



COURAGEOUS LOVE

with Frank Schwartz from F3 Nation

► FOCUS PASSAGE

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?”

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6: 25-34

► DISCUSSION

Frank began to question his purpose. He took inventory of his life and said that he went to work, brought home money for his family to live, but that he didn’t have any deep relationships.

- Have you ever or do you currently feel this way?

Through working out with other men, Frank and his buddies had the realization that men thrive when they feel masculine.

- When was the last time you truly felt masculine?
- What types of things do you do that cause you to feel like a man?

F3 Nation defines masculinity as courageous love and truly living as a servant.

- How do you love courageously?

The mission of F3 Nation is to plant, grown, and serve small men’s workout groups to invigorate male community leadership.

- Where in your community do you see males in leadership?
- Where in your community do you see a LACK of male leadership?
- How do you personally lead in your community?



Find this webinar at theredeemed.com/frank-schwartz-webinar/