

Lesson Instructions

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This lesson shows manhood from four perspectives: the King representing a man's best; The Warrior; The Lover; and the Friend.

Suitable for: Male clients who are fathers or may become fathers.

Time Frame: Any time curriculum is needed to help the husband or partner of the female client understand his important role as a man.

Lesson Objective: To explore manhood from four perspectives: the King, the Warrior, the Lover, the Friend.

Instructions: Show DVD 2: *The Four Faces of Manhood*, from the series *The Quest for Authentic Manhood*. Some of the questions on the DVD worksheet do not require a written answer. They will be discussed after the DVD. These will have an (*) at the beginning of the question. After the DVD, discuss questions with your client.

*** Questions to discuss with your client are bolded and italicized.**

Homework: Copy and give the client the homework.

Supplies: DVD 2 (45 minutes): *The Four Faces of Manhood*.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.

DVD Worksheet, Page 1

There are few "Kings", or role models, for men today. Sports figures used to demonstrate hard work, courage, and perseverance. Today, we see widespread "cheating" through drug use or immoral or illegal behavior instead.

Some of these questions do not require a written answer. They will be discussed after the DVD. These will have an (*) at the beginning of the question. For others you will fill in the information from the DVD. Fill in the written questions as you listen but don't worry if you don't get all of them. Your client advocate will go over this sheet with you. Don't be afraid to ask questions and to discuss your points of view. This is how we learn.

1. What are the "four faces of manhood? (Dr. Lewis discusses each of these as you go through the DVD.)

1. _____ 3. _____

2. _____ 4. _____

2. The King face can be described as a "lover of the _____."

3. Which faces are described with the following lists of values?

Strong convictions
Courageous moral choices _____
A servant's heart
Righteous leadership

Ability to see wife's needs
Sensitivity toward others _____
Tenderness
Emotional openness
Physical affection

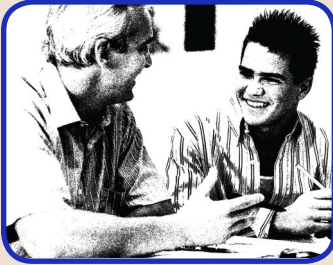
Loyalty
Accountability _____
Challenge
Fun

Aggressive strength
"Stick-to-it-iveness" _____
Strength to overcome
"Never say die" attitude



The Warrior uses aggressiveness to overcome all obstacles. He doesn't quit when things get tough.

DVD Worksheet, Page 2



The Friend is a loyal companion, one who takes time with another, one who is fun to be with.



The Lover isn't just interested in the physical. He is also sensitive, tender, and open.

4. * *Examples of the King face would be:*

1. Finding a way to pay off a debt when you do not have the money.
2. Risking your life for another.
3. Making good on a promise even when it is inconvenient.
4. Being faithful to your wife when you could have gotten away with infidelity.
5. Being honest in your taxes when no one would know if you cheated.

Give an example of when you acted with your King face.

5. * *We all love to be Warriors. Examples of the Warrior face would be:*

1. Starting a small business even when everyone said it would fail.
2. Struggling to pull out a victory when your softball team was hopelessly behind.
3. Not giving up on your diet until you got to your goal weight.
4. Getting through several layers of bureaucracy until you finally convinced a manager to give you a refund on a faulty product.

Give an example of when you acted with your Warrior face.

6. *With men, friends are often few and far between. What is the reason that Dr. Lewis gives for this?
7. *Men understand the "physical affection" part of the Lover face quite well. What else is included in this face?
8. *If a man has a weak King face, what happens to the Warrior in him?
9. * Why do we have "soft males" in our culture?
10. The key to authentic manhood is to keep the four faces in _____.

DVD Worksheet Key, Page 1

There are few "Kings," or role models, for men today. Sports figures used to demonstrate hard work, courage, and perseverance. Today, we see widespread "cheating" through drug use or immoral or illegal behavior instead.

