginning man fell to temptation, but in Christ man can get up in greatness.

Jesus was so strong and successful while on earth as a man because He never fell to temptation. As the Bible says of Jesus, *“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.”*[[6]](#footnote-6) The greatest leader and example we have is found in Jesus the Christ, who endured what we endure yet showed us that we can fight temptation and succeed in life.

This book not only teaches men to fight, but it also teaches men *how* to fight, *whom* to fight, and *when* to fight. Many men are told to fight: Fight for your country. Fight for your rights. Fight for your lives. But the sad thing is that many men have not been taught how to fight. Many men have not been given the necessary armor and skills to fight their battles, whether it’s against cancer or drugs, temper or lust, stubbornness or unforgiveness. Men need guidance in order to confront failure, reverse conditions, and regain control of their lives. This book gives the guiding principles necessary to combat evil, do good, and become great.

This book teaches men that spiritual transformation happens immediately but change happens slowly. It takes understanding and action to live by God’s standards. It takes time to be a better man. It’s a constant battle to be great. It takes falling and getting back up to be great. It takes practice to live that change. It takes a series of steps to see and to be that change. This book seeks to pull the good out of men and guide them through the process one step at a time. After each step men should get a better understanding of how they are to live and the changes they ought to make to be that great M.A.N. (read on for what this acronym stands for).

**I AM NOT ASHAMED**

In the shadow of any writer’s work is the sincerity of his own history resulting from a streaming reality. No true writer puts pen to paper void of experience. The choice is whether the writer decides to step out of the shadows and reveal rather than conceal his true identity. As the author of this material, I cannot pursue this discussion regarding the male quest toward wholeness and liberation in isolation of my own biography. “*I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes….”*[[7]](#footnote-7)

A sullen feeling came over me as I wrote this book, one that cornered me in the cages of my own male inadequacy. Some years ago I was applying for a passport, which required a birth certificate. I had lost the original years ago and had to get a copy. When I began to read the copy I’d obtained, I noticed plainly there was no name on the father’s line. As a wave of grief hit me, I also began to really think about the absent man whose name wasn’t on the line and whose presence had never been a part of my life. Although I had a stepfather later in my growing years, I’d often wondered what it would have been like to have had a father, a biological dad around the house or even simply present in my life. Perhaps I would have been a better young man. I might have had a father’s style of discipline that would have balanced out a mother’s loving instructions.

In his book *Fatherless America,* author David Blankenhorn cites many experts who understand the power of fatherhood in a person’s life. Blankenhorn quotes author Michal Lamb, who suggests, “The characteristics of the father as a parent rather than the characteristics of the father as a man appear to influence child development.”[[8]](#footnote-8) Further, Blankenhorn notes that men should be “more sensitive, less rigid, much more flexible,” based on the work of author Henry B. Biller.[[9]](#footnote-9) Finally, Blankenhorn cites Andrew M. Greeley, who has called for a measure of androgyny in men, espousing the theory of fatherhood without the masculinity.[[10]](#footnote-10) As if men don’t have enough challenges in society to avoid being emasculated! Dangerous thinking …

Yes, there are some traditional characteristics and gender role expectations that men need to modify, but they should never attempt to deny their masculinity or be co-identified as women. There needs to be a distinction in gender even if there is equality in parenting responsibilities. Men, as masculine, have their portion of responsibility in breadwinning, caretaking, disciplining, and child nurturing, and women, as feminine, have their own roles and style. As women have been able to take on dual responsibilities—often out of necessity—men should have no problem showing sensitivity and flexibility in childrearing without losing their sense of masculinity.

We do not want to take the masculinity out of father. We want to add or “incorporate men as they are into family life, in part by giving them distinctive, gendered roles that reflect, rather than reject, inherited masculine norms—such as, for example, the breadwinner role.”[[11]](#footnote-11) Androgyny is a fatherless father, and that’s like a single-parent home where both parents have the same gender identity. Empowering and uplifting the masculinity of men does not subtract from the power and femininity of women; both genders and roles are needed for the development of the children.

