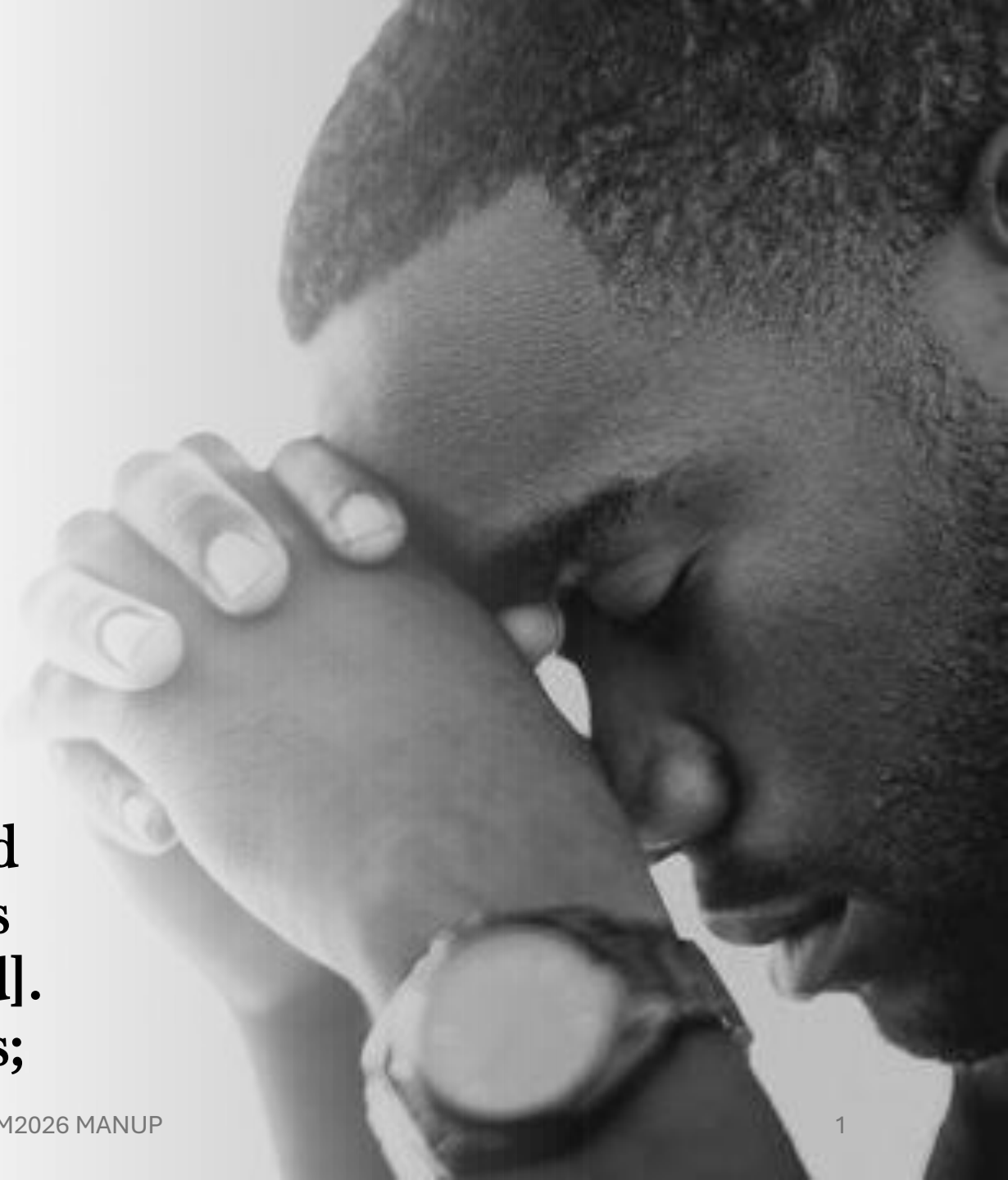


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M.A.N.U.P.

1st Corinthians 16:13: Be on guard; stand firm in your faith [in God, respecting His precepts and keeping your doctrine sound]. Act like [mature] men *and* be courageous; be strong. (Amplified Bible)





Which is
the Greater
Hero?



