



MEN'S DISCIPLESHIP BIBLE STUDY

BUILT
-----**TO**-----
STAND



Built to Stand

A Men's Discipleship Study

"Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love."

1 Corinthians 16:13-14

Six sessions for Scripture, brotherhood, obedience, and prayer

A Note to Leaders

This booklet is designed for leaders and participants to use together. The questions are a pathway for discussion, not a script or a strict sequence. Begin by listening carefully to the Scripture. From there, follow the conversation as it moves toward worship, gratitude for the gospel, personal application, accountability, and prayer.

You do not need to ask every question exactly as written—or ask all of them. Use the five movements as a set of handles. Linger where the passage and the group are most engaged, ask natural follow-up questions, and return to the text whenever the conversation becomes abstract. The goal is not to finish the prompts; the goal is to meet with God in His Word and respond together.

Facilitate for Honest, Organic Discussion

- **Let Scripture set the agenda.** Read the primary passage aloud and allow quiet time for men to notice, wonder, and respond.
- **Teach briefly.** Offer two or three clear observations that illuminate the passage without answering every discussion question for the group.
- **Additional Passages are Optional.** Each lesson centers on one primary passage for the group to explore together. Additional passages are provided for those who would like to go further, but they are optional. Simply read them and use any of the Five Questions that help you engage the text and respond to God.
- **Invite, do not interrogate.** Give men time to think, and welcome concise contributions as well as deeper reflection.
- **Ask “What in the passage leads you to say that?”** This keeps the group rooted in Scripture without shutting down honest questions.
- **Move toward specificity.** General truths become discipleship when a man can name where the Word meets his actual life.
- **Protect trust.** Do not pressure public disclosure. Sensitive details are often better shared later with one or two trusted brothers.
- **End with a concrete response.** Each man should leave knowing what he will believe, do, confess, change, or pray this week.

The Desired Movement

Engage the Scripture → See God clearly → Rejoice in the gospel → Apply the truth → Share honestly → Pray and obey

A Flexible 90-Minute Meeting

The times below create a dependable rhythm without turning the gathering into a rigid agenda. Let the conversation breathe while protecting substantial time to revisit the previous week's challenge, apply the passage honestly, support one another, and pray.

0:00–0:15 | Welcome & Previous Challenge

Welcome one another. After Week 1, spend about 15 minutes in pairs or groups of three revisiting the previous week's challenge: What did you try? What happened? Where did you experience grace, resistance, or a need for support? In Week 1, use this time to establish the accountability rhythm and name what each man hopes God will do through the study.

0:15–0:30 | Read & Focus on Scripture

Read the primary passage aloud. Allow time for first observations, then offer a concise, application-focused teaching with two or three key points. Aim to illuminate the text without answering every question for the group.

0:30–1:00 | Scripture-Guided Discussion & Application

Draw naturally from ASK, PRAISE, GOSPEL, and LIVE. Let LIVE emerge from what the men have seen in the passage rather than treating response as a separate section. Use the prompts selectively and stay with a fruitful question.

1:00–1:15 | Accountability & Follow-Up

Remain in groups of two or three. Connect the session application to the previous challenge, name what support is needed, and decide who will follow up during the week.

1:15–1:25 | Now What?

If time, ask: “Based on this conversation, what is one step you can take this week to become a more godly man?” Then clearly state the session's Challenge—a concrete action every man is expected to take.

1:25–1:30 | Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

A Simple Weekly Accountability Rhythm

- How have you seen God at work since we last met?
- Where have you struggled?
- What did you do with last week's challenge? What happened, and what did you learn?
- How can we pray for you, and who will follow up with you this week?

The Five Questions

At Calvary, the Five Questions are a foundational tool for Adult Discipleship. They form the foundation of our Bible Reading Plan, Foundations, and the 28 Days study, giving us a shared language for engaging Scripture and responding to God.¹ The method is intentionally flexible: use the questions as a progression to draw from, not a sequence to complete. Leaders may linger on one question, move between them naturally, or use only the questions that best help men listen to God's Word and respond. These questions are used in the Discuss & Apply section.

