IRON COLLECTIVE

FIELD GUIDE

IRON
COLLECTIVE

IRON COLLECTIVE FIELD JOURNAL
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As men who are followers of Jesus, we each have a deep longing. We crave a safe place where we can truly know others and be known ourselves—a community of men who listen, care, and stand by us. Yet, most men in our current culture find themselves isolated, numb, and alone.

Enter Iron Collective—a fellowship of men united by a shared commitment to journey through life's challenges together.

This group experience is distinct from traditional Bible or book studies. There's no set curriculum; instead, we follow a few guiding principles to deepen our understanding of ourselves and one another. Unlike knowledge-focused group studies, our goal is to deepen our identity in Christ—a transformation that happens in the heart, not just the head.

Together, we'll share our life stories through the Box Talk, building trust by listening to the events that have shaped each of us. We'll explore the ways we tend to run and hide in shame, unmasking the core lies we've accepted about ourselves, others, and God.

Our discussions will be driven by curiosity. Rather than offering behavior modifications or advice, we'll ask questions that help us uncover more about who we are and what we believe.

Join us on this journey, where we'll discover the richness of God's story by unpacking more of our own. Our ultimate goal? Showing up each day fully present and fully alive, anchored in our identity in Jesus.

STORY

WE ARE GOD'S MASTERPIECE. HE HAS CREATED US ANEW IN CHRIST JESUS, SO WE CAN DO THE GOOD THINGS HE PLANNED FOR US LONG AGO.

Ephesians 2:10

Rules Of Engagement

Everything in a blacksmith shop is to be considered hot, handle it carefully.

LEADER TIPS

- Leaders go first: The group goes only as far as you go. Model the way.
- Ask questions, don't fix, and be willing to let silence do the heavy lifting.
- Whoever shows up on any given day is the group that needs to be there.

HOW TO COVER

- Thank people for sharing.
- Share any way that you can identify with the person, without making it about your story.
- Be curious with at least one question, helps clarity.
- Share ways you see his "mask."

GOOD PLACE TO START

- What truth are you struggling most to believe right now?
- What are the lies you're being tempted to believe?
- What does that cost you?
- When have you felt this way before?
- If nothing changes, what happens then? After that?

What to Expect

This 3 minute video is a great way to see what to expect from the Iron Collective and share with a friend.

NOTES

VIDEO

How Are You? Who Are You?

This episode is all about beginning to uncover our true identity. We often struggle to answer the question, “How are you?”—let alone truly understand the question, “Who am I?”

We dive into what discipleship looks like, the power of questions, and share some tips and tools for creating a safe environment for the groups.

NOTES

VIDEO

PODCAST

A Letter To Yourself

Write a letter to you, about you.

Write it here in the journal section or on a separate piece of paper. Seal in an self-addressed envelope and give to your group leader.

These letters will not be opened but returned to you, when this course is complete.

Here are a few “W“ questions to help you form a letter, or you are free write whats on your heart and mind.

Who are you?
Who do you want to be?
Who has the power to change your situation?
Who is counting on you?

What you think you might learn?
What you hope you might encounter?
What are some questions you have?

Where are you in your life?
Where should you be?
Where is the truth in your life?

Why does life even matter to you?
Why does your being here matter?

In the future if you’d like to check in on yourself, you can write yourself an email at www.futureme.org.

WHEN THE COOL EVENING BREEZES WERE BLOWING, THE MAN AND HIS WIFE HEARD THE LORD GOD WALKING ABOUT IN THE GARDEN.

SO THEY HID FROM THE LORD AMONG THE TREES.

THEN THE LORD GOD CALLED TO THE MAN.

"WHERE ARE YOU?"

GENESIS 3:8-9

Power of Story + Box Talk

Why story? Uncovering the mystery of our stories are central to these groups, but what makes story so special? At its core, story helps us know God. We find life by engaging our story in God's greater story.

Story is a sacred place because it shows where God has been at work. By diving into the mystery of our story, we begin to see where God has shown up time and time again, even when we were completely unaware of it. Story is where we begin to engage with God at a heart level.

