

## INTRODUCTION

*Real Men* is a fourteen-session Bible-study guide to be used by an older man and a teenage guy (or two teenage guys). The odd-numbered sessions (1, 3, 5 and so on) are to be done jointly, as a one-to-one (or a one-to-two, if you're doing *Real Men* with two teenage guys). The even-numbered sessions (2, 4, 6 etc) are to do on your own, in between meeting up. It's great if you can meet weekly, but fortnightly is fine too.

Each joint session should last between 30 and 45 minutes. But it works best as part of a time together that lasts between 60 and 75 minutes, and includes doing something together before you dig into the Bible. What you do depends on who you're working through *Real Men* with. It might be playing on a games console, or playing chess, or watching a TV series. But this time is almost as important as the time you spend studying the Bible—it helps build a real, trusting friendship between the two of you.

As you get towards the end of *Real Men*, it would be great to organise something to do together as friends. It might be going to a sports match, or doing some clearing out of a garden or yard, or some DIY—something that allows you to enjoy being guys together.

Of course, both with meeting up, and with a “social”, make sure that both the teenager's parent/guardian and your church pastor know what you are doing. If possible, meet up at the teenager's house—and, wherever you do meet, always make sure that there is someone else around and you are never in a room with the doors shut. Equally, try to do the sessions somewhere where you won't be overheard or constantly interrupted.

The aim of this leader's guide is simply to give you confidence that you're on the right track! You might want to use it to help you prepare sessions beforehand, or to check things afterwards—or you may find you don't need it at all! It's wise not to encourage the teenager to use these notes for his “solo” sessions, because the temptation to cheat and not bother to look at the Bible to find the answers might be overwhelming. The reason there are notes for the solo (even-numbered) sessions is so that you can help him with anything he found confusing when you next meet up.

These notes are not exhaustive and are kept deliberately short. If you want to look into Ephesians in more depth, a great place to start is the commentary in the *Bible Speaks Today* series, by John Stott. You can grab a copy here (<http://www.thegoodbook.co.uk/the-message-of-ephesians>).

We hope that *Real Men* helps both you, and the teenage guy you're reading it with, to be thrilled by what God has done for you through the Lord Jesus; to be equipped and challenged to live for Him every day; and to build a real, lifelong friendship, where

you can encourage each other to keep following Christ until you reach your glorious, eternal inheritance.

In other words, we pray that the Spirit will work through His word to enable and inspire you to “live a life worthy of the calling you have received” (Ephesians 4 v 1).