

FACILITATOR'S GUIDE

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ST. JOSEPH FATHERHOOD INITIATIVE

A week-by-week guide for leading the 12-session video and discussion series. Designed so that a first-time facilitator can run a group with confidence.

Use alongside the participant workbook, Fathers Who Make an Impact.

FACILITATOR:

PARISH / GROUP:

START DATE:

WHERE THIS CAME FROM

On a Tuesday night in Cuatro Ciénegas, a desert town of carpenters and farmers in Coahuila, Mexico, twelve men sat down in a circle of plastic chairs in a parish basement — beyond the folding tables and the boxes of donated clothes — and one of them said out loud, for the first time in his life, that he did not know how to be a father.

No one teaches you. That is what they all say, eventually. Not the carpenter, not the mechanic, not the policeman, not the teacher. None of them were taught how to be a husband or a father — how to apologize to a wife, how to keep a promise to a son, how to be present when presence costs something.

But they kept coming. Twelve men, then sixteen, then twenty. They opened a small workbook. They prayed to Saint Joseph, the man who never speaks a word in scripture but whose silence raised a Son. And then they talked — about absence, about anger they did not know they were carrying, about what their own fathers gave them and did not give them, about what they wanted to leave behind for their children.

That program is “Padres que Dejan Huella” — Fathers Who Make an Impact. It started out as something small and local, and the men will tell you it was the most important room they ever walked into. It was also built to travel, which is why it is now in your hands.

> **“I came because my wife asked me to. I keep coming because, for the first time, I am becoming the man I always told myself I was.”**
>
> — David, 41, father of three · Group I, Cuatro Ciénegas

You do not need a desert town to run this. You need a room (physical or digital), twelve men, and one day for twelve weeks.

THE FOUR PRACTICES

Everything in this program comes down to four practices, repeated week after week until they become a way of being. If you understand these four, you understand the method — and you can recover any session that goes sideways by returning to them.

I. Fraternity

A small circle of men who learn each other's names, marriages, and children — and stay long enough to be trusted with the truth. This is why the group does not change composition week to week, and why you learn names in Week 1.

II. Reflection

Scripture and a guided question each week. No lectures. The wisdom comes from the men, drawn out by the text. If you find yourself teaching for more than two minutes at a stretch, stop and ask a question instead.

III. Accountability

One concrete commitment per session, taken home and reported back the following week. Small promises, kept publicly. This is the practice most groups skip and most need — protect it.

IV. Spiritual growth

Prayer, sacrament, and the slow imitation of Saint Joseph — silent, faithful, present, just. The prayer at the head of each session is not a warm-up. It is part of the first of the four practices, and it sets the room.

What changes in a man over twelve weeks

Men rarely notice the shift while it is happening. You will. Watch for these four movements — they are the point of the whole program, and naming them at the end helps the men see what they have done.

	FROM	TO
I	Isolation	**Fraternity**
II	Passivity	**Leadership**
III	Brokenness	**Purpose**
IV	Absence	**Fatherhood**

YOU ARE NOT ON YOUR OWN

Two things every first-time facilitator should know before the first Meeting.

1. Everything is free

The workbooks, the twelve companion films, and this guide are provided at no cost to you or to the men who walk through the door. There is nothing to buy and nothing to sell. Participants are never asked for money — say so plainly when you invite them, because many men assume otherwise and will not ask.

Resources:

- The participant workbook, Fathers Who Make an Impact, in English and Spanish.
- Twelve companion films, roughly eight to twelve minutes each, subtitled and free to stream.
- This facilitator's guide.

All of it downloads from GoodFathers.net. Print as many workbooks as you need.

2. You can ask for a coach

Any priest, deacon, or layman can start a circle — no theology degree required. But you do not have to figure it out alone. The program will pair you with a coach who has already walked a group of men through all twelve weeks, and who can answer the questions that only come up once you are in the room. Use them. The most common reason a new circle stalls is not a bad facilitator; it is a facilitator who hit a problem in Week 3 and had nobody to call.

TO REQUEST MATERIALS, A COACH, OR HELP STARTING A CIRCLE

GoodFathers.net — or write to board@newgenerationsfoundation.org

The program is carried by three partners: Plan 20·40, the Lumen Institute, and Catholic World Mission.

BEFORE YOU BEGIN

You do not need to be a theologian, a counselor, or a polished public speaker to lead this group well. The video does the teaching. The workbook does the reflecting. Your job is narrower and more important than either: you keep time, you ask the question, and you protect the room.

Most groups that fail do not fail because the facilitator lacked answers. They fail because one man dominated, or because the silence after a hard question felt unbearable and someone filled it, or because the session ran too long and men stopped coming. Everything in this guide is aimed at those three failures.

What you need to run a session

- A room with a screen and sound, and chairs arranged in a circle or around a table — not in rows. Men speak more readily when they can see each other's faces.
- The week's video, cued and tested before anyone arrives.
- A copy of the participant workbook for every man, plus spare pens.
- This guide, open to the current week.
- A clock or phone timer where you can see it and the group cannot.

Group size

Eight to twelve men is the sweet spot. Below six, the conversation thins out when two men are absent. Above twelve, the arithmetic stops working: if every man speaks for two minutes on a single prompt, one question consumes twenty-four minutes and you will not finish the session. If your group grows past fourteen, split it into two rooms with two facilitators rather than letting it become a lecture.

THE SESSION AT A GLANCE

Every session follows the same four-phase shape. The rhythm matters: men settle in gradually, go deep in the middle, and need a concrete landing at the end. Keeping the same structure every week means that by Week 3 nobody has to wonder what happens next.

TIME	WHAT HAPPENS	YOUR JOB
5 min	Arrival and settling	Greet every man by name.
2 min	Opening prayer	Read it slowly. Pause five seconds after “Amen.”
8–10 min	Watch the week's video	Stay off your phone. They will copy you.
10–12 min	Phase 1 — Icebreaker	Low stakes. Get every voice in the room.
20 min	Phase 2 — Deep dive	The heart of the session. Let it breathe.
15 min	Phase 3 — Application	Move from theory to their actual lives.
15 min	Phase 4 — Commitments	Nobody leaves without naming one action.
~75 min	TOTAL	End on time, every time.

If you only have sixty minutes

Trim rather than rush. Use one prompt per phase instead of two, and protect Phase 4 at its full fifteen minutes. The commitment phase is the one that changes behavior; the discussion phases are what make the commitment honest. Cutting Phase 4 to save time defeats the purpose of the evening.