NOTES

VIDEO

PODCAST

Emotional Intelligence, The Mystery of People + The Feelings Wheel

A central theme of life together revolves around our feelings and emotions. We often suppress our emotions because we highly prioritize efficiency, and emotions aren't "efficient." Not embracing our emotions and feelings actually sabotages our deep longing for human connection.

Here, we dive into creating a safe environment by avoiding the trap of showing up with a consumer mentality and by viewing people as Holy mysteries not problems to be solved. We will talk about growing our emotional intelligence and discuss the resource of the heart chart.

NOTES

VIDEO

PODCAST

The Nature of Evil + How We Combat It

Evil is real, and it pursues. Evil is a lie and a liar. When we overlook the fact that evil is at play, it is constantly deceiving us.

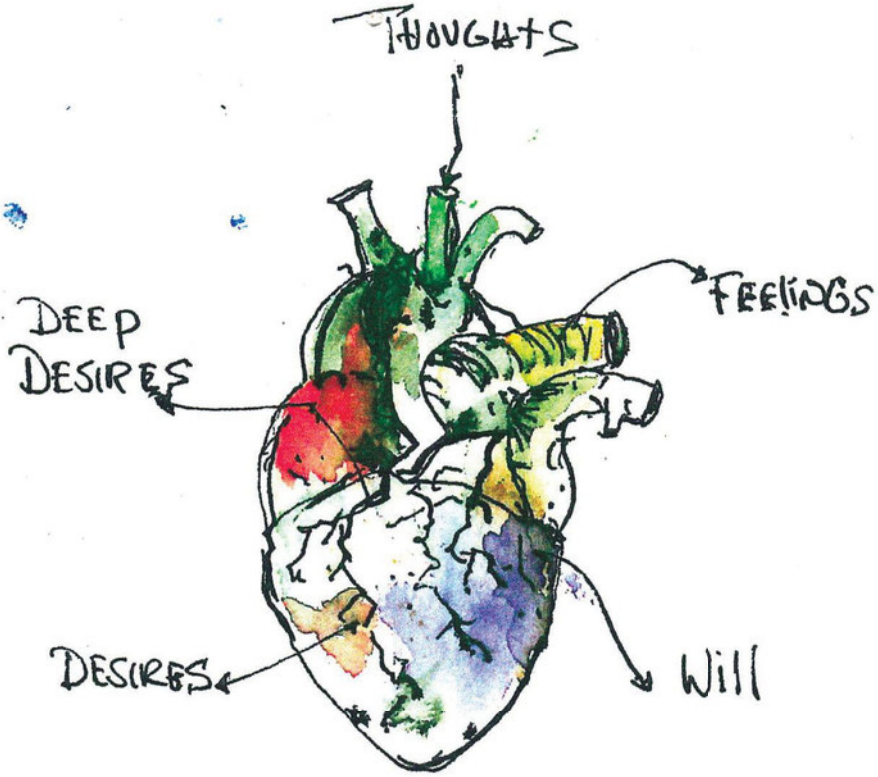
As we begin to understand evil in the world by looking at its origin in Genesis. We discuss the nature of evil, how it works, and how we can begin to combat it.

NOTES

VIDEO

PODCAST

CHAMBERS OF THE HEART.