Superman vs Batman?



Superman was sent to earth from another planet. He arrived here and was raised by foster parents.



He realized his powers and began to use them to keep Earth safe. His priorities were Lois and his foster parents

Weaknesses: Kryptonite takes him to the point of death; Magic; Atomic Radiation

Batman

Despite his superior intelligence, detective and combat skills, Batman is still a human being. He can be cut, broken, paralyzed or even killed, and his wounds and broken bones have to heal the old-fashioned way.

Batman became a Hero because he seen/experienced something: He was traumatized by the death of his parents and his desire for Justice governed his every action.

He isn't super; Just highly committed



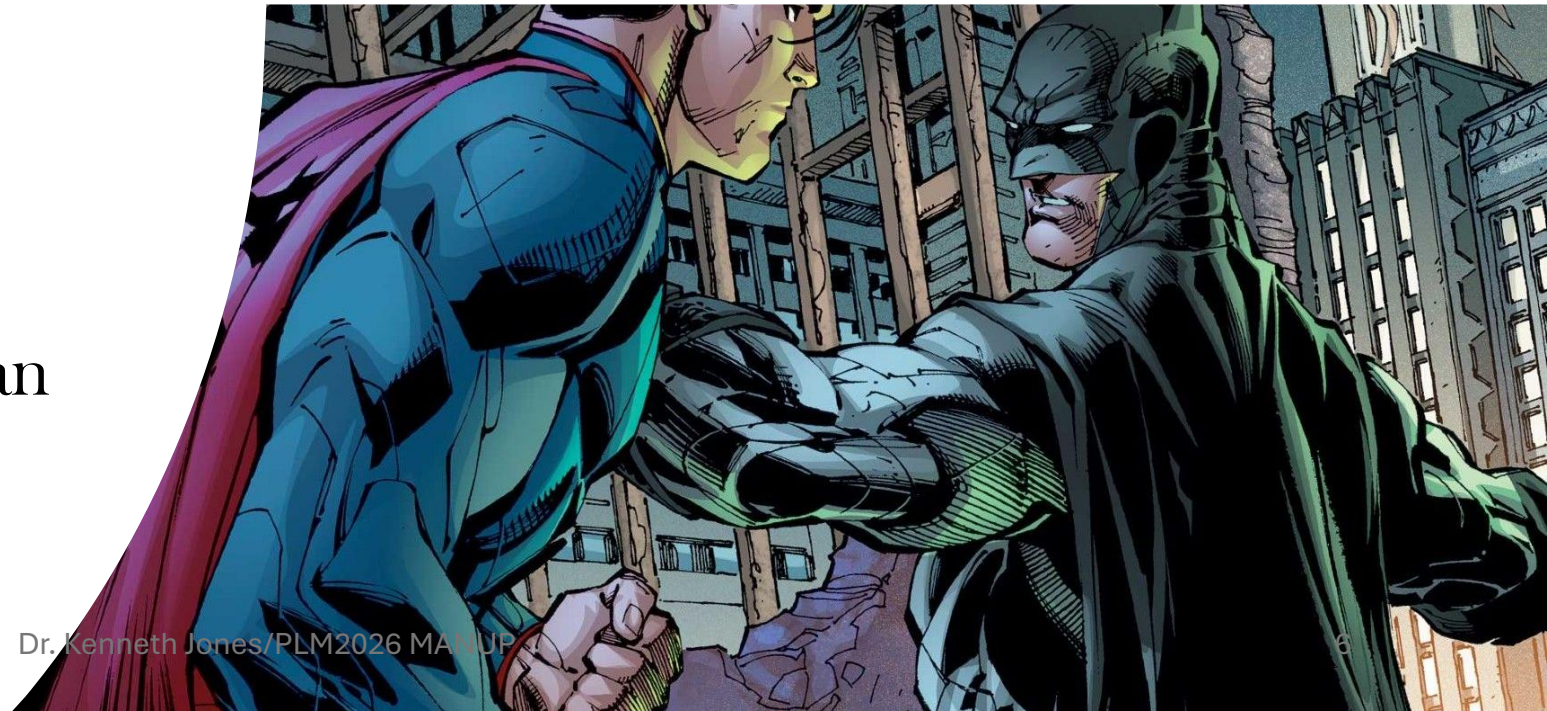
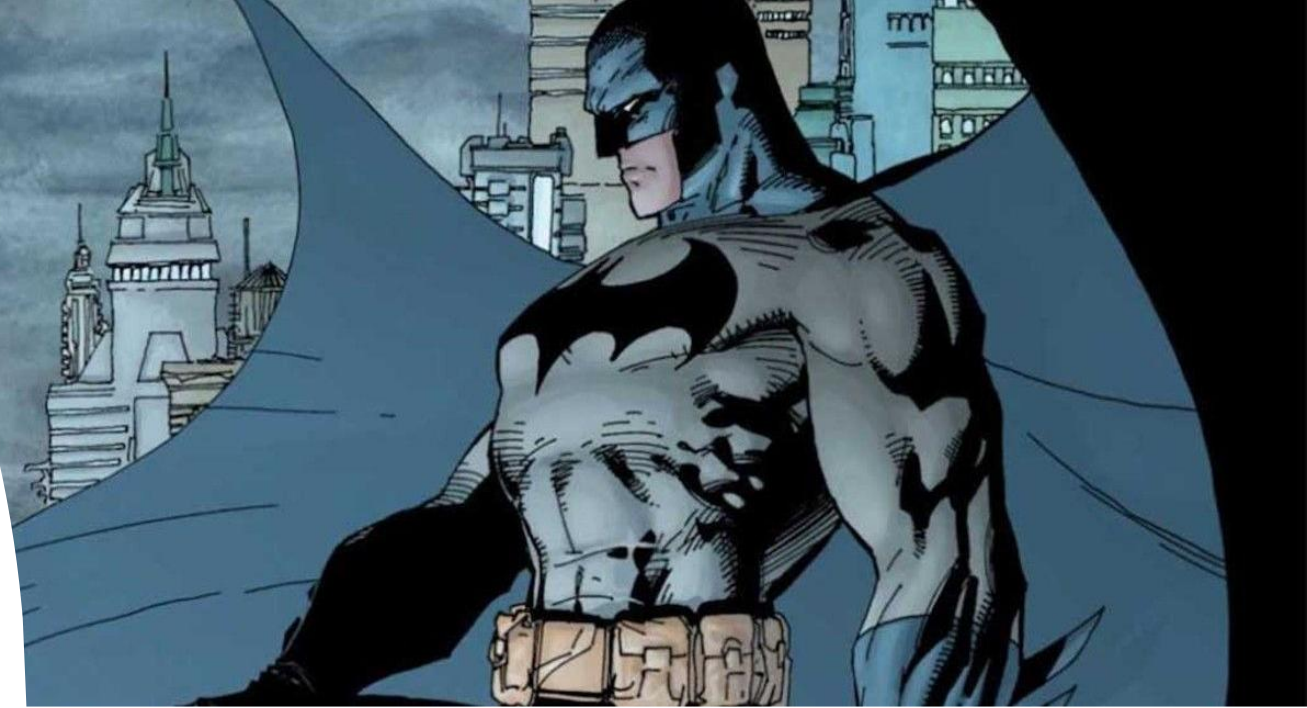
Utility Belt

- Batman created a weapon for every criminal he faced
- His weapons were designed for when he has gone the limit of his natural abilities (2nd Cor 10:4- “the weapons of our warfare.....”)
- Superman needed no weapon because he was super which sometimes served as a hindrance for him
- Yet Batman had to rely on his weapons, wisdom, discernment, knowledge to defeat his foes



Most People Fear Batman

- Superman has power, strength, speed, and durability
- Batman has Intelligence, Combat Skill, Tactical Skills, Weaponry
- Yet Batman is most feared by his Villains
- Batman actually kills Superman in one story, showing that it requires more than just brute strength



Batman's Enemies

- Batman's Enemies were demonic in nature and dangerous - Even Superman had problems with the Joker
- They represent the most feared aspects of our mind
 - Scarecrow - Fear
 - Joker- Psychotic & Pure Evil
 - Mr. Freeze - Grief and Anger
 - Two Face - Changed by Severe Trauma
 - Poison Ivy - Bitterness
 - Bane - Distress and Annoyance
- *Sometimes, it is not "who" you are fighting, but "what" you are fighting that determines what you are made of*



Why Are We Talking About This?

- A Man Should Be Governed by His Convictions, Commitment, and Courage. Batman wasn't without Fear, but He found ways to fight his own fears and overcome obstacles (2nd Tim 1:7)
 - He fought not because he was strong, but he had a hatred for evil (Prov 8:13; Ps 97:10) and a desire for justice
 - When the fight goes beyond your ability to sustain it, use the weapons that God has given you to continue the battle (2nd Cor 10:4; Ephesians 6)
 - Batman was not super, but he conditioned his body beyond natural limits to fight his enemy (1st Cor 9:27)
 - In one episode, it shows Batman's body riddled with bullets, knife wounds, broken bones, etc. - Yet he continues to fight
 - 1st Corinthians 9:27: "But I keep under my body, and bring *it* into subjection:
 - Batman also had a "Code" and a "Code of Conduct" and never distracted from the code (Proverbs 4:27



What We Can Learn From Batman

- Batman had to overcome his fears to be effective
 - “Fear has torment....(1st John 4:18)
- He trained his body, brought it under subjection, gained intellect and discernment (1st Cor 9:27 speaks to spiritual discipline and control along with discernment (Phil 1: 9-10))
- He was driven by the desire for Justice and a Code of Conduct (Colossians 1:10)
- He relied on wisdom, knowledge, and discernment to fight his battles (Romans 12:2)
- Keep On Fighting and Fight Wisely (1st Cor 9:24)



What Does M.A.N.U.P. Mean?

Men of Honor

Aligned with God's Character

Never Giving Up, with

Unbridled Zeal and always

Present and Purposed in Life



MOVIE:

