

Real Men Don't Eat Quiche

Lesson 16

Authentic Christian Men

Psalm 1:1-3; Genesis 1:26-31; John 13:1-14

Catechism: 374-378

A number of years ago there was a best seller entitled *Real Men Don't Eat Quiche*. This book exploited the modern myths of what a real man is all about. Growing up, many of us were taught not to show emotions because "big boys don't cry" or show any kind of weakness. A real man was a rugged individual, a self-made man who pulled himself up by his own bootstraps without needing anything from anybody. The Marlboro Man and John Wayne were our role models, and the real man's theme song was "I Did It My Way."

Did you ever listen to the kinds of questions men ask each other when they first meet? What do you do? Where do you live? Do you know so-and-so? It seems that men tend to define themselves and other men by what they do for a living, what they own, and who they know. The doctor is more respected than a ranch hand, a corporate executive more than a social worker, because of the importance that our society places upon financial success or educational advancement (what we do) rather than who God has created us to be (who we are).

1. According to TV, music, and newspaper ads, what are the characteristics of a real man today? Give an example from an advertisement you've seen.

2. What effect does this have on your role as a husband, as a father, and in society?

3. Seeing how Jesus treated his disciples, especially his actions in John 13, what might Jesus say are the characteristics of a real man?

4. What are some of the influences in society that cause men to lose touch with their own sense that they are created by God in his image?

5. How can relationships with other Christian men help you discover what it means to be an authentic man and follower of Jesus?

6. How would you define happiness? Where do you search for happiness and fulfillment, and where do you find them?

7. If you could be anyone, even a sports celebrity like Michael Jordan or a billionaire like Bill Gates, who would you choose?

Action Plan:

This week I will strive to become a real, authentic Christian man by:

- telling my family that I love them.
- showing generosity to someone in need.
- putting others first at work.
- examining when I was selfish, self-seeking, or greedy.
- other:
