

# A Man's Battles in The Red Zone



Making decisions during the critical  
times of your life!

# A Man's Battle in the Red Zone

## Preference

This study is designed to help you make decisions during the critical times of life, when the stakes are high and the risks are real. The basic theme is built around one single thought:

“If today is really the first day of your life, how are the decisions you make today impacting your tomorrows?”

It may be a simple thought, but if you could see the future impact of the decisions you make today, what would you change? How would you change the way you make decisions?

Every decision you've made in the past has put you or someone you love on a very specific path. Likewise, the decisions you make today will lead you or someone else down a new path. What seems like a small decision today, could lead down a path that has a big impact on someone's life tomorrow.

What if you had the ability and insight to see the path each decision you make will lead? Would you change anything? Hopefully, working through this study will help you answer these questions!

## Band of Brothers and Mentoring



The other step in managing your Secret Faces and habits is having a true, Band of Brothers. These are men you totally trust, not men you hang out with or go to the gym with. Pick men that know everything about you! Men that know the innermost Secret Faces of your life still love you.

These men aren't easy to find and you will go through some pain and heartache looking for them. But these men are out there and they are worth the pain of the hunt. You have to be patient. Men looking for the same type of brotherhood could be watching you. Are you someone they could trust? You say you are, but what do your actions say about you? Just as you have watched other men and seen their different sides or their Secret Faces, other men could be watching you and looking for that brotherhood connection. You must remember they see your Secret Faces too. So, how do you move forward?

In your efforts to find Godly men, you will spend time together at retreats, church functions or your children may be involved in some of the same activities. Your task is to break the ice with a man and start discussions about building that brotherhood bond. As you get to know each other, you may each have some of the same habits. You can start by sharing your desire for the brotherhood accountability to help you fight off these

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unhealthy habits. You have to be vulnerable, but that doesn't mean you spill your guts about everything during your first discussion. You must make sure he is ready for that brotherhood bond. If he isn't ready at this point in his life, you must continue your search. But don't close this door, you still have the opportunity to build a mentoring relationship. Mentoring is not a one sided affair, each man in the mentoring relationship learns from the other. You learn through each other's life experiences. Even though you don't develop that deep brotherhood accountability relationship, you have impacted the life of another man, and he has impacted your life. Hopefully, you are strengthening each other's relationship with God in the process.

The word "mentoring" is not found in the bible. But, "acts of mentoring" are described from the beginning to the end of the Bible. In most cases, each time mentoring happens in the Bible, it is when someone is facing a critical time. One of the most famous examples is when Nathan confronts King David. Read **2Samuel 12:1-13**. Nathan calls David's hand on something he's done. Nathan doesn't get in King David's face, but Nathan allows King David to view his wrong from someone else's point of view. When King David saw past himself and saw his actions clearly, he saw the truth. King David saw what the truth looked like and he was ashamed! King David also learned how his poor decisions would impact his family. Read the rest of **2Samuel 12** to understand how the decisions or choices of King David's impacted his family.

As all mentors do, Nathan was there to help guide King David. When Nathan saw something wrong, he was there to offer wise council. You can almost compare mentoring to the game of golf. When a pro golfer needs help making a decision on what type of shot to make or which club to use, he turns to his caddy. A mentor could be considered a "Life Caddy". A life



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Caddy is someone who is there to help you during the difficult times. It is someone to offer you good, sound advice because he has your best interest in mind and his advice is based on solid biblical teachings.

The relationship between Nathan and King David can be viewed as either one of brotherhood or mentoring; it has a little of both elements. Sometimes a true mentor and mentee relationship turns into a brotherly bond, but that is not the purpose of a mentoring relationship. A mentor and mentee relationship is meant to last for the different seasons of your life. The length of the season depends on the mentor and mentee relationship, but the brotherly bond lasts for a life time.

You might be thinking you don't have the desire to be a mentor. You just don't have the time to invest into another man! Well, like it or not you are mentoring someone! If you claim to be a Godly man, if you stand in a group of men and say God is the leader of your life, others are watching. They are watching to see how a Godly man lives and as they watch you are living the life of a mentor! So, the question you must ask yourself is this: "Is your life a positive or negative impact on those watching?" Can they see God through your daily life? Or, is your life described in **James 3: 14-26**? These verses talk about faith and works. The question is; Do the works of your life match the faith you confess to having?

Meanwhile, your search for your Godly brothers continues! With each relationship, each mentoring contact, you grow closer to your band of brothers. You may feel that all is lost and nothing is working out the way you expected. But, as mentioned before, other men have been watching you in your mentoring relationships! They have been watching you as you live your life as a Godly man. Through your works and your walk, they began to see you as

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that man who would make a good Godly brother and they start seeking that relationship with you!

To be a true brother in Christ to someone, we must be faithful to God and be willing to be his hands and feet. If God could call up twelve ordinary men and use them to change the world, why can't he use you? Just work to impact one man at a time! Through that one mentoring relationship you will impact the world. Each mentoring relationship you encounter creates a ripple effect in the lives of others. If you have ever thrown a rock into a pond you'll understand. From the moment the rock breaks the surface of the water, rings of water (ripples) go out in all directions changing the surface of the water as they pass across the pond. Each mentoring relationship you have with another man creates the same ripple effect in life. You are not changing the surface of the pond, instead you are changing lives!

As we are told in **Galatians 2:20**, *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me."* As Christ gave Himself up for you, you must surrender your life to Him. Be willing to let Him be Lord and Master over your life.

Mentoring is best described in **Proverbs 27:17**;

(NIV) **Prov: 27:17**      **As iron sharpens iron,  
so one person sharpens another.**

As you live life with other men and your paths cross, you are sharpening each other and making yourself a better tool for God to use. This is the power of a true brotherly bond between men and among men .

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It's kind of like living your life for someone else. Stop and think about it. We were given two commandments in the New Testament. In Mark 12: 30 we are told "*you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.*" In Mark 12:31 it says, "*You shall love your neighbor as yourself.*" *There is no other commandment greater than these.*"

Your life is not yours! Your life is meant to be a reflection of your love for God and what he means to you! While everyone else benefits from your action, you are not living your life for them. You are living your life for someone else, God.

In an act of true love and devotion, God gave you complete control over your life. You have the choice to love Him in return and let your life be a reflection of that commitment or you can reject His love. The choice is completely left up to you!

Once you have accepted the reality that your life truly does belong to God, you make the choice to live your life for Him and everything become crystal clear. You begin to recognize your Secret Faces and their habits. You also begin to recognize the excuses you use to justify or hide your Secret Faces. You no longer carry the burden around with you worrying that someone will find out your secret faces. You are set free!

Does this mean life will be easy, no it doesn't. In most cases it becomes harder. There are two huge factors that don't want you to change, the world we live in and the current ruler of this world, Satan. Remember the ripples on the surface of the pond, those ripples

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you created with each mentoring relationship also impacts Satan's world. He would do anything to break up or stop those ripples. In the beginning, it's hard because of the grip he has on you and the lies he's told you are hard to see through. This is where your band of brothers are really important. The stronger you become in your relationship with God, the weaker he(Satan) becomes and the less this corrupted world controls you. As you grow in Christ the phase "being politically correct" has no control over your thinking process any longer, it is just a lie created by Satan. You are living out Romans 13:9 that says, *You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet.*" You follow other commandments that can be summed up as, "You shall love your neighbor as yourself." Eventually the phase politically correct, has no meaning to you. Loving your neighbor as yourself removes the lie that Satan has created.

We are called to love everyone as our brother in Christ. To love them not because of their situation or circumstances, but because Christ loves them "just as they are". Their situation was created by man, by the human choices we make. The truth be told, they were created by Satan when he tempted Eve in the garden. That was when the downfall of the world began and he is using the same lies against you today. But you see, if you would just follow that one verse, **Romans 13:9**, you would treat your brother with respect and have his best interest at heart. And, he would have your best interest at heart. Just think how different the world would be if we all followed **Romans 13:9**. But, it has to start some where, one ripple at a time.

## Choices



Choices and decisions we are faced with today can change the world. In your decision to follow Romans 13:9, you are choosing to live Galatians 2:20. In making the decision to live your life according to these two verses, you will create ripples of change in the lives of others as well as in your own life. Your ability to make decisions during the critical times in The Red Zone, will become much easier. Your vision and focus will be clear and will enable you to think straight during the Red Zones of your life!

So, what's it going to be?

What's your choice?

Will you make the commitment to let God have control over your life?

There was a book written by John Ortberg that describes one reason it is important to think this way. The book is called, "It All Goes Back In The Box". When it's all said and done at the end of your life, it all goes back in the box. In his book, John compares life to a Monopoly game. All the property and money you've acquired during the game, it all goes back in the box at the end. When the game is over and the lid is closed, the only thing that matters is "how you played the game". What's remembered is the integrity with which you made decisions and loved those around you. That's all that's remembered when the lid is closed and everything is placed in the box. The only

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thing that will live after you depart and become part of your legacy is the integrity with which you made decisions while you were alive.

In **Luke 12: 15-20**, Christ put it this way in a parable, *15."Then He said to them, "Beware, and be on your guard against every form of greed; not even when one has an abundance does his life consist of his possessions." 16."And He told them a parable, saying, "The land of a rich man was very productive". 17."And he began reasoning to himself, saying, 'What shall I do, since I have no place to store my crops?' 18. Then he said, "This is what I will do: I will tear down my barns and build larger ones, and there I will store all my grain and my goods". 19. And I will say to my soul, "Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry." 20. But God said to him, "You fool! This very night your soul is required of you; and now who will own what you have prepared?"*

When it's all said and done, it "all goes back in the box" and you will leave this world with nothing except the treasures you gained while walking in faith and serving others as the hands and feet of God. So the last question for you is this: when your stuff is placed in the box, will your decisions and the choices you made be favorable on the ones you leave behind? Or, will they struggle because of the bad decisions and poor choices you made?

Most importantly, **Will they be able to look to your life as an example of a Godly man?**



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Below is the list of Personal Traits. There is no right or wrong answers. This is simply a check list for you to help identify some of the things that make you who you are. Take the time to read each one and to look back at your life to see the trait in your life. Hopefully at the end, you will be able to look at the list and see both the negative and positive traits in your life. You will then be able to put together your plan to strengthen the positive traits and remove the negative traits. Good luck!

### Personal Traits

Never      Seldom      Sometimes      Often      Always

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I feel a strong responsibility to help the people around me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I tend to be conscious of my behavior around others
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am highly aware of others' behavior around me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I have trouble saying no, even when I know my plate is full.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I constantly seek the approval and respect of others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am overly critical of others and they way they act or just because they are different.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I have the habit of always watching the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am easily angered or irritated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I have the tendency to quickly talk to speed up a conversation so I can move on.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you react strongly when you are criticized by your wife?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you react more to criticism from a woman more than you do to criticism from a man?

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Never      Seldom      Sometimes      Often      Always

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you find yourself in a hurry more often than not?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you find it difficult to fully listen to someone when they are talking, usually you think of other things?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am always prepared.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I pay attention to the details.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I keep to myself and blend in with the background.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I sympathize with others' feelings.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I mess things up and don't always follow through with my commitments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I always have something to say.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When assigned a task, I quickly complete it.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I don't often put things back in their place when I use them.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I like to impress people with things I've done.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I have a deep fear of anger or rejection of others.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I often feel guilty about "should haves" and "ought to's".
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I wonder about what others say about me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am afraid others will really see me for who I am.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you impatient with others when they don't respond to you in a timely fashion?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you likely to ask for help from others?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have to always win to feel satisfied?

