

**SET  
YOUR  
SOUL  
FREE.**



Here's to  
the wild life  
God made  
for you  
to live.



# 10 Things to Do With All This Paper

1. Write down the great things John Eldredge and Pastor Craig share at the Wild Life event.
2. Find videos, a Bible Plan, questions, and ideas for your Wild Life Men's LifeGroup.
3. Start a daily writing habit. Come on, just log a couple sentences.
4. Write a description of the man God already made you to be.
5. Set your soul free.
6. Write down any lies you've believed about yourself and then destroy them. Seriously.
7. Write a letter to your dad, whether or not you mail it.
8. Open it every time you need to remember who you were made to be.
9. Quit porn.
10. Help other men live the Wild Life.



“Every time  
God gets a hold  
of a man’s life,  
He leads him  
into a great  
adventure.”

**-John Eldredge**

# Watch *Wild Life Talk* together.

To rewatch *Wild Life Talk*, visit [www.go2.ic/talk](http://www.go2.ic/talk), or find Life.Church's *Wild Life* videos on Apple TV, Amazon Fire TV, Android TV, or Roku.

## *Wild Life Talk* with John Eldredge

What does it mean to be a man?

Key Scripture:

*Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground." So God created human beings in his own image. In the image of God he created them; male and female he created them. Genesis 1:26-27 NLT*

**The core desires in every man's heart.**

- We need \_\_\_\_\_.

... They will reign over the fish in the sea ... Genesis 1:26 NLT

*The LORD is a warrior; the LORD is his name. Exodus 15:3 NIV*

- We need \_\_\_\_\_.

*The LORD God took the man and put him in the Garden of Eden to work it and take care of it. Genesis 2:15 NIV*

- We need \_\_\_\_\_.

Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

Genesis 2:18 NIV

**The authentic masculine journey is a journey of the heart.**

*Above all else, guard your heart, for everything you do flows from it.* Proverbs 4:23 NIV

*I run in the path of your commandments, for you have set my heart free.* Psalm 119:32 WEB

**At any given time in a man's life, God is up to two things.**

1. \_\_\_\_\_ the false self.
2. \_\_\_\_\_ the true man.

# ***Wild Life Talk***

with John Eldredge

This is really good stuff. Take notes.

“Boredom is soul-killing. You have got to have some place in your  
life where you are coming alive!” -John Eldredge

# But now what?

Well, there's a lot more where that came from.

Ryan, new to marriage and career, Daniel, a new dad, and Jason, a father of four, road-tripped to meet New York Times best-selling author of *Wild at Heart*, John Eldredge, with some of the same questions we all have.

**I'm an adult, I have a job, but am I man?**

**What's marriage supposed to be like?**

**Why don't I feel alive?**

**Am I doing it right?**

**Do I matter?**

Through wild adventures and sage conversations, John takes these guys to find what we're all looking for. Thankfully, they brought along a filmmaker who caught it all on video for a **four-week Wild Life Men's LifeGroup** study.

Use this field guide, and hold on tight as your Wild Life Men's LifeGroup discovers what it really means to be a man.

Find the Bible Plan, videos, and more at: **[www.go2.ic/wild](http://www.go2.ic/wild)**

# Episode 1: *The Question*

**Don't just sit around. Men do things together, then talk.**

- Get together for breakfast.
- Play a free or cheap sport.
- Go geocaching.

## **Watch *The Question*.**

*Watch each video together as a group or separately during the week.*

Visit **[www.go2.lc/question](http://www.go2.lc/question)** or find Life.Church's *Wild Life* videos on Apple TV, Amazon Fire TV, Android TV, or Roku.

“Every little boy,  
every man,  
every one of us  
has one question  
that drives  
everything  
we do.”

**-John Eldredge**

# Episode 1: *The Question*

**Write it while you watch it so you don't forget it.**

These thoughts really stood out to me:

Sometimes I try to keep people from seeing:

After watching this, I think I need to:

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**Start talking. This only works if you actually talk together.**

What do you want to get out of this group?

Who do you most identify with in this episode? Ryan, Jason, Daniel, or John? How so?

Which question sounds like yours: "Am I doing it right; do I have what it takes; or why don't I feel alive?" What answer have you heard, good or bad, in your life?

Where do you naturally look to “answer” your question: work, hobbies, family, money, substances, things, women?

Read Genesis 3:8-10. Ryan talked about hiding his emotions, and Jason mentioned covering up big dreams. Where are you afraid to be exposed? How do you fake it?