The four phases, and why they are in this order

Phase 1 — Icebreaker (10–12 minutes)

The goal is not insight. The goal is that every man hears his own voice in the room before the hard questions arrive. A man who has not spoken in the first fifteen minutes will usually not speak at all. Keep your own answer short here.

Phase 2 — Deep dive (20 minutes)

This is the longest phase because it is where the real thinking happens. Resist the urge to move on when there is a pause. Some of the best answers in this program arrive eight seconds after the question stops feeling comfortable.

Phase 3 — Application (15 minutes)

Here the conversation turns from ideas to their actual week: their marriage, their commute, their kids, their job. If the room has drifted off topic, this is where you pull it back down.

Phase 4 — Commitments (15 minutes)

Every session ends with each man naming one concrete action for the coming week. Not a feeling, not an intention — an action with a day attached to it. Write them down. Open the next session by asking how they went.

LEADING THE GROUP SHARE

This is the part most new facilitators worry about. The techniques below are the whole craft. None of them require you to be an expert in anything.

Set the ground rules in Week 1

Read these aloud at the first session and post them somewhere visible. Thirty seconds spent here saves you hours later.

- **What is said in this room stays in this room.**
- **You may always pass. Say "pass" or "I'm just listening on this one" and we move on without comment.**
- **We do not fix each other. We listen, and we ask questions.**
- **No advice unless a man asks for it.**
- **One man speaks at a time. Keep answers to about two minutes.**
- **What we commit to here, we report back on next week.**

Know who is actually in the room

Much of this material speaks to married fathers, and many of the prompts say "your wife." Your group will almost certainly be more varied than that: single men, divorced and widowed men, stepfathers, grandfathers raising grandchildren, men whose children are estranged from them, and men whose wives did not want them to come.

Say something about this in Week 1, before the first prompt. One sentence is enough: "Some of these questions assume a wife and kids at home. If that's not your situation, answer them about the relationship that most needs your attention right now." Without that sentence, a single or divorced man will spend twelve weeks quietly deciding the program is not for him.

The same applies to work. The videos lean heavily on trades and manual labor. That will land in some parishes and not others — widen the question rather than letting a man conclude he does not belong.

The three techniques that matter most

Watch the clock

With twelve men, a single prompt answered by everyone takes twenty-four minutes. You do not have that time. Instead of going around the circle, prompt to the room to briefly share their perspectives,

then move on. Over a full session everyone gets airtime; they simply do not all answer the same question.

Do not rescue the silence

A hard question is followed by quiet. That quiet is not failure — it is men deciding whether to be honest. New facilitators almost always fill it within three seconds, which teaches the group that they never have to answer. Count to ten in your head. If it is still silent, do not repeat the question in different words; simply say, “Take your time,” and wait.

Anchor the contrast

If the conversation floats into abstraction or theology, bring it back to the ground: “That's a great concept — but what does that look like when you're stuck in traffic, exhausted after a ten-hour workday, or dealing with a crying kid?” This one sentence will do more for your group than any amount of preparation.

Going first

On the weeks where the prompt asks men to admit failure — pride, absence, anger, neglect — the room will often stall. The fix is simple and slightly uncomfortable: you answer first, briefly and honestly, about a real thing you got wrong. Your willingness to go first sets the ceiling for everyone else's honesty. Keep it to ninety seconds; this is permission, not a testimony.

Common situations

One man dominates

Thank him specifically, then redirect by name: “That's helpful, Mike. I want to hear from someone who hasn't gone yet — Dave, what came up for you?” Using names is gentler and more effective than a general appeal to the room. If it persists, speak with him privately after the session; almost always he is trying to help and has not noticed.

A man never speaks

Do not call him out in front of the group. Give him the easiest prompt of the night early on, when the stakes are low, and catch him one-on-one afterward. Some men need four weeks before they say anything substantial, and they are still getting value the whole time.

Someone shares something heavy

Your instinct will be to solve it. Don't. Thank him for trusting the room, ask the group how they can support him this week, and make sure one specific man agrees to check in before the next session — name that man out loud before anyone leaves. If what he shares is beyond the group's capacity — addiction, abuse, marital crisis, thoughts of self-harm — your role is to walk with him to real help, not to counsel him yourself. Know in advance who your pastor recommends for counseling referrals, and have that name ready before the program starts.

The conversation turns into a debate

Politics, parenting philosophy, and theology can all hijack an evening. Name it plainly and move: “We could go a long way on that one. Let's bring it back to what this looks like in your own house.”

Nobody did the workbook

Don't shame them; it kills attendance. Give five minutes of quiet in the room to write, then proceed. Men complete written work far more reliably when the pen is in their hand at the table than when it goes home in a bag.

After the session

- Note who committed to what. You will open next week with it.
- Note who was absent, and text them yourself within two days. A single text is the difference between a man who missed a week and a man who quietly drops out.
- Note anything a man shared that needs following up, and follow up.

THE TWELVE SESSIONS

Each session below gives you the opening prayer, a short note on the week's video, the four phases with their prompts and timings, and a closing reminder. You can read the prayer and the prompts verbatim — they are written to be spoken aloud.

Prompts in bold are the ones to read to the group. Everything else is for your eyes only.

WEEK 1

THE MAN OF ACTION

OPENING PRAYER

Let us pray.

Heavenly Father, we thank you for bringing us together today as men seeking growth, purpose, and strength. As we look to the example of Saint Joseph, we ask for the grace to emulate his quiet strength, his unwavering faith, and his dedication to those in his care.

Remove our distractions, lower our guards, and grant us the courage to speak with authenticity and listen with respect. Help us to face the chaos of our modern lives with clear minds and steadfast hearts, so that we may better serve our families, our communities, and one another.

Saint Joseph, pillar of strength and protector of families, pray for us.

Amen.

FACILITATOR NOTE

This is the group's first session together. Your job tonight is less about depth and more about safety — establishing that this is a room where men can speak honestly without being fixed, judged, or interrupted. Read the "Pass" rule aloud before Prompt 1. After saying "Amen," give a brief five-second pause to let the room settle into the silence before launching into the icebreaker.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Lower guards, break the ice, and gauge the initial reaction to the video.*

Prompt 1. The video notes that St. Joseph was a "man of action, not words" — in fact, Scripture records zero spoken words from him. When you think of the male figures or mentors who had the biggest impact on your life, did they impact you more through what they said, or how they acted?