Some of these questions do not require a written answer. They will be discussed after the DVD. These will have an (*) at the beginning of the question. For others you will fill in the information from the DVD. Fill in the written questions as you listen but don't worry if you don't get all of them. Your client advocate will go over this sheet with you. Don't be afraid to ask questions and to discuss your points of view. This is how we learn.

1. What are the "four faces of manhood"? (Dr. Lewis discusses these as you go through the DVD.)

1. **The King**

3. **The Friend**

2. **The Warrior**

4. **The Lover**

2. The King face can be described as a "lover of the **right**."

3. Which faces are described with the following lists of values?

Strong convictions
Courageous moral choices
A servant's heart
Righteous leadership

The King

Ability to see wife's needs
Sensitivity toward others
Tenderness
Emotional openness
Physical affection

The Lover

Loyalty
Accountability
Challenge
Fun

The Friend

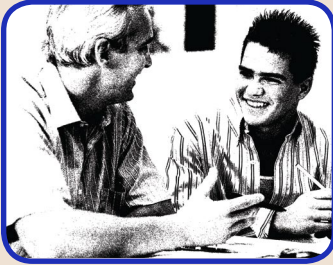
Aggressive strength
"Stick-to-it-iveness"
Strength to overcome
"Never say die" attitude

The Warrior



The Warrior uses aggressiveness to overcome all obstacles. He doesn't quit when things get tough.

DVD Worksheet Key, Page 2



The Friend is a loyal companion, one who takes time with another, one who is fun to be with.



The Lover isn't just interested in the physical. He is also sensitive, tender, and open.

4. * **Examples of the King face would be:**

1. Finding a way to pay off a debt when you do not have the money.
2. Risking your life for another.
3. Making good on a promise even when it is inconvenient.
4. Being faithful to your wife when you could have gotten away with infidelity.
5. Being honest in your taxes when no one would know if you cheated.

Give an example of when you acted with your King face.

Answers will vary. Look for the client's understanding of when he has acted "kingly" in the past.

5. * **We all love to be Warriors. Examples of the Warrior face would be:**

1. Starting a small business even when everyone said it would fail.
2. Struggling to pull out a victory when your softball team was hopelessly behind.
3. Not giving up on your diet until you got to your goal weight.
4. Getting through several layers of bureaucracy until you finally convinced a manager to give you a refund on a faulty product.

Give an example of when you acted with your Warrior face?

Answers will vary. Most clients will have little trouble with this one.

6. *With men, friends are often few and far between. What is the reason that Dr. Lewis gives for this?

Men are too busy, or men just don't take the time.

7. *Men understand the "physical affection" part of the Lover face quite well. What else is included in this face?

Tenderness, sensitivity, openness, caring, etc.

8. *If a man has a weak King face, what happens to the Warrior in him?

The Warrior becomes too strong - he becomes a destroyer.

9. * Why do we have "soft males" in our culture?

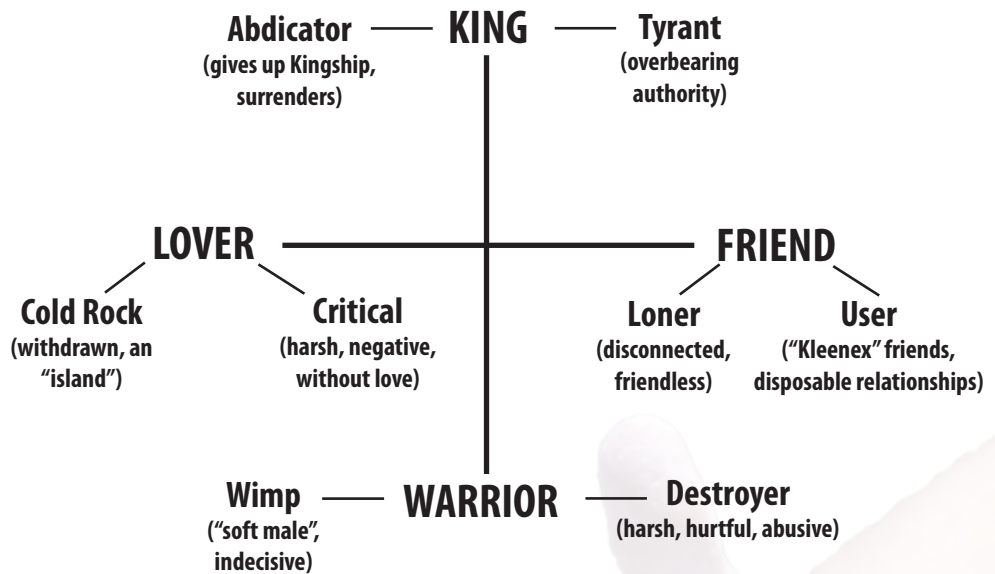
The female influence from Mom is too strong.

