

Men's Mentoring Discussion Guide

Winning at Home: Being Present & Leading Spiritually

◆ 1. Opening (5 minutes)

Icebreaker question:

- What does “winning at home” mean to you personally?

Group framing:

Many men succeed in work, sport, or ministry—but struggle to be fully present and lead well at home.

◆ 2. Scripture Foundation (10 minutes)

Read together:

- **Deuteronomy 6:6–7** – Everyday spiritual presence in the home:
“These commandments... are to be on your hearts. Impress them on your children. Talk about them when you sit at home...”
- **Ephesians 5:25** – Sacrificial love, not dominance:
“Husbands, love your wives, just as Christ loved the church.”
- **Joshua 24:15** – Intentional leadership and commitment:
“As for me and my household, we will serve the Lord.”

Discuss:

- Which of these scriptures challenges you the most right now?
- Which one best describes how you currently lead at home?

◆ 3. Being Present: The Real Struggle (15 minutes)

Key insight:

Many men confuse providing with being present.

Common realities:

- Physically tired
- Mentally drained
- Emotionally unavailable

Discussion questions:

- Where do you see yourself in this list?
- What do you typically do when you feel drained at home?
- Do you think your family experiences you as present or distracted?

Reflection:

“Your family doesn’t just need what you bring... they need you.”

◆ 4. What Does Real Presence Look Like? (15 minutes)

Practical picture of presence:

- Eye contact
- Putting your phone down
- Asking real questions
- Emotional availability
- Giving your best, not leftovers

Group discussion:

- Which of these do you do well?
- Which is hardest for you?
- What distracts you most at home?

Heart check:

“You can’t lead people you’re not present with.”

◆ 5. Understanding Spiritual Leadership

Two common pitfalls:

- Passive: “Someone else will lead”
- Controlling: “My way or nothing”

Biblical model:

Jesus shows servant leadership—not control.

Discussion questions:

- Which extreme do you tend to fall into—passive or controlling?
- How did your upbringing shape your leadership style at home?

◆ 6. What Healthy Spiritual Leadership Looks Like

Practically, it means:

- Taking responsibility for the spiritual climate
- Initiating prayer
- Leading by example
- Creating space for God

Discussion:

- Which of these are already part of your life?
- Which one would make the biggest difference if you started this week?

◆ 7. 5 Practical Ways to Lead Well

Go through each together:

1. Lead Yourself First

- Are you personally walking with God right now?

2. Keep It Simple

- Short prayers, simple conversations—not sermons

3. Invite, Don't Force

- How can you create space instead of pressure?

4. Be Consistent, Not Perfect

- What small habit can you repeat daily?

5. Create a Safe Space

- Does your home feel safe, loving, and honest?

Group exercise:

- Each man shares ONE practical step he will implement this week.

◆ 8. Bringing It Together

Core principle:

“Presence builds connection. Leadership provides direction.”

Discuss:

- Where are you strong—presence or leadership?
- Where are you lacking?

Truth:

- Leadership without presence → distance
- Presence without leadership → drift

◆ 9. Weekly Challenge

Each man answers:

- Am I truly present at home?
- Am I leading spiritually—or avoiding it?

Choose ONE action this week:

- Put your phone down earlier
- Pray with your family
- Start a meaningful conversation

◆ 10. Closing Prayer

Invite one or two men to pray:

- For presence at home
- For humility in leadership
- For stronger families

✓ Leader Tips (Optional)

- Keep it real, not preachy
- Allow honesty—this topic exposes weakness
- Model vulnerability first
- Celebrate small wins week to week