# Teaching Sons About Biblical Masculinity



Equip dads to guide boys through biblical identity, sexuality, courage, and leadership over seven transformative days.





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### Introduction

Fathers bear a vital responsibility in shaping the next generation of men. Biblical masculinity transcends cultural stereotypes and focuses on God's design for identity, leadership, courage, purity, and purpose. As you embark on this seven-day study, *you will be equipped to teach your sons what it truly means to be a man according to Scripture*. This journey honors God's pattern for raising boys in a world that often distorts manhood.

Understanding biblical masculinity begins with identity rooted in Christ. Young men need to grasp that their worth is found not in their achievements or appearances but in being created and loved by God. This foundational truth empowers them to embrace their roles with confidence and humility.

**Sexuality is another critical area** to address openly: purity, respect, and understanding God's design equip boys to face challenges with wisdom and self-control. Courage is essential—not reckless bravado but godly bravery to stand for truth, protect others, and face trials.

**Finally, leadership** modeled after Christ's servant heart teaches responsibility, integrity, and compassion. Your role as a dad includes guiding your sons through these overlapping aspects, nurturing their growth into men who reflect God's glory in every area of life.

Over the next week, this study provides Scripture, devotional insights, reflection questions, journaling prompts, and prayers tailored to empower







dads to mentor sons. By engaging deeply with these themes, you invest in your son's legacy and God's kingdom. Let's dive into the Scriptures and embrace the calling to raise godly men who lead with love and courage!









## Day 1: 🎦 Identity Rooted in Christ









Day 1: 🤁 Identity Rooted in Christ

### Your Verse

Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

### **Supporting Scriptures**

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful..."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me..."







Day 1: 🔓 Identity Rooted in Christ

### Devotional: Foundations of Identity in Christ

Who am I? This essential question shapes every young man's understanding of himself. Teaching sons to see their identity through the lens of Scripture grounds them in something unshakeable. Ephesians 2:10 reminds us that we are God's handiwork—crafted with intentionality and purpose. Encouraging your son to embrace this truth helps him reject worldly definitions of masculinity that often focus on performance or appearance.

Psalm 139 celebrates the wonder of God's intricate design. When a boy understands he is "fearfully and wonderfully made," he begins to appreciate his uniqueness as God's creation. This knowledge combats insecurity and pride because it acknowledges both his value and dependence on God.

Galatians 2:20 offers a beautiful insight—the true identity of a believer is found not in himself but in Christ who lives within. Teaching sons to rely on Christ's strength rather than their own abilities fosters humility and courage for challenges ahead.

As dads, our role is to consistently point our sons toward these truths: They are loved, known, and created for purpose. This identity forms the bedrock for healthy masculinity that honors God.







Day 1: 🎦 Identity Rooted in Christ

## Reflect and Apply

1.	How do you currently model your identity in Christ for your son?
2.	What cultural messages about masculinity might your son be receiving that conflict with God's truth?
3.	How can you help your son embrace his worth as God's masterpiece?







Day 1: 🎦 Identity Rooted in Christ

## **Journaling Prompts**

	Write down key ways your identity in Christ shapes how you act as a man.
	Reflect on moments when you felt unsure about your masculinity and how Scripture spoke to you.
3.	Consider ways to affirm your son's God-given identity daily.







Day 1: 🤁 Identity Rooted in Christ

### Prayer for Today

Father, thank You for making me and my son fearfully and wonderfully. Help me guide him to see his true worth lies in You, not the world. Strengthen us both to live confidently in Your purpose, reflecting Christ in all we do. May his identity be anchored in Your love always. *In Jesus' name, Amen.* 









## Day 2: 💪 Courage to Stand Firm









Day 2: 6 Courage to Stand Firm

#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

### **Supporting Scriptures**

- 1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"







Day 2: 💪 Courage to Stand Firm

### Devotional: God's Strength Fuels Our Courage

True courage isn't the absence of fear; it's trusting God despite it. Boys often admire bravery portrayed in stories or movies, but biblical courage springs from faith. Joshua 1:9 echoes God's command to be strong and courageous because He is with us. This promise empowers young men to face life's challenges with boldness rooted in reliance on God.

1 Corinthians 16:13 urges believers to stand firm in faith and act courageously. Teaching sons this truth cultivates resilience and determination, qualities essential for godly leadership. Psalm 27 reassures that the Lord is our unfailing protector, dissolving fear by His presence.

As dads, modeling this courage by trusting God openly during struggles and standing for truth equips sons to do likewise. Encouraging your son to face peer pressure, moral challenges, and uncertainty with faith helps him grow in manly strength that respects God's authority.

**Remember:** Courage is an act of obedience, and God promises to be with those who step out trusting Him.







Day 2: 6 Courage to Stand Firm

## Reflect and Apply

1.	In what areas do you see your son needing courage?
2.	How can you demonstrate courage to your son in your daily life?
3.	What fears might be hindering your son's growth in godly bravery?







