

# SESSION 1

# THE HEART OF A MAN

## PART 1



In this session, we discussed how God calls us to something more than being a big deal; He calls us to greatness. Greatness requires that we work at growing closer to God, depending completely on Him, and selflessly serving others, so that He can make us into the men and women that He has created us to be.

The CONNECT section of the parent sheet connects you with the information that was presented to your teen in our small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his faith.

## CONNECT

Deep down, young men desire to be men of greatness. But popular culture doesn't offer very many good examples. Young men today often look to the example of powerful business moguls, star athletes, and fashionable entertainers—men who are considered “a big deal”—but frequently miss out on hearing stories like that of St. Maximilian Kolbe—a man who was truly great, and ultimately sacrificed his life for the faith, and out of love for God and neighbor. While the world offers comfort and false ideas of happiness, God offers a path to holiness and the grace needed for men to become saints. And while holiness is challenging, it is the true greatness that the masculine heart longs for.

In this session, teens heard the story of St. Maximilian Kolbe, learned what it means to be true men of greatness, and talked about how to accomplish that goal. In spite of our weaknesses, God can make us strong when we rely totally on Him. By growing in humility, admitting weaknesses, and relying completely on God, boys can become men of true greatness—men who daily deny themselves, take up their crosses, and follow Jesus Christ.



*“Then Jesus told his disciples, ‘If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it. For what will it profit a man, if he gains the whole world and forfeits his life? Or what shall a man give in return for his life? For the Son of man is to come with his angels in the glory of his Father, and then he will repay every man for what he has done.’”*

—Matthew 16:24-27



## DISCUSS

True masculinity and strength are gifts from God. Young men thrive when they have examples and mentors in their lives who can help them foster these gifts and transition into mature adulthood.

Here are some conversation starters to help you engage your teen in dialogue about this subject. And remember to share your own perspectives as well:

- » *Can you think of an example or a story of a man you know who has made a positive impression on you?*
- » *What are some of the obstacles that exist to becoming a man of God? What temptations in our lives can make it hard to become saints?*
- » *What is the distinction between being a man of greatness and doing great things? What are some qualities of people who are truly great—not just “a big deal”?*



## COMMIT

This week, each teen was challenged to give up a weaknesses and replace it with something that will make him a man of greatness. Guys could choose to pick up more prayer time, a devotional, or a corporal work. Or they could replace complaining with cheerfulness. They might choose to focus on a Scripture such as Matthew 18, where Jesus teaches about true greatness.



*“Faith in God the Father Almighty can be put to the test by the experience of evil and suffering. God can sometimes seem to be absent and incapable of stopping evil. But in the most mysterious way God the Father has revealed his almighty power in the voluntary humiliation and Resurrection of his Son, by which he conquered evil. Christ crucified is thus ‘the power of God and the wisdom of God. For the foolishness of God is wiser than men, and the weakness of God is stronger than men.’ It is in Christ’s Resurrection and exaltation that the Father has shown forth ‘the immeasurable greatness of his power in us who believe.’”*

—CCC 272