

Andrews University

## Digital Commons @ Andrews University

---

Faculty Publications

---

2021

### The Successful Christian Man

Trevor O'Reggio

Follow this and additional works at: <https://digitalcommons.andrews.edu/pubs>



Part of the [Practical Theology Commons](#)

---

# The Successful Christian Man

*DR. TREVOR O'REGGIO*



# The Typical Male

---

- Thinks of sex every 15 minutes
- Produces 25 feet of hair in lifetime
- Air breathed fills two blimps
- Sixty percent of body weight is water
- Heart pumps 50 million gallons of blood
- Walks 1250 miles per year
- Consumes 2400 calories per day
- Sleeps 4-8 hours per week
- Fall in love six times during lifetime



# Types of Men

◦ Inferior



◦ Average



◦ Good



◦ Ideal



# Current Male Problems

---

- Midlife crisis
- Substance abuse
- Workaholics
- Abuse/violence
- Isolation from other men
- Peripheral to family
- Meaningless employment
- Gender identity issues



# Chronic Male Problems

---



- Need to control
- Need to void the appearance of weakness
- Need to win
- Need to prove oneself

# The Call to be Christian Men

---

- Tender warriors



# The Call to be Christian Men

---

- **Qualities** of a Real Man
  - Critically examines his beliefs
  - Knows his own heart
  - Filled with the Holy Spirit
  - Rejoices in his strengths and those of others



# The Call to be Christian Men



- **Qualities** of a Real Man
  - Candid and not afraid to face the truth
  - Teachable and willing to face consequences of his actions
  - Cares about family, neighbors, community, church and nation
  - Believes in God and seeks Him as Creator and Friend

# The Call to be Christian Men

---

- **Qualities** of a Real Man
  - Follows path God creates for him
  - Dependable!
  - Recognizes needs of others
  - Not afraid to admit when he is wrong
  - Realistic view of his God-given talents and cultivated abilities
  - Makes and keeps commitments!



# Four Attitudes of a Successful Christian Man

---

## Attitude #1 **Take some risks**



- Be like David facing Goliath
- Risk with preparation
- Be courageous. Courage is not the absence of fear but willingness to try God in the presence of fear.

# Four Attitudes of a Successful Christian Man

---

## Attitude #2 **Take responsibility**

- Take responsibility for your life
- Success is the results of God's blessings, not man's effort
- Success does not depend on man's effort but rarely comes without work
- God is calling men to be successful; He is calling men to be faithful



# Four Attitudes of a Successful Christian Man

---

## Attitude #3 **Depend on God**

- Do everything you do in the name of the Lord
- Our great temptation is to depend on our own strength

## Attitude #4 **Expect Opposition**

- You must expect opposition even when doing God's will
- Nehemiah, 1 Thess 2:2, 2 Tim 2:3, Heb 12:1-3

# Seven Basic Needs of a Wife

---

- She needs the **stability and direction** of a spiritual leader
- Regular times in God's Word
- Consistent memorization of Scripture
- Faithfulness in prayer
- Regular church attendance
- Reading Christian books
- Fellowship with sincere Christians
- Discussion of spiritual matters