Prompt 2. The video ends with a striking definition of responsibility: "voluntarily transforming the chaos of potential into the realities of habitable order." When you look at your daily life right now, what is the single biggest area of "chaos" you feel called to bring order to?

PHASE 2 The Reality of Modern Masculinity & Fatherhood 20 min

Goal: *Dive into the core themes of the video — stable foundations, discipline, and the challenges men face today.*

Prompt 3. **The video highlights St. Joseph providing a "stable, loving environment... instilling a sense of security." In today's fast-paced, highly digitized American culture, what do you think are the biggest threats or obstacles keeping men from providing that kind of stability for their families or communities?**

Prompt 4. **We heard the phrase "the terrible responsibility of life." Responsibility can often feel like a heavy burden or a trap rather than a privilege. Why do you think modern culture sometimes views traditional responsibilities — like family, hard work, and long-term commitment — as a burden rather than a source of strength?**

PHASE 3 Navigating Crisis and Uncertainty 15 min

Goal: *Move from theory to real-world application, focusing on how St. Joseph handled the unexpected journey to Egypt.*

Prompt 5. **The narrator points out that when St. Joseph was faced with sudden, disruptive challenges — like packing up and fleeing to Egypt — he didn't falter or complain; he stepped up with a clear mind. When an unexpected crisis hits your life (finances, health, relationship strain), what is your default reaction, and how can we lean on St. Joseph's example to pivot faster toward courage?**

Prompt 6. **For the fathers and mentors in the room: Joseph taught Jesus a practical trade (carpentry) but also a deep-rooted faith. Today, how do we balance teaching young people in our lives practical, real-world skills while also passing down deep character and spiritual integrity?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Close the session with actionable takeaways. Do not let the men leave without making a personal declaration.*

Prompt 7. **If you were to choose one virtue mentioned in this video to intentionally practice this week — whether it's silence/action, discipline, confronting a hardship head-on, or standing tall with your shoulders back — which one are you choosing, and how will it manifest in your life tomorrow morning?**

FACILITATOR REMINDER — WEEK 1

Set the tone for the next eleven weeks tonight. If you model brevity and honesty in your own answers, the group will follow. If you over-explain or lecture, they will sit back and let you carry the room. Before anyone leaves, make sure every man has said at least one thing out loud.

WEEK 2

HUMILITY IN ACTION

OPENING PRAYER

Let us pray.

Heavenly Father, we gather again as men striving to walk with purpose and integrity. Today, we ask for the grace of true humility. In a world that constantly tells us to promote ourselves, demand our rights, and look out only for number one, teach us the revolutionary power of lowering ourselves to serve others.

As we look at the hidden, humble life of Saint Joseph and the ultimate sacrifice of Jesus, break down our pride, our defensiveness, and our fear of looking weak. Open our hearts to this discussion so we can support one another in becoming men who lead through service, lift up our families, and build a lasting legacy of genuine respect.

Saint Joseph, model of humble workers, pray for us.

Amen.

FACILITATOR NOTE

This week's video focuses heavily on the blue-collar, hidden, everyday hard work of men — farmers, construction workers, builders, and fathers. It challenges the modern American concept of "success" by redefining greatness through humility and respect. Keep the focus grounded on practical, everyday service.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Ground the men in the visual reality of the video and break the ice regarding manual labor and unrecognized work.*

Prompt 1. **The video prominently features men doing heavy, quiet, everyday work — farming, pouring concrete, measuring blueprints, and sweeping. What was your very first job, and what did it teach you about the value of an honest day's work? If your work has always been of a different kind, talk about the hardest or most thankless job you have ever done.**

Prompt 2. **When you hear the word "humility," do you naturally view it as a position of strength or a position of weakness? How did the video's depiction of humility challenge your definition?**

PHASE 2 Redefining Success and Respect 20 min

Goal: *Analyze how culture views status versus how these men are called to view character.*

Prompt 3. We live in a culture dominated by status, job titles, and self-promotion, especially on social media. Yet Saint Joseph's greatness was completely hidden from the world of his time. How hard is it for you to feel fulfilled when your hard work or sacrifices go entirely unnoticed or unthanked by others?

Prompt 4. The video shows a powerful clip of a couple sitting on a couch, trying to communicate through what looks like tension or a difficult conversation, followed later by a circle around the word "Respect." For men, why is it so difficult to practice humility — like admitting we are wrong or saying "I'm sorry" — when dealing with our spouses, children, or coworkers?

PHASE 3 The Strength of the Sacrificial Leader 15 min

Goal: *Examine the shift in the video toward Jesus praying in the dirt and holding a lamb, showcasing strength through sacrifice.*

Prompt 5. The video transitions from modern working men to images of Jesus kneeling in the dirt and holding a lamb — the ultimate image of a leader lowering himself. In your current role, whether as a father, boss, mentor, or friend, what does it practically look like to "lower yourself" so that those under your care can succeed?

Prompt 6. We saw a father patiently reading a book to his toddler under a warm lamp. Humility often requires us to sacrifice our personal time, hobbies, or rest for the sake of others. Where are you currently finding it most difficult to sacrifice your own agenda for the needs of your family or community?

PHASE 4 Accountability & Commitments 15 min

Goal: *Close with a concrete, actionable takeaway for the week ahead.*

Prompt 7. Humility isn't just a feeling; it's an action. Think of one specific person in your life right now who deserves more appreciation or a helping hand. What is one hidden act of service you will perform for them this week — without looking for credit, praise, or anything in return?

FACILITATOR REMINDER — WEEK 2

Men often find it harder to talk about their failures or areas where they feel inadequate. If the room gets quiet during Prompt 4 (admitting when we are wrong), be prepared to go first. Share a brief, authentic story of a time you let pride get in the way of a relationship. Your vulnerability gives the other men permission to do the same.

WEEK 3

STRENGTH IN ADVERSITY

OPENING PRAYER

Let us pray.

Heavenly Father, we come before you today acknowledging that life is full of seasons that test our limits. When the storms roll in, when our health falters, when financial strain hits, or when relationships break down, it is easy to feel overwhelmed and isolated.

Give us the spiritual grit and emotional fortitude of Saint Joseph, who quietly bore the immense weight of protecting his family through exile, uncertainty, and danger. Help us to see that adversity is not the end of our story, but the forge in which you refine our character.

Bless our brotherhood today. Allow us to speak openly about our struggles, to lay down our false masks of perfection, and to find true strength in you and in one another.

