

Overcoming Toxic Masculinity

*Becoming the Man God
Created You to Be*



A Chapter-by-Chapter Companion
Key ideas and definitions at a glance

QUICK REFERENCE GUIDE

KEY TERMS • KINGDOM KEYS
DEGREES • FUNCTIONAL SKILLS

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OVERCOMING TOXIC MASCULINITY

Becoming the Man God Created You to Be

QUICK REFERENCE GUIDE

A phase-ordered guide to the book's growth pillars, principles, definitions, lists, and language.

About this guide

Entries are drawn from the manuscript and shortened for quick lookup. They follow the book's phases and chapters. External research and citations are omitted, except for the Myron Golden quote included as the author requested. Greek and Hebrew transliterations are shown as printed; original-script characters are omitted where the manuscript file did not preserve them reliably.

Author clarification

The guide follows the author's clarification that assumed manhood/masculinity is the biblical model and toxic masculinity opposes it. One manuscript sentence uses "Assumed Manhood" differently; the guide notes that wording difference where the terms are defined.

Reading the lists

Power of Provision is an overarching stewardship idea, not an eighth item in the seven numbered principles of divine power. The manuscript's second degree appears as "Concept" in the seven-point overview and "Conceptualization" in its chapter heading; both labels are shown.

PHASE I | Formidably Conquering the Fear of Failure

Chapter 1: Fears Focal Point

Relevant Recollection - Remembering with purpose rather than pain: discerning whether a memory is a cue for healing, a warning, or a testimony, and allowing God to redeem what once wounded you.

Standard - A principle-driven measure of quality built on truth, discipline, and intentional design. It sets boundaries, allows growth, and guides maturity.

Stupor - A fog of insensibility in which clarity is lost and wisdom ignored; it traps a person in confusion, stagnation, and harmful patterns.

Potential vs. Promise - Potential is a doorway, not a guarantee. God's power transforms potential into purpose; potential alone is not a promise.

The Science of Suggestion - The book's idea that what is taught, modeled, and deemed acceptable plants ideas in a child's developing mind and shapes later thought and behavior.

Early Brain Development - The manuscript says a child's brain reaches about 80% of adult size by age three and 90% by age five, and that experiences across the first eight years shape future well-being and identity.

Cortisol's Dual Role - The book describes cortisol as supporting the body's stress response when released appropriately, while excessive stress and cortisol can harm brain development and emotional stability.

Neuroplasticity - The brain's structural plasticity changes its physical pathways through experience; functional plasticity can relocate functions to undamaged areas. The book applies this to changing destructive pathways through intentional healing.

Consequences of Failure and Boldness - Consequences can be desired or undesired. The author groups his own outcomes into failure and boldness, and urges a faith-led response to risk and setback.

Approach, Intent, Delivery, Recipient's State - Approach is how you view the circumstance; intent is your motive; delivery is your method; the recipient's state includes how the other person receives and responds to your action.

Chapter 4: Limitations & Expectations

Training Your Trend - A trend is your God-given lane, not a fad. Train gifts, disciplines, and spiritual "muscles" so ability progresses from untrained toward mastery.

Experience - Paula A. Price's definition - "Knowledge and seasoning gained by trials, living, encounters, and exposure to various fields of endeavor and disciplines. That which was learned by practice and observation." The author adds that experience grows through access, repetition, practice, and observation.

Expert - Paula A. Price's definition - Mastery in a discipline gained through practice, learning, and its distinctive skills and knowledge; proficient, highly trained, and competent. The author cautions against arrogance.

Exploit - Paula A. Price's definition - Successful outcomes or endeavors achieved through notable acts in conflict, combat, or resistance; special feats and heroic or adventurous deeds. The author emphasizes that God empowers exploits for His purposes.

Paying It Forward - Sharing wisdom and skill to accelerate others' growth and shorten their learning curve.

The DNA of Perfection (Maturity)

Teleios / perfection - Not flawlessness, but completeness of Christian character and full maturation - being complete in all parts. The author describes perfection as healed and whole.

Trials as Refinement - Trials produce perseverance, and perseverance produces maturity. The author uses fire and refinement as images of the way hardship can expose and purify, without calling harm good.

Failure as Strategy - Failure exposes weaknesses, strengthens humility, and sharpens innovation. It is direction for adjustment, not a final verdict.

PHASE II | The Livelihood of Spiritual Tomb Raiders

Chapter 1: Spiritual Tomb Raiders

Holy Spirit Refraction - God's light shining through a believer, producing Spirit-rooted fruit; the author contrasts this with light merely reflecting off the surface.

Chapter 2: The Capacity of a Captain

The Priest of the House - A spiritual covering who protects, provides, and produces within household responsibility; communes with God, intercedes, and petitions on behalf of those he stewards.