Flexibility not only pertains to a man’s family life but to his work ethic. Women such as Hanna Rosin have argued that men are often inflexible. She uses the term “cardboard men” to describe the often rigid man that is stuck in old habits and unable to adjust to an economy that values thinking over muscle building and manufacturing. She argues that as a result of many men’s inflexibility, they have been unable to support their families, lead their homes, or find good employment.[[12]](#footnote-12)

There is no doubt more men must become ardent readers, thinkers, and writers to adapt to a changing economic culture. Statistics abound from urban to suburban communities around the country where more and more young men are dropping out of high school. This is dangerous to their family and future, and the alternative to education is often low-paying jobs, incarceration, government dependency, poverty, and death. Unlike other cultures where trade and manufacturing can be a means to financial and family stability, the American culture connects wealth and financial stability to higher education, advanced degrees, and learning. In order to counter the downfall, more men must not only be educated but revolutionary—seeking independent means to create jobs and start employment that cater to their work ethic and mental and physical strength. What made men great historically was their faith and courage to step out and start businesses, to take chances and engage in the unconventional. This included jobs from fixing electronics to selling appliances. Although brute force and muscle may be diminishing in the workplace, faith and courage never go out of style.

**PERSONALLY SPEAKING**

As for my own life, having a father during my early years might have added the God-appointed masculinity needed in our family and for my insecurities. It would have built into my character the need to be strong and confident. I would have had an additional source for advice. My mother made me think once, but a father possibly would have made me think twice—before I fought in school or hung out with the wrong crowd. I learned what it meant to have a father by listening to other young men at the time, how their fathers would “kill” them (figuratively speaking) if the dads knew what their sons were doing on the streets.

If I’d had a father of my own, I might have avoided harmful experiments with drugs, crime, and gangs. I might have avoided the criminal justice system. Even if I didn’t avoid it, with a male figure in my life, I possibly would have at least shortened my involvement in those harmful activities. A father would have intervened and at least showed his power and thundered out his requirements. In my mind a father would have been a good protector. On those days when I got beat up by gangs, I would have run home and told my father. I believe a father might have been a good provider, especially on those days when I was hungry and needed a meal. When I needed money to buy the latest fashion, instead of stealing it I would have asked my father. A father would have been a counselor on those days when I needed good advice based upon a man’s knowledge and experience. It would have been good to have a father—a man—in whom to confide my secrets and confessions.

I believe that with the absence of a father in my life came the absence of some self-esteem, character, discipline, and basic learning. Manhood was stymied for me. Even if I didn’t learn by communication, with a man in the house I would have at least learned by observation. Missing a father was bad enough, but I also lacked any other adult male influences that so often fill the gap in a child’s life—uncles, older brothers, or grandfathers—to show the way of male upbringing. Aside from a few of my mother’s boyfriends, I had hardly any role models from which to learn. Even the church we went to had a female pastor, which gave us a double dose of motherly love, but little in the way of manly guidance.

With the absence of a male figure came the mandate to navigate the tough terrains of life on my own. And self-navigation results in more mistakes—failures—than does godly, guided instruction. My mother was good at giving direction, but there is a difference between direction and instruction.

Direction shows the way; instruction teaches you how to get there. It’s hard to learn how to become a man on your own, from the basics of shaving to the rudiments of dating. I had to learn to work on my own. Learn to drive a car on my own. Learn to fight on my own.

Learn to date on my own. Learn to go to the barbershop on my own. Learn to get in and out of trouble on my own—and there was more getting in and less getting out because of the lack of guidance.

What I’ve learned through my own experiences with selfnavigation through manhood is that men need guidance—plain and clear instruction on everything from parenting to principles of practice. Many women expect men to just know how to be a good man. But if learning how to be a good Christian, Muslim, or Jew requires instruction, how much more do men need instruction and supervision to learn how to be a good man? A young man needs to be taught, by education and strong discipline, how to be a boyfriend and to court a young lady, so that when he grows up, he knows how to be a husband. Men must show young men, by example and instruction, how to be a protector of and provider for their family, community, and nation. How to be disciplined. How to be a father.

How to be honest. Even being a good sex partner is a learning process. Many people will criticize young men (and even some older men) and say, “Since he knew how to make a baby, he should know how to take care of a baby.” But the truth is that many young men who make babies made mistakes in having children. A lot of them didn’t know what they were doing, from the moment of penetration to the consequences of their sexual action, which can open doors to so many other problems—legal and emotional—after the baby is born. And if young men had known some of this, either by way of fathers or other strong male figures, much of the trouble might have been avoided. A lot of adult men are still in the process of learning about themselves and their partners. Learning requires time and examples, mentors and role models. When young men don’t have good male examples in the home, community, or schools, they can attach to the closest model of dominance they see. Unfortunately many times there are more negative examples around than positive ones—the unemployed, heavy drinkers, woman beaters, drug dealers, baby-makers without being caretakers, womanizers. These negative role models teach the worst and perpetuate the cycle of male ignorance, along with their social, moral, and spiritual decline.