Day 2: 6 Courage to Stand Firm

### **Journaling Prompts**

1.	Write about a time you needed courage and how God helped you.
2.	List examples of biblical men who showed courage and what you learn from them.
3.	Plan practical ways to encourage your son to face fears with faith.







Day 2: 💪 Courage to Stand Firm

### Prayer for Today

**Lord, fill us with Your courage as we navigate challenges.** Help my son and me to stand firm in faith, casting out fear by trusting Your presence. May we boldly obey Your commands and face trials with strength and confidence. Guide us in being examples of godly bravery. *In Jesus' mighty name, Amen.* 

















Day 3: **(**) Embracing Purity and Sexuality

### Your Verse

1 Corinthians 6:18-20 - "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body... honor God with your body."

### **Supporting Scriptures**

- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."
- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."







Day 3: **(**) Embracing Purity and Sexuality

### Devotional: Guarding Hearts and Honoring God

**Teaching sons about purity is essential in a hyper-sexualized culture.** 1 Corinthians 6:18–20 calls believers to flee sexual immorality and honor God with their bodies. This is not merely about rules but about respecting the temple God has given us and understanding sexuality within His design.

Psalm 119:9 provides practical wisdom: purity is maintained by following God's Word. Equipping boys to memorize Scripture and lean on biblical truth prepares them to make wise choices amid peer pressures and confusing messages about sexuality.

Proverbs 4:23 underscores the importance of guarding the heart because it influences all our actions. Fathers must create open spaces for honest conversations, be transparent about struggles, and share the hope found in Christ for healing and self-control.

**Supporting sons in purity** is an ongoing journey marked by grace and accountability, ensuring their masculine identity aligns with God's standards—not worldly norms.







Day 3: ① Embracing Purity and Sexuality

## Reflect and Apply

1.	How comfortable are you discussing purity and sexuality with your son?
2.	What biblical truths can you highlight to encourage your son's purity?
3.	How might you model honoring God with your own body and heart?







Day 3: ① Embracing Purity and Sexuality

### **Journaling Prompts**

1.	Reflect on how God's design for sexuality informs your understanding of masculinity.
2.	Write a plan for initiating age-appropriate purity conversations with your son.
3.	List Scriptures to share with your son about purity and self-control.







Day 3: Embracing Purity and Sexuality

### Prayer for Today

**Father, help us honor You with our bodies and hearts.** Teach my son to flee temptation and live in purity according to Your Word. Protect his heart and mind from influences that contradict Your design. Give us wisdom to talk openly and lovingly about these vital topics. *In Jesus' name, Amen.* •

















Day 4: 🛠 Leading with Servant-Heartedness

### Your Verse

Mark 10:44–45 – "And whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve..."

### **Supporting Scriptures**

- Philippians 2:3–4 "Do nothing out of selfish ambition ... consider others better than yourselves."
- 1 Timothy 3:2 "Now the overseer must be above reproach, faithful to his wife, temperate, self-controlled..."







Day 4: 🛠 Leading with Servant-Heartedness

### Devotional: Servant Leadership Reflects God's Heart

Leadership rooted in humility and service is the heart of biblical masculinity. Mark 10:44–45 teaches that true leaders are servants, following Christ's example. This counters worldly views that often equate leadership with domination or selfish gain.

Philippians 2:3-4 encourages believers to act without selfish ambition, valuing others above themselves. Teaching sons to lead by serving fosters empathy, respect, and integrity.

Paul's qualifications for overseers in 1 Timothy 3 highlight godly character traits like self-control and faithfulness—foundations for effective leadership in family, church, and society.

Dads can mentor sons by demonstrating servant leadership in everyday life—helping at home, listening actively, and making sacrifices for others. This shapes a legacy of humble, effective leaders who honor God's ways.







Day 4: X Leading with Servant-Heartedness

## Reflect and Apply

1.	How do you currently model servant leadership to your son?
2.	What attitudes or actions contradict biblical leadership in your family?
	How can you encourage your son to develop humility and a servant's heart?







Day 4: X Leading with Servant-Heartedness

## **Journaling Prompts**

1.	Describe a time when serving others strengthened your leadership skills.
2	Identify an acific leadership qualities you want to teach your con
۷.	Identify specific leadership qualities you want to teach your son.
3.	Plan practical ways to lead your family with humility this week.







Day 4: 🎇 Leading with Servant-Heartedness

### Prayer for Today

Lord, shape our hearts to lead as You lead—with humility and love. Help me guide my son to lead by serving others and to reflect Your servant—heartedness. May our leadership honor You and build up those around us. Fill us with wisdom and grace to lead well. *In Jesus' name, Amen.* \*















### Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Ecclesiastes 7:12 "Wisdom preserves those who have it."







### Devotional: Pursuing Godly Wisdom Daily

Life presents many complex challenges, requiring wisdom beyond human understanding. James 1:5 encourages believers to ask God for wisdom—He gives it generously without reproach. Teaching sons to seek God's guidance fosters discernment essential for godly masculinity.

