



Week 4: Identity & Integrity | Walk Worthy of Christ

MEETING PREP CHECKLIST:

1. Listen daily to the audio guides.
2. Check in daily on your discussion group.
3. Watch the [Week 4 Leader Video](#) (4 min).
4. Review this Leader Guide & prep the challenge.
5. Preview the [Week 4 Group Video](#) (12 min).

Week 4 Goals

1. **Identity:** Know who you are in Christ.
2. **Integrity:** Walk worthy of his calling.

BRING TO THE MEETING:

1. Bible, journal, pen, & this guide.
2. Video display with Week 4 Group Video cued up.
3. Giant paper/board with “Identity” and “Integrity” on either side and lots of room to write.
4. Paper, envelopes, & stamps for each man in the group (for “Letter to your future self” activity).

RECIPE OF THE WEEK: **Leftover Pizza.** Instructions: Buy too much pizza yesterday. Serve chilled.

Leader Tip of the Week:

Follow up is key! Flukes are forgotten. Habits get hardwired. Use these keys to make it stick:

- **Assess what worked.** Review the experience, ask the guys, and repeat the good stuff.
- **Keep the Bible habit.** All your guys just kept a 22-day Bible habit. That’s amazing! Challenge them to keep it going by starting another Bible book with Through the Word. We suggest “Journey #1 | Start” through Mark & Colossians, or great books for guys include Daniel, Ecclesiastes, Proverbs, and James.
- **Review what you learned.** We just covered a *lot* of deep content. If your guys are interested, invite them to go back and dig into to each of the 18 daily audio guides.

DISCUSSION PREP: Men bond over words. Guide them!

This week we’re reading Ephesians to find two things.

Identity: Ephesians 1-3 is all about who we are in Christ.

1: Chosen. God chose us as his sons before we deserved it.

2: Alive. We were dead & God raised us. Saved by grace!

3: Loved. Dig your roots into God’s love & water the root.

Integrity: Ephesians 4-6 is about walking it out.

4: Walk worthy of his calling—in humility and unity.

5: Walk in light & love. Submit, lead and love like Jesus.

6: Stand your ground. Suit up & prepare for battle.

Our discussion will focus on how we form identity, how we find our identity in Christ, and what it means to live with integrity to the identity we claim.

“Be on your guard; stand firm in the **faith**; be **courageous**; be **strong**. Do everything in **love**.”

– 1 Corinthians 16:13-14



Group Meeting! Step by step guide to a great small group.

ICE BREAKER (8 mins): What essential habits help you grow as a man? Ask each man to share a habit that has helped them mature. Then discuss the habits you want to keep moving forward.

GROUP VIDEO (12 mins): [Identity & Integrity](#) (click to open).

SMALL GROUP DISCUSSION (30 mins). Start with prayer and the Rules of Engagement: *Speak with Grace, Listen with Humility, & No Shaming*. Then open your journals to discuss the following:

Activity Part 1: Identity. Open the large paper/board with “Identity” and “Integrity” at the top. Under “Identity,” start with a few things they remember from “How God sees us” last week. Leave room. Now look over your journal entries from Days 1-3 this week. Pick out key phrases and write them under “Identity.” (e.g., saved by grace, not works, God’s workmanship, rooted in God’s love, etc.).

Discuss: How can those things transform the way we see ourselves as men? (Focus on grace. It’s key!)

Take Home Truth

Identity comes before integrity.

First figure out who you are, then live it.

Water the root, not the fruit!

Activity Part 2: Integrity. Look over your journal entries from Days 4-6 this week. Pick out key words for the “Integrity” side. These represent your walk (in light, in love, in unity, etc.). Write “walk worthy” at the bottom.

Discuss: Work together to make connections between

the “Identity” list and the “Integrity” list. How do elements of your identity show up in your walk?

Thinker: What if we reversed it? What if you did the “Integrity” stuff to *earn* the “Identity” stuff?

Bonus: Use four colors to write the words: **faith**, **strength**, **courage**, & **love**. Work together to mark each word under “Integrity” with **F/S/C/L** for the virtues required to live out each element of your walk.

FOLLOW-UP (10 mins): Manhood Talks is done! Ask the guys for ideas to follow up. What lessons to remember? What habits to keep? How can you take responsibility for your own next steps? How can you keep each other accountable? (See leader tip for ideas).

Letter to Your(future)self

Hand out paper & envelopes. Write a letter to your future self about who you are and remind yourself of any lessons from this series you don’t want to forget.

Address, stamp, and give back to your leader. Leader: Don’t forget! Set a reminder (with location you stored them) to send them back in exactly one year!

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– 1 Corinthians 16:13-14