

# STAND FIRM & ACT LIKE MEN

## Week 2: Be Watchful

Men's Group Reading Summary | Church For The ONE

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*"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour." — 1 Peter 5:8*

### Overview

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Week 2 of Stand Firm & Act Like Men zeros in on the first imperative from 1 Corinthians 16:13 — Be watchful. This is a military term. Other translations render it as be on guard, be alert, be on watch. It is the posture of a man who knows he is at war, knows what is at stake, and refuses to go passive.

The teaching is anchored in 1 Peter 5:6-11, where Peter — a man who knew what it felt like to be taken out — gives us both a warning and a road map. He identifies the enemy's most common tactics against men and then points us to the antidotes. The message closes with some of the best news in Scripture: failure is not final.

### Part 1: You Are on the Wall

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To be watchful is not a passive, casual awareness. It is the assigned post of a soldier whose job is to defend people who are counting on him. The image Peter and the sermon use is a man standing on a wall — a defender, a protector, a provider.

The reason this matters: we have a real enemy. The devil is described as a thief whose only agenda is to kill, steal, and destroy. And his primary target is not the weak — it's the shepherd. If he can take out the man who is standing on the wall, then the people that man loves most — his wife, his kids, his community — are left defenseless.

#### **The birthmark of the Christian is a bullseye.**

Especially if you're a man. Especially if you're a dad. Especially if you have been given shepherding responsibilities. If you don't feel resistance in this broken world against the way you're living, it may be because you're just going with the flow.

The enemy's strategy is consistent: take out the shepherd and the sheep scatter. This is not a message designed to make us paranoid — it's a call to be sober-minded and clear-eyed about the fight we are already in.

## Part 2: Five Things That Take Men Out

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Peter functions in this passage like a commanding officer who knows the enemy's playbook. He gives us the photo negative of how men should act — by naming the tactics that most commonly knock men off the wall. The sermon draws out five:

### 1. Pride

Pride is the first and most dangerous. Peter opens with it: "Humble yourself therefore under the mighty hand of God, so that at the proper time he may exalt you" (v. 6). Pride is not trusting God to exalt you — so you try to do it yourself. It is comparing yourself to everyone else instead of to the holy, magnificent, almighty God.

Pride is subtle. It shows up when you look at a group photo and your eyes immediately go to yourself to decide whether the picture is good. It shows up when you don't sing in worship, don't lift your hands, don't go to the altar — because you're more concerned with what someone else thinks of you. Pride keeps men off their knees. And a man who won't kneel before God will eventually be knocked off his feet by the enemy.

The antidote is worship. Nothing dismantles pride faster than genuinely declaring that you are not the point.

### 2. Worry and Anxiety

"Cast all your anxieties on him, because he cares for you" (v. 7). The enemy takes the good gift of responsibility God gave men — to subdue and cultivate, to provide and protect — and corrupts it into worry. We hide behind "I'm just trying to provide for my family" while actually making work an idol, seeking our validation there instead of from the Father.

#### **Worry is just misplaced faith.**

Worry and fear are first cousins — both are looking into the future. If you think you are in control, of course you'll be anxious. Faith is looking into the future and seeing that God still has the whole world in His hands — that He is a good Dad who knows how to take care of His kids.

### 3. The Enemy Himself — Direct Attack

"Your adversary the devil prowls around like a roaring lion, seeking someone to devour" (v. 8). Sometimes the attack is not subtle — it is a direct assault. The lion does not negotiate. He is looking for someone isolated, distracted, or off-guard. The command is resist him, firm in your faith.

### 4. Isolation

The passage reminds us that "the same kinds of suffering are being experienced by your brotherhood throughout the world" (v. 9). One of the enemy's most effective moves is to make a man feel like he is the only

one struggling. Shame drives men underground. Isolation makes them easy targets. The antidote is brotherhood — men who lock shields together so that when one goes down, there are others to cover him.

## 5. Discouragement After Failure

The enemy loves to pile on after a man has taken a hit. He uses past failure, regret, and shame to convince men they are disqualified — that the wall is no place for someone like them. Peter's answer to this is the most important antidote of all.

## Part 3: The God of All Grace

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Peter does not end with the enemy's tactics. He ends with God's promise. After naming everything that can take a man out, he writes this:

*"And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen and establish you." — 1 Peter 5:10*

Notice four things God promises to do. He will restore — pick you back up from where you fell. He will confirm — speak a word of affirmation over you. He will strengthen — because if you are in the fight, you are going to get tired. And he will establish — put you back on that wall in your position as protector and defender.

This is not based on your performance or your pretending. If you are in Christ Jesus, the word of the Father over you is: "Behold my son, in whom I am well pleased." That means we get to fight from victory — not for it.

**In the kingdom of God, there are no second chances. There is the blood of Jesus.**

Failure is not final. He wants to fill in the gaps and put you back on that wall — because that is what He created you for. Even if your past has been a train wreck.

The strength to get back on the wall does not come from gritting your teeth. It comes from the same Spirit of God that raised Jesus from the dead — and that Spirit lives inside every believer. And often, that strength comes through community. When we link shields of faith together, when a brother goes down, we cover him until he can stand again.

## Discussion Questions

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## Opening Up

1. When you think about being "on the wall" — a defender and protector for the people in your life — who specifically comes to mind? Who is counting on you to hold your position?
2. Of the five things that take men out (pride, worry, direct attack, isolation, discouragement after failure), which one hits closest to home for you right now?

## Going Deeper

3. The sermon says pride is when you don't trust God to exalt you, so you try to do it yourself. Where in your life are you still trying to build your own platform or prove your own worth instead of humbling yourself under God's hand?
4. Worry is described as "misplaced faith" — believing you are in control of things you actually aren't. What are you carrying right now that was never yours to carry in the first place?
5. The message says the enemy targets shepherds — men with responsibility. Have you ever connected the resistance or attack in your life to the fact that you carry influence? How does that reframe what you're going through?

## Getting Honest

6. Is there an area of your life where you've been hiding in shame after a failure, convinced you are disqualified? What would it mean to actually believe that "failure is not final" applies to you?
7. The antidote to isolation is brotherhood — locking shields. On a scale of 1 to 10, how locked in are you with other men right now? What's one specific step you could take this week to close that gap?

### **This Week's Challenge**

Name the one tactic the enemy is currently using against you most. Write it down. Bring it into the light — either in prayer, with your group, or with one trusted brother. A lion hunts what's isolated. Get back on the wall.