Emotion Key: **Core:** **Secondary:** Tertiary

Happy

Joyful: Elated, Liberated

Interested: Amused, Inquisitive

Proud: Accomplished, Dignified

Accepted: Respected, Chosen

Powerful: Courageous, Provocative

Content: Satisfied, Fulfilled

Optimistic: Hopeful, Inspired

Playful: Amused, Cheerful

Intimate: Playful, Affectionate, Sensitive

Surprised

Startled: Shocked, Dismayed

Confused: Disillusioned, Perplexed

Amazed: Awed, Astonished

Excited: Enthused, Energized

Curious: Inquisitive, Intrigued

Awed: Overwhelmed, Dumbfounded

Delighted: Pleased, Thrilled

Bewildered: Baffled, Stunned

Emotion Key: **Core:** **Secondary:** Tertiary

Fear

Scared: Worried, Terrified

Anxious: Uneasy, Overwhelmed

Insecure: Inadequate, Inferior

Rejected: Abandoned, Forgotten

Worried: Concerned, Apprehensive

Humiliated: Disrespected, Ridiculed

Overwhelmed: Paralyzed, Stressed

Panicked: Hysterical, Alarmed

Anger

Hurt: Embarrassed,Devastated

Threatened: Insecure, Jealous

Hateful: Resentful, Violated

Mad: Furious, Enraged

Frustrated: Agitated, Infuriated

Irritated: Aggravated, Peeved

Distant: Withdrawn, Suspicious

Resentful: Bitter, Indignant

Offended: Insulted, Exasperated

Emotion Key: **Core:** **Secondary:** Tertiary

Disgust

Disapproving: Judgmental, Loathing

Disappointed: Disenchanted, Annoyed

Repulsed: Nauseated, Sickened

Contemptuous: Scornful, Disdainful

Avoidance: Aversion, Hesitant

Revolted: Appalled, Grossed-out

Disdain: Belittled, Condescending

Awful: Revulsion, Detestable

Repelled: Slighted, Spurned

Sad

Guilty: Ashamed, Regretful, Remorseful

Abandoned: Ignored, Neglected

Despair: Powerless, Vulnerable

Disappointed: Let Down, Discouraged

Depressed: Inferior, Empty

Hurt: Wounded, Pained

Grief-stricken: Mourning, Heartbroken

Lonely: Isolated, Outcast

Bored: Apathetic, Indifferent

GUARD YOUR HEART

ABOVE ALL ELSE, FOR IT DETERMINES THE

COURSE OF YOUR LIFE.

PROVERBS 4:23

MASK

The Ways We Hide + Removing The Mask

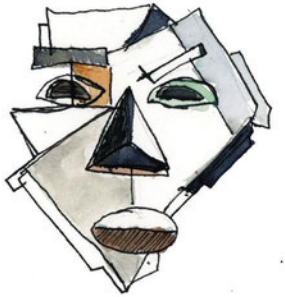
We are all in hiding. Adam and Eve tried to hide behind fig leaves in The Garden, and we have been hiding ever since.

In this episode we discuss the masks we wear, the effects of wearing them, as well as helping each other remove them.

NOTES

VIDEO

PODCAST



The Mask

Which of these masks do you recognize from your “wardrobe”? Use the space to the right of the list to describe a recent or typical time when you have worn one or more of these masks.

- “I’m happy” mask
- “I’m better than most” mask
- “I’m very together” mask
- “I don’t care” mask
- “I’m very important” mask
- “I’m competent enough to not need love” mask
- “I’m the expert” mask
- “I am the theologically trained professional” mask
- “I’m not hurt” mask
- “I’m a victim of others” mask
- “I am self-sufficient” mask
- “I have the answers” mask
- “I am independent” mask
- “I am cool” mask

UNMASKING QUESTIONS

1. How are your relationships affected by mask wearing?

2. What are the circumstances that cause you to wear masks?

Mask Activity Instructions

1. Put words and/or pictures onto the front of your mask that represent the masks that you use.
2. On the inside of the mask put words and/or pictures that represent what you are hiding.
3. The masks can be folded and taped to create a 3-D version.

Mask activity small group discussion questions

1. How do these masks serve you?
2. What does wearing your mask cost you?
3. What does wearing your mask cost God?
4. What does wearing your mask cost others?
5. What do you need in order to live truthfully in community with what is inside of you?
6. Share your mask with your group

Who We Are +
The Importance of Knowing Our True Identity

The world is telling us a story about ourselves and we believe it. We often see our identity through the lens of the world's story. We must look at God's story to see our true identity.

In this episode we dive even deeper into understanding our identity. We examine the lies we believe and ways we can start replacing them with truth.

