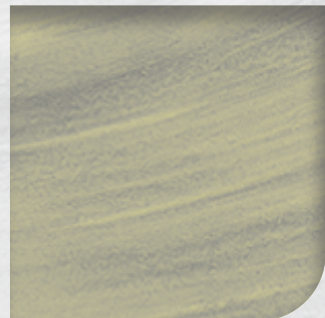
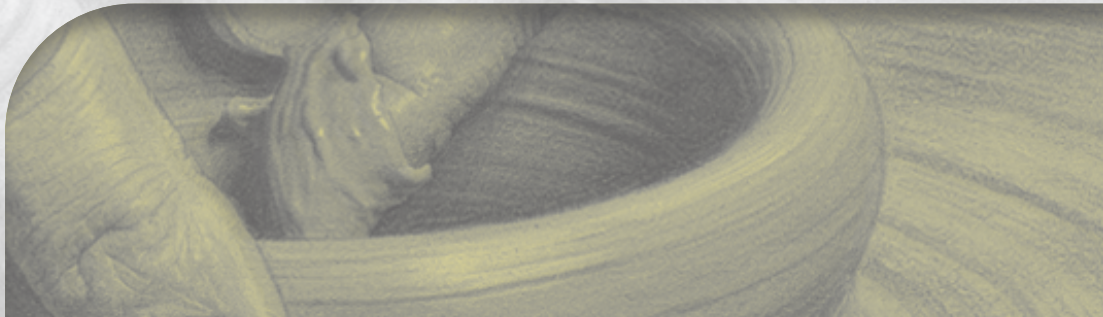
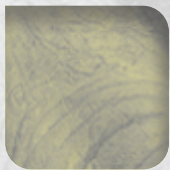
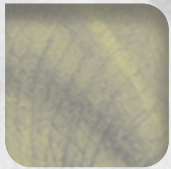




Small-group discussion guide, helping men explore what it means to be men of God



WHY THE FORGE?

Men don't drift into strength. They drift into comfort.

This group exists because we need spiritual discipline in our lives. We need to discover God's description of manhood, and make some decisions about what that looks like for us - individually. Not to serve the church or to make ourselves simply feel better - but to become more like Christ.

The Forge is not about becoming louder, tougher, or more religious.
It's about becoming formed.

In Scripture, men are shaped – often slowly, often painfully – into who God calls them to be. David wasn't forged on the throne. He was forged in fields, caves, and conflict.

The Forge, is a place where:

- Honesty is celebrated
- Growth matters more than appearances
- Brotherhood replaces isolation

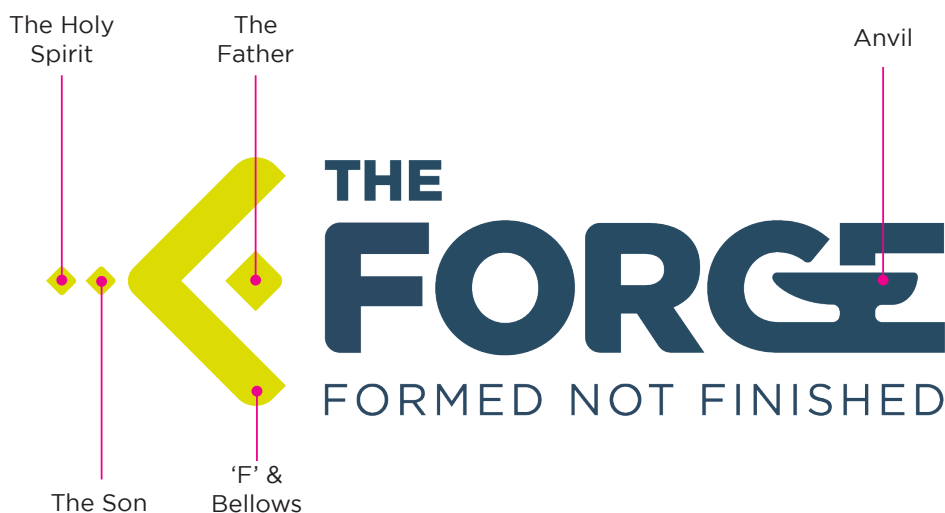
No one here has arrived. But we refuse to stay stuck where we are.

If you're looking for comfort, this probably isn't for you.

Logo explanation:

Colours: as Our House Church, for association and easy recognition

Elements: Anvil, F, Bellows, Trinity.



THE FORGE CORE VALUES

“As iron sharpens iron, so one man sharpens another.”

Proverbs 27:17

Mission Statement

The Forge exists to shape men into Christlike strength. Men of character, courage, discipline, and purpose. Through Scripture, brotherhood, and intentional formation.

The Forge Values

- Strength with humility
- Truth over comfort
- Progress over perfection
- Brotherhood over isolation
- Obedience over excuses

FORGE COVENANT

At The Forge, we commit to:

- Showing up consistently
- Speaking honestly
- Listening without judgement
- Encouraging growth, not perfection
- Keeping confidence and trust

STANDARD FORGE SESSION OUTLINE

We started the Forge as a Monday morning group, meeting from 6-7am. Rather than one person teaching while everyone else listens, The Forge works best as a guided discussion where everyone contributes.