10. The key to authentic manhood is to keep the four faces in **balance**.

Homework, Page 1

The abdicator and the wimp have many similarities. The abdicator just gives up trying to “do the right thing” in his life. The wimp has also given up trying. In his case, he lets women or other men make decisions for him.

Each of the four faces of manhood are present in every man. However, the strength of each one varies from man to man. Some men are short on King, but long on Warrior. Others are all Friend, with little input from the King or Warrior. Dr. Lewis explained that this can lead to “ugly caricatures” of the four faces. A caricature is a grossly distorted version of the real thing - like the big-eyed drawings that artists sometimes do at Disneyland or county fairs. He explained that going too far to the right or left of any of the four faces of manhood could badly distort who we are.



1. Write down the four faces of manhood in order of how strong you think they are in you, strongest first, weakest last:

2. Which one of the four faces do you wish was stronger in you?

3. Do you think of yourself as a loner? _____

Why? _____

4. Which of the choices below best describes how you feel about the following situation? Give reasons under your choice.

A friend of yours at work who makes minimum wage is pocketing a small amount of the cash that customers are paying for what they buy.



Balance between the four faces of manhood is the key to true masculinity. Whenever one of the faces becomes too strong (or too weak), the result is an incomplete man.

Homework, Page 2

Our culture has lost much of its respect and admiration for the King. Instead, we admire actors, singers, people who are rich (no matter how they became so), and sports figures who perform well, but live fast and loose off the field.

- A. I say live and let live - it's none of my business.
 - B. It's not that important anyway - it doesn't amount to much money.
 - C. It's Okay, because he should be paid more for what he does.
 - D. It's just not right - stealing is stealing.
5. We all have our faults. Pick one of the titles to the right or left of the four faces (abdicator, tyrant, cold rock, critical, loner, user, wimp, destroyer) that you struggle with and answer the following:

A. My choice: _____

B. Give an example of when you have acted in this way.

C. What steps might you take to prevent that situation from happening again?

D. Which of the eight types of people listed above do you dislike the most?

Why? _____

Homework Key

The abdicator and the wimp have many similarities. The abdicator just gives up trying to “do the right thing” in his life. The wimp has also given up trying. In his case, he lets women or other men make decisions for him.

The homework from this lesson is intended to get conversation going and for the client to think of himself in terms of the four faces. Answers will vary widely from individual to individual.

Question 3 (Do you think of yourself a loner?) has a slightly negative connotation, unless the client thinks of a loner as more of a cowboy (rugged individualist). Either way, loners need to be drawn out more in this series. Holding in or denying the effect of his upbringing will make it hard for the client to deal with hurts of the past and change his future.

Question 4 is meant to give you insight into the client’s worldview. Answers A and B show a weak King. They could point to a King who has slipped into the abdicator role - one who has given up on the noble parts of life. Answer C still shows a weak King. It shows at least a bent toward “justice,” although it uses rationalization (although stealing is wrong, the worker “deserves” the money because he isn’t paid enough). D is a kingly answer. It doesn’t imply that any action is taken, but it does show that the client recognizes the wrong.

Question 5 may require sensitivity, as no man wants to admit a fault. He may pick an easy one rather than one that he knows he has real trouble with. The answer to part D could be a fault in others that really bothers him, or it might even be the one that bothers him most about himself.



Balance between the four faces of manhood is the key to true masculinity. Whenever one of the faces becomes too strong (or too weak), the result is an incomplete man.