ASK What is this passage about, and what questions do we have? Notice details, repeated words, contrasts, commands, context, and the author's main concern.

PRAISE Based on this passage, how should we praise God—and why? Look for His character, works, promises, glory, and faithful presence.

GOSPEL Based on this passage, why should we be thankful for the good news of Jesus? Consider how the text reveals our need, anticipates Christ, or displays His saving work.

LIVE Based on this passage, how should we live? Consider how we should think, feel, speak, act, repent, and change. In this context, jump quickly to the **Three Questions for Godly Manhood** (see below) for specific application.

PRAY Based on this passage, how should we pray? Keep it simple: after each man names a step of obedience, pray for one another's application and faithfulness.

Three Questions for Godly Manhood

The Three Questions for Godly Manhood fit naturally within the LIVE category. They help the group move from understanding the passage to personal response: first considering the biblical vision of a godly man, then naming the present challenge, and finally choosing a concrete step of obedience. Leaders may use them in that progression or draw from them whenever they help men become honest and specific.

- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you'll take this week?

Leader reminder: Do not force a neat answer. A thoughtful question, an honest struggle, or a small concrete step can be a faithful response to God's Word.

¹ For more information or to download these resources, visit calvarynow.com/resources

Week 1: Identity in Christ

Theme: Knowing who you are before knowing what you do.

Big Idea: Your identity is received from Christ, not earned through performance.

Scripture

Primary passage: Ephesians 2:1–10

Optional passages to explore: 2 Corinthians 5:17; Romans 8:14–17

Session Aim

Help men see the movement from spiritual death to new life and purpose, then name the identities they are tempted to build through performance, approval, success, or failure.

Welcome, Accountability & Scripture

Spend some time introducing yourselves. Use the accountability time to establish trust, agree on how men will follow up, and invite each man to name what he hopes God will do through the study.

Opening prompt: When you introduce yourself without giving your name or occupation, what do you tend to say about yourself?

Read Ephesians 2:1–10 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- Without Christ, we are spiritually dead and shaped by the world, the flesh, and sin (Ephesians 2:1–3).
- “But God” changes the story: salvation begins in God’s mercy, love, and grace—not our performance (vv. 4–9).
- We are made new in Christ for good works God prepared for us; obedience flows from identity rather than creating it (v. 10).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What words or contrasts stand out as you trace “what we were,” “what God did,” and “what we are now” (life before Christ vs. life after)?

- Where do men commonly look for identity? Which of those identities feels most powerful in your own life?
- How does verse 10 connect identity in Christ with the good works God prepared for us?

PRAISE Turn attention from ourselves toward God.

- What does this passage reveal about God's disposition towards us?
- Which truth about God gives you the strongest reason to worship tonight?

GOSPEL Connect the passage to our need and Christ's saving work.

- Why should we be thankful that salvation and identity are received as gifts rather than earned through performance?
- How does grace change the way a man approaches work, failure, relationships, and obedience?

LIVE Invite honest, specific application. Do not rush past silence.

- What false identity or lie about yourself do you need to surrender?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now? How do you know or recognize when it's challenging?
- What is one step of obedience you'll take this week?

Accountability & Follow-Up

- No follow up in the first session.

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Spend time each day reading and praying through Ephesians 1–2. Write down one truth each day about who you are in Christ, and what that means for how your identity is lived out.

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Week 2: Walking with God Daily

Theme: Developing spiritual disciplines.

Big Idea: A steady life with God grows through dependent, repeatable rhythms—not occasional intensity.

Scripture

Primary passage: Psalm 1

Optional passages to explore: John 15:1–8; Matthew 6:5–15

Session Aim

Move the group beyond guilt about spiritual habits toward a joyful vision of abiding in Christ through Scripture and prayer.

Welcome, Accountability & Scripture

Begin in pairs or groups of three by revisiting Week 1’s challenge: reading and praying through Ephesians 1–2 and recording truths about your identity in Christ. What did you notice, what was difficult, and what do you want to continue?

Opening prompt: What practice has helped you stay connected to God during a demanding season? Or where have you seen a lack of practice leaving you to feel disconnected?

