



True Manhood Looks Like Jesus

with Reward Sibanda

DISCUSSION

1. What's your reaction to how Reward contrasts the community-oriented culture of Zimbabwe with the individualist culture of America? Particularly in the wake of COVID, how might Americans benefit from focusing less on the individual and more on building community with one another?
2. How did Reward's spiritual journey resonate with you personally? He says his "convictions were never really [his] own" because they were all determined by his parents. Did you have this experience of inheriting beliefs? If so, did you rebel against them later? If you're coming back to re-commit to those spiritual convictions, what has helped you to discover or (re-discover) these truths on your own?
3. When did you get your first taste of true independence as a young person? Do you feel like you used your freedom wisely? What long-term consequences, positive or negative, did those decisions yield for you?
4. "Through sin," Reward says, "we devalue ourselves and sell ourselves cheaply." Can you think of a time when you gave into temptation and "sold" your honor, convictions, integrity, etc. for less than they were worth? When did it fully dawn on you how much you'd "cheapened" yourself, and how did that affect you?
5. Reward further states that when men indulge in sins of the flesh (i.e., pornography, prostitution, etc.) in particular, they're "paying for distance"—and end up feeling isolated as a result. Have you ever indulged in pornography (or another sex-related sin) repeatedly over a period of time? What productive or life-giving activities or relationships did that indulgence take you away from? When did you first notice the isolation that sin invited?

6. Discuss Reward's statement that "true manhood looks like Jesus." What did your concept of manhood look like when you were young? Who helped define manhood for you? Knowing what you know now about Jesus, would Jesus have fit your youthful definition of manhood? If not, why? What are some things you've come to appreciate about Jesus and his life that you didn't really understand or appreciate when you were younger?
7. Have you ever fasted for an extended period of time? What inspired you to fast? What was the experience like? Did you feel more connected to God in any way?
8. What did you think about Reward's explanation that fasting "humbles" the mind, will, and emotions—particularly "the voices that tell you what's possible and impossible"? Do you think there are any aspects of your soul that have taken on too much influence and could stand to be humbled a bit? Would you be willing to try fasting as a way of doing that?

ADDITIONAL RESOURCES

- *How to Fast: Rediscover the Ancient Practice for Unlocking Physical, Emotional, and Spiritual Renewal* by Reward Sibanda
- John Mark Comer's podcast, *Practicing the Way* (*Apple Podcasts*, *Spotify*)