

# SESSION 2

# THE HEART OF A MAN

## PART 2



## SCRIPTURE QUOTE FOR THE WEEK



*“Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which was in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross.”*

—Philippians 2:3-8



## COMMIT

Real men are men of virtue. The way that we learn to become men is to develop habits in ourselves that cause us to grow—loving Jesus, living for others, serving others (especially women), and perfecting our soul.

This week, practice the three tips that Chris gave us in this session. They are listed below, along with specific ways you can live each one out.

- Examine your conscience. Examine one bad habit that you have, and fast from it. Replace it with something good, like prayer or an act of service for someone else.
- Be accountable. Pick one guy in the group to be your accountability partner. Talk to him and ask him to help you make sure that you follow through with your commitment to eliminate a bad habit.
- Use the Sacrament of Confession. Go to Confession this week. If you need back-up, ask your accountability partner to go with you. A big part of loving Jesus involves asking Him for His mercy—and when we ask Him for it with humble and pure intentions, we will always receive it!



## PRAYER

---

**PRAY: Our Father,** Who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.