



Thank you for downloading one of the eight, five-session small group studies from *Real Men*.

Real Men is a 40-week, video-driven small group study for men. Each session features a video from best-selling author, Rick Burgess, and a small group leader guide. You can purchase all 40 weeks, or purchase the eight, five-week sessions independently.

If we can help answer any questions about ***Real Men*** or any other of the Iron Hill Men resources, please don't hesitate to email (customer care@ironhillpress.com) or call (800) 307-9366



DAVID

A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN

**DAVID: A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN**

Leader Guides

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Videos

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Video: Rick Burgess

Video Production: Chris Adler

Leader Guide Authors: Alex Childs, Zac Condie, Bryan Gill, TJ Gilliam, and Josh Sisk

Executive Editor: Andy Blanks

DAVID

A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP CURRICULUM FOR MEN

BY RICK BURGESS



PUBLISHED BY IRON HILL MEN IN PARTNERSHIP WITH THE MAN CHURCH

DISCIPLESHIP MATTERS

DISCIPLE MEN, CHANGE EVERYTHING.

There is a discipleship problem affecting Christian men today. Too often, men are absent from both the church pews and from the vital work the church is doing in the world. These men are not engaged spiritually in their homes and aren't making a Kingdom impact in their workplace. And it all points back to one major issue:

Many men aren't being discipled.

But when men ARE being discipled, powerful things happen as a result. They impact the church, their family, and culture. We have seen the influence godly men can have. The purpose of The Pursuit curriculum is to equip and empower men to become the man God has called them to be.

WHAT IS REAL MEN ?

Real Men is a 40-week, video-driven curriculum designed to help men learn from the examples of the real men of the Bible. Real Men takes eight men from Scripture and examines their lives through video and small group Bible Study.

Rick Burgess, best-selling author and co-host of the nationally syndicated radio show The Rick & Bubba Show, starts off each session with a 10-15 minute video introducing the session's focus. Then, for each small group session, there is a leader guide to help facilitate a meaningful time of discussion and Bible study.

The reason men aren't living a more authentic faith is simple: they have yet to embrace the call to real discipleship. By leading a group through Real Men, you're a part of the growing tide of leaders who are looking to awaken men to embrace their calling as Christ-followers.

STARTER GUIDE

David is one of the most complicated characters in the Bible. He was a shepherd, a warrior, a poet, a musician, a king, and a father. He was also an adulterer, a murderer, a coward, and a liar. However, in the Book of Acts, David is referred to as a man after God's own heart. See? Complicated.

David was a man of God despite his many flaws. As men, we may find it easier to relate to David than many other men we encounter in the Bible. David did plenty wrong. He messed up several times in significant ways, but he showed us that through God's forgiveness and grace, even an adulterous murderer could be restored to be used by God.

WHAT YOU NEED TO GET STARTED

FIRST, preview your video. Every Real Men session starts with a video. You'll need to preview your video ahead of time and be prepared to show it to your group. You can access your videos through your Iron Hill Press account.

THEN, get ready for your small group discussion and Bible study by preparing your lesson. Use this leader guide to help lead a time of discussion based on the video and Bible study based on the passage Rick covered. Pray that God would lead your preparation and your facilitation of the material.

FINALLY, lead your time of small group Bible study using this leader guide. It's that simple.

If you have any questions or feedback, don't hesitate to let us hear from you at feedback@ironhillpress.com.

EDGE ELEMENTS ACKNOWLEDGMENTS



RICK BURGESS is the Co-Host of the nationally syndicated *Rick and Bubba Show*. He has co-authored multiple New York Times Bestselling Books covering topics such as politics, marriage, business, comedy, and what it looks like to be a follower of Christ in secular entertainment. Rick has appeared on the Fox News programs *Hannity's America*, *Your World with Neil Cavuto*, and *Fox and Friends*.

Rick speaks regularly at men's events and marriage conferences across the country, all while teaching youth and men's Bible studies on a weekly basis. Rick is married to the former Sherri Bodine, and they have five children: Brandi, Blake, Brooks, Brody, and Bronner. Rick's wife Sherri is the author of the book "Bronner: A Journey to Understand," a powerful story about what she and Rick learned about God through the earthly death of their youngest son, Bronner. Rick's eulogy for Bronner became the most-viewed video in the world on YouTube the week of the service.

ALSO CONTRIBUTING TO REAL MEN: DAVID:

EXECUTIVE PRODUCERS:

RICK BURGESS
ANDY BLANKS
LES BRADFORD

EXECUTIVE EDITOR:

ANDY BLANKS

VIDEO PRODUCTION:

CHRIS ADLER

LEADER GUIDE AUTHOR:

ALEX CHILDS, ZAC CONDIE, BRYAN GILL, TJ GILLIAM and
JOSH SISK



DAVID

SESSION I

- **Main Passage:** 1 Samuel 16:4-7 and 1 Samuel 17:32-37
 - **Purpose:** To understand and embrace the truth that God sees us not in the same way the world sees us, but that He sees us for the state of our hearts.
 - **Session Snapshot:** Believing that God is willing to use any man that has a heart postured towards Him is a powerful truth. A man whose heart is pursuing God and is convinced that God is with them cannot be defeated. Today, we will learn how we can trust and live in this truth.
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GETTING STARTED

Kick off your time together by introducing a new theme or reviewing what you did in the last session.

