



- Pray Rosary
- Opening Prayer: Fishermen's Prayer
- Discuss meeting rules:
 - Meeting will last 90 minutes
 - 100% participation – but briefly so everyone gets an opportunity to share.
 - Confidentiality, Be Supportive, Brotherhood
- Icebreaker: What high school did you attend and what was your favorite class?
- Introduction to the *Into the Breach* video series.
 - **Video Discussion** – we will go over discuss questions at the end of each video to enable each candidate to better understand how this topic affects him.
 - **Scriptural Reflection** – God speaks to us through Sacred Scripture. For that reason, scripture verses will be provided for each video to provide men an opportunity during the week for deeper spiritual reflection.
 - **Challenge** – Practical goals and challenges are provided for each video. These are ways for men to grown spiritually and in the practice of virtue.
- Play first video: **Masculinity**
 - Discuss video:
 - Who is a man that you respect and why?
 - What characteristics of virtues (such as courage, honesty, loyalty) define a great man? Do any men in our current culture stand out who exemplify these virtues?
 - Boys become men in the company of other men? Can you think of some examples from your own life where this is the case?
 - Why might a man feel unqualified or unprepared to fully embrace authentically masculine roles, particularly those of husband and father.
 - Scripture Reflection: Luke 17:7-10
 - Goals for the week ahead:



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- **Fast one day a week for a month.** St. Paul writes, “Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus, I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.” (1 Corinthians 9:25-27). Exercising self-control over the body builds self-control over the will, and therefore resistance to bad habits and temptations.
 - **Read about the life of one of the saints who exemplified manliness.** St. Joseph, St. George, St. Thomas More, St. Francis of Assisi, St. Isaac Jogues, St. Maximilian Kolbe and Pope St. John Paul II come to mind, but there are many others. Identify how this saint exhibited manliness and write down specific, concrete resolutions on how you can emulate him. Biographies can be found online or purchased at Catholic bookstores—some parishes even have libraries where you can borrow religious books.
 - **Imitate Christ.** Jesus Christ shows us the fullness of what it means to be a man. Pick one of the Gospels and read a short portion, at least a few verses, each day. Meditate on these passages to discover the ways in which Christ exhibits true manliness and better understand how to true be a man.
- Play second video: **Brotherhood**
- Discuss video:
 - Men sometimes act like *lone rangers* who want to be self-sufficient, taking burdens without assistance, not wanting to admit weakness or needs of others. Why is it important even for such *rugged individuals* to form bonds of male friendship?
 - “You can’t handle the truth” is a quote from the movie A Few Good Men. Why is it difficult to hear the truth about ourselves, even when it hurts? Why is it important to have the courage to have difficult conversations with those we love and care about?
 - What characteristics are necessary in a relationship in order to offer fraternal correction? Have you ever experienced this type of correction? What was your initial reaction? Did that change over time?
 - How has social media undermined the design of life to be lived as a team sport? How can we combat this tendency to be isolated?
 - Scripture Reflection: Proverbs 27:17



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- Goals for the week ahead:
 - Join in prayer with fellow Catholic men.
 - Strengthen bonds of friendship by serving others.
 - Build a fraternity with other Catholic men – the power of Catholic friendships!
- Pillar Focus – September Pillar of the Month: **Commitment**
- Thank everyone for committing this time God and their personal faith journey.
- FM Guides: Witness very briefly about how the Brotherhood of the Fishermen has impacted your life. (*Very brief and only as inspired by the Holy Spirit*)
- Reminder for next meeting date and time
- Closing Prayer – Call for intentions and Closing Prayer.

Note: Excerpts for this session have been copied from the Knights of Columbus: [Into the Breach Video Series Study Guide](#). (2021)