Capacity for Leadership - Capacity is room available to contain and develop something - volume, depth, and dimension. Wisdom, consistency, and capability fill that capacity; it is meant to benefit others when released.

Sustainability in Fluctuation - Remaining adaptable, prepared, consistent, and available through the unpredictable rises and falls of life.

The Man of the House - A man entrusted with household governance and care. The manuscript frames authority as accountability for the household's well-being, guidance, and protection - not unchecked power.

Captain of My Ship - The author's image of Christ as the captain who governs and directs his life; the believer submits as co-captain under Christ's lead.

Guard Your Goods - Watch over and humbly steward the gifts and deposits God has entrusted to you; do not trade them for deceptive, short-term offers.

Chapter 3: A Lifestyle Worth Living

Three Major Keys: Power, Love, Self-Control - The author's three anchors from 2 Timothy 1: power to act through God, love as the governing motive, and self-control (also discussed through the sound mind) to govern response.

Heritage Determines Inheritance - Knowing who you are and whose you are reveals what belongs to you; spiritual lineage opens into spiritual legacy.

The God-Sized Void - The unmet place in a person that, in the author's framing, only God can fill through Christ and the Holy Spirit.

Substance Begets Certainty - The author's principle that God-revealed spiritual substance gives a person certainty about identity and manhood.

Power of Posterity - Preserving family lineage by passing wills, wisdom, and wealth to future generations; the author applies it to passing down truth rather than trauma.

Bound by Blood - Bound to the covenant in Christ, not to chains; the author presents Christ's blood as tying believers to hope rather than captivity.

Prisoner of Principle - Paul's image of being bound by commitment and devotion to principle, rather than being enslaved to self.

Prisoners of Hope - People held by divine expectation and restored hope, not by despair.

Fidelity - Faithfulness - loyalty demonstrated through consistency, devotion, and unwavering support, especially under pressure.

Sound Mind - A disciplined, clear-minded posture the author connects to power and love; expressed through self-control, prudence, and sound judgment.

Character - The moral shape formed by the influences and choices a person allows in; the book urges guarding those inputs so character reflects Christ.

Image of God - Humanity's God-given likeness and design, reflected through life, fruit, and stewardship.

Communication Is Key - Words can harm or help. Communication requires shared understanding; without it, people become strangers to one another and work is hindered.

PHASE III | Unpacking Authentic Masculinity

Chapter 1: The Powers That Be

The Seven Principles of Divine Power - The chapter numbers seven principles. Short definitions below follow the author's explanations.

1. Virtue of Nature - God's power flows from His uncreated, limitless nature - love, light, virtue, omnipotence, omniscience, and omnipresence.

2. Power to Perform Miracles - The Holy Spirit distributes gifts as He chooses, empowering ministry and works for the common good of the Body of Christ.

3. Power of Morality - God's grace empowers believers to resist corruption, remain faithful, and serve with humility and integrity.

4. Power of Pecuniary Influence - Money is not inherently evil; wealth is entrusted so it can bless others. Covetousness and unethical gain corrupt its use.

5. Power of Resources and Numbers - Faithful obedience, gifts, and resources can open doors and serve God's purposes; belief must be accompanied by action.

6. Powers of the Heavens - God's spiritual might equips believers with His armor and sustains them against spiritual opposition.

7. Power of Expression - Words and communication shape how believers speak, respond, and represent Christ; truth must be expressed with understanding and integrity.

Power of Provision - overarching idea - Not a numbered eighth principle. It is the stewardship of what has been assigned to a believer, using wealth, gifts, and resources to do what is right and love people through action.

Myron Golden's wording: "Instead, love the people and use the money. Better even still, use the money to love the people." Source: Myron Golden, LinkedIn.

Power, Love, and Self-Control - Three major keys from the earlier discussion of 2 Timothy 1:7. They are distinct from the seven principles of divine power and from the four Authentic Keys.

Chapter 2: The Lovely Lord

Authentic Masculinity / Assumed Manhood - Per the author's clarification, the biblical model of manhood: pursuing, producing, providing, and protecting in submission to God, with stewardship and restraint.

Toxic Masculinity - Per the author's clarification, the opposing model - masculinity that resists or contradicts biblical/assumed manhood.

Masculine Integrity - Integrity proven in private, displayed in public, and honored in heaven.

Chapter 3: The Safe and Sound Mind

Sound-Mindedness - Sōphronismos means self-control, self-discipline, and prudence; sōphrón means sound-minded or sober-minded.

Nabal - Hebrew for "fool," rendered "senseless" in the author's word study.

Desmios - Greek for one bound or a prisoner; the author uses it for commitment to principle.

Sugkakopatheó - To bear evil treatment along with another; the author describes sharing hardship relationally.

