



LET'S GET EMOTIONAL: MOVING FROM IMMATURITY TO MATURITY

with Kenny Luck, Every Man Ministries

▶ FOCUS VERSE

“My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.
2 Corinthians 12:9

▶ DISCUSSION

1. **Kenny states that the dominant word that describes his childhood was ‘ignored’ and that by being ignored he developed what he calls a worth deficit. Consider your life right now. Do you have a worth deficit? Do you think you are worth other people’s time and attention? Do you see the value in yourself?**

13 For you created my inmost being;
you knit me together in my mother’s womb.
14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
16 Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
Psalm 139:13-16



- 2. As a young adult professional, Kenny realized that his character needed the capacity to meet the demands of his reality (being a husband, father, leader).**
 - a. Do you feel your character meets the demands of your reality?
 - b. Kenny says he realized he wasn't getting what he needed on his own and began connecting on a deep level with a small group. Do you have a group of people you honestly, deeply connect with on a regular basis? If you do not have a group, what steps can you take today to begin developing a community of like-minded guys around you?

- 3. The key to men getting vulnerable is seeing other men model transparency. Consider your current circumstances.**
 - a. Who in your life models transparency for you?
 - b. Do you model transparency for others? If not, what keeps you from being vulnerable?

- 4. Kenny answers the greatest existential question that every human wants answered, which is who am I? Why am I here? And where am I headed? His answer is: We're created by God. We're created for God. We're loved by God. And one day we will go back to God. That is our truest identity.**
 - a. Do you believe that is your truest identity today?
 - b. How are you living that truest identity out in your life?

- 5. Kenny talks about what he calls a Grace Response. For believers, God has washed away our guilt and shame. We respond to God's grace and thank him by the way we live our lives. Have you said 'Thank you'?**

