

Name: _____

Date: _____

Small Group: _____

Reflection # 13

Personhood #1: Heart of a Man, pt. 2

Reflection with: SDG Parents Sponsor Other: _____

Materials Used: YDisciple OR _____

Note: parents should download the leader guide and do the activities with their teen for these sessions.

What strengths of character do you see in this description of Jesus?

A great man loves Jesus and a great man lives for others. When we are children, we focus entirely on ourselves, but as we grow into men, we learn to love others and to live selflessly at all times. We learn by the example of Jesus and His grace. It can be easy to become trapped in ourselves, our own problems and concerns. It takes a great man to learn to live for others.

There is a saying that "boys become men in the company of men." What are some things that you would like to learn from older men? Father Capodanno put the needs of wounded men before his own need of safety. While they might not be as obvious as wounded men on a battlefield, there are many people around us who are hurting. » Without giving names, what are some examples of "hurting people" and some ways you can be a hero like Father Capodanno.

Can you describe a time when you or a guy you know stood up to defend a girl's dignity?

Think of a scenario that will likely happen in the future where you will have the opportunity to defend the dignity of women. What is that scenario and what will you do?

There is a reason that God made men strong: he intended on having men defend and protect women. The defense of something noble and beautiful is built into the heart of every man. But how do we get there?

During the Middle Ages, a squire on the night before his knighting ceremony was expected to take a cleansing bath, fast, make confession, and then hold an all-night vigil of prayer in the chapel, preparing himself in this manner for life as a knight. For the knighting ceremony, he dressed in white as a symbol of purity; over the white he wore a red robe to show his readiness to be wounded. Knights were expected to be prayerful. They did not rely on their strength alone; they relied on a strength that was bigger than themselves. As a man, it can be difficult to fight lust in your heart, and it can be difficult to stand up and defend the dignity of women. When we rely on the strength of God, we learn to put ourselves at the service of women.

Real men are men of virtue. The way that we learn to become men is to create habits in ourselves that cause us to grow. I want you to practice the steps that Chris gave us this week. Examine one bad habit that you have, and fast from it. Replace it with something good, like prayer or a good deed. I want you to pick one guy in the group to hold you accountable to that commitment this week, and I also want to challenge you to go to Confession this week.

Mentor Remarks and Food For Thought...

Parent Signature _____