

NOW WHAT

Questions for reflection and conversation



The Redeemed Man Podcast Featuring Kevin Harris

Do You Know Who Your True Friends Are?

THINK ABOUT IT

Sit with these before you say anything out loud.

Are my relationships personal or transactional?

(4:47) Think about the men you regularly interact with. Are there relationships you primarily value because of what they can do for you? What is different about the friendships in which you feel genuinely known and valued?

- *The acquaintances I've made out of self-interest:*
- *What makes my true friends different:*

Looking for identity in all the wrong places.

(11:49) When have you felt uncertain about who you are? Where have you looked for identity or validation (your career, relationships, accomplishments, image, approval, or something else)? What did you hope it would prove about you? Did they buy into the image you were trying to project? Colossians 3:3–4

- *Where I put my identity:*
- *What I was hoping other people would see:*

TALK IT OUT

These are worth saying out loud, in a group, with a brother, or with God himself.

The men who strengthen me.

(7:51) Who is one man who leaves you feeling encouraged, understood, or strengthened after you talk? What does he do that helps you feel known? Proverbs 27:17

Where am I still performing?

(19:04) Have you ever been part of a group in which you felt pressure to perform or hide parts of yourself? What were you afraid would happen if you were honest? Do you still feel that pressure in any of your relationships today? Proverbs 17:17

The need to be the “fixer.”

(23:37) When someone shares a struggle with you, is your first instinct to listen or to fix? What makes it difficult to remain present without immediately offering an answer? James 1:19

TAKE ACTION

Don't let this stay in your head. Do something with it.

Stop running.

(16:45) What fear, failure, wound, or insecurity are you still trying to outrun? Identify one trusted man you could tell about it this week.

● *What I have been running from:*

● *Who I will talk to:*

● *When I will reach out:*

Admitting weakness without suffering shame.

(35:37) Where do you feel strong right now? Where are you struggling or reaching the limits of your own strength? What would it look like to invite God and another trusted man into that weakness? 2 Corinthians 12:9–10

● *Where I feel strong:*

● *Where I need grace and support:*

● *My next honest conversation:*

CLOSING

We often think our younger years are when we're most uncertain about our identity and most susceptible to unhealthy or superficial relationships. But the pressure to perform and to appear successful, capable, and in control can follow us into adulthood. When we struggle to be vulnerable and honest, we will lack friendships that help us grow.

Consider the male relationships in your life. Who truly knows you? Where are you still performing, posturing, or holding back? Who allows you to be honest while also encouraging you toward Christ?

Then take one step. Reach out to a man you trust. Ask a better question, share something real, or make time to be together. True friendship isn't built through image management. It grows when men are willing to be known, extend grace, speak truth, and walk alongside one another.

ADDITIONAL RESOURCES

- ***Halftime: Moving from Success to Significance by Bob Buford***

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