



---

## Father's Executive Summary: Session 1

### SUMMARY

This foundational session introduces the Sons2Men journey, explaining how our culture has disrupted the natural progression from boyhood to manhood. It establishes that true manhood isn't defined by culture's mixed messages but by God's unchanging design for men to protect, provide, and lead with honor.

### KEY POINTS

- Modern culture sends confusing signals about manhood, while God's Word offers clarity and truth
- Historical factors (including industrialization, war trauma, and the delay of adulthood) have disrupted father-son relationships and male development
- Disconnected masculinity leads to concerning outcomes: higher rates of crime, suicide, and loneliness
- God's vision for manhood has four branches: leading with integrity, serving with humility, standing for truth, and building with purpose

### KEY SCRIPTURE

- **John 15:5** - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit."
- **Psalms 1:1-3** - The godly man is "like a tree planted by streams of water"
- **Genesis 2:15** - God's original design for men to work and care for creation

### CHALLENGES YOUR SON FACES

Your son is growing up in a culture that's confused about manhood. Social media, video games, and peer pressure often promote passive, self-focused versions of masculinity. He's likely wondering what it actually means to be a man and may feel directionless without clear models to follow.

### CONVERSATION STARTERS

- "What do you think most guys our culture look up to today? What makes them 'cool'?"
- "When you think about becoming a man, what questions or concerns come to mind?"
- "Who's a man you admire, and what qualities stand out to you about him?"



---

## **YOUR ROLE**

Model authentic manhood by being present and engaged during this journey. Be willing to share your own struggles and growth. Your son needs to see that manhood isn't about perfection but about purpose. Consider areas where your own understanding of manhood needs refinement.

## **FOLLOW-UP ACTIVITY**

Together, identify one male figure (biblical or contemporary) who exemplifies godly manhood. Discuss specific qualities that make him a good example. Then, each of you choose one quality you want to develop more in your own life and share why. Remember: This journey isn't about instant transformation but about growing together, rooted in Christ, one step at a time.