That said, you can run it at whatever time suits your group.

COFFEE (5 mins)

No waffle. Get into it as soon as possible..

READ AND REFLECT:

- Scripture (10 mins)
Read slowly. Leave time to let it sink in.

DISCUSSION:

- **Truth (10 mins)**
What does this actually say about being a man?
- **Tension (10 mins)**
Where does this clash with real life?
- **Tool (5 mins)**
One clear, practical action for the week.

PRAYER (5-10 mins):

Keep prayers honest and to the point.

SESSION CONTENTS

SESSIONS 1-4: CORE IDENTITY & FORMATION

1. **Forged, Not Finished**
God shapes men through pressure, failure, and obedience
2. **Biblical Masculinity: Strength Under Control**
True strength is disciplined, not dominant
3. **From Boyhood to Manhood**
Growing up spiritually is intentional
4. **Identity Before Activity**
Doing flows from being

SESSIONS 5-8: CHARACTER UNDER PRESSURE

5. **Integrity When No One Is Watching**
Who you are in private shapes who you become in public
6. **The Hidden Battle: Lust, Temptation & the Mind**
Direct, grace-filled, practical
7. **Anger, Control & Emotional Strength**
Not suppression, but mastery
8. **Resilience:**
Standing Firm When Life Hits Hard

SESSIONS 9-12: LEADERSHIP, RESPONSIBILITY & CALLING

9. **Servant Leadership: Leading Like Jesus**
Against passive or domineering leadership
10. **Faith in The Everyday**
Living your faith beyond Sunday
11. **Decision-Making: Wisdom Over Impulse**
Choosing the wiser path
12. **Finishing Well**
Endurance over hype

SESSIONS 13-16: RELATIONSHIPS & BROTHERHOOD

13. **Iron Sharpens Iron: Brotherhood & Accountability**
Why men need other men
14. **Marriage, Singleness & Faithfulness**
High calling for both states
15. **Fatherhood & Spiritual Legacy**
Dads now, future dads, or spiritual fathers
16. **Speaking Life: Words, Encouragement & Silence**
Men often underestimate this

SESSIONS 17-20: SPIRITUAL DISCIPLINES FOR MEN

17. **Prayer That Actually Changes a Man**
Beyond “quiet time guilt”
18. **The Word as a Weapon**
Using Scripture in real life
19. **Discipline, Habits & Godliness**
Daily habits not daily rituals
20. **Round up**

SESSIONS 1-4

CORE IDENTITY & FORMATION

Who are we becoming?



Session 1 | FORGED, NOT FINISHED

God shapes us by pressure, failure and obedience.

Aim

To reframe pressure, struggle, and incompleteness as part of **God's shaping process**, not signs of failure.

Acknowledge

- None of us arrive fully formed
- Pressure doesn't mean God is absent – often it means He is working

Scripture (Read and let it sit)

Jeremiah 18:1–6

The Lord gave another message to Jeremiah. He said, "Go down to the potter's shop, and I will speak to you there." So I did as he told me and found the potter working at his wheel. But the jar he was making did not turn out as he had hoped, so he crushed it into a lump of clay again and started over.

Then the Lord gave me this message: "O Israel, can I not do to you as this potter has done to his clay? As the clay is in the potter's hand, so are you in my hand."

James 1:2–4

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. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Discussion

What stands out to you in these passages?

Truth

Key points:

- God doesn't discard flawed clay – He reshapes it
- Pressure isn't punishment – it's process
- The potter sees the finished vessel even when the clay cannot
- Being unfinished does not mean being unusable
- God works with willing material
- We are not finished products – we are being formed.

Tension

- Where do you currently feel unfinished in life?
- Where does pressure make you question what God is doing?
- When life gets difficult, do you assume God is distant – or shaping something in you?

Tool

Surrender the process:

- Identify one area of life where you feel under pressure or unfinished.
- Instead of resisting it this week, bring it honestly before God and pray:
"God, don't waste this. Shape me through it."

Pray for

- Trust in God's shaping work
- Patience with the process
- Willingness to be formed, not just fixed

Session 2 | BIBLICAL MASCULINITY – STRENGTH UNDER CONTROL

True strength is disciplined, not dominant

Aim

Define masculinity biblically – away from passivity and aggression, toward **self-mastery**.

Scripture (Read and let it sit)

Micah 6:8;

..., the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Proverbs 16:32;

**Better to be patient than powerful;
better to have self-control than to conquer a city.**

1 Corinthians 16:13-14

Be on guard. Stand firm in the faith. Be courageous.[Greek: Be Men] Be strong. And do everything with love.

Discussion

What particularly stands out – *act justly, love mercy, walk humbly*?