What do you need to do to stop faking it and start living free?

**Pray together:**

Heavenly Father, You know the answer to our question because You are the answer to our question. You always see us even when we hide and cover up. Thank You for loving us anyway and calling us back to You. Holy Spirit, set us free from the wrong ways we’ve tried to answer our question and from the ways we try to fake it. We’re ready to live the wild life. Because of You, we have what it takes. Amen.

**This week:**

- Read days 1-3 of the *Wild Life* Bible Plan: [www.go2.lc/wildlife](http://www.go2.lc/wildlife)
- Make a note each time you catch yourself faking it this week. Then ask God to show you the real you.
- Write a description of the man God already made you to be.

**Next time:**

Next time we’re together, John and the guys go fly fishing and discover how to break free from the wounds that tangle every man.

# The man God already made me to be.

Just start writing; it will come.



# Episode 2: *The Wound*

**Do something you'll enjoy.**

- Go fishing.
- Get coffee.
- Share a meal.

**Watch *The Wound*.**

*Watch each video together as a group or separately during the week.*

Visit **[www.go2.lc/wound](http://www.go2.lc/wound)** or find Life.Church's *Wild Life* videos on Apple TV, Amazon Fire TV, Android TV, or Roku.

“A wound  
that goes  
unacknowledged  
and unwept is  
a wound that  
cannot heal.”

**-John Eldredge**

# Episode 2: *The Wound*

**Get it off your chest. Write while you watch.**

I could really identify with these parts of the conversation:

I think some of my deepest wounds are:

Here are some vows I made because of my wound:

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**Start talking. This will be as good as you are honest.**

What's your relationship like with your dad? How involved was he in your growing up? Did you see and hear his love and validation?

Could you identify with any of the wounds the guys shared? How?

What do you think is your greatest wound? How has it shaped you?

Have you made any vows or agreements with your wound? (*I don't need anyone; I'm not enough; I'm a quitter; etc.*)

Read Galatians 4:5-7. What has your wound said to you? How does this contrast with what this Scripture says about you?

Who do you need to forgive? Is there anything you need to forgive yourself for? What do you need to do next to continue healing from your wound?

### **Pray together:**

Heavenly Father, You are the only perfect Father. And You are the only one who can bring us complete healing. We ask You to help us continue to discover the deep places we hurt. Holy Spirit, break off any vows we've wrongly made or lies we've believed from our wounds. Jesus, thank You for dying so we could become sons of the living God. We pray all of this by Your powerful name, Jesus. Amen.

### **This week:**

- Read days 4-6 of the *Wild Life* Bible Plan: [www.go2.lc/wildlife](http://www.go2.lc/wildlife)
- Continue to identify and break off any wrong vows you've made because of your wounds. Then, tell someone you love about what you're discovering.
- Write a letter of forgiveness to someone who's hurt you. You don't have to send it.

### **Next time:**

John takes the guys into the beautiful Colorado wilderness to talk about something even more beautiful and untamable: women.





# Episode 3: *The Beauty*

**If you can, get outdoors.**

- Go on a hike or walk.
- Get on or near some water.
- Go for a ride in or to a beautiful place.

**Watch *The Beauty*.**

*Watch each video together as a group or separately during the week.*

Visit **[www.go2.lc/beauty](http://www.go2.lc/beauty)** or find Life.Church's *Wild Life* videos on Apple TV, Amazon Fire TV, Android TV, or Roku.

“I will go  
there for you.  
I will move into  
the difficult  
terrain on  
behalf of love.”

**-John Eldredge**

# Episode 3: *The Beauty*

If you don't wanna write it, that's what to write here.

These are the areas where I think I struggle with women:

Here's how I go to women for validation or with my question:

Things I don't want to forget about women or marriage:

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**Start talking. The truth will set you free.**

How have you brought your question to women?

How does that go?

Read Ephesians 5:25. How does it remind you of what John said?

Why do you think so many men struggle with porn? John said it's not just about sex. What is porn or lust about for you?

John said every woman's question is something like "Will I be loved?" How do you see this affect your relationships?

What do you need to stop trying to get from women? What do you need to start doing to become the courageous lover John described?

Is there anything you need to just get off your back?

