

Welcome to *Forged*, our companion book for *Woven*. Like *Woven*, which was created for young women, *Forged* is designed to be used within a group setting of young men from teens to early college age over a period of weeks or months, but can easily be adapted for families or solo readers. The teaching notes and resources below contain background information for teachers, helpful hints, suggestions for articles to read, and video clips and movies to watch to foster in depth discussions. To implement *Forged* over a longer period of time, a group could alternate between having sessions just on the book with sessions utilizing suggested movies and discussion articles. For example, the book could be read aloud in the group or independently before meeting. In the first week of a month you could discuss half of a chapter in the book. The second week could focus on one or more of the articles or videos. Next, the group could meet to do an activity like a service project or something fun like bowling or watching one of the movies. A week could be spent on learning about saints mentioned in the book. Finally, finish up the chapter. Alternating like this gives a group more time to bond and increases the impact of topics addressed.

This guide contains teaching notes, discussion resources, movies and graphic resources for each chapter. The teaching notes give ideas for implementation and additional resources. Graphic resources can be used to facilitate discussions. Be sure to view any of the movies or clips in this resource so you can determine what is most appropriate for your group. Some of the topics are graphic so younger groups may not be ready for them. We chose to publish this guide online for ease of use because there are many outside links and so we can add more resources as they become available.

## **Chapter One Teaching Notes:**

**1.** Creation is foundational to our beliefs. Don't get bogged down in a debate about evolution. The Orthodox Church affirms that God has created us. Debates can take place outside the class. Genesis, Creation, and Early Man by Father Seraphim Rose covers creation and evolution exhaustively with both scientific evidence and Orthodox theology. Selections from Chapter Four of Father Seraphim's book would be an excellent way to expand Chapter One in *Forged* for an older group.

2. On page 15 we discuss masculinity. Here are quotes to discuss from [Men and Church | Antiochian Orthodox Christian Archdiocese](#) which compiles thoughts written by clergy in reference to masculinity in Orthodoxy:

“Men are drawn to the dangerous element of Orthodoxy, which involves “the self-denial of a warrior, the terrifying risk of loving one’s enemies, the unknown frontiers to which a commitment to humility might call us...”

“Evangelical churches call men to be passive and nice (think ‘Mr. Rogers’). Orthodox churches call men to be courageous and act (think ‘Braveheart’). Men love adventure, and our faith is a great story in which men find a role that gives meaning to their ordinary existence.”

“There are only two models for men: be ‘manly’ and strong, rude, crude, macho, and probably abusive; or be sensitive, kind, repressed and wimpy. But in Orthodoxy, masculine is held together with feminine; it’s real and down to earth, ‘neither male nor female,’ but Christ who ‘unites things in heaven and things on earth.’”

2. The questions on page 17 will be revisited in the last chapter.

3. On page 19 there are two quotes from President Roosevelt (TR). He lived an amazing and inspiring life. As a child, he was sickly and had asthma, but he grew up to be not only a cowboy, but a mountain climber (climbed the Matterhorn). He was a homeschooled boy who graduated from Harvard. He organized the Rough Riders (first volunteer cavalry in the US), created the United States Forest Service, established five National Parks, built the Panama Canal, founded the FBI, and many other accomplishments. A Progressive Republican, He is thought by many historians to have been one of the best presidents of the United States. We’ll hear more from TR in Chapter 5’s teaching notes.

4. Examples of feminine courage (page 21) from the Bible include: Ruth, Deborah, Esther, Mary Magdalene, Lydia, Priscilla, and of course, the Theotokos. There are many historical female saints who showed courage. A modern female saint who risked her life to help others was Mother Maria of Paris. Each of these women exhibited feminine courage which sprang from their faith and devotion to God.

5. On pages 24-25 we discuss the inner critic. The inner critic is that subpersonality which judges us harshly. It’s that inner voice which sets unrealistic standards for us and then demeans

us when we don't reach them. The inner critic might tell us we have no worth, can't fit in with others, are guilty beyond redemption, and can't change.

Monitoring the inner critic by learning to recognize and reject its voice through watchfulness and prayer helps us choose healthier and more godly thoughts. These thoughts develop a more positive attitude about practical things like sports and a loving, Christian view of ourselves and others.