# Seven Basic Needs of a Wife

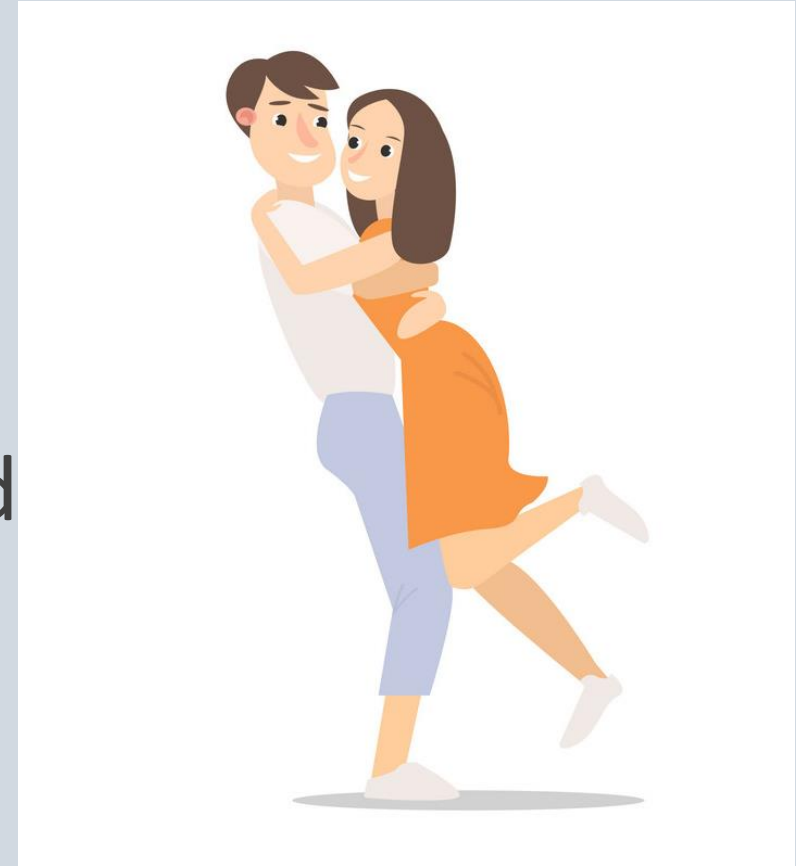


- She needs to know that she is meeting vital needs in your life and work that no other woman is allowed to meet.
- The most devastating action of a husband is to give one of his wife's special tasks to some other woman to do. Adding insult to injury would be to praise the other woman for doing it.

# Seven Basic Needs of a Wife

---

- She needs to see and hear that you cherish her and that you delight in her as a person.
- She needs to hear you rehearse the character qualities, personality traits, and family qualities that attracted you to her and the evidence of God's leading that brought you together.





# Seven Basic Needs of a Wife

---



- She needs to know that you understand her by protecting her in areas of her limitation.
- Every wife has a deep need to be understood. Most men think they understand their wives but don't . . . She wants you to be aware of her spiritual, mental, emotional, and physical strengths and weaknesses and to have the wisdom and courage to provide loving but firm direction so that she will not fail by going beyond her limitations.

# Seven Basic Needs of a Wife

---

- She needs to know that you enjoy setting aside quality time for intimate conversation with her.
- When you come home your wife has more things to talk about than you suspect . . . If she senses that you are preoccupied or in a hurry, she won't talk or will discuss only a few items of lesser importance. She is willing to make this "sacrifice" until someone else calls or visits and talks about trivia to you. Then she reacts—especially if it's a woman.

# Seven Basic Needs of a Wife

---

- She needs to know that you are aware of her presence even when your mind is on other matters.
- Your awareness of your wife's presence is her assurance of your love and protection. Your wife has ways of "measuring" your awareness of her presence every day. This tells her how much of a part of your life she really is.



# Seven Basic Needs of a Wife

---



- She needs to know that you are making investments in her life that will expand and fulfill her world.
- The major function of our head is to develop train, and protect the rest of our body so that our whole being is able to achieve its highest and best purposes.

# DO MEN AND WOMEN COMMUNICATE DIFFERENTLY?

There is a great deal of evidence that, in the manner of expression, men and women belong to **two different cultures.**

<b>WOMEN</b>	<b>MEN</b>
Want him to just listen to her	Give instructions, solve problems
Ask questions to maintain a conversation	View this as request for information
If I don't ask, he'll think I don't care	If she wants to tell me something, she'll tell me
Speak indirect	Speak direct
Ask questions expressing intimacy and caring	Questions may represent meddling
Are often troubled by negative side comments from men, hearing this as attacks, to which they may respond with a "silent protest."	Are more likely to make negative comments than women and view them as simply a form of conversation
Share personal comments with other women	Do not share personal matters with other men
Show a greater use of the pronouns you and we, which acknowledge the other person and promote unity	Made more declarations of fact or opinion

