

MENTORING MEN – DISCUSSION QUESTIONS

Breaking Worldly Patterns: Recognising the Subtle Ways Men Conform

1. Opening Reflection

Purpose: Get men talking without pressure.

- When you hear the word “*conformity*”, what comes to mind?
- Do you think conformity is usually **obvious** or **subtle**? Why?
- Have you ever realised *after the fact* that something shaped you more than you noticed at the time?

Leader note: Keep this light and conversational. Don't push depth yet.

2. Scripture Engagement – Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind...”

Discussion Questions:

- What do you think Paul means by “*the pattern of this world*”?
- Why do you think Scripture assumes the world **will** shape us, not *might*?
- What's the difference between **behavior change** and **mind renewal**?
- Which part of this verse do men tend to skip or rush through?

Follow-up Prompt (optional):

- In your life right now, where do you sense **pressure to fit a pattern** rather than live transformed?

3. How Conformity Enters Our Lives

"Conformity is not a decision — it's a drift."

Discussion Questions:

- Why do you think conformity usually enters **quietly**, not dramatically?
- Which of these resonated most with you:
 - Performance = worth
 - Material success
 - Comparison
 - Emotional shutdown
 - Sexualised thinking
 - Self-reliance
- Which one do you see most commonly shaping men *in general*?
- Which one are you most vulnerable to **personally**?

Deeper Question (for trust-safe groups):

- Can you identify a time when something that started as "harmless" slowly became a pattern?

Leader note: Normalize struggle. Avoid letting this become a confession competition.

4. Identifying Worldly Patterns

Using the awareness questions from the material:

Group Discussion:

- What shapes your decisions more right now — **God's Word or cultural pressure**?

- What do you tend to crave or escape into when you're tired, stressed, or discouraged?
- Are there any habits in your life that formed **without intention**?
- What's something you find yourself **defending or justifying** that God may be challenging?

Key Line Reflection:

"You can't confront what you're not willing to name."

- Why is naming a pattern so uncomfortable?
- What fears keep men from being honest about hidden patterns?

5. Signs That a Pattern Has Taken Root

Discussion Questions:

- Which of these feels most true for you:
 - Hiding it
 - Justifying it
 - Using it as comfort
 - Feeling defensive when it's challenged
- Why do you think secrecy is often the turning point?
- How do you tell the difference between **conviction** and **condemnation**?

Optional Accountability Prompt:

- Is there one area where you sense God saying, "Let's deal with this" rather than "Ignore it"?

6. Renewing the Mind – Ephesians 4:22–24

Put off the old self → Be renewed → Put on the new

Discussion Questions:

- Which part of this process do men most often skip?
- Why do we prefer “put on the new” without dealing with the old?
- What’s one **lie** you’ve believed that needs to be replaced with truth?
- What environment, habit, or trigger might need to change for renewal to happen?

Practical Application:

- What is **one small act of obedience** you could practice this week?
- What daily habit could help you renew your mind consistently?

7. Closing Reflection & Prayer

Final Questions:

- What stood out to you most from tonight’s conversation?
- Where do you sense God inviting you into **intentional renewal**?
- Who could walk with you in this area — not to fix you, but to support you?

Prayer

“Lord, show us where we’ve conformed without noticing.
Give us courage to name it, grace to face it, and strength to be renewed.”