FIRST, explain to your group that they will be beginning a video series on David that is part of a larger study on looking at the real men of the Bible. Remind men that the Bible is true and the stories in the Bible are true. The men you are studying are real people who lived real lives. Remind your group that God wants us to learn what it means to be in a relationship with Him from the example of these men.

THEN, if this study on David is your first study in the Real Men line of curriculum, consider introducing yourself, if necessary, and having the men in your group introduce themselves. Then, ask for volunteers to share what they want to get out of their time in this study. If you want to pass around a contact sheet or do any other first-session "housekeeping tasks," this is the time to do it.

If this is not your first study in the Real Men line, consider asking men to recap what they remember from the last man you studied together. Ask them what has been the biggest takeaway so far, or to share how the studies you've completed have impacted them.

FINALLY, if there are no questions or other input, transition into the *Digging In* section of your leader's guide.

DIGGING IN

Jump into the session by watching this week's video.

FIRST, if this is your first study, explain to the group the basic structure of your time together. Explain that you will watch a video that is usually about 15 minutes long, followed by a short discussion of the video. Then, you'll spend a few minutes in Bible study, followed by a closing activity. Consider encouraging men to take notes as they watch the video.

THEN, play the video. You can access the video by logging into your Iron Hill Press account.

When the video is over, lead men in a short discussion based on what Rick covered. Feel free to come up with your own questions, or consider asking some similar to those below:

- **How was the explanation of the way to view the Old Testament versus the New Testament helpful for you?**
- **Rick said, "Men, almost without exception, when caught in sin, look to David. David was a man after God's own heart." Rick then said, "David was not given to us in the Bible for us to have an excuse to sin." What thoughts went through your mind when you heard this?**
- **The world truly does deem many things as impressive that, in reality, the Lord rejects. What are some of those "things" that you hear about often? How do you fight the temptation of being impressive by the world's standards instead of pursuing the Lord's presence?**
- **Toward the end of the video, Rick asked the question, "Where have the men gone that will stand up and stand against anything that opposes God"? How would you answer that for both society as a whole and you personally?**

FINALLY, transition into the *Opening the Word* portion of your time together by saying something like the following:

- **God is looking for a man He can use for the Kingdom. The world will tell us what it defines as impressive and successful, and often, those very things are rejected by God. He doesn't look at us the same way. He looks at our hearts. Let's jump into David's life and see what it is, exactly, God is looking for in us.**

OPENING THE WORD

Spend time going deeper into a specific concept Rick introduced in the video.

FIRST, explain that you're going to take a more in-depth look at 1 Samuel 16:4-7 and 1 Samuel 17:32-37. As Rick stated in the video, God is not looking at our outward appearance as the world does but is looking at our heart. In this passage, David's life helps us get a clearer picture of what exactly this means.

We must make sure your people have a good understanding of the context of the passage you'll be studying. Provide the context for the passage using the following bullet points:

- **Author:** The author of 1-2 Samuel is unknown. While it's certainly possible that Samuel wrote some of what's recorded in these books, the mention of his death in 1 Samuel 25 means that he didn't write all of it. The books are given the title of "Samuel" because of his prominent role in establishing the monarchy.
- **Time frame:** It's difficult to say for certain when 1-2 Samuel was written. It's possible that they were written and edited over some time. More than likely, they were established in their final form around the 10th century BC.
- **Purpose:** The main theme of these books is God's choosing to accomplish His purposes through David's lineage and set up Jerusalem as the location for the Temple. There are many "ups and downs" throughout 1-2 Samuel, and David goes through times of obedience and rebellion. He experiences blessings and consequences for sins.

THEN, read or have a volunteer read 1 Samuel 16:4-7. When the volunteer has finished, lead the group in a brief discussion. Ask something like:

- **In verse 6, we read that Samuel sees Eliab and thinks, “This is anointed one.” But in verse 7, we read, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” Men, we must examine ourselves. If we were to make a list of places in our lives where we try to look impressive to the world, what would that list look like?**
 - Answers will vary depending on each man’s life experience. Give space for reflection and examination. Encourage those in your group that the best form of accountability begins with honesty.
- **Have you ever thought, “I’m not that impressive; I don’t think God can use me”? Where do you think that thought comes from?**
 - Answers will vary.
- **Why is it so dangerous to compare ourselves to others instead of pursuing God's standard?**
 - Answers will vary. But help your group see that we spend our time comparing ourselves to other men’s achievements, accolades, and stature because the world trains us to think this way. We are also wired to be people of pursuit. When we spend our time and energy comparing our lives to the outward appearance of others, it’s very easy to neglect to pursue the Lord with our heart. The Lord is not concerned if you measure up to the man next to you, but He does want you to be boldly pursuing Him.
- **Why is it significant that the Lord looks at the heart instead of the outward appearance?**
 - *Answer:* The Lord knows how He has created us. What He wants is our heart. If our heart is pursuing Him, we can be used by Him to grow the Kingdom. The Lord looks at your heart because He wants to know if He can trust you with the message of the Gospel. It is significant because this tells us that we are all on an even playing field, and God wants to use any who make themselves available to Him to be used.
- **There is a truth that God has appointed all those that he has anointed. We see in verse 13 that Samuel anointed David. It wasn't until many years later that David was appointed King of Israel. What was he doing in the meantime?**
 - *Answer:* He was tending sheep. While doing this, he was fighting lions and bears and trusting God to deliver him. He was learning he was not alone. He was learning to care for those around him and provide for them. Most importantly, he spent time with the Lord and learned to trust Him in all situations and circumstances.
- **Like David, you are also anointed and appointed to a purpose in your life. As a believer, the Holy Spirit resides within you, and the Lord will use you! How are you spending time tangibly and practically pursuing God and preparing to be used by Him?**
 - Answers will vary. Challenge the group to think deeply of their pursuit in the waiting and the battling. How do they pursue the Lord?

Before transitioning to the next question, say something like:

- **Although David was not most impressive of all the brothers, his time with God while serving as a shepherd was utilized in preparing him for life. David, because of this, was ready to stand for the Lord.**

NEXT, direct your group's attention to 1 Samuel 17:32-37 and ask a volunteer to read it. Then, ask:

- **When you face or are confronted by a giant in your life, do you find yourself responding with conviction and confidence in God, or do you find yourself backing away or running from it? What do you believe needs to take place within you to be prepared to stand and battle as David did?**
 - Answers will vary. But help your group see that facing giants in our lives comes more often than we likely want to admit. There’s no doubt, we all have them. The statement we must use to examine

our “readiness” is contained in verse 32 when David says, “Let no one lose heart on account of this Philistine; your servant will go and fight him.”

- **Verse 33 gives us an insight into how the world will respond when we, as men, walk in confidence with God. Saul looks down at David because he is young. Saul sees all the reasons David cannot defeat Goliath. The people you have in your life speaking into you matter. In your life, who are the most prominent voices building you up in the Lord, and what are they telling you? Why is it important to have these voices close to you?**
 - Answers will vary. The answers should center around men that are willing to speak the truth to each other. These men are not shy to encourage or correct. It is important to have these voices close because, ultimately, we will find a deeper knowledge of God through them.
- **When measuring Goliath for battle, David wasn’t comparing him to his other battles or even against the victories over animals. He was comparing Goliath to what David knew of God. He knew God had delivered him over and over, and that fact gave him the courage to trust that God would deliver him again. In what moments of your life have you experienced God’s hand of deliverance?**
 - Answers will vary.
- **Where do you need God to show His mighty hand again?**
 - Answers will vary.

FINALLY, say something like:

- **From listening to Rick and studying this scripture on the life of David, we can see that God sees the heart of man. He knows who is fake and who is real. God sees who is spending the time preparing to be used by Him by the time we spend in pursuit and learning from Him. God has always proven to be faithful. Men, it is time for us to be faithful to Him in all our lives.**

Ask if there are any questions. If there are none, transition into *Accepting the Challenge*.

ACCEPTING THE CHALLENGE

Focus your group’s attention on one key takeaway from your time together.

FIRST, explain that you want to challenge the group to focus on the takeaways from this session. Consider starting this portion of your session by asking your group what they think are the main application points from your session. Allow discussion to go until there are no more suggestions.

Then, if necessary, supplement your discussion with the following application points. Say something like:

- **When God looks at your heart, what does He see?**
 - Spend time in an honest examination of your heart. Ask the Lord to begin to reveal and remove in you what’s not of Him so that your heart can be aligned with Him.
- **Have you seen God move in your life in the past?**
 - Spend time looking back to see God so that you can know He is with you today. This will allow you to walk in a way that you know you cannot be defeated.
- **Do you have a relationship with God so deep that you will stand, ready to fight against any that oppose Him?**
 - This readiness only comes by spending time with and learning from God. How will you spend intentional time with Him in the coming days and weeks?

Allow the group to consider where they find themselves in these three questions. If it feels appropriate, allow some discussion about the kind of processing they find themselves doing.

FINALLY, encourage men to continue to think about these questions in the week to come. Challenge them to listen to what God is trying to tell them and to respond accordingly. If there are no more questions or input, close your time together in prayer.