

Counseling on the Topic of Masculinity

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So God created man in his own image, in the image of God
he created him; male and female he created them.

Genesis 1:27

I. HELP THE COUNSELEE GAIN A BIBLICAL UNDERSTANDING OF MASCULINITY?

Having a biblical worldview **must** encompass one's view of men and women. Basic beliefs about what each sex should be like greatly impacts our own gender evaluations as well as the shaping of our boys and girls, the education of our young men and women, the success of our marriages, the effectiveness of the Church in the world, and even the stability of our society.

A. They must comprehend *the **reasons** for various opinions.*

1. Man's depravity affects his concept of masculinity.
2. A loss of absolutes affects man's concept of masculinity.

B. They must agree that *a reliable **standard** is needed* (God's Truth Will Lead The Way).

C. They must embrace *the **basic** characteristics of masculinity; mankind.*

1. Man was created in God's image (Gen. 1:27).
2. Man was created a worshipper (Rom. 1:21-25; Jn. 4:23).
3. Man was created to bring God glory (Isa. 43:7).
4. Man was created to be God's beloved child and to love and serve Him in return (Deut. 12:20; Ps. 100:3; Col. 1:16).
5. Since the Fall, man has been a sinner by nature (Rom. 3:12).
6. Man is in need of God's saving grace and is intended to be the beneficiary of it (Jn. 3:16; Titus 3:4-7).
7. Man was not created self-sufficient but needing God and others (Jn. 15:5; Gal. 5:14; Heb. 4:16).
8. Man was created to be different from woman (Gen. 1:27).

D. They must grasp the *God-given **role** Characteristics a Man Must Excel In*

1. Leader (Matt. 20:26-28; 1 Cor. 11:3, 7-9; Eph. 5:23-24; Phil. 2:5-8)

The qualities that one must strongly possess in order to carry out a leadership role are: **wisdom** (by a full knowledge of the Word of God, facts and persons and then thoughtful application of biblical principles), **initiative, decisiveness, humility, courage, and personal involvement.**

2. Lover (1 Corinthians 13; Eph. 5:1-2)

A true man, then, will excel in qualities that show love, such as: **giving, gentleness, consideration, kindness, servanthood, and self-sacrifice.**

3. Protector (John 10:11-13; Eph. 5:26-29)

The qualities a man must clearly possess before he will be a good protector are: **courage, boldness, strength** (both physical and spiritual) and **watchfulness.**

4. Provider (Psalm 23:1; Eph. 5:29; 1 Tim. 5:8)

In order to fulfill this role, a truly masculine man will abound in the characteristics of **diligence** (hard work!), **personal involvement** and **servanthood.** He will also do all he can to acquire **a good job** that allows him to care well for those he must love and lead.

E. They must deem *Christ the **Perfect** Man to follow/emulate.*

Qualities of the Perfect Man – Jesus

ATTITUDES	ACTIONS	REFERENCES
Eternal Mindset	Did the will and work of the Father Not working towards his own success/desires	Jn. 4:34; 5:30 Jn. 8:28-29
	Was filled with the Spirit (Word) Not the world’s wisdom/ways	Lk. 4:1, 14
	Gave the gospel to others Not temporary pleasures or relief	Mk. 1:14-15 Jn. 3-4
	Lived a holy, obedient life Not sinfulness	1 Pt. 2:22 Phil. 2:8
Love/Understanding/ Compassion/Self-Sacrifice	Sought to meet needs of others Not uncaring/self-focused	Lk. 4:18-21 Mt. 4:23
	Sacrificed self and own desires Not self-preserving/selfish	Phil. 2:6-8 Lk. 22:42
	Was gentle whenever possible Not harsh/demanding	Mt. 11:29 Jn. 21:15-19
Leadership/Zeal/Courage/ Confidence	Led the Disciples and others Not a follower when he shouldn’t be	Lk. 9:6 Jn. 6:2
	Showed initiative when He should have Not waiting for someone else	Lk. 6:12-16 Mk. 6:34-44
	Confronted when necessary Not a compromiser/man-pleaser	Mk. 11:15-18 Mt. 23: 1-36
	Was decisive according to God’s revealed will Not wishy-washy or afraid	Mt. 4:1-11 Mk. 8:31-38
Conscientiousness/ Faithfulness	Fulfilled responsibilities Not irresponsible	Jn. 17:4 Jn. 19:30
	Was diligent Not lazy or a quitter	Jn. 5:17 Heb. 12:2-3
Humility	Served and listened to others in His leadership Not proudly lording it over others	Jn. 13:12-17 Jn. 6:5-10
	Glorified another (the Father) Not greedy for attention or recognition	Jn. 8:50, 54 Jn. 17:1, 4
Provision	Sought to care for the spiritual and physical needs of those around Him	Mt. 6:11; 9:35-37; Lk. 9:12-17; Jn. 10:7-16; Eph. 5:29
Protection	He protected His own from error, from Satan and from circumstances not ordained for their good	Mt. 6:13; 9:35-37; Mk. 4:35-41; Jn. 10:7-16; 17:12