Truth

Key points:

Culture defines masculinity as

- power, dominance, independence

Scripture defines it as:

- Strength with restraint
- Courage with humility
- Leadership through service
- The strongest man in the room is often the **most controlled**

“Biblical strength isn’t loud – it’s steady.”

Tension

- Where do men typically lose control? (anger, words, habits, reactions)
- Where are you most tempted to overreact or shut down?
- What does self-control look like *this week*, not in theory?

Tool

The Pause Practice:

Before reacting this week, pause for 5 seconds

Ask:

- Is this strength or impulse?
- Is this controlled or reactive?

Pray for

- Self-control
- Wisdom
- Courage to lead quietly

Session 3 | FROM BOYHOOD TO MANHOOD

Growing up spiritually is intentional

Aim

To help men recognise areas where they may be **stuck in boyhood** and call them toward maturity.

Acknowledge

- Growing older ≠ growing mature
 - This isn't condemnation – it's invitation
-

Scripture (Read and let it sit)

1 Corinthians 13:11

When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.

Luke 2:52

Jesus grew in wisdom and in stature and in favour with God and all the people.

Job 1:1

There once was a man named Job who lived in the land of Uz. He was blameless – a man of complete integrity. He feared God and stayed away from evil.

Discussion

What does maturity look like in these passages?

Truth

Key points:

- Manhood in Scripture isn't about age or status

It's about:

- Responsibility
 - Consistency
 - Integrity
 - Teachability
 - God's call is always forward
-

Boyhood avoids responsibility. Manhood embraces it.

Tension

- Where are men most tempted to stay immature?
 - What responsibilities do you avoid?
 - Who benefits when you step into maturity?
-

Tool

Ownership:

- Identify **one responsibility you've been avoiding**
 - Take **one small step** toward it this week
-

Pray for

- Courage
- Growth
- Willingness to be shaped

Session 4 | IDENTITY BEFORE ACTIVITY

Who you are matters more than what you do

Aim

To ground men in **identity as sons**, not performance or productivity.

This is probably the most important session so far.

Scripture (Read and let it sit)

Matthew 3:16–17.

After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, “This is my dearly loved Son, who brings me great joy.”

John 15:5

“... I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

Discussion

What has Jesus done at the point of his baptism? (Nothing public yet)

Truth

Key points:

- God affirms Jesus before ministry
- Identity precedes activity
- Many men live from approval, not acceptance
- Fruit flows from connection, not striving

You don't work to become a son – you work because you are one.

Tension

- Where do you seek validation?
- What happens when productivity slows?
- If God's approval was settled, how would that change your week?

Tool

Identity Statement:

Finish this statement, quietly:

“I am not what I do. I am _____.”

Revisit this statement regularly/daily.

Prayer

- Pray over identity, rest, and trust.

“The Forge isn't about making better performers – it's about forming secure sons who live with strength and purpose.”

