



TEN WEEKS FOR A MEN'S CLASS

WHEN MEN STAND FIRM

STUDY GUIDE

A workbook for the man in the chair. Ten weeks of naming one thing, testing it, taking the ground, and telling one man. You do not need the book to use it.

BY JACOB MCCLUSKEY
FREE TO PRINT · NOT FOR SALE



JAKE MCCLUSKEY
STAND YOUR WATCH

PRINT THIS. ALL OF IT. FOR FREE.



Print as many copies as your church needs. You do not need to ask me. You do not need to write to anybody, fill out a form, or pay for a license.

Copy it, hand it out, mark it up, lose it, print it again.

If it helps one man in your church stand where he has been falling, it did its job.

The only thing I ask is that you do not sell it.

BEFORE YOU START

Ten weeks from now you are going to be able to point at something.

Not a feeling. Not a better attitude. Something you can point at. A line you drew and held. A conversation you finally had. A thing you took out of your house. A man who now knows the truth about you and asks you about it on purpose.

That is what this guide is for, and I want you to know it before week one, because a lot of men walk into a class like this expecting to learn about spiritual warfare and walk back out with nothing changed but their vocabulary.

Here is how it works.

Each week has four parts. Something to read. Something to answer. One thing to write down. And one small stand to take before you come back.

You do not need the book to use this guide. If your class is reading *When Men Stand Firm* alongside it, good. Every session tells you which part goes with it. If your church could not get the books, everything you need to work through the week is printed right here.

You will be asked to read what you wrote to one other man. I am telling you now so it does not ambush you in week two. Nothing you write gets read to the whole room unless you offer it. But you will have a partner, and you will read to him.

Write badly. Nobody is grading this. Three honest sentences beat three pages of the answer you think a Christian is supposed to give.

One more thing, and then we start.

Standing firm is not a personality. Some of you are wired to be stubborn, and some of you are wired to keep the peace, and neither one of those is what the Bible means. Standing firm is a man holding one piece of ground on purpose, on an ordinary Tuesday, when nobody is looking and nothing feels different.

That is learnable. That is what you are here for.

Let's begin.

THE FOUR MOVES

Every week in this guide runs the same four moves. They come out of the book, and they are the whole method.

One. Name it. Say the actual thing, in plain words, with no softening word attached. Not "I've been a little short lately." Not "we've had some tension." The real sentence. A man cannot fight something he will not name.

Two. Test it. Ask whether the thing you are believing is true, or whether it is just what you want to be true. Most of what takes a man down is not a lie he was told. It is a lie he agreed with.

Three. Take the ground. One obedient action, this week, small enough that you can actually finish it. Not a resolution. An action with a day attached to it.

Four. Tell one man. Say it out loud to somebody who will ask you about it later. Not the room. One man. This is the step that makes the other three stick, and it is the one you will want to skip.

Name it. Test it. Take the ground. Tell one man.

You will run those four moves ten times in this guide, and if you keep running them after week ten, you will not need me or this paper again.

SESSION ONE

YOU ARE IN A FIGHT



READ THIS WEEK

Part One, Wake Up

Most men do not lose their marriage, their integrity, or their health in one bad decision.

They drift.

One inch at a time, on ordinary days, while everything looks basically fine. And the reason the drift works is that a drifting man is not paying attention. He is busy. He is tired. He is handling it.

Here is what week one is for. Not to scare you. To wake you up.

Following Jesus does not remove you from a fight. It puts you in one. Your flesh does not always want what God wants. The world does not celebrate obedience. And Scripture says plainly that there is an enemy. That is real, and pretending otherwise has never made a single man safer.

But now hear the other half, because men get this wrong in both directions.

Not everything is spiritual warfare. If you have ignored your wife for three years, stayed glued to your phone, and snapped at her every time she tried to talk, you do not get to hand that to Satan. Some of what is falling apart in your life is harvest, and you did the planting. It is easier to say we are under attack than to admit we are undisciplined.

So both things are true. There is a real enemy. And there is a real you, making real choices, and the choices are yours.

Which brings us to the first honest thing this book asks of a man.

Say where you are weak.

Not in general. Specifically. The thing you keep deleting. The drink you keep moving to a different store to buy. The bank statement you will not open. The temper you call being direct.

You are not admitting defeat when you say, “This is where I am weak.” You are finally getting honest enough to fight.