Chapter 4: Authentic Masculinity (Part 1)

Four Authentic Keys - The author calls these masculine mandates and connects each to its own subsection skills:

Pursue - Flee destructive patterns and pursue righteousness, godliness, faith, love, endurance, and gentleness.

Produce - Cultivate godly character and fruit within yourself so what grows in you blesses your household and generations.

Provide - Foresee needs, plan ahead, and steward direct household care with excellence.

Protect - Guard heart and household with vigilance, courage, strength, and love; protection is devotion, not domination.

Essential Skills under each Authentic Key

The book presents these as subsections beneath the keys. The short descriptions below summarize the corresponding subsection content.

Pursue

Pursuit Is a Lifelong Marathon - Pursuit of righteousness is sustained over a lifetime, not completed in a moment.

Stamina, Long-Suffering, and Character Formation - Endurance and patience develop character through prolonged effort.

Righteousness, Godliness, and Sound Doctrine - Choose godly conduct and sound teaching over corrupt patterns.

Endurance, Balance, and Gentle Strength - Persevere with strength governed by gentleness and balance.

Produce

The Fork in the Road - Choose the righteous path rather than the way of wickedness.

Production Begins at the Head - The leader's inner life and rootedness shape the fruit of the household.

Breaking Cycles and Building Legacies - Interrupt inherited harm and cultivate blessings for the next generation.

Meditation Produces Maturity - Meditating on and applying God's Word produces instruction, confidence, and growth.

Production Begins with Men - Model stability, consistency, joy, peace, and respect in the home.

Provide

Provision Requires Planning - Look ahead, perceive needs, and prepare instead of living by reaction.

Provision Establishes Authority - Care, duty, and submission to the Holy Spirit ground responsible household authority.

Protect

The Watchman's Wall - Build spiritual protection rather than isolating emotional walls.

Spiritual Vigilance - Know triggers, plan ahead, and ask God to expose hidden dangers.

Courage, Strength, and Love - Stand firm and take initiative through courage rooted in Christ's love.

Guard Your Kingdom - Guard your heart and household; teach others to guard what is entrusted to them.

Strength Without Abuse - Use strength with compassion and patience; protection is not force or manipulation.

Chapter 5: Toxic Masculinity (Part 2)

Shares - Shared household responsibilities and burdens - practical, emotional, physical, and spiritual - carried according to ability, capacity, willingness, love, and balance.

Cares - Intentional, Christlike attention to the well-being of those in the household, expressed through affection, guidance, provision, and dependable presence.

Scares - Anticipating recurring fears and hardships, preparing wisely, and answering anxiety with God's power, love, and sound mind.

Snares - Hidden traps that appeal to personal desires and pull a person away from Christ; recognize vulnerabilities and seek discernment to avoid them.

Dominion Mandate - Steward rather than dominate; cultivate rather than control; reflect God's order rather than worldly power.

Legacy Building - Authentic masculinity builds generational blessing instead of generational trauma; a person's fruit shapes the family's future.

Biblical Identity - Identity is God-given, not self-created; truth is revealed, not made subjective.

Chapter 6: The Assurance of Appreciating Assets

Assurance - God's guarantee of what will happen - His promises, salvation, covenant, and eternal covering.

Insurance - God's protection in unpredictable moments through guidance, intervention, and deliverance.

The Infinitely Appreciating Asset - Jesus Christ: the author's image for the one whose worth, goodness, and faithfulness never diminish.

Substance of a Faithful Asset - Faithful trust in God's Word and promises; the foundation under hope and of Authentic Masculinity.

Substance Secretes - What flows from a believer's life reveals the root. As sap identifies its tree, a believer's conduct should express what Christ has planted within.

PHASE IV | Devoted to Destiny

Chapter 1: Divine Destiny

Greater Divine Destiny - The higher function: exalt God in glory and serve at His pleasure.

Lesser Divine Destiny - The horizontal assignment: serve one another in the love of Christ. "Lesser" expresses order of devotion, not lesser worth.

Purpose, Function, and Motive - Purpose is what God created a person to do. Function is what He deposited in that person to be produced through them. Function serves God's motive; motives shape whether gifts serve the Spirit or the flesh.

Dominion - Being given charge or responsible rulership - not domination or tyranny; leadership under covenant and God's authority.

Chapter 2: Birthing Divine Purpose

A Cultivator's Career - The believer's work of nurturing others through nourishment, protection, discipline, and support; passing on what is learned and cultivating purpose in community.

Active Resistance to Stagnation - Daily movement toward purpose through work and rest, increasing knowledge, refining skills, and cultivating one's calling instead of passively letting it pass by.

Cringeworthy Cultivation - Learning from biblical missteps as mirrors, so leaders can avoid repeating emotional and spiritual pitfalls.

