# Not your average novel

### It's the world's best-selling book and yet it is generally the least read in any household. Written several thousand years ago, it could certainly seem irrelevant at first glance. The fact that it is a tome can also be an enormously daunting prospect, especially when you are time-poor.

But the Bible isn't just your average novel. It's a love letter, storybook, history lesson, self-help guide and collection of inspirational quotes all rolled into one.

Research done by Baylor University found that Christians who read the Bible are more likely to actively seek social and economic justice; believe it's important to consume or use fewer goods; and are less likely to view religion and science as incompatible, among other moral and political issues. http://www.adventist.org/spirituality/bible-study/

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The Men’s mentor

# 7 Characteristics of a real man

**Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.**

[Isaiah 56:2](https://www.biblegateway.com/passage/?search=Isaiah+56:2&version=KJV)

### **1) The ability to swallow his pride -**

Even the worst of men will have plenty of pride, and pride can get in the way of doing what is right in a [relationship](http://www.relationshipsurgery.com/). It is crucial to be able to swallow that and admit when you are wrong, apologize, and to be able to allow the woman you’re with to win an argument when she is right without resenting her for it.

### **2) Takes commitments seriously -**

Whether friends or lovers or family, a real man needs to value those promises he makes and value in himself that he will set lines in his life and never cross them.

### **3) Willingness to change for his own sake -**

### Comes with swallowing pride, too a man must be able to swallow his self image and be open to criticism from others. It is not that a man should change for others, it’s that he should always seek to be a better man for his own sake.

### **4) Expresses emotion -**

Men are taught to be stoic, to control and repress emotions and always be that stable figure in life who is affected by nothing. A real man knows that stability and emotion are not mutually exclusive, and is not afraid to express his needs, wants, and desires to others in his life.

### **5) Comfortable in his own skin -**

Both sexes are beset on all sides by unrealistic standards of beauty. A real man ignores these things and loves himself for who he is, even if he is not entirely happy with his appearance. Even if he is self conscious, he does not allow that to rule his life.

### **6) Respectful -**

A real man understands that there is a basic level of human respect that everyone deserves because everyone needs it, and gives that respect willingly. Even when someone’s actions or personality bring just judgement upon them, he does not treat them badly, because no one needs to be reviled in their life. He knows it is not his place to make others suffer for who they are, but simply for him to walk away from others who he cannot bring himself to treat decently.

### **7) Empathic-**

A real man tries to understand others. Even when he fails, he at least attempts to walk a mile in their shoes. He thinks of his actions in terms of how he would enjoy being on the receiving end and tries to do unto others.

http://blog.relationshipsurgery.com/7-characteristics-real-man/



For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another. Galatians 5:13

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| **The Men’s Mentor** |
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