And you cannot break what you keep defending.

SCRIPTURE

“For this reason we must pay much closer attention to what we have heard, so that we do not drift away from it” (Hebrews 2:1, NASB 1995).

Read the verb. Drift. Nobody decides to drift. That is the whole warning. A boat does not choose the current, it just stops rowing.

TWO QUESTIONS

1. Where have you been drifting? Name the specific thing, not the category.

2. What have you been calling a habit that you know is actually running you?

NAME IT

Write the sentence you have been avoiding. Plain words. No softening word attached. Not “I’ve been a little short lately.” The real one.

THIS WEEK

Say that sentence out loud to one man. Not the room. One man. Then ask him to bring it up next week whether you want him to or not.

If you cannot think of a man to tell, that is not a failure. That is your assignment for week nine, and we will get there.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION TWO

THE LIE YOU AGREED WITH



READ THIS WEEK

Part Two, Believe the Truth

Most of what takes a man down is not a lie somebody told him.

It is a lie he agreed with.

He heard it once, maybe from a father, maybe from a failure, maybe from nowhere at all. And he did not argue with it. He let it sit there. Over enough years, a lie believed long enough starts to feel like truth, and then it stops feeling like a belief at all. It just feels like reality.

You are too far gone. You always do this. Nobody would stay if they knew.

Those are not observations. Those are sentences, and somebody is speaking them.

Some of them come from the enemy. Some come from your own flesh, or from a man who said it to you at nine years old and you have been repeating it for him ever since. Either way, test it before you sign it.

Jesus said the enemy speaks lies out of his own nature. It is what he is. So when a sentence shows up in your head that sounds like an assessment, ask where it came from before you sign it.

Now, three things men confuse in this section, and you need all three.

Your feelings are real. They are not always right. Feel what you feel. Just do not hand your emotions the steering wheel. Your wife sends a one-word text and you walk through the door already defending yourself, and nothing has actually happened yet.

Shame and conviction are not the same thing. Conviction is specific. It names a thing and points at a door. Condemnation is a cloud. It names you and points nowhere. One of them came from God.

Your worst day does not get to name you. You are not being asked to deny it. You are being asked to stop worshipping it.

Own what is yours. Own all of it. But if you are in Christ, your sin does not get the final word on who you are. Jesus does.

SCRIPTURE

“Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies” (John 8:44b, NASB 1995).

He is not creative. He is repetitive. Most men are being worked over by the same three sentences they have been hearing for twenty years.

TWO QUESTIONS

1. What is the sentence you say to yourself most often about the kind of man you are? Write it exactly as it sounds in your head.

2. Is it true? Not does it feel true. Is it true, measured against what God has actually said?

TEST IT

Write one thing God says that contradicts the sentence in question one. If you do not know one, write that instead and bring it to the room.

THIS WEEK

When that sentence shows up this week, say the true one out loud instead. Out loud, not in your head. In the truck counts.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION THREE

THE THOUGHT THAT RUNS YOUR DAY



READ THIS WEEK

Part Three, Fight for Your Mind

A man sits in his truck in the driveway with the engine off, running an argument with somebody who is not there.

Ten minutes. Fifteen. He wins it, too. Then he walks inside and gives his family whatever is left.

That is worry, and worry does something to you that nothing has actually done yet. Your body does not always know the difference between the emergency in front of you and the one you are rehearsing.

Here is the line worth keeping. Preparation looks at reality. Fear invents realities and makes you live in all of them.

This part of the book works through five things that get into a man's head and start driving: fear, anger, bitterness, comparison, and what he feeds it.

Anger is the one most men defend. It feels like strength. Usually it is a guard dog standing in front of every other emotion you are unwilling to name. Behind the yelling is almost always fear, or shame, or grief, and the yelling is easier.

Bitterness is the one most men do not notice. It is heavy, but you can carry something long enough that the weight starts to feel normal.

And now the part that has to be said plainly, because this chapter gets misused. Forgiveness does not mean it was okay. It does not mean trust is automatically restored. It does not mean you take down every boundary or put your children back around an unsafe person. It means you stop paying rent on a room he is not living in.

Then comparison, which loves questions you cannot answer and ignores the ones you can.

Then input. Two hours of people screaming about the country, then you speak to your family. Stop eating from the dumpster and asking God why your stomach hurts.