NOTES

VIDEO

PODCAST

Striving vs Trusting

What is God like? It's a question we often answer with a list of adjectives, but our posture towards God says much more about what we actually believe about Him. Is our posture towards God, one of striving or one of trusting?

This episode is about what faithfulness looks like. We will discuss God's orientation towards man, and how we can begin to lean more into a posture of trusting.

NOTES

VIDEO

PODCAST

STRIVING	TRUSTING
Deadened Longings	Alive To Longing
Self-Protected	Vulnerable
Broken Relationships	Restored Relationships
Withdrawn	Present
Rigid	Free
Demanding	Secure In Christ
Numb	Responsive
Internally Fatigued	Vigorous/Energetic
Self-Condemning	No Condemnation In Christ
Arrogance	Humility
Shallow Happiness	Deeper Satisfaction
Controlling	Trusting In Christ's Control
Performing	Resting In Christ
Overly Busy	Balanced Living
Minimizing The Truth	Accepting The Truth
Intellectualizing	Able To Feel
Shame-Based Identity	Christ-Based Identity
Contempt For Self	Delight In My Design
Contempt For Others	Grace/Acceptance For Others
Jealous Of Others	Loving Others

Who Does God Say You Are?

I am a child of God.

John 1:12

Christ came to give me life and more life than ever before.

John 10:10

I am a branch of the true vine and a conduit of Christ's life.

John 15:1

I am a friend of Jesus.

John 15:15

Christ has me... In this world there will be trouble, but take heart, He has overcome the world.

John 16:33

I have been set free from the law of sin and death.

Romans 8:1-2

If Christ is for me, who can be against me?

Romans 8:31

Christ died for me, rose for me, reigns over me, even prays for me.

Romans 8:34

I am a new creature in Christ.

2 Corinthians 5:17

**I am a free man in Christ,
no longer a slave but an heir.**

Galatians 3:28

Christ has set me free to live life.

Galatians 5:1

**I am chosen, holy, and
blameless before God.**

Ephesians 1:4

**He is at work in me, giving me the will
and power to achieve His purpose.**

Philippians 2:13

**The peace of God guards
my heart and mind.**

Philippians 4:7

God will supply all I need.

Philippians 4:19

I am made complete in Christ.

Colossians 2:10

God loves me and has chosen me.

1 Thessalonians 1:4

WRITE IT DOWN.

Look up “Who God says you are” scriptures. Write them out as prayers, as a truth to be known. Own it.

16 *Then the eleven disciples left for Galilee, going to the mountain where Jesus had told them to go.*

17 *When they saw him, they worshiped him—but some of them doubted!*

18 *Jesus came and told his disciples, "I have been given all authority in heaven and on earth.*

19 *Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.*

20 *Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*

Blessing

Words have profound power. They possess the ability to wound deeply, yet also to bring healing and restoration. Throughout our lives, we have felt the sting of hurtful words. As men, we sometimes struggle to express words of healing, especially to one another. Yet, this is exactly what the Blessing is all about.

Take the time to speak words of healing over each other, to affirm and encourage your brothers. Take a moment to reflect on their Box Talk and the core lie that may have taken root in each man's heart, then replace it with specific truth that unravels that lie and reminds them of who they are in Christ.

Write out the Blessing for each guy in your group using the framework below. Then, take time in your last group meeting to read these aloud in front of the whole group. Send each man home with a copy of his blessing as a token of your time in Iron Collective this year.

NO LONGER:

- No longer defined by past wounds or pain in their story.
- No longer believing this core lie.

NOW:

- Who they are and the image of God you see in them today.
- How they show up when they remove their mask and are fully present in life.

BECOMING:

- Who you see them becoming as they lean into their true identity.
- How they show up fully alive.
- How God is redeeming and restoring their story for His good.
- Close the time by all affirming these words:
  "And together we say....we agree!"

WRITE IT DOWN.

How has Iron Collective impacted your life?

WRITE IT DOWN.

What are you going to do now? There are many paths to take. Continue to unpack your story personally, with your spouse, you kids, or a counselor. You could lead a future group or give to support Iron Collective.

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