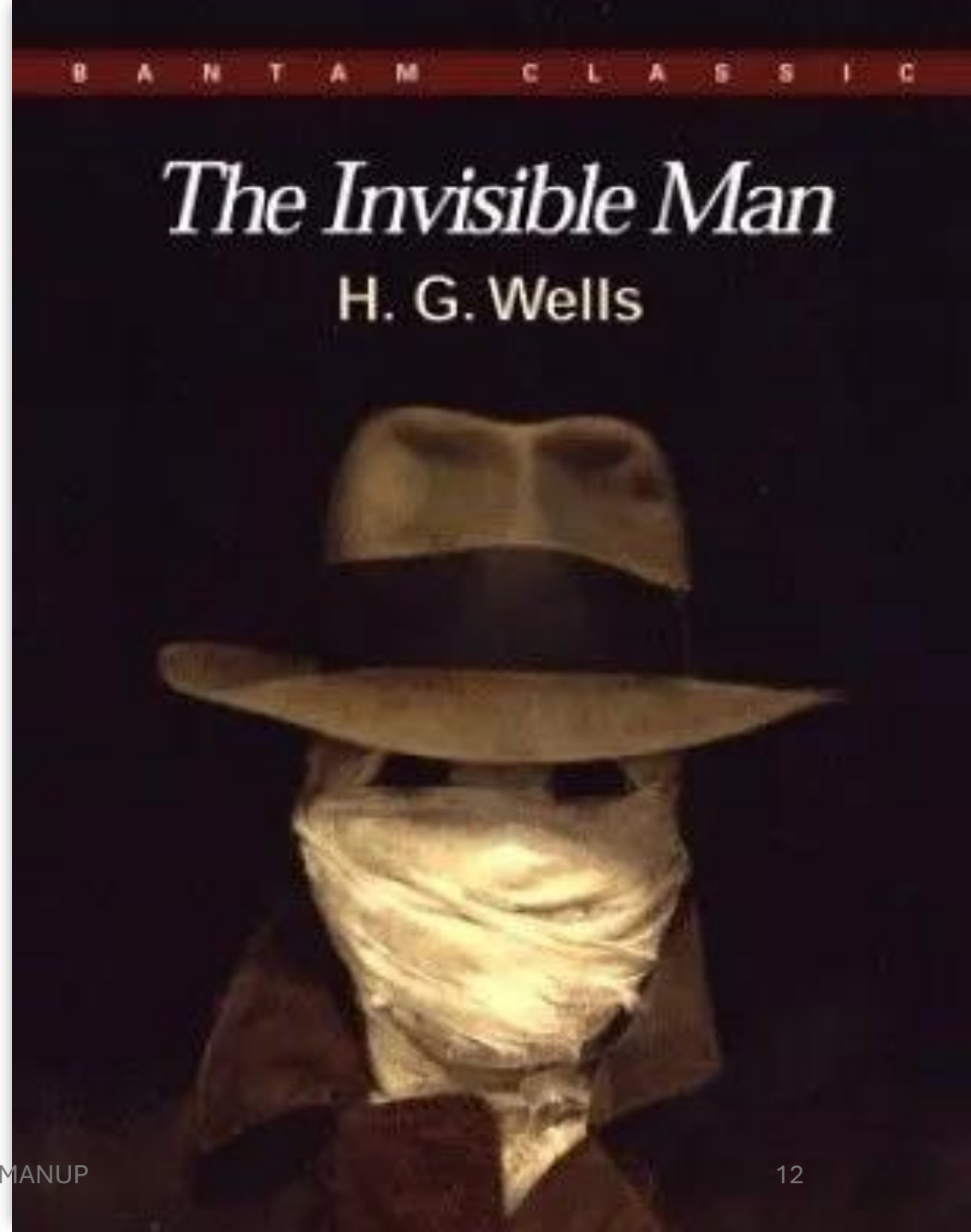
The Invisible Man - 1933

The Invisible Man (1933), based on H.G. Wells' novel, tells the story of Dr. Jack Griffin, a brilliant but morally compromised scientist whose pursuit of invisibility leads to isolation, paranoia, and destruction.



The Plot

- The story is about Dr. Jack Griffin, a chemist who discovered the secret of invisibility while conducting a series of tests involving an obscure drug called monoamine
- Griffin goes mad and because of him several people were killed until he was killed by a detective
- The moral of this story is that scientific advancement without moral grounding can lead to destruction, isolation, and personal ruin.
- The most prominent theme of the “Invisible Man” is the corrupting influence of unchecked power. He was unable to control the psychological and social consequences of his invisibility.
- God created man, and gave him authority and power, but as we observed, man was unable to control the consequences of his choices and the sin he committed.



Desire For Unseen Power

- Griffin's obsession with invisibility mirrors the biblical warning against seeking power for personal gain.
 - Proverbs 16:18 warns, *"Pride goes before destruction, a haughty spirit before a fall"*,
 - Matthew 23:12 reminds us, *"Those who exalt themselves will be humbled, and those who humble themselves will be exalted"*
 - Griffin's pride and desire for control lead him to break moral boundaries, showing how unchecked ambition can destroy both self and other
 - Because of the failure of the community to deal with Griffin's invisibility led to their inability to establish accountability for his actions and manage his choices and behavior

Manhood is Becoming Invisible in Today's Society

- **Traditional masculine roles** like providing and protecting are less valued today.
- **There is a crisis in fatherlessness**, with many boys growing up without a positive male role model.
- **Decline of Meaningful Male Friendships** – Men are less likely to maintain close friendships as they age which can lead to loneliness and a sense of being unseen
- **The Impact of Digital Isolation** - Men, in particular, may retreat into online worlds—gaming, forums, or social media—where they feel less pressure but also less seen
- **When men are experiencing struggles**, emotionally, spiritually, and mentally, they are less likely to seek help



The Isolation of Invisibility

- Invisibility, initially a source of power, becomes a prison that alienates Griffin from society.
 - Ecclesiastes 4:9-10 cautions, *“Two are better than one... If either of them falls down, one can help the other up”*, highlighting the danger of isolation.
 - Hebrews 10:24-25 urges believers to *“encourage one another”* and meet together for mutual support.
 - Griffin’s loneliness leaves him vulnerable, a reminder that God designed humanity for community and accountability
- Man’s was never meant to be invisible, but we have a society today that is desperately trying to make manhood invisible to others

The Visible God in Our Invisible Struggles

- Griffin's tragedy is that his greatest invention becomes his greatest curse.
 - Biblically, this reflects the idea that God is always present, even when we feel unseen or powerless.
 - In times of invisibility—whether in life's challenges or spiritual blindness—God's presence and guidance remain constant.
 - The film's message is that true strength comes not from hiding or dominating, but from trusting in God's unseen but active presence.