One more thing before you go. Taking a thought captive is not a command to have a quiet brain. If you are fighting thoughts that feel uncontrollable, disturbing, or dangerous, get real help. That is not weakness and it is not a lack of faith. There are two numbers on the back page of this guide.

SCRIPTURE

“He will not fear evil tidings; His heart is steadfast, trusting in the LORD” (Psalm 112:7, NASB 1995).

Notice what does not make him steady. Not knowing the outcome. Not controlling it. Where his trust is resting.

And notice what kind of sentence that is. Psalm 112 is a portrait of a man, not a command and not a promise. **If you read it and think, that is not me, I do fear evil tidings, you have not failed a test.** You are looking at where trust ends up over a long time, not at a bar you clear this week. A man can be genuinely trusting God and still lie awake. If that is where you are, the paragraph above about getting real help is the part of this page for you.

TWO QUESTIONS

1. What is the argument you keep having in your head with somebody who is not in the room?

2. Which one has you right now: fear, anger, bitterness, comparison, or what you are feeding it? Pick one. Say why.

TEST IT

Write the thought down as one sentence. Then write whether it is a fact, a guess, or a fear.

THIS WEEK

Cut one input. One. The account, the show, the feed, the group chat. Just the one you already knew I meant while you were reading this.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION FOUR

THE NEGOTIATION



READ THIS WEEK

Part Four, Stop Playing With Sin

Start where the book starts, because men get this backwards and it costs them years.

Temptation is not sin.

Jesus was tempted in all things and did not sin. If being tempted made a man guilty, it would have made Him guilty, and it did not. So the pull you feel is not the verdict on you.

But here is where men lose.

We negotiate.

We do not say no. We hold a committee meeting. We weigh it, we consider it, we tell ourselves we are being realistic about it. And while you are running the meeting, temptation is still in the room, and it has all the time in the world.

Brother, how many times has sin sold you the same used car with a new coat of paint?

The rest of this part is about provision. Not willpower. Provision. Scripture says make no provision for the flesh (Romans 13:14), and provision is the practical thing you keep leaving lying around. The app you deleted and reinstalled. The account nobody knows about. The route home that goes past the place. The bottle in the cabinet for guests.

You cannot pray a fence into existence while you keep leaving the gate open. Your life is voting against your prayer.

And when you fall, which you will, get up.

Not pretend it did not happen. Not skip confession or consequences. Call it what it is, and then get up. The difference between a man who is struggling and a man who is finished is not whether he fell. It is whether he built a bed down there.

SCRIPTURE

“For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin” (Hebrews 4:15, NASB 1995).

He is not disgusted by the fight. He has been in it.

TWO QUESTIONS

1. What is the provision you keep leaving out? The thing that makes the next fall easy.

2. What does the negotiation sound like in your head, word for word, right before you give in?

TAKE THE GROUND

Write down the one specific thing you are going to remove this week.
The app, the account, the number, the route, the stash. One thing, with
a day next to it.

THIS WEEK

Remove it. Then tell one man that you did, and why.

A note for a few of you. If what has hold of you is alcohol or another
substance, do not stop cold on your own. Stopping suddenly without
medical guidance can be dangerous. Call a doctor first. That is not a
loophole, it is the wise version of the same obedience.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION FIVE

THE BEST EXCUSE YOU HAVE



READ THIS WEEK

Part Five, Kill the Excuses

The best excuses usually contain enough truth to protect the lie.

That is why they work on you. If your excuse were simply false you would have thrown it out years ago. It is not false. It is nine parts true and one part exit ramp, and you have been taking the exit for a long time.

She did come at you wrong. Your father was hard. The season is genuinely brutal. Every bit of that can be true, and none of it changes what is yours.

Jesus walked up to a man who had been sick thirty-eight years and asked him a question that sounds almost rude. Do you wish to get well? (John 5:6.)

That is not cruelty. It treats a man lying there thirty-eight years like a man with a say in his own life.

Be fair to that man before you use him. **His answer, that he has nobody to put him in the pool, is a statement of fact, not an excuse**, and John is not telling that story to teach us about excuse-making. He is telling it about who Jesus is and what He did on a Sabbath. The question is what is worth borrowing here. The story that actually teaches this is the one Jesus told in Luke 14, where a man says he has bought a field and needs to go look at it, and every excuse in the parable is true and none of them is a reason.

