

MENS LIFE BLOOMINGTON

Tuesday, December 12, 2023

Wild at Heart Experience | Session Three — Extended Discussion

Overview: We receive our wounds from brothers, mothers, coaches, and girlfriends. But the deepest wounds almost always come from our fathers. Our wounds and the corresponding lie lead to a vow – a resolution to never, ever, do again whatever it was that might have brought the wound. This shapes us into the men we are, and are not, today as it plays out in a variety of ways. The truest thing about you, is never your wound. Jesus came to heal your brokenness and restore you as a son... and as a man.

Focus Verse: But deal well with me, O Sovereign Lord, for the sake of your own reputation! Rescue me because you are so faithful and good. For I am poor and needy, and my heart is full of pain. Help me, O Lord my God! Save me because of your unfailing love. I don't really understand myself, for I want to do what is right, but I don't do it. | Psalm 109:21,22,26

Scheduled Tasks: [View on Website](#)

- ✓ Chapter 4 & 7 From Book
- ✓ Session 3 Video
- ✓ Between Sessions Personal Study
- ✓ Listen to Audio: <http://menslifebloomington.org/bloomenlife/wp-content/uploads/2023/12/Wild-at-Heart-Experience-3.mp3>

Extended Discussion Questions:

- What message did you receive in your childhood and youth about yourself as a man? What was your response to the question, “Do I have what it takes?”
- Pay attention to how we feel about the boy inside of us – the younger you. How does the older you feel about the younger you?
- If you could wave a magic wand and change something from your childhood, what would it be?
- Men either overcompensate for their wound and become determined to prove the message wrong, or they shrink back, attempting to avoid the “certainty” of the wound’s message. Often it is a mixture of both. What has your experience been on this front?
- What impact has the message you received in your youth about being a man had on your relationships, habits, and daily life?
- In the audio, John shares that you need to give Jesus permission to come into this area of your life — into your wound. Why is it often hard for us as men to do that?
- Allowing God to love us means letting Him get really close to us. Why do you think, as men, we struggle in this area?

Closing Prayer: The process of healing from our wound is not easy. It takes time, and work and doing what isn't always natural. But it is beneficial. Lord help us let You into the process. Help us with the challenge of surrender. Please give us courage to make some tough decisions. May we come out on the other side blessed because we went there.

. Next Session: **January 9th, 2024**, “*The Battle*” video for session three.