### **Pray together:**

Heavenly Father, Some of us feel pretty awful about the ways we've treated women, Your stunningly pure and beautiful creation. First, forgive us for the ways we've looked to women for the validation we need from You. Holy Spirit, give us the strength and relationships to break free from lust. Jesus, You died and made us clean. Thank You! We ask You, Father, to show us how to courageously love the women in our lives the way Christ loves the Church and laid His life down for her. Amen.

### **This week:**

- Read days 7-9 of the *Wild Life* Bible Plan: [www.go2.lc/wildlife](http://www.go2.lc/wildlife)
- Identify the ways you bring your question to women. Make a plan for going to God for the strength and answers only He can give.
- If you're looking at porn or battling sexual addiction, tell another man you trust and use the next page as a helpful tool.

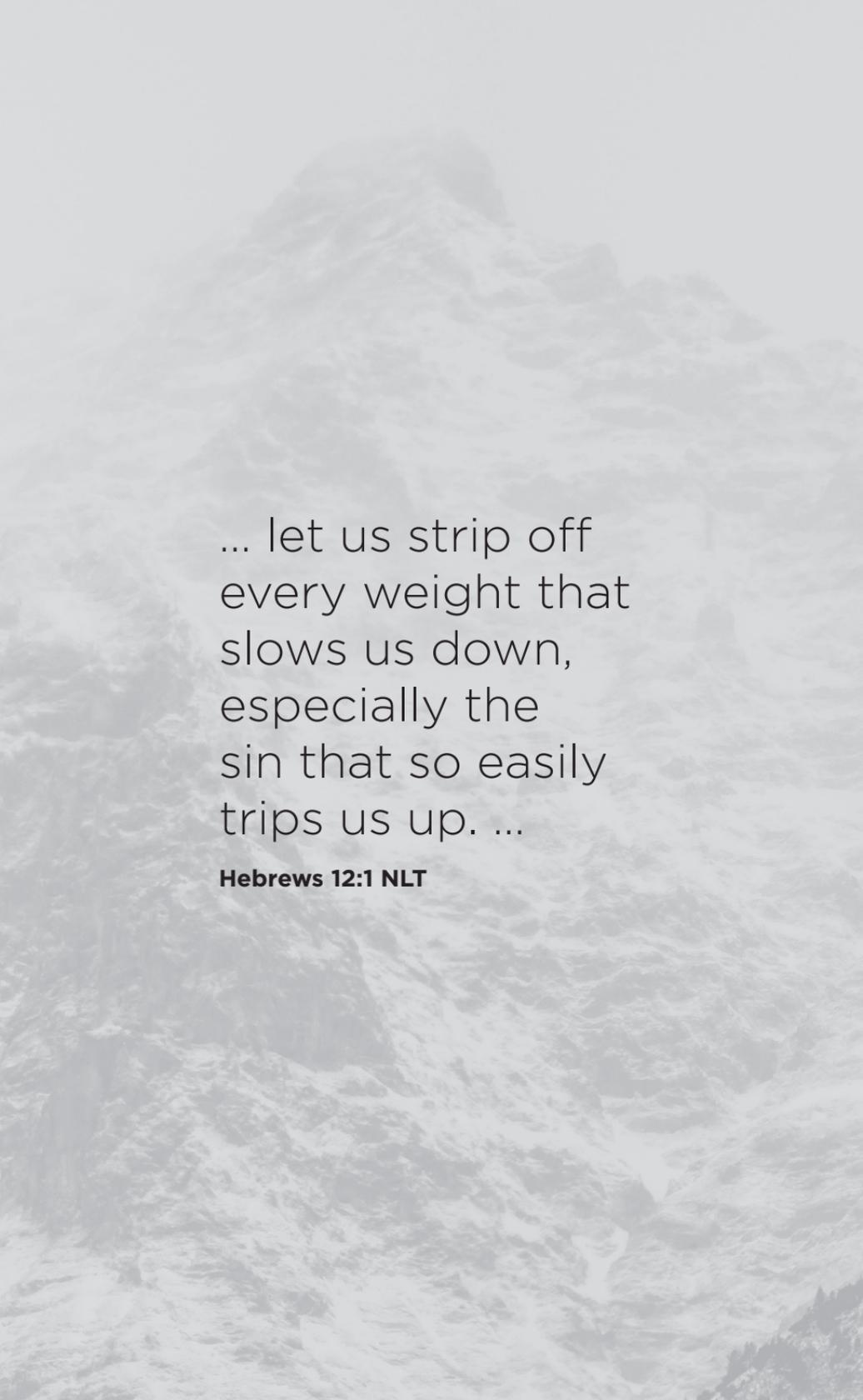
### **Next time:**

John sends the guys off for one last *slightly dangerous* day trip and then out for the real adventure of returning home.