Read Psalm 1 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- Psalm 1 contrasts a life shaped by competing voices with a life rooted in God’s instruction.
- The tree image shows that a rooted life receives nourishment steadily and bears fruit in season (Psalm 1:3).
- Delighting in and meditating on God’s instruction reshapes a person over time (Psalm 1:2).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What two paths does Psalm 1 describe, and what slowly shapes the person on each path?
- What does it look like to delight in God’s instruction rather than approach it only as a duty?
- What does the image of a planted tree teach us about spiritual growth, stability, and fruit?

PRAISE Turn attention from ourselves toward God.

- What does Psalm 1 reveal about God?
- Where have you recently seen God nourish or sustain you through His Word?

GOSPEL Connect the passage to our need and Christ's saving work.

- Why is abiding different from trying to earn God's acceptance?
- How does grace free us from trying to produce spiritual fruit through guilt or self-reliance?

LIVE Invite honest, specific application. Do not rush past silence.

- Why is consistency often more important than intensity?
- What keeps you from spending time with God, and what small change would address that obstacle?
- How are prayer and Scripture shaping—or failing to shape—your present life?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you'll take this week?

Accountability & Follow-Up

- How have you seen God at work since we last met?
- Where have you struggled?
- What from the previous challenge—or from tonight's discussion—still needs attention?
- Who will follow up with you this week, and when?

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Commit to 20–30 minutes each day for Bible reading and prayer. Choose a consistent time, place, and passage before you leave tonight.

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Week 3: Integrity and Purity

Theme: Living above compromise.

Big Idea: Integrity grows when hidden sin is brought into God's light, grace, and wise accountability.

Scripture

Primary passage: Psalm 51

Optional passages to explore: Proverbs 4:23; 1 Corinthians 10:13

Session Aim

Create a grace-filled, honest conversation about temptation, repentance, safeguards, and brotherhood without pressuring men to disclose details that do not belong in the full group.

Welcome, Accountability & Scripture

Begin in pairs or groups of three by revisiting Week 2's challenge: setting aside 20–30 minutes each day for Bible reading and prayer. What rhythm did you try, what helped or hindered you, and what support would help you continue?

Opening prompt: When you hear the word integrity, what picture or person comes to mind—and why?

Read Psalm 51 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- David models honest confession: he names sin without excuse and appeals to God's mercy (Psalm 51).
- David asks God not only for forgiveness but for a clean heart and a renewed, steadfast spirit (Psalm 51:10).
- Restored joy leads to willing obedience and renewed usefulness in the lives of others (Psalm 51:12–13).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What is the process of restoration that you see in Psalm 51 (from confession to cleansing, restoration, and renewed purpose)?
- What does David's request for a clean heart reveal about the depth of true repentance?

PRAISE Turn attention from ourselves toward God.

- What does Psalm 51 reveal about God's mercy, cleansing, and willingness to restore?
- Where can you praise God for providing help or a "way of escape" in a past or current struggle?

GOSPEL Connect the passage to our need and Christ's saving work.

- How does the gospel free us to confess honestly instead of hiding, minimizing, or managing appearances?
- Why is Christ—not willpower—our deepest hope for purity and a clean heart?

LIVE Invite honest, specific application. Do not rush past silence.

- Where are men most vulnerable today?
- How does wise accountability strengthen us?
- What practical safeguard, boundary, or honest conversation would help you resist compromise?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you'll take this week?

Accountability & Follow-Up

- How have you seen God at work since we last met?
- Where have you struggled?
- What from the previous challenge—or from tonight's discussion—still needs attention?
- Who will follow up with you this week, and when?

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Choose an accountability partner and identify one area to surrender to God. Agree on one specific way you will check in this week about your heart posture and integrity.

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Week 4: Biblical Leadership at Home

Theme: Leading through love and service.

Big Idea: Biblical leadership follows Jesus's example by taking responsibility to love, serve, sacrifice, and point others toward God.

Scripture

Primary passage: Ephesians 5:25–33

Optional passages to explore: Joshua 24:15; Mark 10:42–45

Session Aim

Help every man—married or single, father or not—see leadership as Christlike service in the relationships and responsibilities God has entrusted to him.

Welcome, Accountability & Scripture

Begin in pairs or groups of three by revisiting Week 3's challenge: connecting with an accountability partner, surrendering one area to God, and completing the agreed check-in. What happened, and what next step is needed?

Opening prompt: Think of a leader who made you stronger. What did he consistently do?

Read Ephesians 5:25–33 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- Christlike leadership is measured by sacrificial love, not control, power, or position (Ephesians 5:25–33).
- Christ's self-giving love seeks the holiness and flourishing of those entrusted to His care (Ephesians 5:25–27).
- The language of nourishing and cherishing shows that biblical leadership is attentive, tender, and responsible (Ephesians 5:28–29).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What actions and attitudes characterize Christ's love in Ephesians 5?
- What purposes and priorities shape Christ's love for the church in Ephesians 5?

- What do “nourish” and “cherish” add to our understanding of strength and leadership?

PRAISE Turn attention from ourselves toward God.

- What about Jesus being the sacrificial Bridegroom leads us to worship Him?
- Where have you experienced Christ’s patient, cleansing, or self-giving leadership?

GOSPEL Connect the passage to our need and Christ’s saving work.

- How does Christ’s sacrifice both save us and redeem the way we use strength, authority, and influence?
- Why must a man receive Christ’s love before he can lead through love rather than fear or pride?

LIVE Invite honest, specific application. Do not rush past silence.

- What does servant leadership look like in your home or closest relationship and how can you personally take steps in your spiritual leadership during this season?
- What legacy are your present habits building?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you’ll take this week?

Accountability & Follow-Up

- How have you seen God at work since we last met?
- Where have you struggled?
- What from the previous challenge—or from tonight’s discussion—still needs attention?
- Who will follow up with you this week, and when?

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Pray *with* your family once a day this week—or pray intentionally for them if you cannot pray with them.

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Week 5: Brotherhood and Accountability

Theme: We are stronger together.

Big Idea: Godly brotherhood moves beyond proximity into encouragement, honesty, practical support, and shared perseverance.

Scripture

Primary passage: Ecclesiastes 4:9–12

Optional passages to explore: Hebrews 10:24–25; James 5:16

Session Aim

Help men identify patterns of isolation and take a concrete step toward relationships marked by encouragement, confession, prayer, and dependable presence.

Welcome, Accountability & Scripture

Begin in pairs or groups of three by revisiting Week 4's challenge: praying with your family each day, or praying intentionally for them. What did you experience, and how might this become a continuing rhythm?

Opening prompt: What makes it easier—or harder—for men to move from acquaintance to genuine brotherhood?

Read Ecclesiastes 4:9–12 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- Ecclesiastes shows the practical strength of partnership: help when fallen, warmth in hardship, and resilience under attack.
- When one person falls, another can lift him; isolation leaves a man without that help (Ecclesiastes 4:10).
- The cord of three strands pictures the resilience that grows through dependable relationships (Ecclesiastes 4:12).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What benefits of brotherhood are named in Ecclesiastes 4, and which do you most need now?
- What kinds of hardship or vulnerability make the help of another person especially valuable?
- What does the cord of three strands suggest about resilience and committed brotherhood?

PRAISE Turn attention from ourselves toward God.

- What does Ecclesiastes 4 reveal about God's wisdom in giving us companionship and mutual support?
- Who has God used to strengthen you, lift you, or call you back to faithfulness?

GOSPEL Connect the passage to our need and Christ's saving work.

- How does reconciliation with God create a new family and make honest brotherhood possible?
- How does grace help us confess weakness without making weakness our identity?

LIVE Invite honest, specific application. Do not rush past silence.

- Why do men isolate? Which form of isolation are you most tempted toward?
- What does biblical accountability look like—and what would make it safe, honest, and useful?
- How can you encourage another man in a specific way this week?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you'll take this week?

Accountability & Follow-Up

- How have you seen God at work since we last met?
- Where have you struggled?
- What from the previous challenge—or from tonight's discussion—still needs attention?
- Who will follow up with you this week, and when?