Three excuses this part takes apart.

The past. You are not at fault for every wound you carry. You are responsible for what you do with the wound now. The men who hurt you do not deserve control over the man you become.

Waiting to feel ready. Nobody is coming to make you obey. There is no future morning where this gets easy. Motivation is a terrible boss. Discipline is doing it anyway.

The apology that is not one. “I’m sorry you feel that way” is not an apology. It is a sentence built to survive an argument. Say the actual words. I was wrong. No but attached.

One clarification, because it matters more than the rest of this page. None of this earns you anything. You are saved by grace through faith, and no amount of obedience buys what Christ already paid for. This is not self-salvation. It is a son doing what his Father said.

SCRIPTURE

“Every man’s way is right in his own eyes, But the LORD weighs the hearts” (Proverbs 21:2, NASB 1995).

Everybody is the reasonable one in his own retelling. That is the problem the verse is naming.

TWO QUESTIONS

1. What is your best excuse? Write it out fully and fairly, the way you would say it to a friend who was on your side.

2. Now find the ten percent that is actually true about your part. What is it?

TAKE THE GROUND

Name one thing God has already made clear to you that you have been putting off. Write it with a day next to it.

THIS WEEK

Do that thing before you come back. Make the call. Have the conversation. Say the three words to the specific person.

If contacting someone could put them in danger, or if there are legal consequences involved, do not go it alone. Talk to your pastor or a qualified counselor first. Wisdom is part of obedience, not a substitute for it.

M T W T F

☐ ☐ ☐ ☐ ☐

SESSION SIX

ARMED ON AN ORDINARY TUESDAY



READ THIS WEEK

Part Six, Put On the Armor

There is a difference between owning a thing and using it.

A man can own a fire extinguisher and still burn his kitchen down, because owning it and reaching for it are two different acts. That is what this part of the book is about. God has not left you defenseless. A lot of men are walking into the fight anyway with everything still in the bag.

The armor is not a metaphor for feeling spiritual. Watch what it looks like on a Tuesday.

It is a man at 11:47 at night deciding the screen does not own him.

It is a husband hearing the sentence form in his head and not handing it to his wife.

It is somebody asking how you are and you telling him something other than “I’m good.”

That last one is the belt, and it goes on first. Not because truth is the most important piece. Because nothing else stays on without it. A lie keeps the conversation short. Truth lets people in.

Then the breastplate, which is righteousness you did not manufacture. Christ’s, credited to you. If you are trying to guard your heart with your own performance, you are wearing a costume, and you know it, which is exactly why you are so tired.

Then peace, which is footing, not mood. Then faith, which is not pretending the arrow missed. It hit the shield. That is what the shield is for.

Then the helmet, salvation, guarding the place where a man argues himself into quitting. Then the Word, the only piece that is not defensive. Then prayer, which is not the closing formality. It is how the whole thing gets worn.

SCRIPTURE

“Stand firm therefore, having girded your loins with truth” (Ephesians 6:14a, NASB 1995).

Stand firm is the command. Everything after it is how.

TWO QUESTIONS

1. Which piece is the one you are actually missing? Truth, righteousness, peace, faith, salvation, or the Word. Or is it prayer, the thing that holds all of it on? Pick one and say how you can tell.

2. What is the true thing you have been editing when people ask how you are?

TAKE THE GROUND

Write the unedited version. The one you have been shortening.

THIS WEEK

Tell one trustworthy man one true thing you have been minimizing.
Not everyone. One man.

M T W T F

☐☐☐☐☐

SESSION SEVEN

WHEN GOD IS QUIET



READ THIS WEEK

Part Seven, Stand When Life Hits You

This is the week that is not about your sin.

Some of what knocks a man down he had nothing to do with. The diagnosis. The layoff. The kid who is hurting and will not say why. The prayer you prayed right, for years, that got a no.

The book does not try to fix any of that, and neither will I.

What it does is name the six ways it comes: silence, a no, a wait, a loss, an empty account, and a hurting child. And then it says something plain about all six. You are allowed to grieve it. You are allowed to say out loud, Father, I wanted something different. The Psalms are full of men doing exactly that, and God put those prayers in the book on purpose.

What you are not required to do is rewrite everything you know about Christ because of one answer you did not like.

Sometimes standing firm is not a posture at all. It is one sentence through clenched teeth. God, I am still here.