# 5 Realizations About Quitting Porn

Read the full article and find resources at: [www.go2.lc/quit](http://www.go2.lc/quit)

- 1. Realize it's never too late.** Even if you clicked seven times, you don't have to click eight. Every time you notice yourself going further than you know you should go, stop right then. It's not too late to go back to where you were. This is grace. Practice discovering your triggers and making them obey Jesus (2 Corinthians 10:5).
- 2. Realize you're not alone.** Your shame wants you to think you're the one person with an outlandish, abnormal desire for sex. Don't believe it for a second. It's not true. At all. 64% of Christian men and 33% of Christian women *admit* they use porn. Keyword: admit.
- 3. Realize you need to tell people face to face.** Tell someone you trust who's overcome your struggle. Ask them to keep you accountable. Ask people how they quit. Ask for help. Consider counseling. If you're married, tell your spouse, but not just your spouse. Confession leads to healing (James 5:16).
- 4. Realize you should love beauty and thank God for it.** When you see beauty, thank God for it. This is not permission to keep looking. Stop looking and say a prayer something like this: "Wow, God. You made them really well. I pray You'd bless this person. They're someone's child, sibling, or spouse. And most importantly, they're Your child. Help me to honor Your children. Amen."
- 5. Realize you need some tools.** Quitting your porn addiction is like tearing down a house and building a new one in its place. Would you want to live in that house if it were built without the right, tested, powerful tools? Get some accountability software like Covenant Eyes, The Freedom Fight, or X3Watch. Download ad-blockers. Turn on safe search. Delete certain apps from your phone. Read books like *Fight*, *Wild at Heart*, and *Every Man's Battle*.



... let us strip off  
every weight that  
slows us down,  
especially the  
sin that so easily  
trips us up. ...

**Hebrews 12:1 NLT**

# Episode 4: *The Adventure*

## **Celebrate the adventure.**

- Throw a grand BBQ.
- Finish up a project together.
- Plan a guys outing.

## **Watch *The Adventure*.**

*Watch each video together as a group or separately during the week.*

Visit **[www.go2.lc/adventure](http://www.go2.lc/adventure)** or find Life.Church's *Wild Life* videos on Apple TV, Amazon Fire TV, Android TV, or Roku.

“Nobody gets  
the master plan.  
You get to be a son.  
You get to have a  
Father to walk with  
you through the  
adventure ahead.”

**-John Eldredge**

# Episode 4: *The Adventure*

**Man, this is real good. You should write it down.**

A few words to describe the man I want to be:

Here's how I've been looking for a "master plan" instead of a Father:

Some ways I've been fathered by God, people, and situations:

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**The more you share, the more you'll get. Open up.**

What's your biggest take-away from our weeks together?

How would you describe the man you want to be? What's in the way of becoming that man?

How do you find yourself looking for confidence from a "master plan" rather than a Father?

How has God fathered you? How have you been fathered by other men, or even life situations? Do you still need a mentor or godly friends?

What will you do to become more like a child—a son—in your relationship with God?

How can we become a band of brothers as a group? How and when can we continue to get together?

### **Pray together:**

Heavenly Father, You are a good Father. Thank You for all the ways You've fathered us, even the difficult times when we didn't see it. We may not have a master plan, but we have something better: we have You. Jesus, thank You for giving up Your place so we could be sons. Teach us to trust the Father. Amen.

### **This week:**

- Finish the *Wild Life* Bible Plan: [www.go2.lc/wildlife](http://www.go2.lc/wildlife)
- Make plans to continue to meet as a group.
- Think about what you need in a mentor. Then, ask an older or more experienced man, or even a few men, to consider mentoring you.

### **Next time:**

The *Wild Life* materials are wrapping up, but your wild life is just beginning. Continue getting together as brothers and start a great book together from the next page.