Saint Joseph, terror of demons and strength in adversity, pray for us.

Amen.

FACILITATOR NOTE

This week's video addresses modern suffering directly — depicting raw, real-world struggles like medical testing, unpaid bills, relationship arguments, physical exhaustion, and isolation. It contrasts standing tall against life's natural tragedies with St. Joseph's trek through the desert to Egypt. Expect this session to go heavier than the first two. Leave room for it.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Address the visual reality of adversity in the video and normalize talking about hard times.*

Prompt 1. **The video opens with a stark contrast: a happy family moment quickly cutting to a man holding his head in deep anxiety, followed by clips of medical scans and mounting bills. When you are going through a highly stressful season, what is the very first physical or mental warning sign that tells you, "I'm hitting a breaking point"?**

Prompt 2. **We saw a powerful image of a man standing alone on a mountaintop watching the sunset, followed by St. Joseph looking up at a dark, raining sky. Why do you think men instinctively tend to isolate themselves and try to "solo" their problems when life gets incredibly difficult?**

PHASE 2 The Nature of Modern Storms 20 min

Goal: *Analyze specific trials men face today and evaluate how we respond to them.*

Prompt 3. **There's a brief clip of a man looking in the mirror with a visible black eye, followed by a couple arguing fiercely. Adversity doesn't just attack our circumstances; it attacks our relationships. How do you protect your marriage, your kids, or your closest friendships from absorbing the collateral damage when you are stressed out by external pressures?**

Prompt 4. **The video shows St. Joseph walking through a barren desert, leaving footprints in the deep sand, followed by an image of a heavily pregnant Mary in a harsh environment. In your own life, what has been your "desert season" — a time when you felt completely exposed, unprepared, and forced to keep moving forward despite the exhaustion?**

PHASE 3 Transforming Pain into Power 15 min

Goal: *Focus on the transition toward spiritual endurance, showing the actor kneeling in prayer and holding a lamb.*

Prompt 5. **We see a powerful shot of a man kneeling completely face-down in the dirt in total surrender, followed by him lifting his hands to the sky. Why is true surrender to God often the necessary first step toward finding real psychological and spiritual strength?**

Prompt 6. **The video emphasizes that St. Joseph's strength didn't come from a lack of problems, but from his response to them. Think about a past hardship that you successfully survived. Looking back, how did that specific trial actually make you a better, wiser, or more resilient man today?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Close with a concrete action step to support one another in the coming week.*

Prompt 7. **Chances are, someone here is quietly fighting a battle that the rest of us know nothing about. Without necessarily over-sharing details if you aren't comfortable, is there anyone here right now who needs to raise his hand and say, "I am in a storm right now and I need this brotherhood to back me up this week"? How can we practically carry that weight with you?**

FACILITATOR REMINDER — WEEK 3

Prompt 7 is a critical moment for this group. Men are conditioned to say "I'm good" even when their world is crashing. If no one speaks up initially, do not rush to fill the silence. Let it sit for ten to fifteen seconds. If needed, challenge them gently: "Brothers, statistically it's impossible for all of us to have perfect, stress-free weeks at the exact same time. Let's keep it real." If a man does raise his hand, make sure someone follows up with him midweek. Name that person before the group leaves.

WEEK 4

LISTENING TO GOD

OPENING PRAYER

Let us pray.

Heavenly Father, as we come together for this fourth week, we acknowledge how incredibly loud and distracting our world has become. Our days are packed with endless noise, notifications, and demands that constantly compete for our attention.

Today, we ask for the grace of silence. Grant us the stillness of heart that Saint Joseph possessed, allowing him to hear your voice even in the middle of the night. Quiet our minds during this hour so we can truly listen — not just to your promptings, but to the wisdom and experiences of the brothers sitting in this room. Help us to slow down, to step away from the clock, and to find our true heading in you.

Saint Joseph, master of the interior life, pray for us.

Amen.

FACILITATOR NOTE

This week's video explores time, noise, and spiritual alignment. Visually it features a family walking together, cosmic imagery of the Earth spinning, a fast-moving clock over a busy airport, and a cloud formation surrounding the moon while a man kneels in prayer. It closes with a man reflecting alone in a church pew. Use these cues to anchor the discussion on the modern battle for a man's attention.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Address the theme of busyness and the relentless passage of time.*

Prompt 1. The video shows a fast-moving clock ticking away over a blurred, chaotic airport terminal. On a scale of 1 to 10 — with 1 being completely at peace and 10 being absolutely red-lined and overwhelmed — how fast does the clock feel like it's spinning in your life right now?

Prompt 2. When you actually do find yourself with five or ten minutes of complete silence, like sitting in your truck or waiting for an appointment, is your automatic instinct to sit in that quiet, or do you immediately pull out your phone to fill the gap? Why do we find silence so uncomfortable?

PHASE 2 Tuning Out the Noise 20 min

Goal: *Analyze the tension between the eternal perspective and our daily grind.*

Prompt 3. We saw a striking visual contrast: the entire planet Earth spinning in the quiet of space, followed immediately by the rush of daily human traffic. How often do you step back to look at your life from an eternal perspective, rather than just surviving the next twenty-four hours?

Prompt 4. Scripture shows us that Saint Joseph heard God's instructions primarily in dreams and in moments of deep stillness. If God were trying to speak to you right now about a major decision in your family or career, what is the biggest "noise" or distraction in your life that is keeping you from hearing Him?

PHASE 3 The Sanctuary of Stillness 15 min

Goal: *Focus on the transition toward intentional prayer, looking at the symbols of the moon and the church.*

Prompt 5. There is a beautiful, abstract scene where the dark night sky and a crescent moon are framed by glowing clouds while a man kneels underneath them. When you look at your own prayer life, does it feel more like a rushed grocery list of demands you're making to God, or do you take time to actually be still and listen?

Prompt 6. The video ends with a man sitting entirely alone in a church pew, looking toward the altar in reflection. Where is your physical "sanctuary" — that one place you can go where the world cannot reach you and you can clearly think and pray?

PHASE 4 Accountability & Commitments 15 min

Goal: *Close with a tangible commitment to protecting their spiritual focus.*

Prompt 7. Listening requires us to turn down the volume of the world. What is one practical boundary you can set this week to create a pocket of silence? For example: leaving the radio off during your morning commute, waking up fifteen minutes before the rest of the house, or doing a digital fast after 8:00 p.m.