And when the door closes, stop breaking windows trying to get back inside.

A word to a few of you specifically. If your child has told you he does not want to be alive, do not wait, do not minimize it, and do not try to carry it by yourself. Get professional help today. The numbers are on the back page of this guide.

SCRIPTURE

“Yet I will exult in the LORD, I will rejoice in the God of my salvation”
(Habakkuk 3:18, NASB 1995).

Read the verses before it sometime. No blossom, no fruit, no flock, no herd. Everything gone, and then yet.

TWO QUESTIONS

1. What have you stopped talking to God about because you did not like the last answer?

2. What is the honest sentence you have not said to Him yet?

NAME IT

Write that sentence. He has heard worse, from better men, and He kept them.

THIS WEEK

Say it to Him out loud, once. Then tell one man that you said it. He does not need the content. He needs to know you are still talking.

M T W T F

☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

SESSION EIGHT

THE MAN YOUR HOUSE GETS



READ THIS WEEK

Part Eight, Stand for Your Home

You can fool a crowd for an hour. You cannot fool a family forever.

Your kids know what kind of day it is by the sound of your keys hitting the counter. Your wife read the whole thing off your shoulders before you said a word. Nobody in that house is guessing about you. They have been studying you for years.

So here is the question this part asks. Is the version of you they get the leftover one?

Home should not receive the man with no restraint because strangers already got all your patience. And a man who sighs at a homework question so everybody knows it is a burden has said something, whether or not he meant to say it.

Two things this week, and they pull in different directions on purpose.

Do not dump it on them, and do not fake it either. You do not have to pretend the day did not happen. Your wife should know when you are carrying something heavy. What she should not get is the bill for it. Sit in the driveway five minutes. Not forty-five minutes on your phone. Five minutes, breathing and praying, and then walk in and tell her one true sentence about the day without making her pay for it.

She is not the enemy. Read that again before your next argument. You can win every exchange and lose your wife. Put down the mental file of old dates and old words. Fight for the marriage, not against her.

Now the necessary line, and it is worth saying out loud every time this section is taught. If there is violence, threats, coercive control, or

abuse in a home, safety comes first, not this chapter. Get qualified help and protect whoever is in danger. That is not a failure of faith. That is the first act of it.

SCRIPTURE

“I will walk within my house in the integrity of my heart” (Psalm 101:2b, NASB 1995).

Within my house. Where nobody is impressed and nobody is watching but the people it matters most to.

TWO QUESTIONS

1. What does your family get from you that your coworkers never see?

2. What is the last thing your wife tried to tell you that you argued with instead of hearing?

TAKE THE GROUND

Write the one true sentence you are going to say to her this week about what you are actually carrying.

THIS WEEK

One hard day this week, sit in the car five minutes before you go in.
Pray it plainly. Father, I am angry, I do not want to bring this into my
house, help me tell the truth without punishing anybody.

Then go in and say your sentence.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION NINE

HEAVY HANDS



READ THIS WEEK

Part Nine, Stop Standing Alone

Moses had his hands up and Israel was winning. His arms got tired, because arms do. So two men put a stone under him and held his hands up, one on each side, until the sun went down.

That is not the whole chapter, and the part usually left off is the part that holds it up. Moses is not raising his arms because arms are powerful. He is holding **the staff of God**, and when it is over he builds an altar and names it **The LORD Is My Banner**. The battle belonged to God the entire time. What Aaron and Hur did was keep a tired man in the posture of depending on Him.

Take that as it stands, because it is better than the smaller version. Two men are not a substitute for God. **They are how a man who is leaning on God stays upright long enough to keep leaning.** And most men are trying to do it without the two men.

Isolation does not usually feel like isolation. It feels like competence. You have friends. You talk about work, trucks, ball games, politics, weather. Hours of talking and not one minute of it touching anything that actually hurts.

Nobody can betray the man who never lets anybody close. Nobody can help him either.

And when he does open his mouth, he translates. “I have been struggling with my eyes” instead of naming what he watches every night. “Money is a little tight” instead of what he gambled away. The translation keeps the shame manageable and keeps the help useless.

Sometimes refusing help is pride. Sometimes it is fear. Either way you are already paying for the secret. The bill is just hidden.

Two more things this section asks of you, and they are harder than the first.

Find men who will tell you the truth. Correction without love is cruelty. Love without truth is permission. You need a man who can do both, and you will not enjoy him.

