

FREE RESOURCE

Men's Group Discussion Guide

Eight sessions, forty questions and facilitator notes for From Brokenness to Wellness. Free for churches, small groups and counselors. Print it, copy it, use it — no permission needed.

Facilitator Notes

- Keep groups to eight men or fewer. Honesty scales down, not up.
- Open with the Scripture, close with prayer, and never rush silence.
- No fixing. Men share; the group listens. Advice waits to be invited.
- What is said in the room stays in the room — say this out loud weekly.
- Read the matching chapter before each session; ninety minutes is ideal.

Session 1 — The Weight You Don't Name

SCRIPTURE: PSALM 32:3-5

1. What is the last thing you carried alone, and why did you choose to?
2. Who in your life has earned the right to hear the real answer?
3. What did your father teach you — in words or in silence — about pain?
4. Where does unnamed weight show up in your body, your temper or your habits?
5. Read Psalm 32:3-5 aloud. What changes for David between verse 3 and verse 5?

Session 2 — The Man in the Mirror Isn't Lying

SCRIPTURE: JAMES 1:22-25

1. What version of yourself do you present publicly?
2. What would change if that version told the truth?
3. Name one thing you have forgiven in others but not in yourself.
4. What does honesty cost a man in your world? What does it buy him?
5. Where has God already been faithful in a place you still feel ashamed of?

Session 3 — Inherited Wounds

SCRIPTURE: EXODUS 34:6-7

1. What pattern in your family do you most want to end with you?
2. What did you receive from your father that you are grateful for?
3. How do you distinguish honoring a parent from excusing harm?
4. What is one generational habit you can name out loud tonight?
5. What would breaking the cycle look like in the next thirty days?

Session 4 — Anger Is a Messenger

SCRIPTURE: EPHESIANS 4:26-27

1. What is your anger usually protecting?
2. When did anger last cost you something you wanted to keep?
3. What does righteous anger look like compared to reactive anger?
4. Who is safe enough to tell when you're near the edge?
5. What is one practice you'll put between the trigger and the response?

Session 5 — Identity Before Performance

SCRIPTURE: MATTHEW 3:16-17

1. What are you most afraid people would think if you stopped producing?
2. God called Jesus beloved before He had done any public ministry. What does that mean for you?
3. Where are you earning something God has already given?
4. Whose approval still governs your decisions?
5. Write one sentence describing who you are without any job title.

Session 6 — Rebuilding Trust

SCRIPTURE: PROVERBS 3:5-6

1. Where has trust been broken for you — by a person, a church, or God?
2. What have you decided about people because of that?
3. What is one small risk of trust you could take this month?
4. How do you rebuild trust with someone you harmed?
5. What does repentance look like beyond an apology?

Session 7 — Brotherhood

SCRIPTURE: ECCLESIASTES 4:9-12

1. Who would notice within a week if you disappeared?
2. What keeps men in this room from calling each other?
3. What do you need from this group that you have not asked for?
4. Describe a friendship that made you better. What made it work?
5. Commit to one call or one coffee before the next session. With whom?

Session 8 — Becoming the Man God Destined You to Be

SCRIPTURE: PHILIPPIANS 1:6

1. What has changed in you across these eight weeks?
2. What have you named that you had never named before?
3. Who is the next man who needs to hear what you learned?
4. What is your one commitment for the next ninety days?
5. Pray for the man on your left, by name, out loud.