FACILITATOR REMINDER — WEEK 4

You are now a third of the way through. Trust in the room should be building. Encourage the men to hold each other to their answers on Prompt 7: "We've spent four weeks talking about action, humility, adversity, and silence. Let's make sure these aren't just good conversations. Swap numbers with the guy next to you before you leave and text him on Wednesday to see if he's protecting his pocket of silence."

WEEK 5

THE FATHER AS PROTECTOR

OPENING PRAYER

Let us pray.

Heavenly Father, You have called each of us in this room to be protectors. Whether we are shielding our wives, our children, our friends, or our communities, You have placed a sacred duty on our shoulders to stand between those we love and the dangers of this world.

As we look to Saint Joseph, help us to understand what true protection means. Give us his courage to stand firm against external threats, but also his spiritual alertness to recognize the hidden dangers that threaten our homes from within.

Strengthen our arms, clear our minds, and fortify our hearts. Let no man in this brotherhood fail to protect what you have entrusted to him.

Saint Joseph, Defender of the Family and Protector of the Church, pray for us.

Amen.

FACILITATOR NOTE

This week's video explores responsibility, alertness, and active defense. Visually it features a contrast between vast, quiet starry skies, an intense red blood-moon landscape, a man keeping watch in the desert night, a knight deflecting a spear with a shield, and a clenched fist ready for action. Use these cues to challenge the men on how they stand guard over their families.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Address the immediate physical instinct of a protector and hook the group.*

Prompt 1. The video shows a knight in full armor using his shield to deflect an incoming spear attack in the woods. When you think about your daily life, what is the "spear" you find yourself having to block or deflect most often to protect your family's peace — financial stress, cultural distractions, toxic media, or negative outside influences?

Prompt 2. We see a tight shot of a hand slowly tightening into a clenched fist. As men, our instinct is often to protect through physical strength or aggression. But in a modern, peaceful world, what does a man's "clenched fist" actually represent when it comes to defending his home?

PHASE 2 The Night Watch 20 min

Goal: *Analyze spiritual alertness and the internal dangers that threaten a home.*

Prompt 3. **The video features a stunning time-lapse of a vast, quiet night sky with the Milky Way, which quickly shifts to an ominous, deep-red moon surrounded by moving clouds. Protection requires us to notice when the environment shifts from peaceful to dangerous. How sensitive is your radar to the emotional or spiritual temperature changes in your own home?**

Prompt 4. **We see Saint Joseph sitting in the pitch-black desert night, staying awake and keeping watch while his family sleeps. Real protection is exhausting because it happens when no one else is looking. What is the heaviest burden you currently carry in secret just to keep your loved ones safe, secure, and provided for?**

PHASE 3 Standing Between Two Worlds 15 min

Goal: *Bridge the gap between sacred responsibility and practical daily action.*

Prompt 5. **There's a shot of a man in a white robe looking directly up into a clear, bright full moon and a field of stars. It reminds us that our role as protectors is given to us by God Himself. When you look at the family or people you protect, do you see them as a stressful obligation you have to deal with, or a sacred trust from the Creator that you get to guard?**

Prompt 6. **Saint Joseph protected the Holy Family not by starting wars, but by making quiet, difficult sacrifices — like packing up in the middle of the night to flee to Egypt. When has protecting your family required you to swallow your pride, retreat from a useless argument, or make a quiet sacrifice that nobody else noticed?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Turn the discussion into tactical, actionable protection for the upcoming week.*

Prompt 7. **A good sentry doesn't just watch for physical intruders; he watches for spiritual ones. Where is the “breach in the wall” in your household right now? What is one specific area where you need to stand guard more intentionally this week — checking in on a kid who is struggling, speaking words of affirmation to your wife, or cleaning up your own habits?**

FACILITATOR REMINDER — WEEK 5

By now the group should be familiar with each other's lives. Capitalize on the knight-and-shield imagery to remind them that protectors also need protection. If a man shares a heavy burden during Prompt 4 or 7, close the session by reminding the other men that they are the shield wall for one another.

WEEK 6

THE POWER OF INTENTIONAL FATHERHOOD

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for the brotherhood that has been built in this room. You have called us not just to be passive observers in our homes, but to be intentional builders of our families and communities.

We look to Saint Joseph as our model of intentional fatherhood. He did not build his home with empty words, but with the steady labor of his hands, the integrity of his choices, and his absolute devotion to the child placed in his care. Ignite a fire within us to step into our homes with newfound purpose. Help us to lead by example, to teach with patience, and to love with sacrifice. Give us the strength to build a legacy that lasts for generations.

Saint Joseph, Guardian of the Redeemer and Exemplar of Christian Fathers, pray for us.

Amen.

FACILITATOR NOTE

This week's video shifts toward building, legacy, and long-term purpose. Visually it features a man looking upward in prayer in a desert landscape, a craftsman swinging a hammer on a timber frame, a man walking a long, straight path toward the horizon, and a warm scene of a father and mother sitting on the floor with their child in a workshop. Use these metaphors to challenge the men on the legacy they are actively constructing.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Address the concept of intentional building versus passive reacting.*

Prompt 1. We see a powerful shot of a craftsman standing on a ladder, using a hammer to intentionally secure a timber beam into place. If your daily family life right now was a construction site, would it look like a well-thought-out architectural plan, or does it feel more like you're constantly just trying to put out fires and patch up leaks?

Prompt 2. What does the word "intentional" actually mean to you when it comes to being a father, mentor, or leader? What is the difference between a man who is simply present in his home and a man who is actively building it?

PHASE 2 The Long Road & The Ultimate Plan 20 min

Goal: *Analyze individual alignment with God's long-term vision.*

Prompt 3. **The video opens with a man looking up into a vast sky, speaking or praying in a posture of complete openness. When it comes to the direction of your family or your future, how often are you asking God for His blueprint, rather than just asking Him to bless the plans you've already made yourself?**

Prompt 4. **There is a striking scene of a man walking down a long, narrow dirt road with the sun setting directly ahead of him. It represents a lifetime journey. When you look down the road toward your own future — say, twenty or thirty years from now — what is the spiritual legacy you want to leave behind for the people who bear your name?**

PHASE 3 The Sanctuary of the Home 15 min

Goal: *Bridge the gap between hard work and intimate, present relationship.*

Prompt 5. **We see a warm scene of a father and mother sitting on a straw-covered floor, closely interacting with their young child. It is a picture of safety and total presence. How difficult is it for you to transition from the "grind" of work and building to the emotional gentleness needed when you step through the front door of your home?**

Prompt 6. **Saint Joseph taught Jesus his trade, his prayers, and how to carry himself as a man. Who was the man in your life that showed you what true fatherhood or masculinity looked like? If you didn't have that growing up, how has that shaped the way you try to lead today?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Close with an active, concrete commitment.*

Prompt 7. **We've now spent six weeks tracking the journey of Saint Joseph — from his silence, to handling adversity, to protecting his home, and now to building intentionally. What is one specific pillar you are going to commit to building in your home starting tonight? How will this group of men hold you to it?**

FACILITATOR REMINDER — WEEK 6

This is the halfway point of the program. It is a natural moment to take stock. Leave a little extra time at the end for the men to acknowledge what has shifted in them so far, and remind them that a building project is never done alone — the men in this room are a construction crew for each other's lives.