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Reach out to another man in the group for encouragement, prayer, or practical support. Make the contact specific rather than saying, "We should get together."

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Week 6: Living on Mission

Theme: Making disciples and leaving a legacy.

Big Idea: Godly men live out God's mission as a normal way of life under Christ's authority, in obedience to his commands, and with intentionality to disciple others.

Scripture

Primary passage: Matthew 28:18–20

Optional passages to explore: Micah 6:8; 2 Timothy 2:2

Session Aim

Help men see mission as a normal way of life—walking faithfully, speaking about Christ, and investing intentionally in people God has already placed around them.

Welcome, Accountability & Scripture

Begin in pairs or groups of three by revisiting Week 5's challenge: making specific contact with another man for encouragement, prayer, or practical support. What happened, and what did you learn about brotherhood?

Opening prompt: Who invested in your faith at an important moment, and what did that person do?

Read Matthew 28:18–20 aloud. Ask the group to listen for one word, phrase, contrast, promise, or command that captures their attention.

Brief Teaching Guide: Primary Passage

- The mission begins with Jesus' complete authority and continues with His promised presence (Matthew 28:18–20).
- Disciple-making includes going, baptizing, and teaching people to obey everything Jesus commanded (Matthew 28:19–20).
- Jesus does not send His followers alone; He promises His presence as they participate in His mission (Matthew 28:20).

Discuss & Apply from the Passage

ASK Begin with the text. Choose the prompts that best help the men observe and understand.

- What commands and promises frame the Great Commission?

- What do the actions “go,” “make disciples,” “baptize,” and “teach” reveal about the scope / aspects / structure of Jesus’ mission?
- How do Jesus’ authority and promised presence frame every part of the Great Commission?

PRAISE Turn attention from ourselves toward God.

- What does Matthew 28 reveal about Christ’s authority, presence, and global purpose?
- Where have you seen God use an ordinary act of faithfulness in someone else’s life?
- Who has invested in your faith? Name them and praise God for them.

GOSPEL Connect the passage to our need and Christ’s saving work.

- Why is the good news of Jesus the message and motivation of disciple-making—not merely self-improvement or moral advice?
- How does Christ’s promised presence give courage when we feel unqualified?

LIVE Invite honest, specific application. Do not rush past silence.

- Who are you investing in—or whom might God be asking you to notice?
- What does this reveal about being a godly man?
- Where is this most challenging in your life right now?
- What is one step of obedience you’ll take this week?

Accountability & Follow-Up

- How have you seen God at work since we last met?
- Where have you struggled?
- What from the previous challenge—or from tonight’s discussion—still needs attention?
- Who will follow up with you this week, and when?

Now What?

Optional, if time: Based on this conversation, what is one step you can take this week to become a more godly man?

Challenge: Reflect briefly on how God has used this study, then identify one man you can invite to continue growing with you. Ask him to join you in regular Bible reading and accountability, invite him to the next Built to Stand study, or consider helping lead a future group. Before the week ends, pray for that man and take one specific step to connect with him.

Pray for One Another

Each man briefly states how he will carry out the Challenge and, if discussed, the personal step he identified. In pairs or groups of three, pray for one another by name. Ask God for grace, courage, and faithfulness to respond and follow through. End the session with this prayer.

Series Reflection & Next Steps

Take a few minutes to look back over the six weeks. Share in pairs or as one group, then close by naming how you will continue the rhythm.

- What truth from Scripture has stayed with you most clearly?
- Where have you seen God change your thinking, desires, relationships, or habits?
- What step of obedience was difficult but fruitful?
- How has another man in the group strengthened you?
- Where do you still need prayer, encouragement, or accountability?
- What practice from these six weeks do you want to continue?
- Who might you invite into a Scripture-centered friendship or discipleship relationship?

My Continuing Commitment

With God's help, I will:

Keep Standing

Keep walking with God. Keep opening His Word with brothers. Keep responding with faith, obedience, and prayer.

“Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.”

1 Corinthians 16:13-14