

# Old Man – New Man “Program 10”

Written by Dr. Eli Rojas

---

## A Man’s Half Time

Transitions are times of tremendous stress. Through our lives we go through a few of these, like the *terrible two’s* of a child and who can forget puberty? However, as we get older we need to be aware of the changes which take place in our lives. A man’s midlife can be a time of great growth, and blessing if you know how to manage it when it comes your way. Let’s talk about it!

### Declare

1. You are helping your wife shopping for some groceries. She tells you to get a melon and make sure it is ripe. How do you know? Smell, touch, color, or what?
  - a. \_\_\_\_\_
2. How do you know if you, or if a friend is going through a transition?
  - a. \_\_\_\_\_
3. Bill Hybels, Senior Pastor of Willow Creek Community Church in South Barrington, Illinois tells about the time when one of his close friends committed suicide. The group of friends would often get together and go fishing. He was not able to tell that his friend was going through a deep depression. It broke his heart. What if we could help a friend go through midlife without paying a hefty price? What if you could see the signs in your own life and make a sharp turn to avoid collision? This lesson can make a big difference in someone’s life.

### Dig

4. Why is this transition is called a “midlife crisis?” When does it typically happen?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_<sup>1</sup>
5. Dr. Yaste explained that this issue is usually ignored. People don’t want to talk about it. Only a couple of books have been written on this subject. Why do you think that this is ignored?
  - a. \_\_\_\_\_
6. There are three areas in our being that are impacted by midlife crisis. Elaborate on how these three areas affect us:
  - a. