

# NSH Mighty Men's Ministry: An Introduction to the Brotherhood Table

Men, welcome to the Brotherhood Table.

This is not a class.

It's not a lecture.

And it's not a place where anyone has to pretend.

This table exists because men grow best when faith meets real life. We all carry responsibilities. We all face pressure. And many of us were taught to handle it quietly. But God never intended for men to grow alone.

At this table, Scripture grounds us. Conversation shapes us. Brotherhood strengthens us.

## How to Make These Discussions Fruitful

The value of this table is not found in how much you talk.

It's found in how honest you are willing to be.

A few simple commitments will help this space work:

- **Come ready to listen**, not to fix anyone.
- **Speak honestly**, but wisely.
- **Respect confidentiality**. What's shared at the table stays at the table.
- **Let Scripture lead** the conversation, not opinions or pride.
- **Focus on growth**, not perfection.

You don't have to have the right words. You just need to be real.

Some nights you may talk a lot.

Some nights you may listen more.

Both matter.

Growth happens when men show up consistently and stay open to what God is doing.

## **Why Brotherhood Matters**

Isolation weakens men.  
Connection strengthens them.

Every man needs at least one place where he can:

- Be honest without judgment
- Learn without pressure
- Grow without pretending

This table is designed to be that place.

## **An Encouragement to Invite Other Men**

If this table blesses you, don't keep it to yourself.

There are men who:

- Love God but feel tired
- Carry pressure silently
- Want to grow but don't know where to start
- Have stepped away because church felt distant

A simple invitation can change that. You don't have to explain everything. Just say:

"Come sit at the table with us."

Brotherhood grows one invitation at a time.

## **A Final Word**

No one is here by accident. If you keep showing up, stay open, and walk this journey together, God will do more in you than you expect.

Welcome to the Brotherhood Table.

## **THE BROTHERHOOD TABLE**

### **Month 1. A Man and His Identity**

**Theme. Knowing who you are before deciding what you do**

**Scripture Anchor** Genesis 1:26–27 1 Peter 2:9

**PURPOSE OF THIS SESSION** - Today is about grounding men in one truth. Before a man figures out his role, his work, or his responsibility, he must be clear about his identity. Many men live driven, tired, and pressured because they are trying to **prove** who they are instead of **living from** who God says they are.

### **OPENING. SETTING THE TABLE (5 minutes)**

Today we're not here to impress anyone. We're here to be honest, grounded, and strengthened. This table is a place for real men, real faith, and real life.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Genesis 1:26–27** out loud. Then read **1 Peter 2:9**.

Practical Points to Know

- Before Adam worked, ruled, or led, he was created in God's image.
- Identity came before assignment.
- Peter reminds believers that our identity is received, not achieved.

Key statement: Identity answers the question. Who am I when no one is watching?

### **FRAMING THE TOPIC. IDENTITY PRESSURE ON MEN (10 minutes)**

Men are often identified by:

- What they do
- How much they make
- How strong they appear
- How much they provide

- How well they perform

That pressure leads to:

- Exhaustion
- Comparison
- Anger
- Silence
- Isolation
- Fear of failure

Biblical truth: God defines a man before the world evaluates him. If identity is misplaced, everything else becomes unstable. When a man doesn't know who he is in God, he will chase validation everywhere else.

### **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

Break into tables or stay as one group depending on size.

**Question 1** - Where do men feel the most pressure today to prove themselves?

Follow-up prompt.

Work. Family. Finances. Reputation. Strength. Emotions.

**Question 2** - How does culture define a “successful man”. How does Scripture define a faithful man?

Reference Genesis 1 and 1 Peter 2 again if needed.

**Question 3** - What happens to a man when his identity is tied only to what he does?

**Question 4** - Which part of 1 Peter 2:9 speaks most to where you are right now?

Chosen

Royal

Set apart

Belonging to God

**Question 5** - What makes it difficult for men to talk about identity and insecurity openly?

### **BROTHERHOOD CHALLENGE.**

#### **Monthly Brotherhood Challenge**

For the next 30 days:

1. Read **1 Peter 2:9** once a day.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 2. A Man and His Integrity**

**Theme. Who you are when no one is watching**

**Scripture Anchor.** Proverbs 11:3 • Psalm 15:1–2

## **PURPOSE OF THIS SESSION**

Today is about integrity. Integrity is not perfection. It is consistency. Many men lose peace not because they are evil, but because they are divided. God calls men to live whole lives. The same man in private and in public.

### **OPENING. SETTING THE TABLE (5 minutes)**

This table is a place for honesty.  
No pretending. No posturing.  
We grow when we tell the truth.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read Proverbs 11:3, then Psalm 15:1–2.

#### **Practical Points to Know**

- Integrity means being whole, not split.
- God values truth in the inner life.
- Integrity guides decisions when pressure hits.

#### **Key statement:**

Integrity is who you are when shortcuts are available.

## **FRAMING THE TOPIC. PRESSURE ON INTEGRITY (10 minutes)**

Men are tempted to compromise through:

- Small lies
- Hidden habits
- Unchecked anger
- Financial shortcuts
- Silence when truth is needed

Compromise often feels small at first.  
But small cracks weaken the whole structure.

Biblical truth: God honors integrity even when it costs you.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

Where do men feel the strongest pressure to compromise today?

### **Question 2**

Why is integrity harder to maintain when no one is watching?

### **Question 3**

How does a lack of integrity affect peace, family, and leadership?

### **Question 4**

What helps a man stay accountable?

### **Question 5**

What is one area where integrity needs strengthening?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Ask daily. “Does this decision honor God?”
2. Refuse one shortcut you would normally take.
3. Invite accountability from one trusted brother.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 3. A Man Under Pressure**

**Theme. Standing firm without losing yourself**

**Scripture Anchor.** Daniel 6 • James 1:12

### **PURPOSE OF THIS SESSION**

Men carry pressure silently. Work pressure. Family pressure. Financial pressure. Faith pressure. Today is about learning how to stand firm without becoming hard, angry, or withdrawn.

### **OPENING. SETTING THE TABLE (5 minutes)**

Pressure reveals what's already inside us.  
Today is about learning how to respond faithfully.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read Daniel 6:10 and James 1:12.

#### **Practical Points to Know**

- Daniel stayed consistent under pressure.
- Pressure did not change his devotion.
- God honors faithfulness, not panic.

#### **Key statement:**

Pressure does not create character. It reveals it.

### **FRAMING THE TOPIC. HOW MEN HANDLE PRESSURE (10 minutes)**

Men often respond to pressure by:

- Shutting down
- Lashing out
- Escaping
- Overworking
- Withdrawing spiritually

Biblical truth: Faithfulness under pressure produces strength, not loss.

## **TABLE TALK. GUIDED DISCUSSION**

Questions follow the same structure as Month 1, focused on pressure, coping, and faith responses.

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Identify one pressure source.
2. Pray before reacting.
3. Choose faith over impulse.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 4. A Man and His Family**

**Theme. Leading through presence, not dominance**

**Scripture Anchor.** Ephesians 5:25 • Joshua 24:15

## **PURPOSE OF THIS SESSION**

Today is about understanding God's call for men in the family. Biblical leadership is not control, volume, or authority for its own sake. It is responsibility, presence, and sacrificial love. Many men want strong families but have never been shown how to lead faithfully at home.

## **OPENING. SETTING THE TABLE (5 minutes)**

Today is not about perfection as a husband or father.  
It's about responsibility, growth, and presence.  
Leadership at home starts with showing up.

## **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Ephesians 5:25**, then **Joshua 24:15**.

### **Practical Points to Know**

- Christ leads the church through sacrifice, not force.
- Biblical leadership begins with love.
- Joshua understood leadership as a decision, not a feeling.

### **Key statement:**

Leadership in the home is built on love, not control.

## **FRAMING THE TOPIC. PRESSURE ON MEN IN THE HOME (10 minutes)**

Men often feel pressure to:

- Provide financially
- Fix problems quickly
- Stay strong emotionally
- Avoid vulnerability
- Carry stress silently

That pressure can lead to:

- Absence
- Harshness
- Withdrawal
- Disconnection

Biblical truth: God calls men to lead through presence, not dominance.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

What does culture say a man's role in the home should be?

### **Question 2**

How does Scripture describe leadership differently?

### **Question 3**

Why is presence often harder than provision?

### **Question 4**

What habits strengthen or weaken leadership at home?

### **Question 5**

What is one way you can lead more intentionally this month?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Initiate one meaningful conversation each week at home.
2. Pray for your family by name at least three times a week.
3. Choose presence over distraction.

## **PRAYER AT THE TABLE**

## **THE BROTHERHOOD TABLE**

### **Month 5. A Man and His Work**

**Theme. Working with purpose, not pressure**

**Scripture Anchor.** Colossians 3:23 • Proverbs 16:3

## **PURPOSE OF THIS SESSION**

Work shapes how many men see themselves. Today is about reframing work as stewardship, not identity. God cares about how men work, not because work defines them, but because work reveals discipline, integrity, and faith.

### **OPENING. SETTING THE TABLE (5 minutes)**

Work can be a blessing or a burden.  
Today is about learning how to work with faith, not fear.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Colossians 3:23**, then **Proverbs 16:3**.

#### **Practical Points to Know**

- Work is done for the Lord, not just people.
- God invites men to commit their work to Him.
- Purpose replaces pressure when God is first.

#### **Key statement:**

Your work is not your worth.

### **FRAMING THE TOPIC. PRESSURE AROUND WORK (10 minutes)**

Men often feel pressure to:

- Perform constantly
- Compare success
- Carry financial stress alone
- Tie self-worth to productivity

That pressure leads to:

- Burnout
- Anxiety
- Neglect of family and faith
- Loss of joy

Biblical truth: God values faithfulness over success.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

How does work shape how men see themselves?

### **Question 2**

What makes it difficult to separate identity from occupation?

### **Question 3**

How does Scripture redefine success?

### **Question 4**

What does it look like to commit your work to God?

### **Question 5**

What needs to change in how you approach work?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Begin each workday with prayer.
2. Refuse comparison.
3. Work with excellence without tying worth to results.

## **PRAYER AT THE TABLE**

## **THE BROTHERHOOD TABLE**

### **Month 6. A Man and His Brotherhood**

**Theme. Strength grows in community**

**Scripture Anchor.** Ecclesiastes 4:9–12 • Proverbs 27:17

## **PURPOSE OF THIS SESSION**

Men are not designed to grow alone. Isolation weakens faith, judgment, and endurance. Today is about building brotherhood that sharpens, supports, and strengthens men in their walk with God.

### **OPENING. SETTING THE TABLE (5 minutes)**

Brotherhood does not happen accidentally.  
It is built through trust, consistency, and honesty.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Ecclesiastes 4:9–12**, then **Proverbs 27:17**.

#### **Practical Points to Know**

- Strength multiplies in partnership.
- Isolation increases vulnerability.
- God uses brotherhood to sharpen character.

#### **Key statement:**

Strong men grow stronger together.

### **FRAMING THE TOPIC. MEN AND ISOLATION (10 minutes)**

Men often isolate because of:

- Pride
- Fear of judgment
- Past hurt
- Desire for independence
- Lack of trust

Isolation leads to:

- Weak accountability
- Poor decisions
- Spiritual drift

Biblical truth: God strengthens men through godly relationships.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

Why is it difficult for men to build real friendships?

### **Question 2**

How does isolation affect faith and decision-making?

### **Question 3**

What makes brotherhood different from casual friendship?

### **Question 4**

What does accountability look like in real life?

### **Question 5**

What step can you take toward deeper connection?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Reach out to one brother each week.
2. Be honest about one struggle.
3. Pray with or for another man.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 7. A Man and His Faith Habits**

**Theme.** Building consistency that sustains growth

**Scripture Anchor.** Luke 5:16 • Psalm 1:1–3

## **PURPOSE OF THIS SESSION**

Today is about spiritual habits. Many men believe growth happens through motivation alone, but growth is sustained through discipline. Faith habits do not make a man spiritual. They keep a man connected. Consistency matters more than intensity.

## **OPENING. SETTING THE TABLE (5 minutes)**

Growth does not happen by accident.

Today is about the small choices that shape a strong faith.

