

VMD Vision and Structure

Vision Statement; 1st Timothy 4:12 Let no man despise thy youth; but be thou an example of the believers, in Word, in conversation, in charity, in spirit, in faith, in purity..... "To encourage and strengthen young men to live pure lives and understand God's design for our sexuality."

One of the strengths of Valiant Man Discipleship is men connecting with other men to encourage one another.

Each week, the sessions will begin with a formal 45-minute teaching period followed by 45 minutes for men to gather in smaller groups to discuss how it applies to their everyday life and offer mutual Support.

That's important. And the impact can be felt not only in our lives, but also in our families, in the community, and in the churches.

Through insight and Biblical wisdom, each session will address common problems men face and how together, with God's help - we can overcome them.

Fathers, we encourage you to bring your teenage sons and work the course together. Then apply the tools you'll learn in your own homes.

A typical session is marked by:

- Refreshments
- Welcome and Warm-up
- Teaching Session
- Small Group discussion

This is the fourth season of
Valiant Man Discipleship.
featuring Allen Meyer's **Valiant Program**

Valiant Man is about male sexual discipleship.

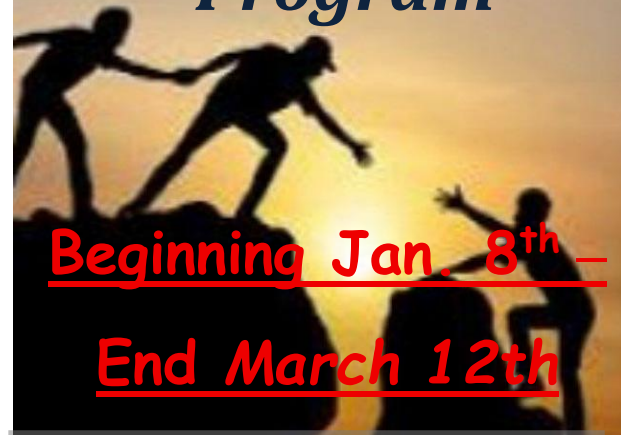
Developing and maintaining healthy sexuality is every man's battle. This program with a study and devotional guide is designed to fortify and restore the moral and spiritual integrity of men. Valiant Man challenges all men to fight for their own personal, moral, and spiritual vitality as well as to help other men fight for theirs.

Dr. Allen Meyer has served Careforce Church, in Melbourne, Australia, as Senior Minister for 26 years. He and his wife, Helen, began their working lives as teachers. Concern over the self-destructive lives of students compelled them to open their home as an outreach center. In 1992 they founded Careforce Lifekeys, developing courses to help people with the struggles of faith and life.

Material recommended for men
15 years and older.

**Valiant Man
Discipleship –
2026**

**Presents
Valiant Man
Program**



Beginning Jan. 8th –
End March 12th

**1827 Underwood Ave
Charles City IA 50616**

**Every Thursday
evening at 7:00 pm**

www.valiantmandiscipleship.com

Our Goals

This is the fourth year of **Valiant Man Discipleship**.

In this life, we all make mistakes, life can get confusing, and God may seem far away from us. It's in these times that we need the support of a friend who will stand by us, keep us accountable, and give us encouragement. The mission is to encourage young men to live a pure Godly life, and to create a safe place to journey together with other Christian brothers.

We can never discount the power of God in a soul that walks close with Him and is open to His will. The vision at Valiant Man Discipleship is to see each participant living a Holy Spirit directed life. As we move through this course together, it is our prayer that each of us would be able to move forward to attain a life without regret, and closer walk with God. A life of purpose is truly a life of joy.

Small Group Time

At the end of each 45 min. teaching session, all registrants will be dismissed to a dedicated small group where you'll have the opportunity to share your own story in a confidential setting and give and receive support as the group works through varying discussions related to the earlier teaching.

You'll have the option to sign up for these small groups online or at the sign-in table on the first evening. We ask that small group members commit to attending most of the evenings for the integrity of their group.

Church leaders – It is our desire and goal to work with the local churches, to be a healthy resource for your men, and to support you as you shepherd the churches of God.

For His purpose and Glory,
The Valiant Man Discipleship Committee

Sessions

1. Introduction to the program and A Vision for Manhood

Planting the seeds of vision for a better future – a vision for valiant manhood while undertaking a vigorous moral inventory of current reality.

2. The Arena of Healing

Introducing the mind and heart attitudes for growth and change to occur. It introduces the arena of healing which provides a visual image to help identify the healing process

3. The Sexual Man

Providing information about the construction of male sexuality with a view to helping men normalize their experience of their own sexuality and begin to appreciate the issues involved in successfully managing their own sexuality.

4. The Origin, Power and Purpose of Sex

Teaching the theology of sex which introduces men to the deepest issues of their sexuality which go beyond biology and psychology to the character of God and His ultimate purpose.

5. The Cycle of Addiction

Explaining the cycle of addiction from a behavioral and biochemical point of view. The purpose is to help men understand the dynamics of addictive sexual behavior so they can better appreciate the choices they must make if they intend to make permanent changes.

6. The Understanding Man

Giving men insights to the differences between male and female sexuality with a view to increase their capacity to be understanding husbands and lovers.

7. Retraining the Brain

Understanding how thought processes are established in the brain in view of learning a workable process for bringing thoughts under control.

8. Taking a Stand

Preparing men for a time of prayer and consecration as they take a stand against shame, fantasy, pornography and inappropriate behaviors.

9. Guarding Your Heart

Teaching principles that will help maintain sexual integrity while growing in sexual purity.

10. Realistic Expectations

Reviewing of the previous 9 sessions to prepare men for the realistic challenges they will face as they leave the course. Strategies for ongoing success will be explained.

- Please consider this to be your personal invitation to be part of Valiant Man Discipleship 2026. The program is open for all Christian brothers.
- Registration is \$30. You are asked to pay this when you sign in at the sign-in table on the first evening. Online sign up will also be paid at sign in table
- Study guides are also available at the sign-up table for \$25.
- Missed the beginning?
Join us in progress.
- Please sign up online by Jan 3 if you are planning to come so we have an idea on how many people to plan for.
- You will get to choose which small group you want to be a part of, after the second evening you can no longer switch small groups or join a group.
- **Valiant Man Discipleship Committee:**
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