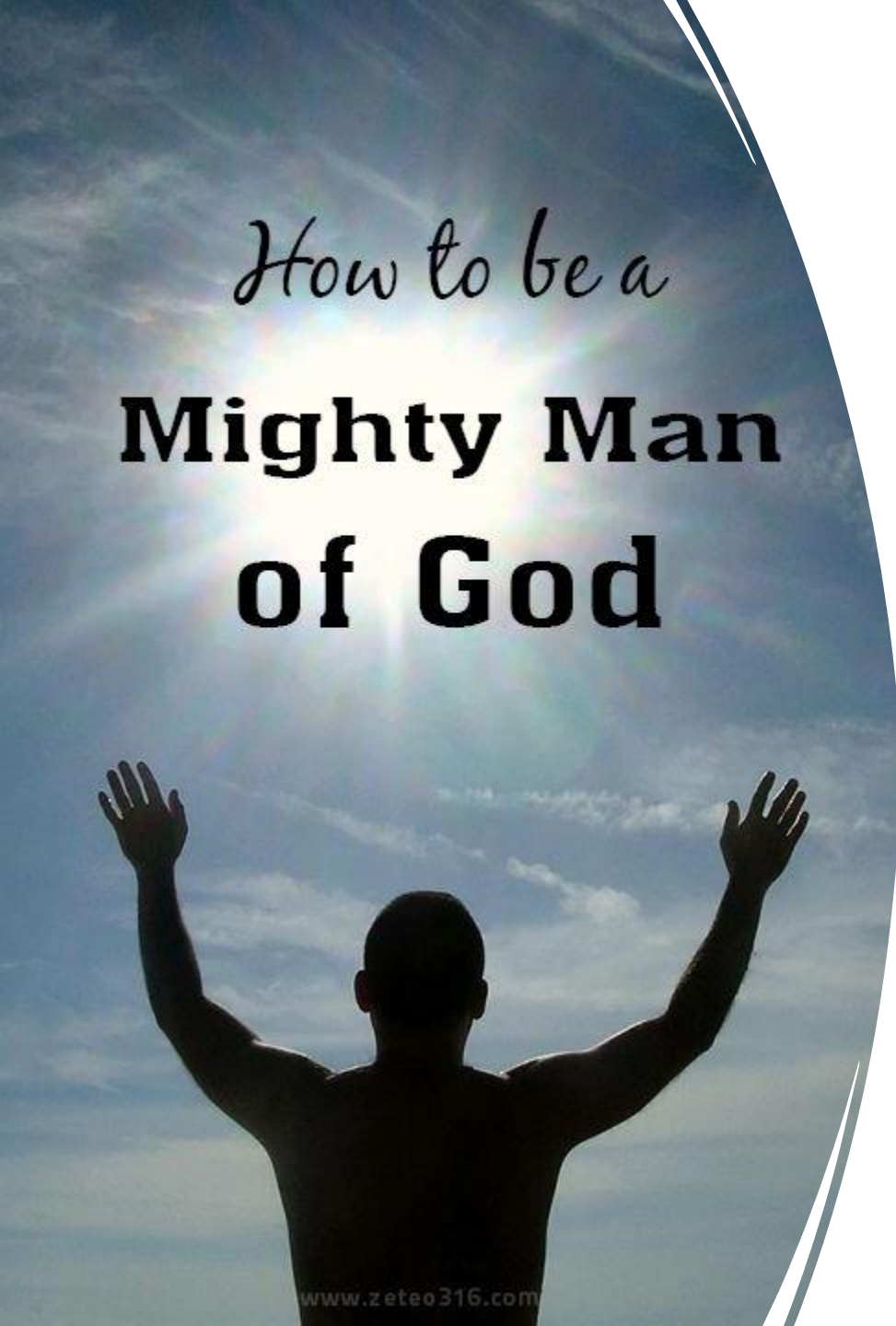
The Man Who Is Becoming Invisible In Our Society

Man of the House or
Just a Man in the
House

- Isolation from the Church
- Avoidance of Accountability
- Emotional and Relational Withdrawal
- Spiritual Disconnection

Even with the power of Invisibility, the invisible man still hid himself

The Bible warns that without God's presence, life becomes empty and directionless. Proverbs 4:23 says, "Above all else, guard your heart, for life's course is determined by it."



