

JARED ZIMMERER: Authentic Catholic Masculinity

QUESTIONS FOR DISCUSSION:

1. Share your initial thoughts on the video. What struck you? What resonated with you? What challenged your view of reality?
2. What does our culture say about what it means to be a man in 2019? What are some of the attributes of manliness (i.e. what are the measures of an ideal man today, and who are our 'authorities' on this)? Contrast the modern-day vision, with the one rooted in Christ, that Jared proposes. What traits make Christ the true model of Manhood? (Modern view - external attributes, Traditional view - internal characteristics - virtue (eg. Courage, Loyalty, Industry, Resiliency, Resolution, Personal Responsibility, Self-Reliance, Integrity, Sacrifice))
3. Jared shares some grim statistics, that 70% of boys in juvenile detention and similar numbers of men in prison grew up in fatherless homes. How can fatherlessness contribute to this reality? What are some practical things men can do today, to become the good fathers of tomorrow?
4. *"A VIRTUE is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions."*

—Catechism of the Catholic Church (CCC Art.7) [1733, 1768]

Jared said that 'to love is to will the good of the other'. What is the connection between Virtue (as defined above) and with our ability to love others well? What are some practical ways that we can incorporate the practice of virtue into our lives, specially in the areas that Jared talks about?

LIVE IT – WEEKLY CHALLENGE

Develop the three types of virtue mentioned in the video:

SPIRITUAL: Pray for 15 minutes before the blessed sacrament

MENTAL: Spend 30 minutes reading something that challenges you.

PHYSICAL: Engage in one hour of physical activity

Come. Be. BECOME

"Be who you were created to be, and you will set the world on fire."



EXTRA RESOURCES:

Book by Jared Zimmerer	30 Days of Optimal Living: Achieving Greatness in Mind, Body, and Soul SHORT URL: https://amzn.to/2Pm9HIi
Website & Blog for Men by Dave Dinuzzo Sr.	URL: http://www.truemanhood.com
Dave Dinuzzo Sr. Quote "Maleness vs. Manliness"	<i>There's a difference between maleness and manliness. A person is a male by virtue of his sex (gender), his DNA. A male is not a man simply because of his age, his profession, his marital status, whether or not he's a virgin, what he owns, or any other arbitrary factor. A male becomes a man when his life is manly.</i> <i>What is manliness? Virtue.</i>
Book by Dr. Leondard Saxx, M.D., Ph.D. NY Times Bestselling Author	Why Gender Matters (2nd Edition) SHORT URL: https://amzn.to/2IIW1FL
Video by Bobby Angel	What does it mean to be a man of virtue SHORT URL: https://bit.ly/2GAe2DR
TRUEMANHOOD.com Guide to Virtue (PDF)	SHORT URL: https://bit.ly/2UU8dqO

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