And when another man falls, go get him. Gently, Paul says (Galatians 6:1). Restoration is not the same as reinstatement, and forgiveness does not automatically mean a man returns to the role he had. A man who has harmed people does not get put back near them because he apologized. But consequence is not abandonment, and somebody has to go find him.

SCRIPTURE

“But Moses' hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. Thus his hands were steady until the sun set” (Exodus 17:12, NASB 1995).

His hands were steady. Not strong. Steady, because two men were holding them.

TWO QUESTIONS

1. Who actually knows the truth about you? Write names. If the honest answer is nobody, write nobody.

2. What do you translate when somebody asks how you are?

TAKE THE GROUND

Write the name of one man you are going to ask to breakfast this week.

THIS WEEK

Ask him. And when you are sitting across from him, say this out loud:

“I do not have many close friends, and I need that to change.”

That is the whole assignment. It will be the hardest one in this guide.

M T W T F ☐ ☐ ☐ ☐ ☐

SESSION TEN

TIRED IS NOT FINISHED



READ THIS WEEK

Part Ten, Refuse to Quit

Ten weeks ago you did not know what this class was going to ask of you.

Now you do, and some of you are tired. Good. That means you actually did it instead of reading about it.

So the last week is about what happens when the feeling is gone, because it will be gone, probably by February.

A foundation is not impressive while it is being poured. It is a hole, some rebar, and a bad week of weather. Nobody drives by and admires it. And every single thing that gets built later is sitting on it.

That is faithfulness. Not intensity. The same ordinary line of obedience today that you held yesterday.

You may not feel like praying. Pray. You may not feel romantic. Love your wife faithfully. Feelings can follow obedience. Sometimes they do, sometimes they do not, and the obedience was never contingent on them.

Two warnings the book gives, and they are worth more than the encouragement.

Do not wait for the applause. Would you still do it if your name were removed? That is the whole test. And on the other side: if you have gone bitter because your family never notices, do not use that verse to silence a real need. Say it out loud to her instead of collecting it.

Do not confuse delay with patience. One man rehearsed a confrontation in the shower for months. March would have cost him a five minute conversation. June cost him a relationship. Silence is not always restraint. Sometimes it is just fear with better manners.

And if you are near the end of what you have, hear this last part carefully. Tired is not finished. But if your feelings have gone persistently dark, or you have started thinking the people around you would be better off without you, that is not something to push through alone. Tell somebody today. The numbers are on the back page.

SCRIPTURE

“Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, you may receive what was promised” (Hebrews 10:35-36, NASB 1995).

Notice when a man is most likely to throw it away. Right after obedience has already cost him something.

And hear the last thing in this guide plainly. None of this was ever holding you up. He is. The ground you have been taking is His, and so is the standing.

TWO QUESTIONS

1. Look back at week one. What have you actually done that you can point at?

2. What is the one line you cannot keep crossing? Name it, and name what protects it.

TAKE THE GROUND

Write the four moves out one more time, in your own words, and what each one is going to look like for you after this class ends.

THIS WEEK

Pick one man from this room and ask him to keep meeting with you after week ten. Set the day now, before you leave. Not soon. A day.

Then go stand somewhere.

M T W T F ☐ ☐ ☐ ☐ ☐

WHERE I STOOD



The four moves do not expire in week ten. This is where the rest of them go.

BEFORE YOU CLOSE THIS



If you have questions, you can reach me through jakemccluskey.com.

And if you ran this with a room of men, I want to hear how it went. What worked, what didn't, what you had to change to make it fit your church. If something in here was wrong, tell me that too. I would rather know.

If there is anything I can do to help your men, ask.

Jake

IF TONIGHT IS DARKER THAN A PAGE CAN REACH



Some weeks a man comes to a class like this carrying more than a study guide can hold. If that is you, or if it is the man sitting next to you, here is where to go.

Call or text **988**, any hour. It is the Suicide and Crisis Lifeline and a real person answers.

Veterans: **dial 988 then press 1**, or text **838255**.

If home is not safe, for you or for anyone in your house, the National Domestic Violence Hotline is **1-800-799-7233**, or text **START** to **88788**, any hour. Session eight of this guide says safety comes first and means it. This is what that looks like.

Then tell one person who knows your face.

Using those numbers is not weakness. It is the first fight you will win.