F. They must know how God’s Word characterizes the “**Godly Man.**”

A Godly Man

MUST BE	MUST NOT BE
Above reproach (<i>anegkletos, anepileptos</i>): blameless, not able to be accused, having a good reputation	A drunkard (<i>paroinos</i>): not addicted to strong drink
A one-woman man (<i>andra</i>)	Violent (<i>plēktēs</i>): violent, quickly angered
Sober-minded (<i>nēphalios</i>): temperate, alert, clear-headed, watchful	Quarrelsome (<i>amachos</i>): contentious, argumentative
Self-controlled (<i>sōphrōn</i>): in control of thinking, emotions and passions	A lover of money (<i>aischrokerdes</i>): covetous, greedy for money, materialistic
Respectable (<i>kosmios</i>): orderly, in time, in responsibilities and behavior, not chaotic	Arrogant (self-willed) rather than a steward (<i>authadas</i>): pushing his own ideas, desires, goals or gain
Hospitable (<i>philō xenos</i>): welcoming to others, loves strangers, serves others	Double-tongued (<i>diolgos</i>): saying two different things to people, gossiping
Gentle (<i>epieikēs</i>): considerate, gracious, patient, kind toward others	Quick tempered (<i>orgilos</i>): inclined to anger habitually, soon angry
Managing his own household well (<i>proistēmi</i>): governs, presides over, has authority over, is faithful to lead spiritually, cares for, protects; has children who are not riotous or insubordinate in the home; oversees and/or fulfills affairs of the home	
A lover of good (<i>philagathos</i>): loves virtue and good men	
Upright (<i>dikaios</i>): just, upholds right	
Dignified (<i>semnos</i>): serious, stately, not foolish or silly	
Holding firm to the Word (<i>antechomai</i>): learns and upholds sound doctrine, holds to like glue, able to exhort and convict	
Holy (<i>hosios</i>): pure, devout	

G. They must reject **counterfeit** expressions of masculinity.

1. Machismo or Authoritarianism
2. Passive or Effeminate men

II. HELP THEM TO RECOGNIZE MANY OF THE SINS THAT WILL KEEP A MAN FROM POSSESSING THESE QUALITIES AND FULFILLING HIS GOD GIVEN ROLES

- A. Fear (of masculinity, of man) that is actually selfishness/self-focus
- B. **Pride**
- C. Laziness
- D. Selfishness (Includes sexual lust)
- E. **Idolatry** (e.g., work, money, possessions, success, one’s wife or any self-serving relationship)
- F. Lack of **trusting** in God and His truth

III. HELP THE COUNSELEE (AFTER GIVING HOPE) WITH SPECIFIC SELF-EVALUATION AND CHANGE.

- A. Deal with relevant **past** issues.
- B. Renew relevant and wrong **thoughts**/patterns.
- C. Make **plans** for change (worksheet).
- D. Work on **overtly** feminine/passive or authoritarian/controlling characteristics (enlist others to spend time helping them if necessary).
- E. If necessary, instruct on the matter of **homosexuality**.

IV. HELP THE COUNSELEE UNDERSTAND AND WHEN A BOY BECOMES A REAL MAN (*From Boy to Manhood* by R. Albert Mohler).

When he reaches sufficient (not complete) maturity to live life:

- A. When he has *spiritual maturity* sufficient to begin leading a wife and children
- B. When he has *personal maturity* sufficient to be a responsible husband
- C. When he has *economic maturity* sufficient to hold an adult job and handle money
- D. When he has *physical maturity* sufficient to work and protect a family
- E. When he has *sexual maturity* to marry and fulfill God’s purposes
- F. When he has *moral maturity* sufficient to lead as example of righteousness
- G. When he has *ethical maturity* sufficient to make responsible decisions
- H. When he has *worldview maturity* sufficient to understand what is really important
- I. When he has *relational maturity* sufficient to understand and respect others
- J. When he has *social maturity* sufficient to make a contribution to society
- K. When he has *verbal maturity* sufficient to communicate and articulate as a man
- L. When he has *character maturity* sufficient to demonstrate courage under fire
- M. When he has *biblical maturity* sufficient to lead at some level in the church

Conclusion

So what does it mean to be a *real man*?

- ❖ It means to not trust in our own judgment about masculinity but instead cling to the fact there *are* absolutes outlined in the Word of God.
- ❖ It means to understand the basic characteristics of mankind and that there should be a difference between the genders.
- ❖ It means possessing saving faith in and a likeness of the person of Christ.
- ❖ It means striving to emulate the qualities that God outlines for godly men in the church.
- ❖ Finally, it means to *capitalize* on the specific qualities that are needed to fulfill our God-given roles. In short, it means to live out a biblical worldview of masculinity.

Masculinity (mas-kyoo-lin-i-ty): The pursuit and possession of redeemed perspective and character, enhanced by qualities consistent with the distinguishing male roles of leading, loving, protecting, and providing—all for the glory of God.

FURTHER READING

Benton, John. *Gender Questions*. England: Evangelical Press, 2000.

MacArthur, John, Jr. *Different By Design*. Wheaton, IL: Victor Books, 1994

Mohler, R. Albert Jr. *From Boy to Man – the Marks of Manhood*. Louisville, KY: The Southern Baptist Theological Seminary, 2005.

Piper, John and Wayne Grudem. *Recovering Biblical Manhood and Womanhood*. Wheaton, IL: Crossway, 1991.

Scott, Stuart W. *The Exemplary Husband*. Bemidji, MN: Focus Publishing, 2000.

Watson, Thomas. *The Godly Man's Picture*. Carlisle, PA: The Banner of Truth Trust, 1992.

Wilson, Doug. *Future Men*. Moscow, ID: Canon Press, 2001.

Masculinity Worksheet

LEAD	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
LOVE	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
PROVIDE	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
PROTECT	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
OTHER CHRISTLIKE QUALITIES	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
	Eternal Mindset: Humility: Conscientiousness/ Faithfulness:				
OTHER QUALITIES OF A “GODLY MAN”	Wife/Children Younger Siblings (if unmarried)	Other Family/ Relatives	Church Family (Those under you)	At work (Those under you)	The World (Spiritually and by example)
	(1 Timothy 3:2-7)				