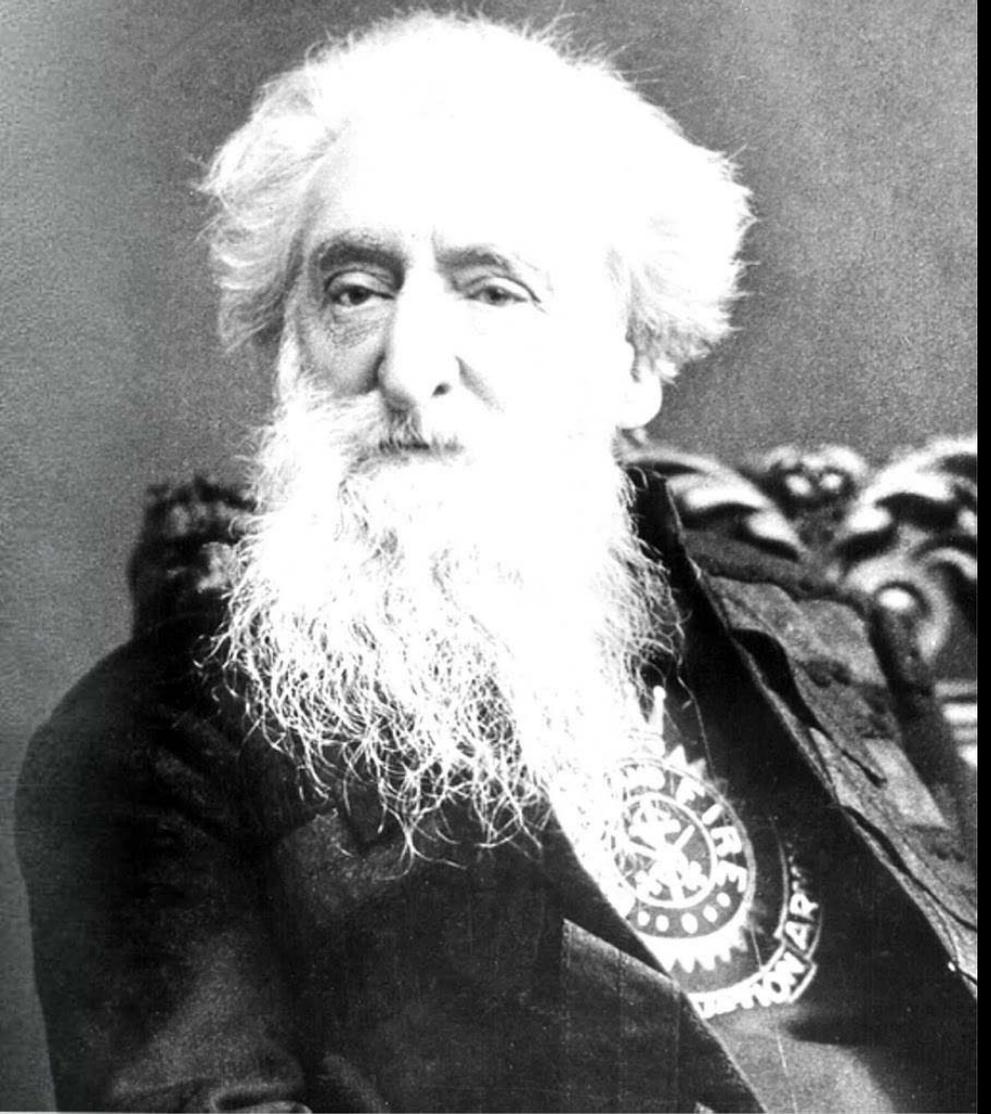


Happy Father's Day

2019

William
Booth
1829-1912

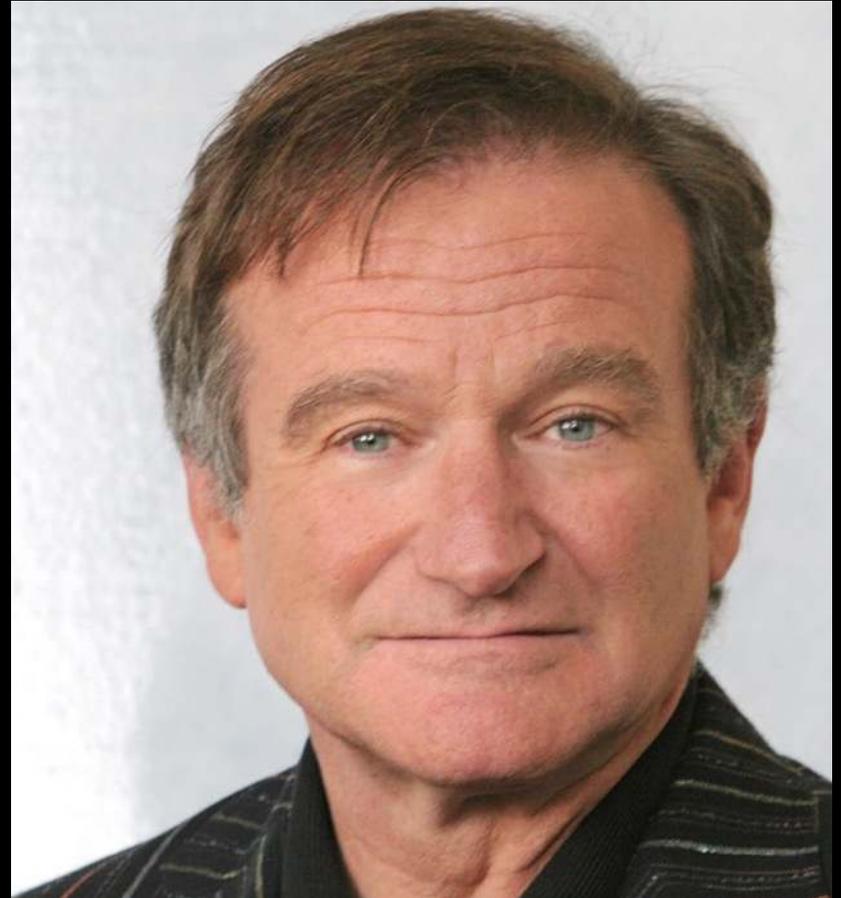




Suicide rates amongst men

- In the UK, men are three times as likely to take their own lives than women.
- In the UK, the highest suicide rate was for men aged 45-49.

Samaritans 2017



Man up!

- Provider and protector
- Show no weakness
- Always be strong

- Boys and men are taught to suppress their emotions (except anger)



So we armour up!



Show no
vulnerability!
Show no
weakness!

Types of armour

Perfectionism

- “the belief that if we do things perfectly and look perfect, we can minimize or avoid the pain of blame, judgement and shame.”
- Perfectionism is different from aiming for excellent work or from a commitment to personal growth.
- Perfectionism, driven by trying to earn others’ approval, stems from a fear of failure.

Types of armour

Numbing

- Attempting to deaden feelings of pain and/or discomfort. We all do this at times—but some of us numb in ways that are more socially acceptable than others.
- Drinking and drugs are obviously destructive ways to numb feelings; more socially-acceptable ways include keeping too busy, overspending, and overeating.
- When we numb uncomfortable or painful feelings, we also numb our ability to experience positive emotions.

The problem with armour!

Armour gets in the way of human connections!



Armour leads to Loneliness

Unmasking masculinity -- helping boys become connected men | Ryan McKelley | TEDxUWLa...



Primary Risk Factors for CV Disease

| | Relative Risk (RR) | Prevalence |
|------------------|--------------------|------------|
| Inactivity | 1.9 | 59% |
| Hypertension | 2.1 | 10% |
| Cholesterol | 2.4 | 10% |
| Smoking | 2.5 | 18% |
| Social Isolation | 2.8 | ??? |

4:58 / 18:20



We all need love and belonging



Maslow's hierarchy of needs

Baptism

And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”

Mark 1:11

Baptism and Transfiguration

And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”

Mark 1:11

⁷ Then a cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”

Mark 9:7

Baptism and Transfiguration

And a voice came from heaven, “**You are my beloved Son; with you I am well pleased.**”

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Love – Belonging - Esteem

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Love – **Belonging** - Esteem

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Love – Belonging – Esteem

How do we nurture love and belonging?

- It takes courage!
- Choosing courage over comfort
- Bravery and risk...



How do we nurture love and belonging?

It turns out the key to love, intimacy and belonging (and joy) is...

...vulnerability*.

*Uncertainty, risk, emotional exposure.

How do we nurture love and belonging?

Vulnerability is the core of shame and fear and our struggle for worthiness, but it appears that it's also the birthplace of joy, of creativity, of belonging, of love.

Brené Brown

Love



Belonging



Fitting in is not belonging!

Fitting in is becoming
who other people want
you to be.

Belonging is being who
you are and being
welcomed.

But the Pharisees and the teachers of the law
muttered, "This man welcomes sinners and eats with
them."

Luke 15:2

"Accept one another, then, just as Christ accepted
you, in order to bring praise to God."

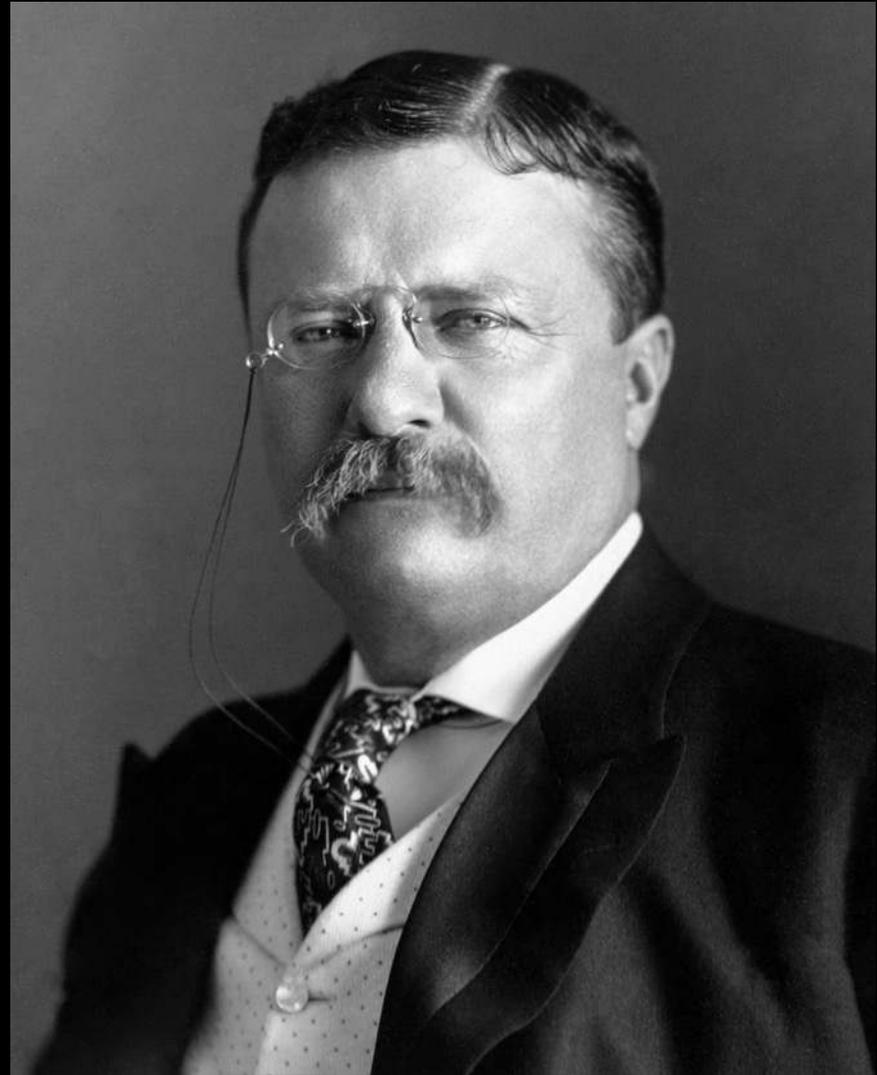
Romans 15:7

Challenge: take off the armour



no bravery, without fear
no courage, without vulnerability

Theodore Roosevelt
1858-1919



“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.”

Theodore Roosevelt, 1910t

4M-UK, XCC, October 11-13, £249



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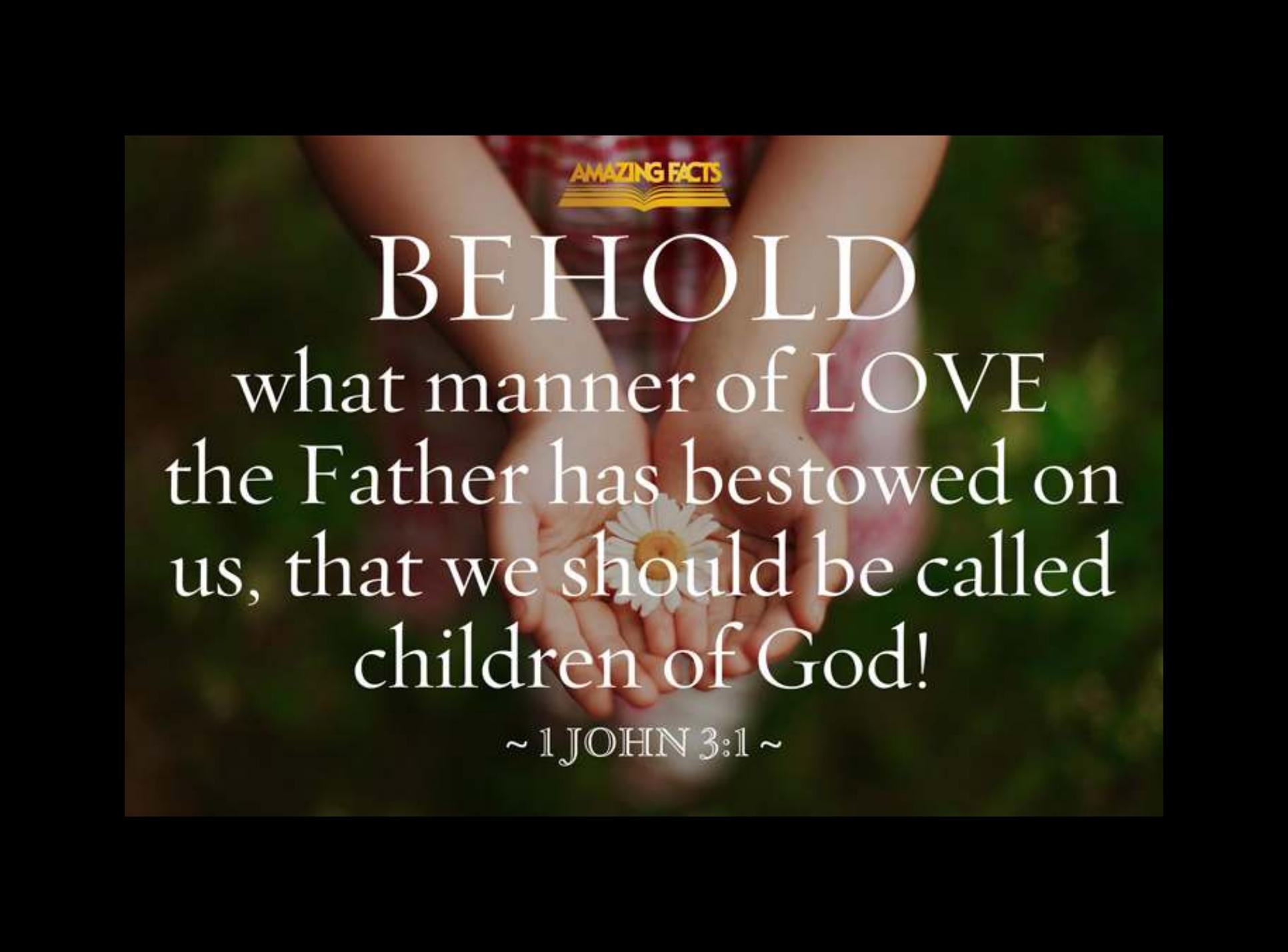
Strong back – soft front...

Strong back.

Soft front.

Wild heart.

BRENE BROWN

A person's hands are shown holding a small white daisy flower with a yellow center. The hands are positioned in the center of the frame, with the fingers gently cupping the flower. The background is a soft, out-of-focus green, suggesting an outdoor setting. At the top center, the words 'AMAZING FACTS' are written in a yellow, sans-serif font, with a stylized yellow book icon below the text.

AMAZING FACTS

BEHOLD
what manner of LOVE
the Father has bestowed on
us, that we should be called
children of God!

~ 1 JOHN 3:1 ~