



## StrongMen Interest Meeting

May 17, 2026

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### THE WHY - We Were Made for Brotherhood

Quick question.

Who's ever been part of something bigger than you?

- A team.
- A unit.
- A mission where what you did actually mattered.

Most of us have had that at some point.

So why does it disappear as life goes on?

- Somewhere between responsibility and routine, men drift.
- Work gets busy. Family needs grow. Schedules fill up.
- And before we know it, we're doing life mostly alone.

We trade brotherhood for busyness.

We settle for surface-level connection and call it normal.

It isn't.

Men were built to walk together—to shoulder responsibility and live on mission. Not isolated. Not distracted. Not numbed out.

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### VISION – What StrongMen Is About

StrongMen exists to bring men back into something bigger than themselves: The Kingdom of Jesus.



This isn't a program.

It's not a phase.

And it's not something you "complete."

StrongMen is lifelong brotherhood.

In StrongMen:

- We pursue Jesus together
- Our brotherhood becomes the place where life actually gets worked out
- We stop *performing* and start *living honestly*
- And our priorities begin to line up with God's mission—not just comfort or convenience

This isn't about self-improvement.

It's about following Jesus and doing that walk together.

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## **FORMAT – What a StrongMen Gathering Looks Like**

Let's talk brass tacks—what actually happens when we meet.

A lot of men don't read.

And because of that, most men aren't regularly reading the Bible.

So we use a series of books that have pulled out principles of manhood straight from Scripture—to teach men truths they've never been exposed to or even had language for.

**BUT...**StrongMen is not about books.

We are about brotherhood and learning to live Kingdom-focused lives together.



The books are simply a tool—they give us direction and momentum so we're not wandering or winging it.

Here's how it works:

- We meet weekly here at The Summit Church Kernersville campus, every Tuesday evening from 6:30–8:00pm
- We work in roughly 12-week chunks, because each book is designed as a 12-week plan
- Each night starts with a short time to hang out and catch up
- Then we break into smaller groups for deep, honest conversations
- Those breakouts are where the real work happens.

They're hard-hitting, down-and-dirty, trenches-of-life conversations.

Real stuff. -----> No church masks. No surface answers.

This is where brotherhood is forged.

We start on time at 6:30pm

We end on time at 8:00pm

...respecting each other's time.

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## **EXPECTATIONS – What It Means to Walk as a StrongMan**

Let's be clear—this isn't casual.

StrongMen is a covenant brotherhood.

It's not a 7-week study, not a 12-month program, and certainly not a drop-in men's group.



In real terms, that means:

- You commit to walking with other men, not doing faith alone
- You take following Jesus seriously and allow Him to shape your life
- You live with honesty, humility, and accountability
- You show up consistently
- You understand that life and mission sometimes send brothers elsewhere—and that's part of the Kingdom
- And you know that brotherhood doesn't end when circumstances change—it adapts

Growth will happen in every area of your **life**—your relationship with Jesus, your marriage, your kids, your friendships, your job—because life with Jesus does that.

But we're not chasing *areas* of life.

We're chasing faithful obedience and transformed lives.

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## CLOSING REMARKS

StrongMen isn't for every man.

But if you're tired of walking alone,

tired of shallow faith,

and ready to be part of something bigger than yourself that is real and lasting—

THIS may be your next Yes.

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