Just like pupils need teachers, Christians need preachers, and finders need keepers, so too do men need instructors to grow from boys to men. Men need guidance in learning how to be husbands and fathers. Men need leadership on principles and values. Without guidance men are failing more than they are achieving, hurting more than they’re helping, and killing more than they’re saving. As the Bible states in Hosea 4:6, *“My people are destroyed for lack of knowledge.”*[[13]](#footnote-13)

But the blessedness in my life, even though the male presence was absent, came because of the spiritual guidance that was there. I thank God that I always had a hustler’s spirit. I was ready to work hard whether doing bad or good. I thank God for giving me the spirit of discernment to know when to run from danger and the wrong environment. I thank God for the spirit of prayer that my mother taught me. Even when I wasn’t doing right by God, I knew how to pray every night before I went to sleep. I just opened my mouth and spoke to God. And I believe it was those prayers through lonely nights, difficult days, and tumultuous times growing up as a young man that made me feel like I had a father to speak to: *“Our Father which art in heaven, Hallowed by thy name.”*[[14]](#footnote-14) I thank God for the spirit of learning that He put in me. Even while I was getting into trouble, I acknowledged that I needed education. The streets were basic education in preparation for higher learning. Growing up I went to approximately twelve different schools prior to college, either because of getting expelled or family relocation. None of the teachers ever said I was dumb; they only said I was bad.

It’s wonderful when God provides something you need even before you realize that God is filling an absence in your life. Even though I didn’t have a dominant male figure in the home, I thank God for sending me godly examples of manhood that taught me well and built my moral character. I thank God for the good man who became a part of our family when I got older. My stepfather, Clarence Nelson, showed me how a man loves a woman and takes care of his family, even when the children are not his own progeny. My mother had four children prior to meeting him, and he still took care of us as if we were his own biological children. He has since passed on, but I still carry the lessons he taught me. I thank God for Mr. Brown, my high school teacher who taught me Shakespeare and the love of literature. Nurturing my love of reading helped me to go on to college, which I could have never imagined when I first attended high school. I thank God for a male Muslim professor, Dr. Jimmy Jones, a distinctive black male presence on the Manhattanville College campus. He taught me religious studies from different perspectives. I thank God for an old Jewish businessman, Robert Arnow, for whom I worked during the summer months while in college.

He didn’t say much, yet he gave me a whole different perspective of America through his ownership of major corporate buildings in Manhattan. I thank God for the community activism and social involvement modeled by my NAACP mentor, the late Albert V. Tuitt. He taught me the importance of fighting for justice, even in the postCivil Rights era. He wasn’t too religious, but he had the morals and strength of a godly man. Finally I thank God for my spiritual father and pastor, the Reverend Dr. W. Franklyn Richardson. He opened the doors for my preaching and pastoring. His presence, guidance, and inspiration have been immeasurable in my life. He has mentored me to further develop my wisdom, social activism, preaching, and demand for excellence.

Most of all I thank God for being my Father which art in heaven. It is because of Him that I am saved. Throughout this book you will see the words “salvation” and “saved” a lot. Salvation is that gift God has given to “save” us from afterlife condemnation and present-life failure. It feels good when you know you could have died in your mess and drowned in your sin, but God rescued and saved you from darkness and damnation, and brought you into purpose and awareness. God has preserved me for a reason.

Perhaps it was to write this book so that other men can be saved from their destructive ways. So that other men can know there is a God who is a loving Father who sits on high and looks out for the fatherless.

Just maybe He wants them to know that there is a God who loves men and wants to see men grow and succeed so they can build His kingdom on earth and so they can become the fathers and the men to others that they never had themselves.

Although I often have wondered what it might have been like to have a biological father growing up, I have concluded that God knows best. The way my mother was living at the time might have attracted a bad role model in a father, giving me modeling and instruction for my demise rather than for abundant life in Christ. I rest my soul upon the verse, *“And we know that in all things God works for good of those who love him, who have been called according to his purpose.”*[[15]](#footnote-15) Although I have a long way to go, I’m satisfied with my life now that I am a man of God. I realize now that God has ordered my life and that God knew the type of man He wanted me to be—a man who can relate to the souls of the broken, the sinful, and the heavy hearted.