WEEK 7

BEING A 100 PERCENT HUSBAND

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for this time together. We have sought to learn from the life of Saint Joseph — his work, his strength, his ability to listen, and his role as a protector and leader.

Tonight, we focus on the core of his earthly mission: his vocation as a husband. Help us to see that the call to be a one-hundred-percent husband is not about perfection, but about the total, sacrificial, and unwavering gift of self.

May we be inspired by the way Saint Joseph honored and cared for Mary. Give us the courage to love our wives with that same tenderness, patience, and absolute commitment, regardless of the hardships we face on the road.

Strengthen the marriages represented in this room, that they may be sanctuaries of peace and reflections of Your love to the world.

Saint Joseph, Model of Husbands, pray for us.

Amen.

FACILITATOR NOTE

This session focuses on the intimacy, partnership, and devotion of the marital vocation. The video features tender moments of a man comforting a pregnant woman, steady eye contact between a couple, walking together on a long road, supporting one another in the rain, and a gentle touch in an olive grove. Note: some men in the room may be single, divorced, or widowed. Frame the prompts so they can answer about any close relationship they are called to serve.

PHASE 1 Icebreaker & First Impressions 10–12 min

Goal: *Establish the mindset of total investment in the marital relationship.*

Prompt 1. The video opens with a man gently holding his wife, his hand resting on her stomach while she looks up at him with peace and trust. When you look at the relationship between you and your wife, what is the "anchor" that keeps you both steady when life feels like it's storming, like the rain seen in the video?

Prompt 2. **What does “one hundred percent” look like in a marriage? Does it mean one hundred percent of your energy, your attention, or your surrender? What does that phrase mean to you in the reality of your daily life?**

PHASE 2 Shared Paths & Shared Burdens 20 min

Goal: *Discuss the reality of walking through life together as equals.*

Prompt 3. **There is a beautiful shot of a husband and wife walking together on a long road, side by side. In marriage, we are often tempted to walk in front or fall behind. How do you actively ensure you are walking with your wife in the decisions, burdens, and dreams you share?**

Prompt 4. **The video shows the couple standing together in the rain outside a rustic building. This reflects that the hard times aren't something we go through near our wives, but with them. How can you become a better partner when your wife is going through a season of doubt, fear, or physical exhaustion?**

PHASE 3 The Art of Gentleness & Intimacy 15 min

Goal: *Bridge the gap between being a provider and being a husband.*

Prompt 5. **In the final scene of the video, the couple is in an olive grove, and the man reaches out to gently touch his wife's face while they gaze at one another. It is a moment of deep, quiet connection. Why do we, as men, often find it easier to work for our families than to simply be intimate and present with our wives?**

Prompt 6. **Saint Joseph was a silent man, yet his presence was constant. How does your wife describe your “presence”? Is it a presence that brings peace and calm, or one that feels distracted, hurried, or closed off?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Conclude with an action plan for the home.*

Prompt 7. **We've looked at the example of a man who gave his whole life to the service of his family. What is one specific way you are going to intentionally strengthen your marriage in the next thirty days? How can we, as your brothers, keep you accountable to that commitment?**

FACILITATOR REMINDER — WEEK 7

This video now pairs with Topic 7 of the workbook, The Hundred-Percent Husband; have them work that chapter this week. Encourage the men to take this one home directly. Suggest that the accountability isn't just to the group, but to their wives: “I've been in a group looking at how to be a better man, and I want to be one hundred percent for you. Here is what I am committing to.” That

simple conversation can be transformative. Be sensitive to any man in the room who is not married — invite him to apply the same question to the relationship that most needs his devotion.

WEEK 8

THE INTEGRATED MAN

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for this time of fellowship and growth. We have walked alongside Saint Joseph, seeing his quiet strength, his humility, his ability to protect, and his dedication to his family.

Refine our understanding of what it means to be a man and a father in Your image. Help us to see that true masculinity is found not in power, but in service; not in dominance, but in sacrifice.

May we carry the lessons we have learned into our homes, our workplaces, and our communities. Let us be fathers who lead by example, husbands who love with total commitment, and men who stand firm in the truth of the Gospel.

Saint Joseph, Guardian of the Holy Family, help us to be the men You have called us to be.

Amen.

FACILITATOR NOTE

This session focuses on the integrated identity of the man as both husband and father. The video highlights Joseph's gentle care for the infant Jesus, his diligent work in the shop, and his steady presence with both his son and his wife. The theme is refusing to compartmentalize — the man at work and the man at home should be the same man.

PHASE 1 Icebreaker & Reflection 10–12 min

Goal: *Reflect on the collective journey so far.*

Prompt 1. Looking back over these weeks, from learning to know Joseph to discussing the power of intentional fatherhood, what is the single most significant truth about manhood that has stuck with you?

Prompt 2. The video shows Joseph looking at his wife and child with a profound sense of responsibility and love. How has your definition of "responsibility" changed since we began this program?

PHASE 2 Integrating Masculinity 20 min

Goal: *Discuss how to live out this integrated identity in the modern world.*

Prompt 3. We see Joseph working with his hands and then walking through the streets with his son, fully present. Often we feel like we have to compartmentalize our lives — work life versus home life. How can we better integrate our "work" identity with our "father" identity, just as Joseph did?

Prompt 4. The video captures a moment where Joseph is holding the infant Jesus, looking at him with immense care. Many men today were raised in environments where such tenderness was not modeled for them. How can we break that cycle and intentionally show our children that strong, masculine, faithful fatherhood includes tenderness and affection?

PHASE 3 The Call to Heroic Virtue 15 min

Goal: *Address the challenges of living this out daily.*

Prompt 5. What is the biggest barrier you anticipate facing in the next six months that might tempt you to fall back into old habits or a less-than-intentional way of living?

Prompt 6. We often talk about masculinity in terms of being a hero. Joseph wasn't a hero in the modern, loud sense; he was a hero in his consistency and his faithfulness to his vocation. How do you define heroic virtue in your own home?

PHASE 4 The Next Step 15 min

Goal: *Cement a commitment to ongoing growth.*

Prompt 7. Our vocation as men continues for the rest of our lives. What is one specific, actionable habit you are committing to keep up — daily prayer, specific time with your wife or kids, a weekly examination of conscience — to ensure this isn't just a series of good conversations?

FACILITATOR REMINDER — WEEK 8

Thank the men for their vulnerability so far. Remind them that the goal of this program was never to create a group that just talks, but to create men who act. This is a good week to suggest a standing habit outside the room — a monthly breakfast, or a check-in pair — that can outlast the twelve weeks.

WEEK 9

FOLLOWING IN MY FOOTSTEPS

OPENING PRAYER

Let us pray.

Heavenly Father, we reflect on the journey we have taken. We have looked to Saint Joseph not just to admire him, but to imitate him.

We know that our lives are a map for those who come after us — our children, our families, and our communities. As we discuss following in footsteps, help us to recognize that our every action is a mark left on the path.

Grant us the grace to live with such integrity and faith that those who walk behind us may find their way to You through our example.

Saint Joseph, help us to be fathers and men of enduring legacy.

Amen.

FACILITATOR NOTE

This session centers on the concept of legacy. Visuals include a man walking down a street leaving footprints in the dirt, a father tenderly kissing his newborn child, and a man praying with hands folded. The goal is to shift from learning about virtue to living a legacy. This session pairs directly with Topic 9 of the workbook.

PHASE 1 Icebreaker & Reflection 10–12 min

Goal: *Recognize the weight of the example we set.*

Prompt 1. The video opens with a man walking, leaving clear footprints in the dust. If your children were to follow exactly in your footsteps — not just where you tell them to go, but where you actually walk — what would they see? Would they find a path leading to peace, service, and faith?

Prompt 2. When you look at the father holding his baby, you see a man who understands that he is the first teacher of that child. What is one "footprint" or habit you want to ensure you leave behind for your children to follow?

PHASE 2 Intentional Legacy 20 min

Goal: *Discuss the active process of passing on faith and character.*

Prompt 3. **Legacy is not what we leave for people, but what we leave in people. How are you actively investing in your children, or the people you influence, to ensure that your values are being transferred — not just your assets or your last name?**

Prompt 4. **We see a man praying in the video. Is your prayer life something your family catches you doing? How does your relationship with God shape the footprints you leave for others to follow?**

PHASE 3 Overcoming Obstacles 15 min

Goal: *Address the reality of failure and the need for redemption.*

Prompt 5. **We all have moments where we stumble on the path. When you stumble, how do you handle it in front of your family? Do you hide your mistakes, or do you use them as an opportunity to show your children what repentance and humility look like?**

Prompt 6. **What is the biggest fear you have regarding the legacy you are currently building?**

PHASE 4 Closing Commitment 15 min

Goal: *Translate legacy into a concrete commitment.*

Prompt 7. **What is the one core commitment you are taking from this week that you will share with your family before the next session?**

FACILITATOR REMINDER — WEEK 9

This session maps directly onto Topic 9 in the workbook, which now carries its own written activity on the footprints a father leaves. Point the men to it and ask them to complete it before next week — the written answers will make next week's discussion sharper.

WEEK 10

WORK AND HOME

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for the gift of work, which allows us to participate in Your ongoing creation, and for the gift of home, where we are called to be signs of Your love.

As we reflect on Saint Joseph the Worker, help us to see that our professional labors are not separate from our vocation as husbands and fathers. May our work be honest, diligent, and ordered toward the good of those we love.

Grant us the wisdom to balance our duties, ensuring that our pursuit of provision never eclipses our role as guardians of our family's spiritual and emotional well-being.

Saint Joseph, model of the working man, pray for us.

Amen.

FACILITATOR NOTE

This session explores the integration of work and family life. The video depicts Joseph deeply engaged in his craft, meticulously shaping wood, yet clearly showing care for the goods he produces. The imagery emphasizes that his labor is not just a job, but an extension of his service to the Holy Family. This session pairs directly with Topic 10 of the workbook.

PHASE 1 Icebreaker & Reflection 10–12 min

Goal: *Recognize the inherent connection between the workplace and the home.*

Prompt 1. We often hear the phrase "work-life balance," but in the life of Saint Joseph, work and life were integrated. What is one area of your professional life that currently feels most in conflict with your duties at home?

Prompt 2. Joseph took pride in the craftsmanship of his work. How does the quality of your work — your focus, your honesty, your integrity — serve as a witness to your family about who you are as a man?

PHASE 2 The Spirituality of Work 20 min

Goal: *Discuss how to sanctify our daily labor.*

Prompt 3. **Work can sometimes be a place of stress or frustration. How can we, like Joseph, offer up our daily tasks as a form of prayer or a sacrifice for our families?**

Prompt 4. **Sometimes men use work as an escape from the demands of home. How can you ensure that you are bringing your best self home, even after a long, exhausting day at work?**

PHASE 3 Setting Boundaries & Priorities 15 min

Goal: *Establish practical ways to maintain focus on the family.*

Prompt 5. **What practical boundaries have you set, or do you need to set, to ensure your professional life does not infringe upon your family's quality time?**

Prompt 6. **Joseph's work was for the benefit of his family. How can you involve your family in understanding the purpose of your work, so they don't see it as something that takes you away from them, but as something you do for them?**

PHASE 4 Accountability & Commitments 15 min

Goal: *Turn the discussion into a practical boundary for the week.*

Prompt 7. **What is one boundary between work and home you will put in place this week, and who in this room is going to ask you about it?**

FACILITATOR REMINDER — WEEK 10

There is no numbered workbook chapter matching tonight's video on work and home, so do not send the men hunting for one. Run this session from the prompts alone. If the conversation turns toward resentment that has built up at home — and it often does — point them to the supplementary chapter on forgiveness at the back of the workbook. Have them put one boundary in writing before they leave the room tonight, not later at home. A commitment written down in the room is far more likely to survive the week.

