

**Champions Arise Study Guide**  
**Series: Every Man a Warrior, Program: #14 (EMAW 14)**  
**The Wounded Warrior**

Focus passage – 1 Peter 5:7 *“Give all your worries and cares to God, for he cares about you.”*

1) How often do you share your struggles with someone else? (Often, sometimes, never)

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2) What are five reasons men don't share their emotional pain?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3) What are two consequences of not addressing our emotional wounds?

1. \_\_\_\_\_
2. \_\_\_\_\_

4) What should we do if we experienced physical or sexual abuse?

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5) What are five steps men can take to heal from their emotional pain?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Commitment:** I commit to sharing my wound with God and one man He leads me to.

## The Wounded Warrior– LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Important: There is no right answer at this point.
5. Listen to the program: “The Wounded Warrior”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.  
Encourage everyone to participate, but never force or shame someone into participating.
  - a. Question #2 answer: (1) Men were raised to believe sharing is wrong. (2) It doesn’t come naturally for men. (3) Men don’t know how to deal with it (4) Men believe they’d appear weak to other men. (5) Men think they’re the only one experiencing these emotions or struggling with a past situation.
  - b. Question #3 answer: (1) We bury and explode our emotions which hurt others (2) We repeat our wounds. – we do the same thing to others that was done to us.
  - c. Question #4 answer: Pray for God to lead you to a competent and biblical person who can help you with your wound. Preferably one familiar with this issue.
  - d. Question #5 answer: (1) Accept we have a wound. (2) Admit we’re not the only one who has a wound like this. (3) Confess our wound to God. (4) Replace the lies we may believe with God’s truth from the Bible. (5) Share our wounds with a trusted friend confidentially.
8. Ask the men what was most important to them from this teaching.
9. Ask men to commit to being willing to share their wounds and to be a godly man who can be trusted.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, help me to overcome my resistance to sharing my wound with You and with another man. In Jesus name, Amen.