## **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Luke 5:16**, then **Psalm 1:1–3**.

### **Practical Points to Know**

- Jesus practiced intentional withdrawal for prayer.
- Habits shaped His strength.
- The blessed life flows from steady connection.

### **Key statement:**

Strong faith is built through consistent habits.

## **FRAMING THE TOPIC. HABITS AND SPIRITUAL DRIFT (10 minutes)**

Men drift when:

- Prayer becomes occasional
- Scripture becomes optional
- Faith becomes reactive

Busyness replaces devotion.

Routine replaces hunger.

Biblical truth: What a man practices daily shapes who he becomes spiritually.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

What habits shape your daily life right now?

### **Question 2**

Why is consistency harder than intensity?

**Question 3**

How do poor habits affect spiritual strength?

**Question 4**

What habit would most strengthen your faith?

**Question 5**

What keeps men from building spiritual routines?

**BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Choose one daily faith habit.
2. Practice it at the same time each day.
3. Protect it from distraction.

**PRAYER AT THE TABLE****THE BROTHERHOOD TABLE****Month 8. A Man and His Emotions**

**Theme. Strength includes emotional honesty**

**Scripture Anchor.** Psalm 42:5 • Matthew 26:38

**PURPOSE OF THIS SESSION**

Men are often taught to suppress emotion rather than steward it. Today is about learning how emotional honesty strengthens faith instead of weakening it. God does not call men to silence. He calls them to truth.

**OPENING. SETTING THE TABLE (5 minutes)**

This table is a place for honesty.  
Strength grows when truth is spoken.

## **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Psalm 42:5**, then **Matthew 26:38**.

### **Practical Points to Know**

- David spoke openly to God about his emotions.
- Jesus expressed sorrow without losing faith.
- Emotional honesty is not weakness.

### **Key statement:**

Faith grows when emotions are acknowledged, not ignored.

## **FRAMING THE TOPIC. MEN AND EMOTIONAL SILENCE (10 minutes)**

Men often respond to emotions by:

- Suppressing them
- Masking them with anger
- Avoiding conversation

Silence leads to distance.

Distance leads to isolation.

Biblical truth: God invites men to bring their whole selves to Him.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

What emotions are hardest for men to express?

### **Question 2**

How does emotional silence affect relationships?

### **Question 3**

Why do men equate emotion with weakness?

### **Question 4**

How does Scripture model emotional honesty?

**Question 5**

What is one emotion you need to handle more faithfully?

**BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Name one emotion daily before God.
2. Refuse emotional shutdown.
3. Practice honest prayer.

**PRAYER AT THE TABLE****THE BROTHERHOOD TABLE****Month 9. A Man and His Finances**

**Theme.** Stewardship reflects trust

**Scripture Anchor.** Proverbs 21:5 • Matthew 6:24

**PURPOSE OF THIS SESSION**

Money reveals trust, priorities, and discipline. Today is about financial stewardship, not shame. God cares about how men manage resources because stewardship shapes peace, provision, and witness.

**OPENING. SETTING THE TABLE (5 minutes)**

Money creates pressure.  
Today is about wisdom, not guilt.

**SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Proverbs 21:5**, then **Matthew 6:24**.

### **Practical Points to Know**

- Planning reflects wisdom.
- Divided loyalty creates anxiety.
- God calls for faithful stewardship.

### **Key statement:**

Stewardship reveals where trust is placed.

### **FRAMING THE TOPIC. FINANCIAL PRESSURE ON MEN (10 minutes)**

Men often feel pressure to:

- Provide without planning
- Spend emotionally
- Avoid accountability

That pressure leads to anxiety and strain.

Biblical truth: God honors wisdom, planning, and obedience.

### **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

#### **Question 1**

What pressures shape financial decisions?

#### **Question 2**

Why do men avoid talking about money?

#### **Question 3**

How does Scripture redefine financial success?

#### **Question 4**

What habits promote financial peace?

#### **Question 5**

What step toward stewardship is needed?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Review finances honestly.
2. Create or adjust a simple plan.
3. Pray before major decisions.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 10. A Man and His Witness**

**Theme.** Living faith visibly and faithfully

**Scripture Anchor.** Matthew 5:16 • Colossians 4:5–6

### **PURPOSE OF THIS SESSION**

Every man communicates faith through actions, words, and choices. Today is about understanding how daily life serves as a witness. Faith is lived before it is spoken.