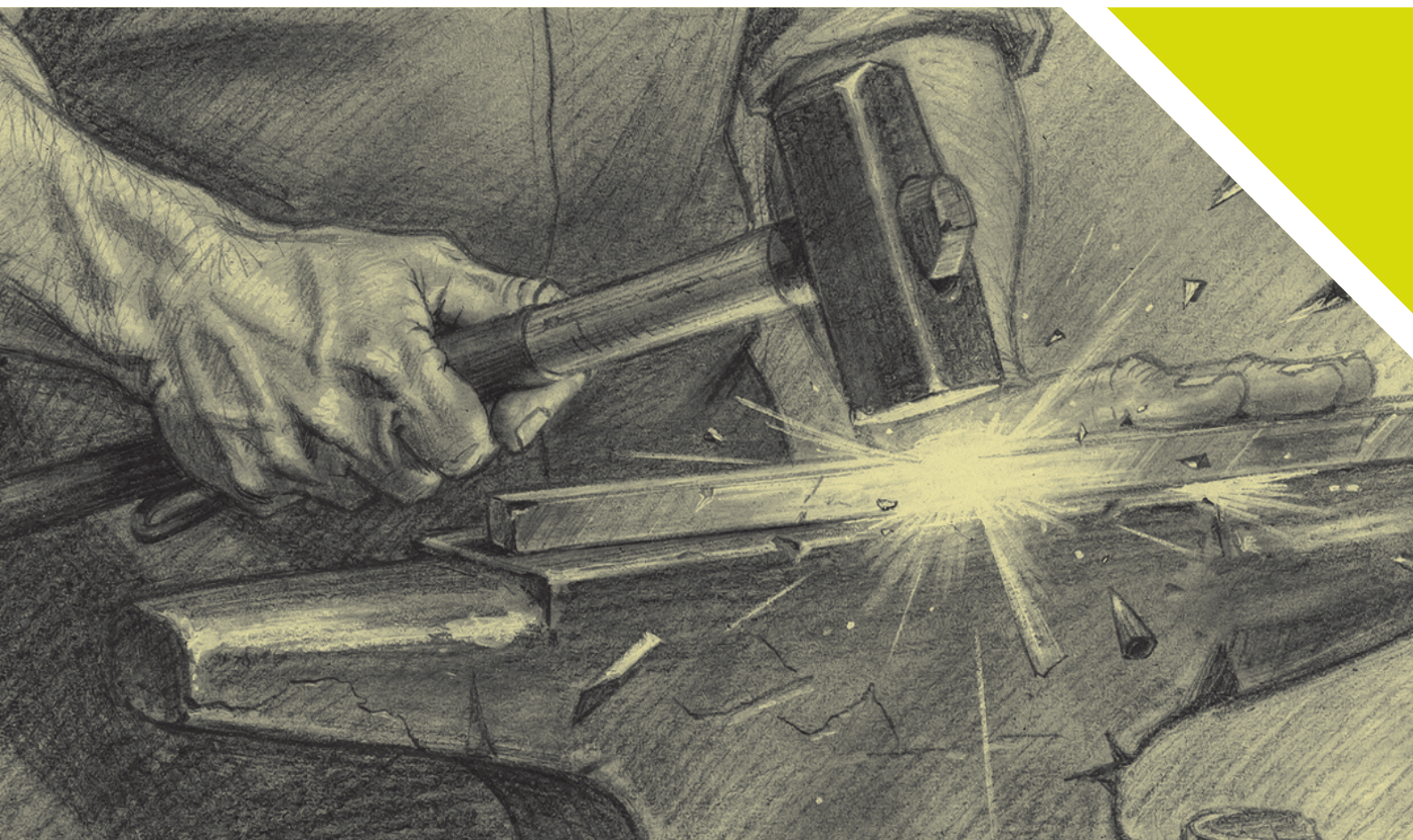
Notes

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SESSIONS 5-8

CHARACTER UNDER PRESSURE

Who are we when no-one's watching?



Session 5 | INTEGRITY WHEN NO ONE IS WATCHING

Who you are in private shapes who you become in public

Aim

To help men understand that **integrity is formed in unseen moments**, not public ones.

Acknowledge

- Integrity isn't built in big moments
- It's built in the small decisions no one else sees
- Character is who you are when nobody is watching

Scripture (Read and let it sit)

Proverbs 10:9

Whoever walks in integrity walks securely.

1 Samuel 16:7

People look at the outward appearance, but the Lord looks at the heart.

Luke 16:10

Whoever can be trusted with very little can also be trusted with much.

Matthew 23:27-28

What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are like whitewashed tombs – beautiful on the outside but filled on the inside with dead people's bones and all sorts of impurity. Outwardly you look like righteous people, but inwardly your hearts are filled with hypocrisy and lawlessness.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Integrity means being the same person everywhere
- Public strength is built on private character
- Small compromises shape the direction of our lives
- God is concerned with the heart, not just behaviour

The man you are in private is the man you are becoming.

Tension

- Where are you most tempted to compromise when no one else sees?
- What habits slowly erode integrity over time?
- What would change if you remembered that God sees every part of your life?

Tool

Personal audit:

Choose one area to review honestly this week:

- Phone use
- Thought life
- Speech
- Work ethic
- Time use

Make one small, deliberate change that strengthens integrity.

Pray for

- Integrity in hidden places
- Strength to choose what is right
- Consistency between public and private life

Session 6 | THE HIDDEN BATTLE

Winning the war in the mind

Aim

To create a safe but honest space to **recognise the internal battles men face** and how God helps us fight them.

Acknowledge

- Every external struggle usually begins internally
- The battle for character is often fought in the mind
- This is not about shame
- It is about honesty and growth

Scripture (Read and let it sit)

Romans 12:2

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.

Philippians 4:8

Fix your thoughts on what is true, honourable, right, pure, lovely, and admirable.

Matthew 5:27-28

**You have heard the commandment that says, "You must not commit adultery."
But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.**

2 Corinthians 10:5

We capture rebellious thoughts and teach them to obey Christ.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Sin begins long before behaviour
- Jesus addresses the heart, not just actions
- Thought patterns shape the direction of our lives
- Freedom begins with honesty
- You don't drift into purity.
- You train for it.

Win the war in the mind, and you change the direction of your life.

Tension

- What thought patterns do you struggle with most?
- What situations or environments make those struggles stronger?
- Who knows the battles you fight internally?

Tool

Replace unhealthy input:

- Choose one negative input to reduce or remove this week
- Replace it with something strengthening (Scripture, prayer, conversation)
- Consider reaching out to another Forge brother midweek for accountability.

Pray for

- Clean minds
- Strength to resist temptation
- Courage to live honestly

Session 7 | STRENGTH UNDER CONTROL

Emotional maturity and self-control

Aim

To help men understand that true strength is not uncontrolled emotion but disciplined character.

Acknowledge

- Anger is a normal human emotion
- But unmanaged anger damages relationships and character
- Strength is not loud reactions
- It is controlled responses

Scripture (Read and let it sit)

Proverbs 29:11

Fools vent their anger, but the wise quietly hold it back.

Ephesians 4:26-27

Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

James 1:19-20

You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Anger itself is not sin
- But uncontrolled anger leads to damage
- Mature men learn to pause before reacting
- Self-control is a mark of strength
- Controlled strength is real strength.

Tension

- Do you tend to explode, withdraw, or hold things in?
- What situations trigger frustration or anger most easily?
- Who is affected when your emotions are not under control?

Tool

The Pause Practice:

When you feel triggered this week:

- Pause before speaking
- Take one slow breath

Ask yourself:

- "What response would strength choose here?"

Pray for

- Patience
- Self-control
- Wisdom in how we respond to pressure

Session 8 | ENDURANCE UNDER PRESSURE

Standing Firm When Life Hits Hard

Endurance is built through pressure, not comfort

Aim

To help men recognise that hardship and pressure are often part of **God's shaping process**, and to encourage perseverance rather than quitting when life becomes difficult.

Acknowledge

- Every man goes through seasons when life feels heavy
- Pressure often reveals what is really inside us
- Growth usually happens when we choose to endure rather than escape

Scripture (Read and let it sit)

James 1:2-4

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

1 Peter 5:10

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

2 Timothy 4:7

I have fought the good fight, I have finished the race, and I have remained faithful.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Pressure reveals and strengthens character
- Endurance is built through testing, not comfort
- God often shapes us through difficulty rather than removing it
- Resilient men learn to stand firm rather than walk away

Don't waste the pressure.

Tension

- Where in life do you currently feel pressure?
- Where are you tempted to give up or withdraw?
- What would it look like to stay faithful in that situation rather than escape it?

Tool

Stay the course:

- Identify one area of life where you feel pressure or discouragement.
- Instead of pulling away this week, choose one deliberate step of faithfulness in that area.

Resilience is built through consistent small decisions.

Pray for

- Strength to endure difficult seasons
- Faith to trust God in pressure
- Perseverance to keep moving forward

Notes

SESSIONS 9-12

LEADERSHIP, RESPONSIBILITY, AND CALLING

How do we lead responsibly and biblically?



Session 9 | SERVANT LEADERSHIP

Leading the way Jesus did

Aim

To help men understand that biblical leadership is **not about status or control**, but responsibility and service.

Acknowledge

- Leadership is often misunderstood as power
- In Scripture, leadership is about responsibility
- Every man leads somewhere – at home, work, church, or among friends

Scripture (Read and let it sit)

Mark 10:42–45

So Jesus called them together and said, “You know that the rulers in this world lord it over their people, and officials flaunt their authority over those under them. But among you it will be different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

John 13:3–17

Jesus knew that the Father had given him authority over everything and that he had come from God and would return to God. So he got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciples’ feet, drying them with the towel he had around him.

When Jesus came to Simon Peter, Peter said to him, “Lord, are you going to wash my feet?”

Jesus replied, “You don’t understand now what I am doing, but someday you will.”

“No,” Peter protested, “you will never ever wash my feet!”

Jesus replied, “Unless I wash you, you won’t belong to me.”

Simon Peter exclaimed, “Then wash my hands and head as well, Lord, not just my feet!”

Jesus replied, “A person who has bathed all over does not need to wash, except for the feet, to be entirely clean. And you disciples are clean, but not all of you.” For Jesus knew who would betray him. That is what he meant when he said, “Not all of you are clean.

After washing their feet, he put on his robe again and sat down and asked, “Do you understand what I was doing? You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow. Do as I have done to you. I tell you the truth, slaves are not greater than their master. Nor is the messenger more important than the one who sends the message. Now that you know these things, God will bless you for doing them.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Leadership in God’s kingdom looks different from the world
- Jesus led by serving others
- True leadership lifts others rather than dominating them
- Leadership begins with character, not position

Leadership is influence shaped by humility.

Tension

- Where in life are you currently influencing others?
- Do you tend to avoid responsibility or try to control situations?
- What might it look like to lead through service rather than authority?

Tool

Lead intentionally:

- Identify one place this week where you can choose to serve rather than wait to be served.
- Take one small step of leadership through humility.

Pray for

- Humility
- Wisdom in influence
- A heart willing to serve others

Notes

Session 10 | FAITH IN THE EVERYDAY

Living your faith beyond Sunday

Aim

To help men recognise that **faith is lived out in everyday work, relationships, and responsibilities.**

Acknowledge

- Faith can easily become something we limit to church settings
- God is just as present in Monday morning as Sunday morning
- Our daily lives are where our faith is most visible

Scripture (Read and let it sit)

Colossians 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving..

Proverbs 11:1

**The Lord detests dishonest scales,
but accurate weights find favour with him.**

Luke 16:10

**Whoever can be trusted with very little can also be trusted with much,
and whoever is dishonest with very little will also be dishonest with much.**

Discussion

What stands out to you in these passages?

Truth

Key points:

- Faith is lived through ordinary daily choices
- Work, conversations, and responsibilities matter to God
- Consistency in everyday life builds credibility
- Faithfulness in small things shapes larger impact

Faith is not something we visit – it is something we live.