How to be a
**Mighty Man
of God**

When Godly Men Are Visible

- Godly men are visible when their faith is lived out in leadership, provision, protection, integrity, and courage
- Our Young Men Have an Example That They Can Rely On
- They are representatives of God's presence

We Need Godly Men Visible and Present

- What It Means to Be Present –
 - **Living Out Your Faith in the Open**
 - Titus 2:7: in all things showing yourself *to be* a pattern of good works; in doctrine *showing* integrity, reverence, incorruptibility,
 - Many of us grew up seeing some type of Male figure – Much of what we learned about being a man today is what we observed
 - **Being Engaged in Your Community** – Serving, Participating, Leading, Being an Example
 - 1st Timothy 4:12(b): Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

Although He Was Invisible, He Left Footprints



**Are you
Leaving
Footprints?**

- Footprints Can Represent Character – It identifies where you have been and where you frequent
- For example, a digital footprint can reveal your interests, habits and even your social circles. Footprints can tell a story about where you've been and the journey you've taken.
- **Footprints, in any form, are a record of your movement and choices.**
- The places you visit, the routes you take, and the environments you prefer.
- Proverbs 6:18: a heart that devises wicked schemes, feet that run swiftly to evil,

When Invisibility is Good - Transparency

- Transparency between men—especially in relationships—can be both a strength and a challenge (James 5:16);
 - Creates a culture of accountability and mutual encouragement
 - Invites others into fellowship
 - In the multitude of counselors there is safety (Proverbs 11:14)
 - Strengthens spiritual growth
 - Can Lead to Spiritual Freedom
 - Ephesians 4:25: Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.



Visible and Present- Reflecting Biblical Masculinity – How Godly Men Are Visible

- Leads by Example (Ephesians 5:23; Titus 2:7)
- Active Presence - He Engages in His Home, Church, Community, being an example worthy of notice and following
- He Provides and Protects - He protects his household from spiritual as well as physical dangers
- He Teaches, Guides, Inspires, and Lives out His faith daily in word and deed
- He is visible to Other Men through Fellowship, Mentoring, and Leadership

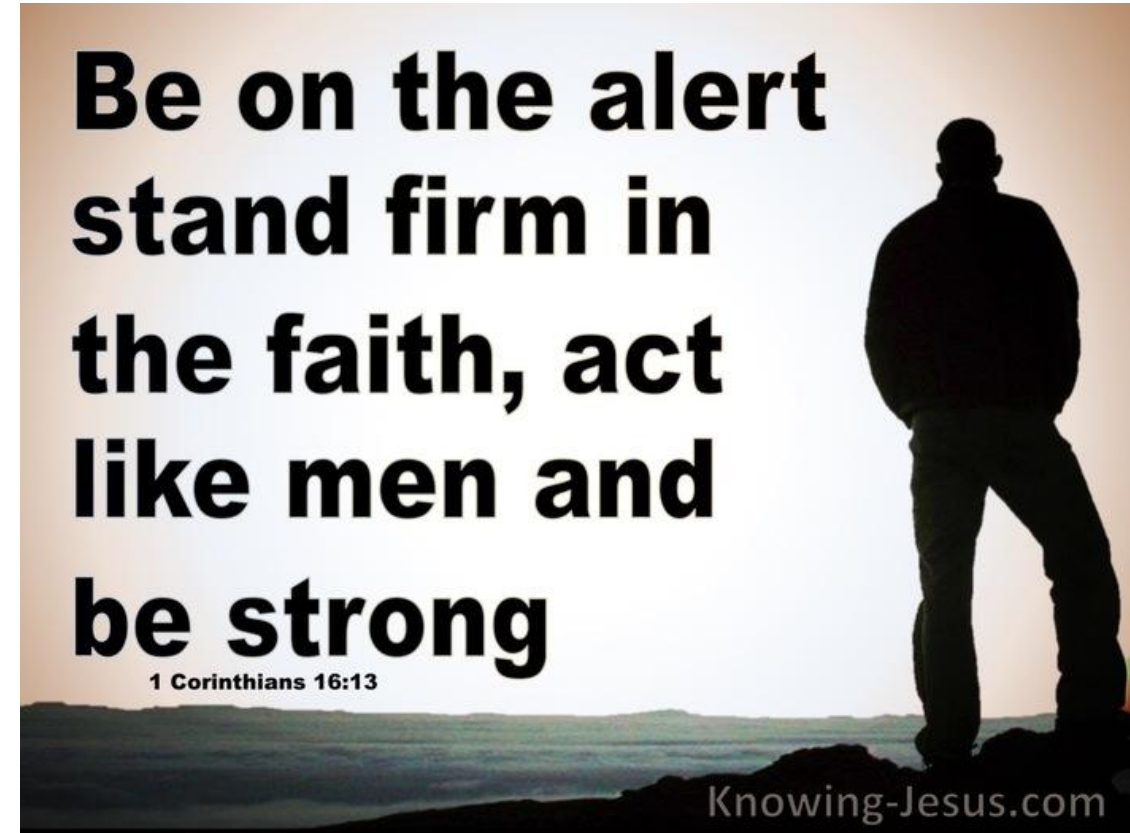
Embracing God's Visibility in Your Life

- Embrace humility and submit your ambitions to God's will.
- Cultivate meaningful relationships with friends, family, and community.
- Seek God's presence in your hidden battles, trusting in His promise never to leave or forsake you.
- Open your heart to God's redeeming grace, allowing Him to transform your life.
- **Call to Action:** Take a moment to share in the comments how God has helped you in times of isolation or invisible struggles. Your story might inspire and uplift someone else walking a similar path. Let's create a community of encouragement and faith!

What It Means to MANUP

To Stand up - We bear and forbear a lot of things to the point that no one can see us amongst the rubble

To stand up means not to stress nor suppress but express - let people know who you are, what you value and how you feel. Learn to properly communicate in a world that is learning to value you less



To Stay UP

Now that I am standing, how do I maintain my balance? Men are raised to work, provide, and do what some call “manly” things. But how do we bear up under pressure? How do we grieve? How do we find comfort when others expect us to figure it out? These are the things I wish my father had told me.

Thanks be to God for a biblical manuscript, for other faithful men to uphold me and guide me

Teach me how to come to the water and draw from them

To Manup means that I can stay up and perseverance because I won't let pride keep me from seeking others who are strong and wiser to help me stand erect and stay up through the trials of life

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To Step Up

To make a stand and take a stand for righteousness in our church, home, and community. It is your right and responsibility to do what is that good and perfect will of God for your family and community. People need to know what real men thinks and for our voice to be heard

Not to be a character but display a character to worth following being one who steps up to challenges and not avoid them

Not domineering but walking and taking dominion of the spiritual forces that are operating in this earth.
Men, we were created to subdue, not silently subside



To Store Up

Gather together the things you have learned that made you solid, stable, strong, and hold in your heart that you may teach others.

When we as Men share our “Sanctified” experiences with our sons and daughters, teaching them what we had to learn through our experiences, from revelations, from the teachings of others, We provide a pattern of principles that they can draw from in the future.

Leave a footprint that leads to somewhere meaningful



Maintain a Godly Brotherhood

- Pray together regularly.
- You speak truth in love (Ephesians 4:15), even when it hurts. Iron Sharpens Iron
- Encourage one another to stay in the Word and in the fight (1 Thessalonians 5:11).
- Correct, not to shame, but to restore (Galatians 6:1).
- Serve together, whether in your church, your homes, or your community.
- Brotherhood is not about comfort—it is about commitment. It is about walking together in Christ when life is easy and when it is not.



ACT LIKE MEN



**BE WATCHFUL, STAND FIRM IN THE FAITH, ACT LIKE MEN, BE STRONG.
LET ALL YOU DO BE DONE IN LOVE.**

1 Corinthians 16:13-14

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