

**LESSONS IN MANHOOD: KEEP YOUR HEAD**

1 Samuel 17:33-37, Philippians 4:6, 2 Timothy 1:7, Philippians 4:8

This discussion is based on the leadership study “Lessons in Manhood”, available at https://leadmin.org/manhood.



Use one of these to get the group talking about today’s topic:

• Ever had a lesson in crisis management? What are some of the things the “experts” told you to keep in mind in a crisis?

* What is something that constitutes a crisis for you? Missing a sales objective? Employee doesn’t perform to expectations? Family medical emergency? Something else?
* What do you notice about leaders when there is a big crisis, like a natural disaster, a mass casualty event, or public violence? How do they respond and what is helpful about their response?



Go in-depth with these questions. Based on your available time, choose 3-4 that you believe are most thought-provoking:

• Read 1 Samuel 17:33-37. How did David remain calm in his crisis situations? What about his character or training was instrumental in how he reacted in a crisis?

* Do you believe that a crisis reveals character in a leader? In what ways?
* Read Philippians 4:6. What does the Bible instruct us to do in order to not be anxious in a crisis?
* Read 2 Timothy 1:7. How does the Spirit of God influence us in times of crisis and difficulty?
* Read Philippians 4:8. What thoughts can we focus on to help us through a crisis?
* How does our overall mental health affect us in a crisis? What can we do regularly to build a strong heart and mind?
* Why does God want us to depend on Him in a crisis?



• What actions or disciplines might you engage in this week that would help you prepare to know what to do when a crisis comes?

* How does God want us to respond or react in a crisis? What spiritual tools might you bring to bear in whatever crisis you most recently faced or are facing?