Their struggling souls are like those of the apostle Paul: “*When I want to do good, evil is right there with me.”*[[16]](#footnote-16) Everybody needs help in being the man that God intends for him to be. I know that I had to go through what I went through in order to relate to brothers in similar circumstances or worse. I thank God for those who helped me, more than they know. It is my hope that through this book, I can help women understand that men are good, and that they, like everyone, need guidance, patience, and help. I hope that I can help other men, young and old, who are struggling to do the right thing; they just need someone to help them find their way and build their character. Jesus is *“the way and the truth and the life.”*[[17]](#footnote-17)

My motives for writing this book are not altogether altruistic, however. Just writing this book has made me a better man. Having to think about all the issues that men face has made me realize that men need a continuous course on divine male living. I have tried to be a good father, and evidence of that came some years ago after my son was born. I don’t usually go and get the mail, but one particular day I went to the mailbox. In the mail was my son’s birth certificate. On the line for father it read: *Edward Alexander Mulraine*. I was there on the line, and I’m there in his life, for life.

**M.A.N.—THE BOOK**

*The Ten Step M.A.N.* seeks to establish those guiding principles so sorely needed to stop failure and to build character. As stated, men are falling all over the place, and someone has got to pick them up. Men face a “hell” of a lot of issues, and many of those issues are either ignored or dismissed. As a result male spiritual, emotional, and physical fatalities persist, leaving dormant and damaged souls around the world. For this purpose we put together a new M.A.N.

M.A.N. is an acronym for “Man of Armor Nation.” We expect to create a nation of men built upon the principles of the whole armor of God as recorded in Ephesians 6:11-20. ***The Ten Step M.A.N.: A Practical Guide to Peace, Power, Purpose and Liberation in a World of Women, Wine, War and Wickedness,*** with its twenty-three chapters, seeks to address the male struggle against evil by inserting the spiritual principles of good one step at a time.

Each step is meant to give understanding and greater strength to battle inner demons and outer failures. Men will be guided from the first to the last step to understand themselves, their challenges, and their ability to fight temptation. This book does not sugarcoat the issues, or try to hide behind leniency for the purpose of decency. We will talk bluntly, because the only way men will overcome their failure is to be real about the issues they are facing. Throughout the book I ask men to examine themselves because there is a lot of corrosion that has built up in our bodies, minds, and souls, and it needs to be removed. And the only way it’s going to be eliminated is if we first acknowledge it. So as you read, don’t be afraid to call out your enemy. It will set the stage for the battle that you must fight. The entire work is based upon the whole armor of God that Paul prescribed to the church at Ephesus in Ephesians 6:14-18. Those pieces of armor include: ***the belt of truth, the breastplate of righteousness, feet fitted with the gospel of peace, the shield of faith, the helmet of salvation, the sword of the Spirit, and prayer.*** Each piece of armor will be put on step by step and turned into principles to practice on a daily basis. As men put on the armor, they will grow stronger and go higher to live wholesome, decent, and purposeful lives. This book emphasizes solutions to problems, rather than heralding problems over solutions. The principles contained herein are answers that will address and hopefully eliminate any spiritual dysfunction and actual temptation that men are struggling with internally that constantly lead to external failure. The goal is to empower men to take on forces that are tempting, draining, hurting, and haunting them. Men need guidance, and men need power. This book, through examination of the whole armor, will give the needed information that can help guide men to victory over the enemy.

**STEP 1** is *Acknowledge* t*he Enemy*. It outlines the forces that are behind men’s actions by using the biblical text to give a description and understanding of who the enemy is and how the enemy operates in disguise to seduce and eventually hurt men. It also gives men the answer to confront the enemy and regain their standing.

**STEP2** is *Integrity*. It allows men to be honest with themselves about the various demons that lie within. In being honest, men are asked to call out demons that have overtaken them and disrupted their lives: temper, lust, fear, arrogance, hate and past indiscretions are all dealt with*.*

**STEP 3**is *Security.* Men must learn to protect themselves inside and out against temptation of the flesh. It begins with the first piece of armor by addressing and confronting sexual issues that men deal with— such as: sexual temptation, sexual consequences, sexual frustration, sex versus love making. It also addresses issues of: male violations, homosexuality, sexual diseases, marriage and single fathers.

**STEP 4**is *Community*. It discusses men and politics; equating righteousness with justice. Racism, classism, and sexism are addressed. It teaches men about volunteering their time and not living a hypocritical life which can hurt the community. Additionally it deals with the heart of a man and how men hurt too. Issues of: suicide, domestic violence, death, unforgiveness and men helping men are talked about in detail.