Proverbs 3:5-6 reminds us to trust God wholly rather than leaning on human insight, leading to right paths. Wisdom shapes decisions about relationships, career, integrity, and faithfulness.

Ecclesiastes 7:12 highlights wisdom's protective power. By guiding your son to pursue wisdom, you equip him to navigate temptations, peer pressure, and complex choices with clarity and courage.

**As a father, model reliance on God for wisdom** through prayer, Scripture study, and seeking counsel, demonstrating that masculine strength includes humility to learn and grow.







## Reflect and Apply

1.	How do you currently seek and model wisdom in difficult situations?
	What are common challenges your son may face where wisdom is needed?
	How can you encourage your son to depend on God's wisdom rather than worldly advice?
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## **Journaling Prompts**

	Recall a decision where you needed God's wisdom—how did He guide you?
2.	List ways to create habits that foster wisdom in your son's life.
3.	Write a prayer asking God to increase your son's wisdom.







### Prayer for Today

Father, grant us Your wisdom to face life's challenges wisely. Help my son and me to seek You first and trust Your guidance. Protect us from poor decisions and teach us to discern right from wrong. May Your wisdom shape our thoughts and actions. *In Jesus' name, Amen.*







# Day 6: X Building Character through Discipline









Day 6: K Building Character through Discipline

### Your Verse

Proverbs 22:6 - "Start children off on the way they should go, and even when they are old they will not turn from it."

### **Supporting Scriptures**

- Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness and peace."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 6: K Building Character through Discipline

### Devotional: Discipline Shapes Godly Character

Discipline shapes character and prepares sons to live godly, responsible lives.

Proverbs 22:6 emphasizes the importance of early guidance with lasting impact. Fathers have the privilege and responsibility to teach, correct, and nurture their boys in ways that honor God.

Hebrews 12:11 acknowledges that discipline can be difficult but produces righteousness and peace ultimately. This perspective helps dads and sons persevere through challenges and corrections.

2 Timothy 1:7 reminds us that God empowers us with self-discipline alongside power and love. Teaching sons to exercise self-control through the Spirit fosters maturity and stability foundational for biblical masculinity.

**Consistent, loving discipline** builds trust, respect, and character in young men, enabling them to face life's demands with integrity and faith.







Day 6: 🛭 Building Character through Discipline

## Reflect and Apply

1.	How do you view discipline in your relationship with your son?
2.	What challenges have you faced implementing consistent discipline?
	How can you better rely on the Spirit to cultivate self-discipline in your son?







Day 6: 🛭 Building Character through Discipline

### **Journaling Prompts**

1.	Reflect on the role of discipline in your own spiritual growth.
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2.	Develop a discipline strategy that balances love and correction.
2	White decree equiptures that are course as a supercourse of in discipline
3.	Write down scriptures that encourage perseverance in discipline.







Day 6: K Building Character through Discipline

### Prayer for Today

**Lord, help me be a patient and loving disciplinarian.** Teach me to guide my son with grace and firmness, shaping his character for Your glory. Fill us both with the Spirit's self-discipline and peace as we grow. May discipline produce righteousness in our lives. *In Jesus' name, Amen.* 🎇 🙏 💙

















### Your Verse

Deuteronomy 6:6-7 - "These commandments that I give you today are to be on your hearts. Impress them on your children... talk about them when you sit at home..."

### **Supporting Scriptures**

- Psalm 78:4 "We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the Lord."
- 2 Timothy 2:2 "And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others."







### Devotional: Cultivating a Faith-Filled Legacy

Raising sons to live godly lives is ultimately about leaving a legacy of faith. Deuteronomy 6:6-7 commands parents to keep God's Word in their hearts

and intentionally teach it to their children. Fathers play a crucial role in passing down faith truths that shape masculine identity for generations.

Psalm 78:4 reminds us to openly share God's mighty works so our children learn to trust and worship Him. Storytelling and consistent teaching embed faith deeply in young hearts.

Paul's charge to Timothy in 2 Timothy 2:2 underscores the importance of entrusting truth to faithful men who will continue the heritage of godliness. You are a link in this chain, called to equip your son to impact others someday.

**Live intentionally.** Build habits of prayer, worship, Scripture reading, and honest conversation to sow seeds of faith that yield lasting growth. Your discipleship today shapes the men and leaders of tomorrow.







## Reflect and Apply

1.	What faith practices currently influence your home environment?
2.	How intentional are you in teaching your son about God daily?
3.	What legacy do you hope to leave for your son spiritually and morally?







## **Journaling Prompts**

1.	Write about your hopes and prayers for your son's spiritual future.
2.	List practical ways to integrate faith teaching moments into everyday life.
	Reflect on mentors who shaped your faith and how you can be that for your son.







### Prayer for Today

Heavenly Father, help me faithfully pass on Your truth to my son. Give me wisdom, patience, and opportunity to impress Your commandments on his heart. May our home be a place where faith flourishes and God is honored. Bless our legacy for generations to come. *In Jesus' name, Amen.*







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