Tension

- Where is it hardest to live out your faith during the week?
- Do people see the same person at work that they see at church?
- What everyday situations challenge your integrity most?

Tool

Live intentionally:

- Choose one ordinary part of your week – work, home, or relationships – and consciously approach it as an opportunity to honour God.
- Pay attention to your attitude, words, and actions.

Pray for

- Awareness of God in everyday life
- Integrity in daily responsibilities
- Faithfulness in small things

Session 11 | DECISION-MAKING – WISDOM OVER IMPULSE

Choosing the wiser path

Aim

To help men recognise **the importance of seeking wisdom** in decisions rather than acting impulsively.

Acknowledge

- Life is shaped by the decisions we make
- Many mistakes happen when we react quickly rather than think carefully
- Wisdom grows when we slow down and seek God's guidance

Scripture (Read and let it sit)

Proverbs 3:5–6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Wisdom begins with trusting God rather than relying only on ourselves
- God invites us to ask for wisdom
- Wise decisions often require patience and humility
- Good judgment is developed over time

Wisdom helps us choose direction, not just react to circumstances.

Tension

- Where are you most likely to act impulsively?
- What kinds of decisions do you tend to make without seeking wisdom?
- What might change if you paused and invited God into those decisions?

Tool

Pause before deciding:

- This week, when you face a decision, slow down.
- Take a moment to ask God for wisdom before acting.
- Consider whether your choice is guided by impulse or by wisdom.

Pray for

- Wisdom in decision-making
- Patience before acting
- Trust in God's guidance

Session 12 | FINISHING WELL

Endurance over hype

Aim

Consider the kind of life **we want to look back on** and encourage long-term faithfulness.

Acknowledge

- Starting well is common
- Finishing well requires perseverance
- The direction of life is shaped by daily choices

Scripture (Read and let it sit)

Acts 20: 24

I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me – the task of testifying to the good news of God’s grace.

2 Timothy 4:7

I have fought the good fight, I have finished the race, I have kept the faith.

Psalms 92:12-15

**The righteous will flourish like a palm tree,
they will grow like a cedar of Lebanon;
planted in the house of the Lord,
they will flourish in the courts of our God.
They will still bear fruit in old age,
they will stay fresh and green,
proclaiming, “The Lord is upright;
he is my Rock, and there is no wickedness in him.**

Discussion

What stands out to you in these passages?

Truth

Key points:

- Faithfulness over time matters more than quick success
- Character is built through steady obedience
- Endurance shapes legacy
- A life of consistency produces lasting fruit

Finishing well is built one day at a time.

Tension

- If you looked back on your life years from now, what would you hope to see?
- What habits today will shape the direction of your future?
- Where do you need to refocus in order to live intentionally?

Tool

Long term perspective:

- Take time this week to reflect on the kind of man you want to become.
- Identify one habit or priority that will help move you toward that life.
- Begin practicing it this week.

Pray for

- Long-term faithfulness
- Strength to persevere
- Wisdom to live intentionally

SESSIONS 13-16

RELATIONSHIPS & BROTHERHOOD

Where The Forge really earns its name



Session 13 | IRON SHARPENS IRON

Brotherhood and accountability

Aim

To help men recognise **the importance of walking alongside other men** and the role of accountability in growth.

Acknowledge

- Many men try to carry life on their own
- Isolation feels easier but weakens us over time
- Growth rarely happens in isolation

Scripture (Read and let it sit)

Proverbs 27:17,

As iron sharpens iron, so a friend sharpens a friend.

Ecclesiastes 4:9-12

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

Discussion

What stands out to you in these passages?

Truth

Key points:

- We are not designed to do life alone
- Other men help sharpen, challenge, and strengthen us
- Accountability keeps us moving in the right direction
- Brotherhood builds resilience

Iron sharpens iron – and friction is part of the process.

Tension

- Where are you most tempted to isolate yourself?
- Who in your life challenges and sharpens you?
- How open are you to being known by other men?

Tool

Strengthen connection:

- Reach out to one man this week for a real conversation.
- Choose honesty over surface-level interaction.

Pray for

- Strong, honest friendships
- Courage to be known
- A willingness to walk alongside others

Session 14 | MARRIAGE, SINGLENESS AND FAITHFULNESS

Living well in your current season

Aim

To help men honour God in their **current life stage**, whether married or single, and to live faithfully within it.

Acknowledge

- It's easy to compare your situation with others
- Every season brings its own challenges and opportunities
- Faithfulness matters more than circumstances

Scripture (Read and let it sit)

Ephesians 5:21 & 25

²¹submit to one another out of reverence for Christ.

... ²⁵For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her

1 Corinthians 7:32-35

I want you to be free from the concerns of this life. An unmarried man can spend his time doing the Lord's work and thinking how to please him. But a married man has to think about his earthly responsibilities and how to please his wife. His interests are divided. In the same way, a woman who is no longer married or has never been married can be devoted to the Lord and holy in body and in spirit. But a married woman has to think about her earthly responsibilities and how to please her husband. I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Marriage and singleness are both valued and purposeful
- Faithfulness is the goal in every season
- Relationships require intentional love, not passive effort
- God works through every stage of life

Faithfulness in your current season matters most.