6. Page 26 discusses profanity. This slideshow is a Protestant resource but it covers the issue in a straightforward and universal way which might be useful in group instruction:

[9 Things Christians Should Know about Profanity \(crosswalk.com\)](#)

Here is a short video resource (produced by the Greek Orthodox Metropolis of Detroit) which covers the topic of profanity given by Father Angelo Maggos, pastor of the Annunciation Greek Orthodox Church of Rochester, NY: [Is Profanity a Sin? - YouTube](#)

7. Blaise Pascal's concept of an inner vacuum that can only be filled by God has been popularized as the [God-shaped hole in everybody's heart](#). This is mentioned on page 29.

There are many ways that people around us are trying to fill this vacuum and define themselves. Many of those things are beyond the scope of this book. Instead of haggling about this or that issue, we are discussing finding our identity in Christ, because that encompasses all things.

### **Discuss:**

<http://goodguyswag.com/verge-of-manhood/>

[Brotherhood Archives | The Vital Masculinity Project](#)

### **Watch:**

*From the Little Mountain:*

<https://www.youtube.com/watch?v=ooZiPrSm8sI> A year in the life of The Hermitage of the Holy Cross, an English-speaking monastery located in West Virginia, under the jurisdiction of the Russian Orthodox Church Outside of Russia in the Diocese of Eastern America & New York.

***AMEN Interview with Father Barnabas Powell:***

[Fr. Barnabas Powell Interview - The Orthodox View of Masculinity - YouTube](#)

AMEN interviews Fr. Barnabas on the topic of masculinity. [AMEN](#) is the Antiochian Men of the Diocese of Miami and the Southeast. AMEN videos like this one are inspiring resources for group leaders to listen to before teaching. Older groups may benefit from listening and discussing this, but younger teens could listen to a segment of the video instead of the whole interview. Fr. Barnabas is the priest at Sts. Raphael, Nicholas, and Irene Greek Orthodox Church in Cumming, Georgia. Fr. Barnabas also has a podcast on Ancient Faith Ministries and a [daily devotional website](#) which are both called *Faith Encouraged* as well as a catechumen program called *Journey to Fullness*.

Questions to focus on from the interview with Fr. Barnabas:

- 1) How did being a police officer prepare Father Barnabas for the priesthood? Being part of the “Brotherhood of the Badge” fulfilled the need he had for brotherhood and camaraderie like the experience he has now as a priest.
- 2) How do we best understand ourselves? Through communion with God.
- 3) What are some words Fr. Barnabas used to describe a purposeful Orthodox life?  
Attentive, intentional, habitual, choose to act, developing habits, watchfulness
- 4) Why do we need to be broken?  
Don’t waste your life on anything but repentance- coming to the end of yourself.  
The madness of society’s attack on masculinity can help us wake up to our need for repentance in place of escapism.  
The brokenness we have undoes the attacks of the evil one because this pushes us to Christ.  
Christ binds up our wounds and heals us. Brokenness is not weakness. Saying sorry, going to confession gives us strength to fight our weaknesses.



**Graphic Resources:**

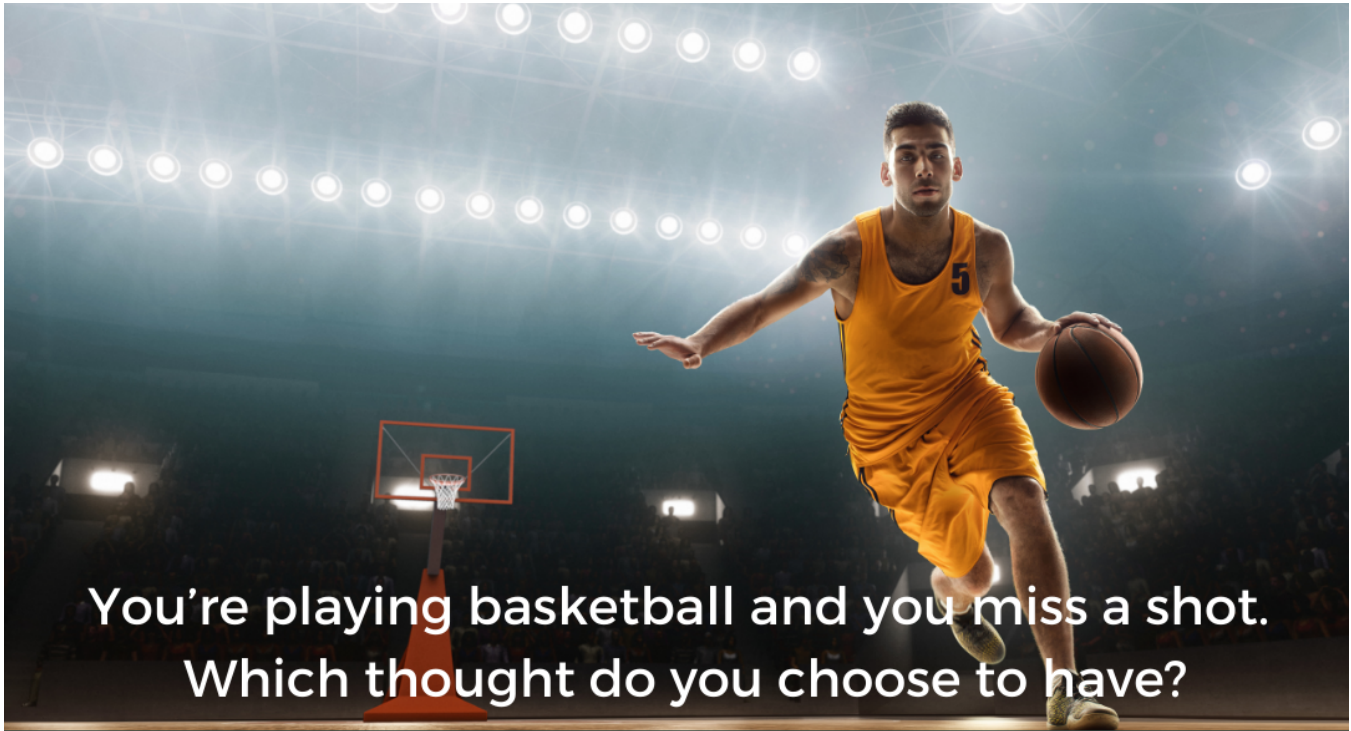
Being honest and  
open in prayer  
helps you to

know yourself

which in turn helps  
you to be  
true to yourself  
and to God.



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[WWW.WOVENINHISLOVE.ORG](http://WWW.WOVENINHISLOVE.ORG)



You're playing basketball and you miss a shot.  
Which thought do you choose to have?

I'm going to slack off because I'm not good  
at this stupid game so why keep trying?

Or

I should've kept better focus on my shot! I can do this.

**Which thought will help you become a better player?**

Forged [www.woveninthislove.org](http://www.woveninthislove.org)

## Chapter Two Teaching Notes

1. In this chapter we read about Saint George and discuss his battle with the devil. There are many other male saints to explore. Here is a short list: [Saint Moses the Black – Orthodox Road](#), [Saint Simeon Stylites, the Elder - Orthodox Church in America \(oca.org\)](#), [St. Herman of Alaska - Orthodox Church in America \(oca.org\)](#), [the Georgian Saint Goderdzi Urgebadze](#). Each of these saints lived a life that glorified God according to their own abilities, circumstances, and His will for them.
2. Pride is discussed on pages 50-52. Our society elevates pride to the level of virtue. Obvious examples of this are pride month and racial pride. Humility is the opposite of pride. All virtues flow forth from humility.

### Discuss:

[The Demonic Stronghold: On the Characteristics of Pride \(pravmir.com\)](#)  
<http://goodguyswag.com/america-traditional-gentleman-today/>

### Watch:

[THE SIMPLEST PATH TO GOD'S GRACE - YouTube](#) This is a short teaching from Father Spyridon Bailey on developing humility and abandoning pride. Father Spyridon is a priest of the Diocese of Great Britain and Western Europe of the Russian Orthodox Church Outside of Russia, serving in England and Ireland. His podcast on Ancient Faith Ministries is called *The Simple Path to God*.

*Ostrov (The Island)* a 2006 award winning Russian movie directed by Pavel Lungin. It's available on Amazon or YouTube. This is the fictional story of a mysterious Russian monk in a remote monastery.

If you prefer a movie option in English, here is a selection of the lives of the saints from Trisagion Films. You can watch one of them together and discuss how we can relate to their struggles and victories.

<https://www.trisagionfilms.com/videos#/saints/>

### **Graphic Resources:**

F O R G E D

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Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.

Ephesians 6:10-11

[@wovenininhislove.org](https://www.wovenininhislove.org)



Saint Simeon the Stylite



## Chapter Three Teaching Notes

1. Daily Prayers (mentioned on page 69) from the *Little Red Prayer Book*:  
<http://ww1.antiochian.org/orthodox-prayers>

We'd also like to recommend these excellent prayer books:

Published by Saint Tikhon's Press, here is an illustrated prayer book: [Orthodox Christian Prayers \(stmppress.com\)](http://stmppress.com)

Here is an e-book of prayers published by the Greek Archdiocese of America: [My Orthodox Prayer Book - eBook Edition - All Products & Services - Greek Orthodox Archdiocese of America \(goarch.org\)](http://goarch.org)

Prayer books could make a beautiful end of class gift for the guys.

2. We suggest labeling each emotion on pages 78-83 in the middle on a large piece of paper and putting the difficult results on one side. In the next session, write more constructive alternative responses on the other side. The guys should do this themselves, preferably in their own words. The root emotion is not negative or positive- it's just how we feel. Our response determines whether we get hurt more or grow.
3. These emotions are common to all of us. Keep it about everyone and avoid letting any one's personal stories take over.
4. Optional Activity: Practice a manly confident handshake:  
<https://www.artofmanliness.com/articles/the-complete-guide-to-giving-a-great-handshake/>

Add to it: talk about how to hug the girls at church (side hug), how in many Orthodox cultures men kiss one another on both cheeks, and practice the correct way to greet and address a priest or Bishop.

How has Covid-19 affected the way we greet each other in your church?

**Discuss:** <https://www.artofmanliness.com/articles/4-myths-about-men-and-emotion/>  
accessed 1/2/2020

[Dealing with Anger - Orthodox Church in America \(oca.org\)](http://oca.org) accessed August 17, 2021

**Watch:**

***Greater* (2016)** Based on the true story of Brandon Burlsworth who was the greatest walk-on ever to play college football. This film is a powerful story of a quirky but endearing guy who is steadfastly faithful to Christ under pressure from family, peers, and coaches to compromise.

**Graphic Resources:**



"Instead of dragging your anger  
around for days, **find solutions**  
to make your life better."

Forged  
[www.woveninhislove.org](http://www.woveninhislove.org)

## Chapter Four Teaching Notes

1. For page 98, show the scene described in the Hobbit movie:  
<https://www.youtube.com/watch?v=wMLcd-zobJ0>
  2. On page 103, prayer ropes are discussed. Here is a great resource to use to introduce your group to prayer ropes: [Be the Bee #49 | Why You Need a Prayer Rope - YouTube](#)
  3. The shield activity (making shields, practicing formations, getting hit with flying objects) should take about an hour. If you have access to wooden shields, take the time to paint them, let them dry, and then do the formations. Shield dancing is another option.
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1. For an explanation of the icon of the resurrection (page 110):  
<https://myocn.net/a-brief-comment-on-the-icon-of-the-resurrection/>

### Discuss:

<https://www.artofmanliness.com/articles/men-without-chests/> or

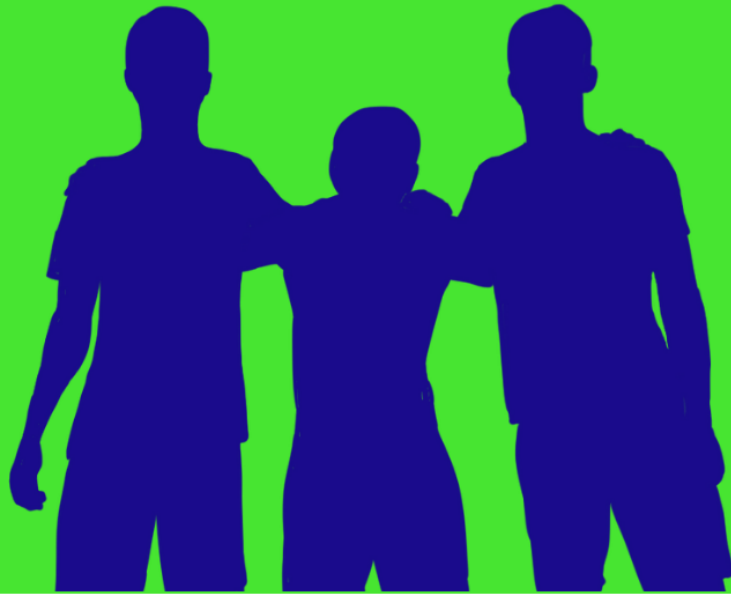
<https://www.vitalmasculinity.org/journal/brother-battle/>

### Watch:



***The Endurance*** (2000), starring Liam Nielson, is a documentary film which tells the story of Shackelton's ill-fated journey to the Antarctic from 1914-1916 and the endurance, competency, and fortitude of the men with him.

**Graphic Resources:**



“

These are the guys with whom you can be your authentic self.  
They are the guys who will tell you when you're being a selfish jerk  
and they'll be right. They will support you when you confide in them,  
and they'll steer you in the best direction.

This is a band of brothers.

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## Chapter Five Teaching Notes

1. Dr. Jordan Peterson has pithy quotes you could post in the room before class. Here are some examples or you can find your own that are better suited for your guys:

*“No one gets away with anything, ever, so take responsibility for your own life.”*

*“Don’t compare yourself with other people; compare yourself with who you were yesterday.”*

*“You must determine where you are going in your life, because you cannot get there unless you move in that direction. Random wandering will not move you forward. It will instead disappoint and frustrate you and make you anxious and unhappy and hard to get along with, and then resentful, and then vengeful, and then worse.”*

1. Admiral McRaven’s viral speech is discussed on page 131 and found in the resources below. He wrote in his book Make Your Bed that he visited Sadaam Hussien daily after

Saddam was captured. He noticed that Sadaam never made his bed-- the sheets were rumpled and not smooth. Just sayin'

2. Work in a monastery is a kind of active prayer, just like our daily routine tasks can be for us. Monks follow a routine of prayer, work, and quiet meals. We might not be as quiet, but prayer can flow through our day too. While you're doing an automatic task, pray.

4. The sections on steps to building habits are self-explanatory. The first explains the steps, the second models the steps, the third gives the guys a chance to write their own. You could model the steps with a different goal. Afterwards, have one or two share what they wrote. Their personal goals are their goals, don't try to make their goals your goals. Hopefully we are teaching them a life skill, not trying to reach a specific goal as a class.

5. The Story of Joshua of Navi (pages 134-138) may not be familiar to all. Joshua was born in Egypt around 1654 BC. He led Israel after Moses died. Joshua fought many battles after they entered the Promised Land. After experiencing amazing victories, He divided the land among the twelve tribes of Israel. Miracles that Joshua experienced include:

- God stopped the Jordan from flowing so the Israelites could cross into the

### Promised Land (Joshua 3)

- The Archangel Michael appeared to him (Joshua 5:13-15)
- The walls of Jericho fell down by themselves after the Israelites followed God's instructions by marching around the city repeatedly. (Joshua 6:20)
- The sun "stood still" until a battle was won because they needed extra daylight for fighting. (Joshua 10:13)

6. Starting good habits and stopping bad ones seems simple, but we know from experience that these are part of the battle of life. Here is a great quote for discussion from a speech given by President Theodore Roosevelt in Paris in 1910. The relevant passage is called the *Man in the Arena*:

*"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement,*

*and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”*

7. River rocks for cairns (page 137) are available at stores such as the Home Depot in the garden section. Rocks should be small, varied in color and size, and mostly flat so they are stackable. They're usually sold in bags. If you are coordinating with a group of girls who are reading *Woven*, you can share supplies of river rock as they use them in their Chapter 5. You may want to extend the cairn activity by mixing up a little cement to hold the rocks together permanently so the cairn is stable -- held together by strong faith.

### **Discuss:**

[The 7 Habits: Put First Things First | The Art of Manliness](#)

This article sums up the popular book *Seven Habits of Highly Effective People* by Stephen Covey. It ties in nicely with our chapter (see page 123) and even mentions rocks...

### **Watch:**

- ***Bee the Bee:*** Be the Bee has an insightful and practical clip about developing habits in the midst of all the mess that is Covid-19: [Be the Bee #143 | How to Build Healthy Habits - Be the Bee - Greek Orthodox Archdiocese of America \(goarch.org\)](#)

[Be the Bee](#), a ministry of the Greek Orthodox Archdiocese of America, focuses on finding God in everything, everyday. Be the Bee is hosted by Steven Christoforu. Check out their website for abundant Orthodox resources designed for young people.

- ***Admiral McRaven:*** When my sons were in 7 and 9th grade, they heard this video at school and rushed home to share it with me. They thought it was super cool, even though I can't say their beds were made more consistently. Here is Admiral McRaven's viral speech given in 2014 in which he recommends changing the world by making your bed:

[University of Texas at Austin 2014 Commencement Address - Admiral William H. McRaven - YouTube](#)

Discussion Q's: How is SEAL training like our spiritual struggle? What simple habits

can we form to make our own lives better? How do we want to change the world?

- ***Pinocchio (2020)*** This Italian movie is artistically crafted. It's funny, creative, and expresses the value of truthfulness and responsibility within the familiar story. This version of Pinocchio expresses a childlike vibe without being childish.
- ***Father Josiah Trenham is interviewed on a secular radio station about the significance of Dr. Jordan Peterson's work:***  
<https://patristicnectar.org/files/recordings/The-Influence-of-Dr-Jordan-Peterson.mp3>

Why do I have so many Jordan Peterson quotes? I appreciate his concise writing and direct, common sense approach to emotional topics that our society is battling. His books are popular among young men because he speaks to things they struggle with and gives practical help. Father Josiah Trenham, the pastor of St. Andrew Orthodox Church in Riverside, California, is also the founder and director of Patristic Nectar Publications and a contributor on Ancient Faith Ministries. This interview gives an explanation of why our guys benefit from Dr. Peterson's work and how the classical wisdom of our culture helps people lead

productive happier lives. This interview is included here for the facilitators or parents, not the guys.

***Jordan Peterson and Jonathan Pageau:*** Jonathan Pageau is professional artist, Orthodox writer and public speaker, giving workshops and conferences all around North America. He teaches icon carving, speaks on art, but mostly explores symbolic structures that underlie our experience of the world. You can find his writing [here](#). This AMEN interview of Pageau is for *Forged* facilitators, families, and older guys. Many of the topics in *Forged* are discussed and expanded upon:

[Jonathan Pageau Interview - The Jordan Peterson Phenomenon & the Inversion of Reality in Our Culture - YouTube](#)

The section about Jordan Peterson begins about 34 minutes in, but the whole video is powerful and appropriate for our topics.

Jonathan Pageau interviewed Jordan Peterson [here](#).

This is a long interview, almost an hour and a half and is included here just as another resource that may interest a facilitator. The interview covers a wide range of topics from



theology to dealing with chronic anxiety.

## **Graphic Resources**



DR. JORDAN  
PETERSON WROTE:

"YOU MUST DETERMINE  
WHERE YOU ARE GOING  
IN YOUR LIFE, BECAUSE  
YOU CANNOT GET THERE  
UNLESS YOU MOVE IN  
THAT DIRECTION."

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identify habits that will move  
you towards your goals. Build  
godly habits and you will build  
a godly character.

Forged is available at  
[www.woveninhislove.org](http://www.woveninhislove.org)



**“Habit is a difficult thing, and it is hard to break and hard to avoid...Therefore, the more you understand the power of a habit, the more you should endeavor to be rid of a bad habit and change yourself over to a good one.”**

**- St. John Chrysostom**

*Forged*    [www.woveninhislove.org](http://www.woveninhislove.org)



“

*“Don’t compare yourself with other people;  
compare yourself with who you were yesterday.”*

Dr. Jordan Peterson

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[WWW.WOVENINHISLOVE.ORG](http://WWW.WOVENINHISLOVE.ORG)



***“No one gets away with anything, ever,  
so take responsibility for your own life.”***

***Dr. Jordan Peterson***

Forged [www.woveninhislove.org](http://www.woveninhislove.org)





**"Do not be afraid; do not be discouraged,  
for the Lord your God will be with you  
wherever you go." Joshua 1:9**

Forged- a book for Orthodox young men  
[www.woveninhislove.org](http://www.woveninhislove.org)

## **Chapter Six Teaching Notes**

1. Avoid personal disclosures. Discuss general issues, not what's happening with each guy.

2. Sexting is often started by girls. It is a huge problem for teens. It can also be a legal problem due to the age of many of the boys and girls sending the texts or snapchats. The legal consequences of underage sexting can be severe. What might the consequences be in your state?
3. The average age of first exposure to pornography is 11. One in ten 10-year old children intentionally looks at porn. In fact, "Children under 10 now account for 22% of online porn consumption under 18" (*British Journal of School Nursing*.) By middle school, some kids already feel addicted to porn. 75% of parents in a 2019 survey thought their child hadn't seen pornography online, but in reality 53% of their children reported that they had in fact seen it. 60% of parents claimed to have discussed pornography with their child. However, very few children interviewed reported having ever had such a conversation. Source: [Enough Is Enough: youth and Porn](#)

Pornography is an enormous problem with possibly lifelong consequences. Again, avoid personal disclosures, but focus on strategies to get help.