WEEK 11

QUALITY TIME

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for the gift of time — a finite resource that You have entrusted to our care. As we gather today, help us to reflect on the nature of our presence with those we love.

Grant us the grace to imitate Saint Joseph, who was not only a provider of material needs but a constant, attentive, and joyful presence in the life of Jesus and Mary.

Help us to put aside the distractions that pull us away from our families. Teach us that quality time is not just about what we do, but about how fully we give ourselves to those who need us most.

Saint Joseph, help us to be men who are truly present.

Amen.

FACILITATOR NOTE

This session explores intentional engagement within the family. Visuals show Joseph working with his hands while Jesus and Mary watch, the family sharing joyful moments together, and the family in prayer. The core message is that quality time is an act of love and a manifestation of a father's commitment. The distinction to drive home tonight is between “being there” and “being present.”

PHASE 1 Icebreaker & Reflection 10–12 min

Goal: *Evaluate the current state of presence in our lives.*

Prompt 1. The video shows Joseph working while Mary and Jesus are near. He isn't just busy; he is present. Do you find that you are often physically present with your family but mentally elsewhere, distracted by work, phones, or other concerns?

Prompt 2. What does “quality time” mean in your household? Does it mean something specific you do together, or is it more about the spirit in which you spend your time?

PHASE 2 The Cost of Distraction 20 min

Goal: *Address the obstacles that prevent true quality time.*

Prompt 3. **Modern life is filled with thieves of time. What are the specific distractions that most often keep you from being fully present with your spouse and children?**

Prompt 4. **We see the Holy Family praying together. How can incorporating shared spiritual activities — like prayer or reading — create a different kind of quality in your family time compared to just recreation?**

PHASE 3 Building Intentionality 15 min

Goal: *Develop practical habits for engagement.*

Prompt 5. **Quality time is an active choice, not an accident. What is one habit or ritual you can implement this week that guarantees dedicated, undivided time with your family?**

Prompt 6. **Looking at the images of Joseph laughing and sharing meals with his family, it is clear that his presence brought joy. How can you shift your attitude to ensure your presence at home is seen as a source of joy rather than an obligation?**

PHASE 4 Closing Commitment 15 min

Goal: *Final application and group accountability.*

Prompt 7. **Think about the next seven days. What is one concrete, non-negotiable action you will take to spend quality time with your loved ones, and how can this group help you stay accountable to it?**

Prompt 8. **Keep the image of Joseph's focused, loving gaze upon his family in your mind. How does that image change how you view your responsibilities as a father and husband?**

FACILITATOR REMINDER — WEEK 11

This video now pairs with Topic 11 of the workbook, Quality Time; point the men there before they leave. This session is about moving from “being there” to “being present.” Focus on the distinction between the two. Encourage the men to be honest about their struggles — men often feel the pressure to provide, but sometimes miss that their time is the most valuable gift they can offer. Next week is the last session; remind them tonight so no one misses it.

WEEK 12

THE LEGACY WE LEAVE BEHIND

John 19:25–27

OPENING PRAYER

Let us pray.

Heavenly Father, we thank You for the grace to complete this twelve-week journey, walking in the footsteps of Saint Joseph.

We offer You our efforts, our stumblings, and our successes. As we reflect on our time together, open our hearts to see where You have been at work in our lives, our marriages, and our fatherhood.

Help us to understand that our true legacy is not found in what we build with our hands, but in the faith, love, and character we impart to those we have been entrusted to protect.

May the example of Saint Joseph continue to guide us as we strive to be the men You have called us to be.

Amen.

FACILITATOR NOTE

This final session looks back at the growth experienced during the series and forward to its lasting impact. Visuals of Joseph working with care and passing down his skills while being watched by a child illustrate legacy as something built through intentional, daily action. This session pairs with Topic 12 of the workbook, which now includes the Memento Mori activity and the Letter to the Future — plan your timing so the men can complete the letter.

PHASE 1 Reflection on the Journey 15 min

Goal: *Solidify the lessons learned over the last twelve weeks.*

Prompt 1. Looking back over the last twelve weeks, what is the single most significant insight or shift in perspective you have gained regarding your role as a man, husband, or father?

Prompt 2. The video shows Joseph reflecting on his work with a sense of satisfaction and peace. How does it feel to evaluate your own journey of the last few months? What has been the biggest challenge, and where have you seen the most growth?

PHASE 2 Defining Your Legacy 20 min

Goal: *Articulate the vision for the future.*

Prompt 3. Legacy is not what we leave for people, but what we leave in people. When your children are grown, what are the three character traits or virtues you hope they describe you as having possessed?

Prompt 4. Joseph did not just work for himself; he lived for the Holy Family and for God. As you look toward the years ahead, what is one major area where you want to be more intentional in order to leave a lasting, godly legacy?

PHASE 3 Ongoing Accountability & Growth 15 min

Goal: *Ensure the end of the program is the beginning of sustained change.*

Prompt 5. The end of this program is not the end of the work. What concrete steps will you take to continue the practices of prayer, reflection, and intentionality that we have discussed?

Prompt 6. We have walked this path together. How can you continue to lean on the brothers in this group for support, accountability, and encouragement in the months ahead?

PHASE 4 Final Closing 10 min

Goal: *Conclude with a sense of purpose and commissioning.*

Prompt 7. If you could summarize your commitment to your family in one sentence, what would it be?

CLOSING ENCOURAGEMENT — read aloud

Go forth with the confidence of Saint Joseph. You are the protector, provider, and guide of your domestic church. The legacy you are building starts with the very next choice you make when you walk through the door of your home.

FACILITATOR REMINDER — WEEK 12

This is your final session. Encourage the men to celebrate the progress they have made. Remind them that true transformation is a lifelong process, and this program was simply the catalyst — their most important work continues tomorrow, and every day after. Before anyone leaves, set the date and the host for the first post-program gathering. A group that leaves without a next date on the calendar usually does not reconvene.

A FINAL WORD TO THE FACILITATOR

You will finish these twelve weeks convinced that you did not do it especially well. Nearly every facilitator does. You will remember the night the conversation stalled, the man who never opened up, the session that ran long.

What you will not see as clearly is the rest of it: the man who told his wife something he had been sitting on for years, the father who started praying with his kids because he heard another man in the room admit he had never tried, the friendships that outlast the program by a decade.

You do not have to be an expert. You have to show up, keep time, ask the question, and let the silence do its work. That is the whole job, and it is enough.

Saint Joseph, model of fatherhood, pray for the men in this room — and for the man leading them.