Tension

- Where do you find yourself comparing your life to others?
- What challenges are unique to your current season?
- Where might God be calling you to greater faithfulness right now?

Tool

Be present:

- Identify one way to live more intentionally in your current season this week.
- If married – invest deliberately in your relationship.
- If single – invest in purpose, community, and growth.

Pray for

- Contentment
- Faithfulness
- Wisdom in relationships

Session 15 | FATHERHOOD AND LEGACY

Shaping what comes next

Aim

To help men recognise the **influence** they have **on the next generation**, whether as fathers or through spiritual legacy.

Acknowledge

- Legacy isn't just about what we leave behind
- It's about what we pass on
- Every man is shaping someone, whether intentionally or not

Scripture (Read and let it sit)

Psalms 78:4-7,

**We will not hide these truths from our children;
we will tell the next generation about the glorious deeds of the Lord,
about his power and his mighty wonders.**

**For he issued his laws to Jacob; he gave his instructions to Israel.
He commanded our ancestors to teach them to their children,
so the next generation might know them – even the children not yet born–
and they in turn will teach their own children.**

**So each generation should set its hope anew on God,
not forgetting his glorious miracles and obeying his commands.**

Deuteronomy 6:6-8

**And you must commit yourselves wholeheartedly to these commands that I am giving
you today. Repeat them again and again to your children. Talk about them when you are
at home and when you are on the road, when you are going to bed and when you
are getting up.**

Discussion

What stands out to you in these passages?

Truth

Key points:

- Legacy is built through everyday influence
- Faith is meant to be passed on
- Intentional investment shapes the next generation
- You don't have to be a perfect father to have a meaningful impact

Legacy is built in daily moments, not big speeches.

Tension

- Who are you currently influencing?
- What are you passing on through your actions and priorities?
- If nothing changed, what legacy would you leave?

Tool

Invest forward:

- Choose one intentional action this week that invests in someone else.
- This could be a child, a younger person, or someone you are mentoring.

Pray for

- Wisdom in influence
- Intentional leadership
- A lasting impact

Session 16 | SPEAKING LIFE

Words, encouragement and silence

Aim

To help men recognise the **power of their words** and to **use them to build** rather than tear down.

Acknowledge

- Words are often spoken quickly and forgotten easily
- But they carry weight and influence
- Many men underestimate the impact of what they say – or don't say

Scripture (Read and let it sit)

Proverbs 18:21,

**The tongue can bring death or life;
those who love to talk will reap the consequences.**

Ephesians 4:29

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Words have the power to build or destroy
- Encouragement strengthens others
- Silence can be wise – or it can be avoidance
- Intentional speech reflects maturity

What you say shapes the people around you.

Tension

- When are you most careless with your words?
- Who in your life needs encouragement that you haven't given?
- Where do you need to speak up – or hold back?

Tool

Speak intentionally:

- This week, choose one person to encourage deliberately.
- Be specific and genuine.
- Pay attention to when silence is needed and when it's not.

Pray for

- Wisdom in speech
- Courage to encourage
- Self-control in conversation

Notes

SESSIONS 17-20

SPIRITUAL DISCIPLINES FOR MEN

Practical, no-nonsense spirituality



Session 17 | PRAYER THAT ACTUALLY CHANGES A MAN

Beyond “quiet time guilt”

Aim

To help men see prayer as **something real and transformative, not a religious obligation**, and to encourage a consistent, honest prayer life.

Acknowledge

- Prayer can easily become something we feel guilty about
- Many men struggle to know what to say or how to pray
- It's easy to overcomplicate something that should be simple

Scripture (Read and let it sit)

Scriptures: Luke 5:16,

But Jesus often withdrew to the wilderness for prayer.

James 5:16

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Prayer is about relationship, not performance
- Consistency matters more than length or eloquence
- Honest prayer is more powerful than polished words
- Jesus modelled a life of regular, intentional prayer

Prayer shapes the man who prays.

Tension

- What usually gets in the way of your prayer life?
- Do you see prayer as something natural or something difficult?
- What would change if prayer became part of your normal rhythm?

Tool

Keep it simple:

- Set aside a short, consistent time each day this week to pray.
- Keep it honest and straightforward.
- Focus on speaking to God rather than getting the words right.

Pray for

- Consistency in prayer
- Honesty before God
- A growing relationship with Him

Session 18 | THE WORD AS A WEAPON

Using Scripture in real life

Aim

To help men understand how to actively use Scripture in daily life, not just read it, and to see its role in shaping thoughts and responses.

Acknowledge

- It's easy to read the Bible but not apply it
- Many men aren't sure how to use Scripture in real situations
- The gap between knowing and doing is often where we struggle

Scripture (Read and let it sit)

Scriptures: Hebrews 4:12, Matthew 4:1-11

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Matthew 4:1-11

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry.