## DO MEN AND WOMEN COMMUNICATE DIFFERENTLY?

There is a great deal of evidence that, in the manner of expression, men and women belong to **two different cultures.**

<b>WOMEN</b>	<b>MEN</b>
Some women resent the “voice of authority” tone that is exhibited in discussions	This may be the “masculine style” rather than any sense of superiority
Feel the relationship is working as long as we can talk about it	Think the relationship is not working if we have to keep talking about it
Will use “uh huh” and “hmmm” to keep the conversation going	Will interpret these as signs she agrees with him
May leave out vital information assuming the husband knows what she’s thinking	Are not mind readers and will make comments based on information given
Like to talk a problem out, because this builds intimacy	Prefer to arrive at a quick, practical solution
Expect the man to open up and talk about their feelings	Expect the woman to always be rational and logical
	“Marriage Maintenance” – Walter L. Wright, CFLE

# Eleven Important Needs of Men

---

# Men Need Action

---

- Men's self-image is largely determined by what they do and what they accomplish.
- A man's goal orientation pushes him to achieve things and to focus until the task is accomplished.
- Men enjoy working on projects where results can be solid and tangible.





# Men Need Safety

---

**SAFETY**

- One rule of masculinity has been “Thou shalt not show emotion.” Men are rarely open with one another unless there is a safe environment for openness.
- A key ingredient that makes this happen is a clear commitment to confidentiality. Men need time and safety in order to develop authentic relationship with other men.

# Men Need to be Challenged

---

- Men grow up with challenges. In school it's the big exam. In athletics it's the big game. In the business world it's the big sale—or a takeover or a new product or a new venture. Men expect to be challenged.
- In the gospels we see Jesus over and over again drawing a line in the sand and daring the disciples to meet Him on His side. It's no different today. Men aren't interested in a ministry that gets together to chew the fat. They want to be challenged to act, pray, behave and think in a way that glorifies God.

# Men Need to get to the Point

---

- The Christian man wants to know what the program is all about. He doesn't want to spend time on fluff, trappings and extracurricular activity. Men want to know what two or three practical life-applications they can take away from their time together.



# Men Need to Win

---



- Almost all of us have grown up with pressure to win. We are taught to be independent and self-sufficient. Failure isn't an option. Men bring this strength into men's ministry.
- We have to plan challenging, yet achievable goals. Programs that aren't working must be quickly set aside.

# Men Need to Dream

---

- Men grow up dreaming and scheming big. In designing men's ministry, give the men a chance to be a part of the brainstorming process. Allow them to think big and see themselves involved in something bigger than themselves



# Men Need Other Men Like Them

---

- Men like to be in the company of men just like them. That isn't always the best thing in the world, but it's not a bad place to start. Some have found that the best way to reach doctors was to have a small group for doctors. They have reached lawyers by having a group of those in that field. They discovered that men naturally gravitate toward men facing the pressures they face and doing the same jobs they do.

# Men Need Help Working Around Daily Work

---



- Downsizing and takeovers are wearing out men and their families. Add to that emotional weariness the long, odd hours most men work.
- The most precious commodity for men is time. They don't have enough of it. How they divide it is crucial. Leaders of men's ministries need to consider the competing time demands men face and be sensitive about how many meetings to have and how long they last.

# Men Need Healing

---

- Not many of the men you minister to go to work and hear what a great job they are doing. When they get home their kids don't usually say what a great dad they have and thank him for working all day long so they can have a roof over their head and food to eat.
- Their wives probably won't applaud their performance as a dad or a husband. They need a refuge where they can heal and be encouraged in their roles as men, fathers, husbands and workers.





# Men Need Freedom

---



- Men who are taught from boyhood to win develop a fierce independence. Neb gave difficulty forming friendships with other men.
- They would rather stand alone and fight alone than work together.

# Men Need to Identify

---

- God established the Seventh-day Adventist Church to be the carrier of a unique message that would help to prepare those who would be alive when Jesus comes the second time.
- We live in a time when there is a spirit of brotherhood among men. . . What role does a man play among men of other faiths. As they share they identify who they are.

