Help! I Want to Be a Manly Man

How to use this journal:

- Read through ***Help! I Want to Be a Manly Man*** by Andrew David Naselli.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**[1] after you read each chapter. Space for journaling your answers is provided.

Introduction/ Chapter 1 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 1 ***Questions for Reflection:***	• When you start thinking about your mission, does it fire you up and motivate you to get going? Or does it make your eyes glaze over and make you want to forget all this serious stuff and go play a video game? What does your answer tell you about yourself? • Do other men respect you? Why? • Do you have a sense of what your specific mission is? How would you articulate your mission? Be as specific as you can.

[1] The *Questions for Reflection* are taken from *Help! I Want to Be a Manly Man* by Andrew David Naselli, (Shepherd Press, 2025).

© 2025 by LifeLine for Teens. All rights reserved.

	• How do you treat ladies? Do you treat your peers honorably—"as sisters, in all purity" (1 Timothy 5:2)?
Chapter 2 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 2 ***Questions for Reflection:***	• How can you earn more authority and respect right now? • What are some other biblical or historical examples of men failing to assume responsibility? Who suffered because of their failures? • What character traits are evident in those whom you see naturally take on leadership roles around you?

© 2025 by LifeLine for Teens. All rights reserved.

Chapter 3 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 3 ***Questions for Reflection:***	• Do you think you are hardworking? Would your superiors describe you as hardworking? Would your peers describe you as hardworking? • What are specific ways that you are tempted to be lazy? • What are specific ways that you should work hard at becoming marriageable?
Chapter 4 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____

© 2025 by LifeLine for Teens. All rights reserved.

Chapter 4 ***Questions for Reflection:***	• What are specific ways that you should cultivate a strong body? • What are specific ways that you should cultivate a strong soul? • Are you ready to build and fight on a mission with a wife and children? If not, what do you need to do to get ready?

© 2025 by LifeLine for Teens. All rights reserved.