# 10 Manly Tools for Living a Wild Life

Read the full article and find more resources at:

[www.go2.lc/manly](http://www.go2.lc/manly)

- 1. Get the Bible on your phone.** If you haven't yet, just do it. Today. It's free and it's how you get free. Just visit [free.bible](http://free.bible) for the YouVersion Bible App.
- 2. Read some books by great men.** Pastor Craig Groeschel's *Fight: Winning the Battles That Matter Most*, John Eldredge's *Wild at Heart* or *Fathered by God*, and John Sowers' *The Heroic Path: In Search of the Masculine Heart* are all great places to start.
- 3. Get the real help you need.** Visit [finds.life.church](http://finds.life.church) and click "follow" to get our best posts in your inbox weekly.
- 4. Find some tools for keeping your devices safe.** Get some accountability software like Covenant Eyes, The Freedom Fight, or X3Watch. Download ad-blockers. Turn on safe search. Delete certain apps from your phone.
- 5. If you're married, read a great marriage book with your spouse.** Pastor Craig and Amy's *From This Day Forward*, John and Stasi Eldredge's *Love and War* are two of the best of the best.
- 6. Go to counseling.** What? Yes, admitting you need it and deciding to go to counseling may be one of the manliest things you ever do.
- 7. Keep meeting with your Wild Life Men's LifeGroup.** Being a man is a battle. You don't have to fight alone. You need friends and brothers to cheer you on, build you up, and keep you honest.
- 8. Get a mentor.** Mentors are one of the ways God grows us up. It's time to find someone older and wiser than you to help you find the way.
- 9. Pray.** Yes, prayer is a tool because it works. But it's way more than a tool. It's how you access, know, and talk with your heavenly Father.
- 10. Go outside.** This doesn't have to be a barefoot hike with grizzlies. Just get around stuff God made. He's your Father, and enjoying His creation does something to help you relate as a son.

“Haven’t I  
commanded you?  
Strength! Courage!  
Don’t be timid; don’t  
get discouraged.  
GOD, your God, is  
with you every step  
you take.”

**Joshua 1:9 MSG**



“... the strongest man is not the one who lifts the most weight but the one who has the most faith.” – Pastor Craig Groeschel, *Fight*

“... I am looking for someone to share in an adventure that I am  
arranging ...” – Gandalf, J.R.R. Tolkien's *The Hobbit*

*Keep your eyes open, hold tight to your convictions, give it all you've got,  
be resolute, and love without stopping.* 1 Corinthians 16:13-14 MSG

“Deep in his heart, every man longs for a battle to fight, an adventure to live, and a beauty to rescue.” - John Eldredge, *Wild at Heart*

“Failure is an event, not a person.” - Zig Ziglar

*The heart of a man plans his way, but the LORD establishes his steps.*

Proverbs 16:9 ESV

“Whether you think you can or you think you can’t, you’re right.”

- Henry Ford

“We grow when we face ourselves. When we confront Something Awful. When we summon the courage to take on the impossible ...”

- John Sowers, *The Heroic Path*

*"This is the very best way to love. Put your life on the line for  
your friends." John 15:13 MSG*

“Stand true to your calling to be a man. Real women will always be relieved and grateful when men are willing to be men.”

- Elisabeth Elliott, *The Mark of a Man*

“... within every man, God has planted a divine desire to fight for  
righteousness.” – Pastor Craig Groeschel, *Fight*

“Do. Or do not. There is no try.” – Yoda, *The Empire Strikes Back*

“Adversity toughens manhood, and the characteristic of the good or the great man is not that he has been exempt from the evils of life, but that he has surmounted them.” - Patrick Henry

“Wait, even the Son of God needed love and validation?  
Then maybe I still do too.” - John Eldredge

“You’re either standing or you’re getting back up.”

- Pastor Craig Groeschel, *Fight*

“Don’t let anybody take your manhood.” - Martin Luther King Jr.

“Security is not found in the absence of danger, but in the presence of Jesus.” - John Eldredge

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” - Martin Luther King Jr.

“Though Satan makes strong men weak, God is in the business of making weak men strong.” – Pastor Craig Groeschel, *Fight*

“No man stands so tall as when he stoops to help a child.”

-Abraham Lincoln

*I run in the path of your commandments, for you have set my  
heart free. Psalm 119:32 WEB*

“Men are like pickup trucks—we do best when we have weight in the truck bed.” - John Sowers, *The Heroic Path*

“A wound that goes unacknowledged and unwept is a wound  
that cannot heal.” - John Eldredge

*For in Christ Jesus you are all sons of God, through faith.*

Galatians 3:26 ESV

“It’s not the size of the dog in the fight, it’s the size of the  
fight in the dog.” - Mark Twain







**SO CHRIST  
HAS TRULY  
SET US FREE ...**

**Galatians 5:1 NLT**