**STEP 5**is *Mobility*. It discusses men who find themselves constantly moving in the wrong direction, which often leads to frustration and devastation. The chapter directs men toward social and spiritual mobility, leadership and obedience to leadership. Issues covered include: wrong decisions, getting rid of anything in life that causes temptation and self-destruction, walking away from abusive situations, money management, men balancing their professional and personal lives, and romance.

**STEP 6**is *Resiliency.* It addresses tolerance and how men can build up resistance to prevent responding angrily or violently to every big or little thing that happens in their lives. It also discusses being confident and secure, monogamy, starting your own business, staying healthy and how men can bounce back from disgrace, disasters and allegations and live wholesome lives.

**STEP 7**is *Mentally*. It deals with the mind and how it can be damaged by what goes in through the eyes. Step 7 deals with lust, mental illness and self-esteem, along with: how to handle disappointments and how men can think and bring out the greatness in themselves.

**STEP 8**is *Effectively*. It teaches men how to fight their demons by using the Word of God. It teaches men when to speak, when to be silent and what to say. It also defines and empowers men’s role and purpose in the home, on the job and in the streets. This step shows men how to carve out evil and plant good using the Word of God.

**STEP 9**is *Prayerfully*. It addresses prayer and how its power has been ignored and underestimated. In this book prayer is given a new understanding that will make men think twice about the necessity and power of talking to God*.* God is the general and we are the soldiers in God’s army and soldiers must keep in touch with the general if they want to live and succeed. It speaks to men in prison, in deceptive situations and powerful positions.

**STEP 10**is *Boldly.* It encourages men to go forward courageously in the battle. It is the finale, and lets men know that whatever the battle, God is with them.

In addition to the ten steps, I have included **The Articles of Armor**, which consist of the Eight P’s Package: *The Pledge of Armor*, *The Principles of Armor, The Purpose of Armor, The Practice of Armor, The Prayer of Armor, The Power of Armor,* and *The Penalty and Promise of Armor,* plus *The Psalm of Armor.* These articles are to be quoted and followed daily. The package is designed to help lay the foundation to establish a *Ten Step* *Man of Armor* *Nation* movement in all communities, houses of worship, and homes, with men who will live by these principles, follow these instructions, and battle their demons. Men may need to dress for the occasion, so the consecration of actual garments for the purpose of unification, presentation, and identification will be developed. But whatever you wear should be consecrated for God’s service. The clothing you put on in the morning becomes your armor—not because of the clothes, but because of the man of God in the clothes.

This is a book of spiritual power. It must be read with sincerity and urgency; for the whole armor must be donned now if lives are to be saved and the enemy is to be shamed. Each man who puts on the armor saves another brother and sister from the arms of failure and a wicked ruler. By contrast each man who fails to put on the armor of God allows the enemy to rob, steal, and destroy our families, communities, houses of worship, and world. The more battles the enemy wins, less of humanity will gain eternity. So, yes, this is a fight for the eternal life of God’s creation. There is a lot of fixing to do, a lot of issues to confront, and little time to do it. We’ve wasted too much time. It’s time for us to arm ourselves with the whole armor of God.

1. : Genesis 1:27 [↑](#footnote-ref-1)
2. : Genesis 1:31 (niv) [↑](#footnote-ref-2)
3. : Luke 1:32 [↑](#footnote-ref-3)
4. : 1 John 4:4 [↑](#footnote-ref-4)
5. : John 7:37-38 (niv) [↑](#footnote-ref-5)
6. : Hebrews 4:15 (niv) [↑](#footnote-ref-6)
7. : Romans 1:16 (niv) [↑](#footnote-ref-7)
8. : David Blankenhorn, *Fatherless America: Confronting Our Most Urgent Social Problem* (New York: HarperPerennial, 1995), 109. [↑](#footnote-ref-8)
9. : Blankenhorn, *Fatherless America*, 109. [↑](#footnote-ref-9)
10. : Blankenhorn, *Fatherless America*, 109. [↑](#footnote-ref-10)
11. : Blankenhorn, *Fatherless America*, 109. [↑](#footnote-ref-11)
12. : Hanna Rosin, *The End of Men: And the Rise of Women* (New York: Riverhead Books, 2012). [↑](#footnote-ref-12)
13. : Hosea 4:6 (nkjv) [↑](#footnote-ref-13)
14. : Matthew 6:9 [↑](#footnote-ref-14)
15. : Romans 8:28 (niv) [↑](#footnote-ref-15)
16. : Romans 7:21 (niv) [↑](#footnote-ref-16)
17. : John 14:6 (niv) [↑](#footnote-ref-17)