

MENS LIFE BLOOMINGTON — Week 1

Tuesday, September 9, 2025

Authentic Brotherhood | Mental Fitness Boot Camp

Overview: On the eve of the D-Day invasion of Normandy, General George S. Patton gave a fiery speech to the Third Army. He told them: “Every single man in this Army plays a vital role. Don’t ever let up. Don’t ever think that your job is unimportant. Americans love a winner and will not tolerate a loser.” That speech lit a fire under men about to charge into hell itself. But here’s the challenge: words like that make it sound like it’s all on you.

Verse: Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect. *Romans 12:2 NLT*

Video: Wake Up: Nobody is Coming to Save You

Presentation Points:

- The video reminds us that success requires focus and intentional choices—but it puts all the weight on our willpower.
- Romans 12:2 shows us a better way: true transformation comes from God renewing our minds, not just from trying harder.
- A renewed mind shapes our lives, helps us resist sin, and brings peace (Prov. 4:23, Rom. 7, Rom. 8:6).
- *Mental Fitness Bootcamp* is about training our minds in Christ so we can stand strong against stress, anxiety, and cultural noise.

Discussion Questions:

Feed the mind with truth

- What competes for space in your mind, and how might you replace it with God’s truth?
- What are some practical ways you personally feed your mind during the week—are there habits, apps, or rhythms that keep Scripture in front of you?

Free the mind from destructive thoughts

- When you think about “strongholds” or destructive thought patterns, what’s one that you see most often in your own life or in our culture?
- What helps you recognize when a thought is not from God, and what do you do to “take it captive”?

Focus the mind on the right things

- Which of the three (Jesus, others, eternity) is easiest for you to focus on—and which is hardest? Why?
- How would your week look different if you intentionally shifted your focus to one of these areas?

Bringing it together

- Which of the three daily choices—feed, free, focus—do you feel God is nudging you to strengthen this week?
- What’s one small step you could take starting tomorrow to put this into practice?

Closing Prayer: Lord, renewing our minds is not a Hollywood plot line or a mystical experience—it’s your way of moving us from head knowledge to practical faith. Help us this week to feed our minds with your truth, to break free from destructive thoughts, and to focus on the things that matter most. Guide us day by day toward your good, pleasing, and perfect will. Amen.