During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say,

'He will order his angels to protect you.

And they will hold you up with their hands so you won't even hurt your foot on a stone.'"

Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'"

Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. "I will give it all to you," he said, "if you will kneel down and worship me."

"Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God and serve only him.'"

Then the devil went away, and angels came and took care of Jesus.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Scripture is active and powerful, not passive information
- God's Word shapes how we think and respond
- Knowing Scripture helps us stand firm in difficult moments
- Jesus used Scripture in real situations, not just in teaching

The Word is meant to be used, not just known.

Tension

- Where do you tend to rely on your own thinking instead of God's Word?
- How familiar are you with Scripture when you need it?
- What situations in your life would benefit from being shaped by God's truth?

Tool

Carry one truth:

- Choose one short verse or truth this week.
- Return to it regularly – in moments of pressure, temptation, or decision.
- Let it shape how you respond.

Pray for

- A hunger for God's Word
- Understanding and clarity
- The ability to apply Scripture in real life

Notes

Session 19 | DISCIPLINE, HABITS & GODLINESS

Training, not trying

Aim

To help men understand that growth comes through **consistent habits and discipline**, not occasional effort or motivation.

Acknowledge

- We often rely on motivation rather than discipline
- Good intentions don't produce lasting change
- Growth requires consistency over time

Scripture (Read and let it sit)

Scriptures: 1 Timothy 4:7-8,

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

Proverbs 6:6-11

**Take a lesson from the ants, you lazybones.
Learn from their ways and become wise!**

**Though they have no prince or governor or ruler to make them work,
they labour hard all summer, gathering food for the winter.**

But you, lazybones, how long will you sleep? When will you wake up?

A little extra sleep, a little more slumber, a little folding of the hands to rest—then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber.

Discussion

What stands out to you in these passages?

Truth

Key points:

- Spiritual growth requires intentional training
- Habits shape who we become
- Small, consistent actions lead to long-term change
- Discipline creates freedom and stability

You don't drift into growth – you train for it.

Tension

- Where do you rely on motivation rather than discipline?
- What habits are currently shaping your life?
- Where do you struggle to stay consistent?

Tool

Build one habit:

- Choose one simple, repeatable habit to practice daily this week (e.g. prayer, Scripture, reflection, intentional pause)
- Keep it realistic and consistent.
- Focus on showing up, not perfection.

Pray for

- Discipline and consistency
- Strength to build healthy habits
- A desire to grow over time

Session 20 | THE FORGE - ROUND UP

Formed Not Finished

Aim

To reflect on what God has been doing over the past weeks, to reinforce the key themes, and to encourage men to **continue living this out beyond the group**.

Acknowledge

We've covered a lot over these weeks.

Not everything will have landed straight away.

Growth doesn't happen all at once – it happens over time.

This isn't the end of something – it's the continuation of a process.

Scripture (Read and let it sit)

Philippians 1:6

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Hebrews 12:1-2

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

Romans 12: 2

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Discussion

Looking back over the last weeks:

- What has stayed with you most?
- What has challenged you most?
- Where have you seen even small areas of change?

Truth

Key points:

- We've talked about identity, character, pressure, leadership, relationships, discipline, and purpose
- None of these are one-off lessons – they are lifelong patterns

Growth happens through:

- showing up
- being honest
- staying consistent
- allowing God to shape us over time

There is no finished version of us this side of eternity

- We are always in process
- We are formed – but we are not finished.

Tension

- Where are you tempted to drift now that the structure is ending?
- What rhythms or habits are at risk of fading?
- Who will you walk with going forward?
- What will it look like to continue this without the group?

Tool

Keep the fire burning:

Choose one thing from The Forge that you will carry forward intentionally:

- a habit
- a rhythm
- a relationship
- a mindset

Write it down.

- Commit to it.
- Share it with another man if possible.

Formation continues through consistency.

Pray for

- Perseverance beyond the group
- Faithfulness in everyday life
- Strength to keep growing
- Willingness to remain teachable

The Forge was never about finishing something
– it was about starting something.

Not becoming perfect men, but becoming men who are
willing to be shaped.

Keep showing up. Keep being honest. Keep letting God do His work.

Because the truth is...

We are formed – but we are not finished.



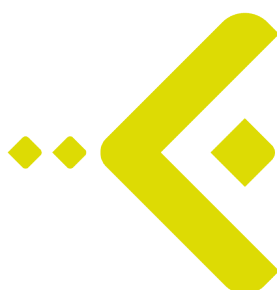
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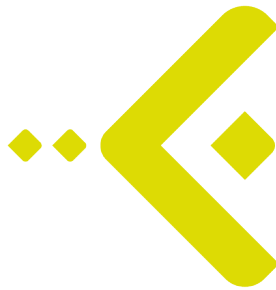
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Notes

Notes

Handwriting practice lines consisting of 28 horizontal dotted lines.





THE FORGE has been developed by House Church Yateley, as a small-group discussion guide for men. Designed to help explore what it means to be men of God.

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THE FORGE

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