Threefold Rhythm - Promise, process, and promised land - the recurring pattern of a cultivator's journey.

Chapter 3: Botching Divine Purpose

Nazarite - A person set apart for special service to God under a vow; the manuscript's discussion of Samson names restrictions involving hair, fermented drink, and contact with the dead or unclean.

Free Will - The ability to choose obedience or rebellion; God does not force a person to accept His calling.

Chapter 4: Grooming Divine Purpose

Biblical Headship - Authority exercised under Christ through responsibility, service, care, guidance, and protection. The manuscript rejects unchecked power and domination.

Chapter 5: Responding to Divine Purpose

The Seven Degrees of Progression - The author's sequence for accepting a call, understanding one's function, and reaching God's intended result:

Consecration - Set yourself apart for God, cleanse motives, and prepare your heart for divine instruction.

Concept / Conceptualization - Receive the initial idea, vision, or spiritual download concerning the assignment; conceptualization develops and organizes the idea.

Confirmation - Allow God to validate the call through Scripture, prayer, mentors, or prophetic alignment.

Clarification - Understand the assignment's details, direction, and strategy.

Corrections - Adjust the approach, refine methods, and let God remove what hinders progress.

Completion - Finish the assignment with excellence, fulfilling the intended purpose.

Contemplation - Reflect on what God accomplished, evaluate growth, and prepare for the next call.

qadash - Hebrew: to make holy or set apart. The author describes consecration as a dedicated life aligned with God's will.

Selah Moment - A holy pause to stop, reflect, and let the truth settle before moving forward.

Chapter 6: Functional Skills of Leadership

Six Functional Skills of Leadership - The chapter's list, with brief definitions from the author's explanations:

Critical Thinking - Analyze, evaluate, and synthesize information to form sound judgment; challenge assumptions and examine evidence.

Conflict Resolution - Address disagreements constructively and respectfully, understand root causes, communicate openly, and seek an acceptable solution.

Self-Assessment - Honestly evaluate your skills, behavior, strengths, weaknesses, values, and performance to identify growth areas.

Behavioral Conversion - Change actions, habits, and patterns to align with renewed beliefs and biblical values.

Spiritual Analysis - Examine beliefs, values, and experiences through spiritual understanding; consider purpose, meaning, and alignment with God.

Repentance - Recognize wrongdoing, turn away from sin, seek to make amends, and commit to changed conduct.

Greek and Hebrew word studies | Index by phase and chapter

Phase I | Chapter 4: Limitations & Expectations

yāre - Hebrew: moral reverence rather than terror; awe-filled respect toward God.

pālāh - Hebrew: set apart, distinguished, and made extraordinary by God.

da'ath - Hebrew: experiential knowledge and discernment rooted in relationship with God.

hokmāh / yir'at YHWH - Wisdom / fear of the LORD, connected in the book with knowledge rooted in reverence for God.

Phase I | Chapter 5: Failure Is Necessary

patér - Greek: a father who imparts life and nurtures it toward the likeness of its source.

teleios / telos - Greek: completeness of Christian character and full maturation / consummated goal.

Phase II | Chapter 3: A Lifestyle Worth Living

deilia - Greek: cowardice and timidity.

phóbos - Greek: panic and terror causing flight or withdrawal.

apokteinó / apollumi / psuché - Greek: kill the body / utterly perish or destroy / soul, described as the breath of life.

Phase III | Chapter 1: The Powers That Be

dunamis / dunamai - Greek: divine power itself / empowerment or ability granted by God.

Phase III | Chapter 2: The Lovely Lord

agapē / agapaō - Greek: God's divine love / to prefer.

Phase III | Chapter 3: The Safe and Sound Mind

nabal - Hebrew: "fool," rendered "senseless" in the author's word study.

sōphronismos / sōphrón - Greek: self-control, self-discipline, and prudence / sound-minded or sober-minded.

desmios - Greek: one bound or a prisoner; the author applies it to commitment to principle.

sugkakopatheó - Greek: bear evil treatment along with another; relationally sharing hardship.

Phase III | Chapter 4: Authentic Masculinity (Part 1)

idios - Greek: uniquely one's own, including family, home, possessions, or property.

pronoéo - Greek: foresee or take thought beforehand; the author applies it to provision through preparation.

Phase III | Chapter 6: The Assurance of Appreciating Assets

hupostasis - Greek: support, substance, steadiness, and assurance.

Phase IV | Chapter 3: Botching Divine Purpose

mishteh - Hebrew: "drinking feast."

Phase IV | Chapter 4: Grooming Divine Purpose

mashal - Hebrew: "rule over"; to be given charge or dominion, not domination or tyranny.

Phase IV | Chapter 5: Responding to Divine Purpose

qadash - Hebrew: make holy or set apart; consecration is dedication and alignment with God's will.