4. Shame is a powerful emotion. It's so overwhelming we often push it to the back of our minds and then react to the pain we feel, not the root cause of the shame. It can devastate us, or shame can push us to seek redemption. In the Old Testament, shame is described as bringing one to sin or to grace. The Wisdom of Sirach 4:20-21

*Watch for proper opportunity and*

*keep yourself from evil;*

*And do not bring shame upon your soul.*

*For there is a shame that brings sin,*

*And there is a shame which is glory and grace.*

### **Discuss:**

[Pornography Damages Men, Should Be Illegal - Russian Faith \(russian-faith.com\)](#)

<http://goodguyswag.com/30-things-every-young-man-should-know/>

### **Watch:**

## [Be the Bee # 157 | 3 Reasons to Fast from Social Media - YouTube](#)

## ["Ask Fr. Hans" #46 - Overcoming Pornography Addiction - YouTube](#)

Fr. Hans Jacobse serves St. Peter the Apostle Orthodox Mission in Bonita Springs, FL. He is the spiritual advisor for AMEN, the founder of the [American Orthodox Institute](#), and is a recognized authority on the impact of ideology and narrative on culture.

## [How to Bring Balance To Our Digital Lives \(myocn.net\)](#)

Fr. Chistopher Metropulos is the former President of Hellenic College Holy Cross Greek Orthodox School of Theology. He is also the founding father and host of the Orthodox Christian Network (OCN) and *Come Receive the Light* national Orthodox radio program. This resource is appropriate to share with parents or just for facilitators. As it's aimed towards adults, it's not meant for the guys. Check out the printable resources link under the video.

***The Heart of Man:*** <https://heartofmanmovie.com/> (currently available on Amazon Prime)  
This movie is recommended only for older teens or adults. It's deep and graphic, but powerful. Created by Heterodox Christians, it uses an artistic allegory of the Prodigal Son to explore issues of sexual abuse, loss and redemption. Like any of our suggested movies, be absolutely sure to preview as this particular one may be too graphic for your group. However it emphasises the love of God and the healing we experience through His mercy as we repent and does so in a unique way which could provide a wonderful springboard for discussing hard topics.

***Chariots of Fire:*** [Chariots of Fire \(1981\)](#) This movie is perfect for everyone. You will also want to show Mr. Bean's skit from the London Olympics in 2012 in which Mr. Bean is performing with the London symphony while daydreaming about running with the Chariots of Fire athletes on the beach.

## **Graphic Resources:**





## **Chapter Seven Teaching Notes**

1. Difficult possible consequences of pre-marital sex (page 161) might be: pregnancy, venereal disease, abortion, loss of reputation, disagreement about consent, guilt, gossip, loss of innocence, increase of defensiveness, and so much more.
2. The emotional, physical, and spiritual consequences of not choosing chastity are also evident in movies. The very same movies which make it look so right often also show messy consequences of those decisions later.

3. Our Christian faith is the foundation for all our beliefs. When discussing personal and emotional topics like those in Chapters 6 and 7, always base everything on what the Bible says and what the church has always taught. God's love, acceptance of us and healing grace through repentance is our hope, not lectures and the discouragement of harsh shaming.
4. This chapter ends with promoting male friendships because that is what will best help our guys through these tough years. Having strong friendships with guys who will hold them accountable and encourage them to have high standards is vital.

**Discuss:**

<http://goodguyswag.com/10-ways-to-win-a-girls-heart/> accessed January 2, 2020

**Watch:**

*Master and Commander: The Far Side of the World* (2003)

During the Napoleonic Wars, a British Naval Captain (Russell Crowe) inspires his men as they chase a French ship around South America. Included here for its positive depiction of male bonding. Again, preview before showing especially to younger guys due to topics such as suicide, prostitution, and alcohol abuse.

If you are partnering with a group of young women who are reading *Woven*, you could combine groups and watch *Pride & Prejudice* (2005) starring Kiera Knightley. I watched it with my sons when they were older teens and they were greatly amused by the guys in the movie. The movie is funny and sweet, but as a comedy of manners it provides a springboard for discussions about relationships including friendships, romantic relationships, and family relationships while not showing anything too controversial. No graphic topics here other than pregnancy before marriage, unfortunate but humorous displays of poor manners, and misunderstandings due to pride but all these topics are softened by the time period and a lovely romance. It covers many of the topics in *Forged* in a different way.

*Pride & Prejudice* could inspire a country dance event for your combined groups.

## Graphic Resources



"The modern man has come of age as a deadly serious adult, conscious of his sufferings and alienations but not of joy, of sex but not of love, of science but not of mystery." Fr. Alexander Schmemmann

Forged

[www.woveninhislove.org](http://www.woveninhislove.org)

## Chapter Eight Teaching Notes

1. Use a projector to display the painting of Saint Anthony. Here is a description of the painting from an art history perspective: [Torment of Saint Anthony by Michelangelo](#)
2. Invite a priest or a monk from a monastery to visit for this lesson to give a modern view of spiritual warfare. Abbot Tryphon's blog on Ancient Faith is a wonderful resource for enhancing this chapter. Very. Rev. Abbot Tryphon is Igumen of All-Merciful Saviour Monastery on Vashon Island, Washington and his blog is called *The Morning Offering*.
3. Discuss this quote from Bishop Kallistos Ware:

*The heart, more particularly, indicates the human person in its fullness, in its unity. Above all, the heart is a symbol of wholeness, of integrity, of integration. So when we speak of the Prayer of the Heart, what we mean is prayer of the total person, prayer in which the one who prays is all together taken up into the prayer. The prayer of the heart means not just the kind of prayer that I say, but the kind of prayer that I am, because that is what our broken world needs today, not persons, who say prayers from time to time, but persons who are prayer, all the time. Exactly prayer of the heart means, prayer that is me, prayer into which I am wholly taken up and transformed.*

Source : [Kallistos Prayer of the Heart-6.pdf \(prayerofheart.com\)](#)

4. Compare Michaelangelo's painting with icons of Saint Anthony such as this:





### Discuss:

<https://orthodoxcityhermit.com/2018/03/21/the-eight-means-of-temptation/>

<https://www.orthodoxroad.com/confronting-temptations/>

[Arrow Prayers – The Morning Offering \(ancientfaith.com\)](http://ancientfaith.com)

### Watch:

***Unbroken*** (2014) A World War II true story of survival, resilience, and ultimately redemptive faith. *Unbroken* is based on the book by Laura Hillenbrand.

### Graphic Resources:



**The devil is afraid of us  
when we pray and make  
sacrifices. He is also  
afraid when we are  
humble and good.  
He is especially afraid  
when we love  
Jesus very much.**

**He runs away when we  
make the sign of the  
Cross.**

**- St. Anthony the Great**

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## **Chapter Nine Teaching Notes**

1. The guys can submit questions for you (or for your priest) to answer. This might be a great time to bring in your priest to help wrap up.
2. On pages 199-201 we revisit questions from Chapter 1 regarding stereotypes of being male. Here is a powerful resource from Be the Bee which addresses this and could be used in a setting which combines groups reading *Forged* with groups reading *Woven*: [Be the Bee # 159 | What it](#)

### [Means to Be a Man \(or Woman\) - YouTube](#)

3. The movie suggestion, *Paul, Apostle of Christ*, is appropriate to watch with girls who are reading *Woven* or for including families as an ending celebration.

4. If you are implementing *Forged* with a local church group, consider continuing to meet to complete the creative and charitable tasks that your group listed in Chapter 7 on page 165. You could also continue meeting with book studies. *Everyday Saints*, which was mentioned in chapter Four is relatable and inspiring for young men and since each chapter stands alone, it would be an excellent choice for a book study. Other recommended books are *Screwtape Letters* by C. S. Lewis, *Father Arseny: Priest, Prisoner, Spiritual Father* which was translated by Vera Bouteneff, or a book from the Bible such as the *Wisdom of Sirach*.

### **Discuss:**

<https://www.ocf.net/serve-with-your-light/> Get inspired to come together as Orthodox Christian Youth to serve others. Orthodox Christian Fellowship (OCF) is the official collegiate campus ministry program under the Assembly of Canonical Orthodox Bishops of the United States of America. Orthodox Christian Fellowship (OCF) is the official collegiate campus ministry program under the Assembly of Canonical Orthodox Bishops of the United States of America.

### **Watch:**

*Paul, Apostle of Christ* (2018) <http://www.paulmovie.com/site/>

### **Graphic Resources:**





**"The horse is made ready for the day of battle, but  
victory rests with the Lord." Proverbs 21:31**

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\*This is a photo of a Greek fighter jet with an icon of St. Michael on it.