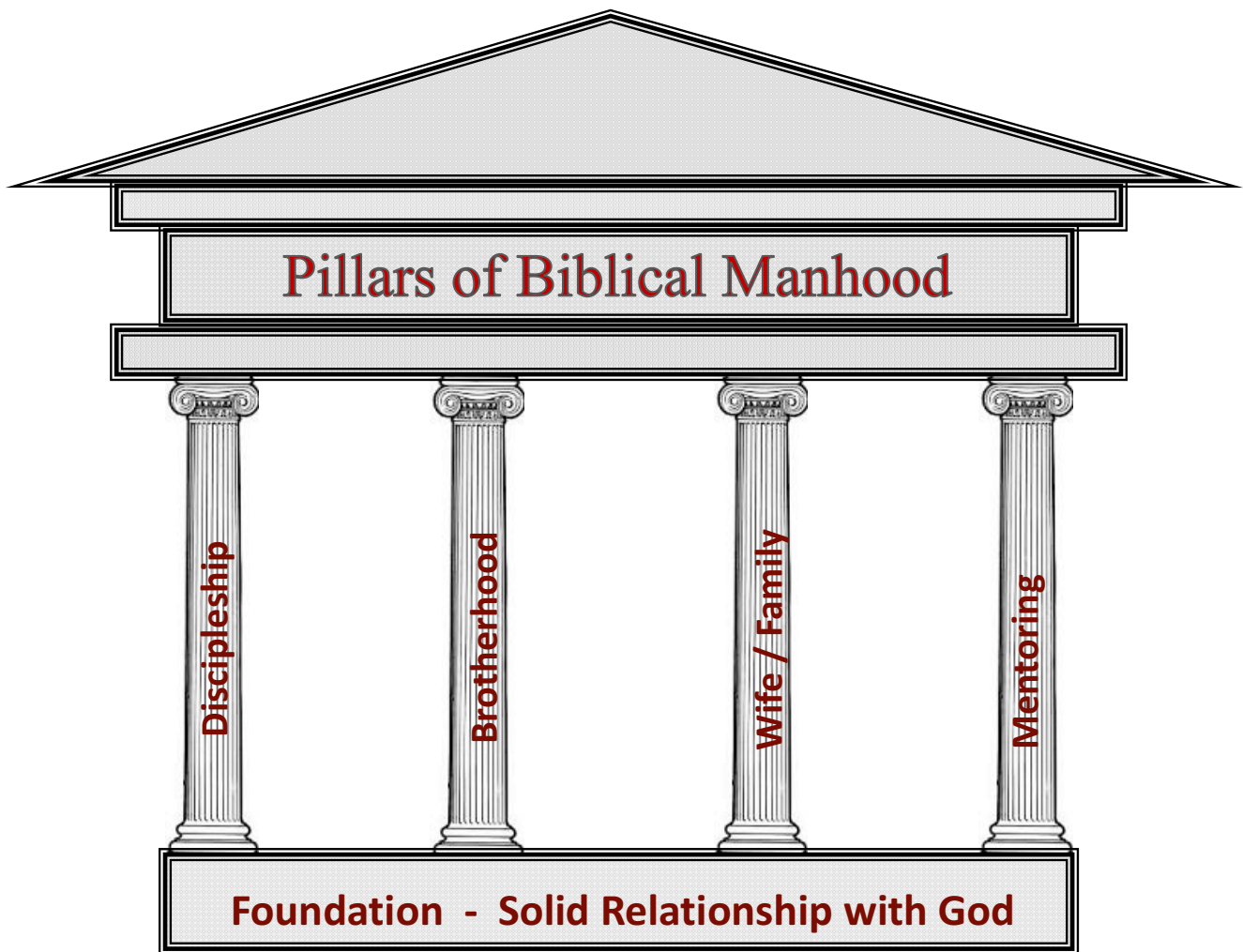
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Never      Seldom      Sometimes      Often      Always

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have to constantly strive to better yourself to feel complete or a sense of achievement?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to make decisions that impact others without their input?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you make decisions that impact your wife without her input?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have difficulty admitting when you are wrong?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you get upset when your wife makes decisions without first consulting with you?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you a highly competitive person?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When you make a decision that affects your wife, do you just let her know and expect her to comply without asking any questions?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you use manipulation or guilt to get your wife to comply with your decisions?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience anxiety when wife's mood is different than expected?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you comfortable talking with your wife about things that upset you?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you feel underappreciated by your wife when she disagrees with your decisions?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to isolate yourself from your wife in difficult situations?

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I hope this study has brought some insight into the different areas of your life. These are areas we all struggle with and places we all need a brother to lean on from time to time. If you will build your life based on the structure below, you will find that when it comes time to make a decision during a critical times of life, (In The Red Zone) you'll be prepared.



Thought to Remember:

If today were to be the last day of your life on earth, how do the decisions you make today impact the tomorrows of the ones you love?

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**Last Thoughts:** Write a letter to yourself! Tell yourself what you've learned and what you see as your next steps. Pray for God to open your eyes and heart to hear His voice. Listening is always the one side of our conversations with God we forget about! We take time to tell Him about our needs but most of us don't take time to listen. Listening is the single most important part of our conversations with Him!

My Letter to Myself: