

**WILD AT HEART**  
**WEEK ONE | JANUARY 2026**

**MAN** CENTRAL  
**TALK** GUYS  
GROUP



**THE HEART OF A MAN**

# WILD AT HEART

## THE HEART OF A MAN | SUMMARY

What does it mean to be a man? Is masculinity something that is just socially created?

Genesis 1:26–27 gives us insight into what God had in mind: “Then God said, ‘Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.’ So God created mankind in his own image, in the image of God he created them; male and female he created them.”

Male and female he created us.

This is an absolutely incredible passage, because right here at the beginning, the very first things God says about the human race—about you—is that you are made in his image and that you are made in his image as a man.

Gender is from God. Masculinity is deep and immortal and everlasting.

God made the masculine heart and sets it within every man he creates. This is going to help us understand so much about our lives as men. If we know who we are, if we know what we were designed for, it will help us make sense of our stories and plan for our future.

Out of your masculine heart flows all of the things that make your life worth living—friendship, love, adventure, career, your dreams, and your relationship with God. If you look at the games that little boys play and the movies men love, you will find in every man’s heart three core desires: a battle to fight, an adventure to live, and a beauty to love.

# DISCUSSION GUIDE | VIDEO 1

Q1: Could you relate to the stories and struggles of the men in this group? Why or why not?

Q2: What adventures or games did you play as a boy?

Q3: The Creator made the human race as male and female. Gender is from God. How would you describe what this truth means to you?

## NOTES | THE HEART OF A MAN

Briefly review the summary for the session 1 teaching and any notes you took. In the space below, write down the most significant point you took away from this session.

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### **WILD AT HEART THE SERIES - PROLOGUE**

In the prologue video, John states: *“We are living in a moment that may be the breaking point for culture. A crisis of masculinity like the world has never seen on this scale.”*

What do you think about his assessment?

### **WILD AT HEART THE BOOK - CHAPTERS 1 + 2**

“And then, alas, there is the church. Christianity, as it currently exists, has done damage to masculinity. When all is said and done, I think most men in the church believe that God put them on the earth to be a good boy.” (Pg. 6)

Do you agree or disagree?

“Gender simply must be at the level of the soul, in the deep and everlasting places within us. God doesn’t make generic people; he makes something very distinct—a man or a woman.” (Pg. 34) Why is it important to see gender as biological as opposed to socially constructed?

Eldredge, John. Wild at Heart Expanded Edition: Discovering the Secret of a Man’s Soul. Thomas Nelson, 2021.