### **OPENING. SETTING THE TABLE (5 minutes)**

Faith is not hidden.  
It is lived daily through decisions.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Matthew 5:16**, then **Colossians 4:5–6**.

### **Practical Points to Know**

- Faith shines through conduct.
- Wisdom shapes conversations.
- Actions amplify testimony.

**Key statement:**

Faith is shown through everyday obedience.

**FRAMING THE TOPIC. MEN AND DAILY WITNESS (10 minutes)**

Witness is shaped by:

- Attitude
- Integrity
- Speech
- Response to pressure

Biblical truth: Consistent faith influences others.

**TABLE TALK. GUIDED DISCUSSION (30–40 minutes)****Question 1**

Where is your faith most visible?

**Question 2**

How do actions speak louder than words?

**Question 3**

What damages Christian witness?

**Question 4**

How can men represent Christ faithfully?

**Question 5**

What change would strengthen your witness?

**BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Practice intentional kindness.
2. Guard speech.
3. Live faith consistently.

## **PRAYER AT THE TABLE**

### **THE BROTHERHOOD TABLE**

#### **Month 11. A Man and His Perseverance**

**Theme. Remaining faithful through challenge**

**Scripture Anchor.** James 1:12 • Galatians 6:9

### **PURPOSE OF THIS SESSION**

Faith is tested over time. Today is about perseverance. God honors endurance, not quick success. Men are called to remain faithful even when progress feels slow.

### **OPENING. SETTING THE TABLE (5 minutes)**

Faithfulness matters most when endurance is required.

### **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **James 1:12**, then **Galatians 6:9**.

#### **Practical Points to Know**

- Endurance produces reward.
- Weariness tempts quitting.
- Faithfulness brings harvest.

#### **Key statement:**

Endurance proves faith.

### **FRAMING THE TOPIC. MEN AND QUITTING (10 minutes)**

Men face temptation to quit when:

- Results delay

- Effort feels unseen
- Pressure increases

Biblical truth: God strengthens those who remain faithful.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

Where do men feel tempted to quit?

### **Question 2**

Why is perseverance difficult?

### **Question 3**

How does Scripture encourage endurance?

### **Question 4**

What helps men remain faithful?

### **Question 5**

Where is perseverance needed most?

## **BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Refuse to quit one area of obedience.
2. Pray for strength daily.
3. Encourage another brother.

## **PRAYER AT THE TABLE**

## **THE BROTHERHOOD TABLE**

### **Month 12. A Man and His Legacy**

**Theme. Living with the end in mind**

**Scripture Anchor.** Psalm 112:1–3 • 2 Timothy 4:7

## **PURPOSE OF THIS SESSION**

Legacy is built daily, not at the end of life. Today is about understanding that decisions made now shape what remains later. Faithful men live with intention.

## **OPENING. SETTING THE TABLE (5 minutes)**

Legacy is formed through daily faithfulness.

## **SCRIPTURE READING WITH CONTEXT (5 minutes)**

Read **Psalm 112:1–3**, then **2 Timothy 4:7**.

### **Practical Points to Know**

- Righteous living blesses generations.
- Faithfulness defines legacy.
- Finishing well matters.

### **Key statement:**

Legacy is built through consistent obedience.

## **FRAMING THE TOPIC. THINKING BEYOND TODAY (10 minutes)**

Men often focus on:

- Immediate pressure
- Short-term success

Biblical truth: God calls men to live with future impact.

## **TABLE TALK. GUIDED DISCUSSION (30–40 minutes)**

### **Question 1**

What legacy are you building now?

**Question 2**

How do daily choices shape legacy?

**Question 3**

What do you want others to remember?

**Question 4**

What must change to finish well?

**Question 5**

Who are you intentionally influencing?

**BROTHERHOOD CHALLENGE**

For the next 30 days:

1. Identify one legacy value.
2. Live it intentionally.
3. Pray for those who follow.

**PRAYER AT THE TABLE**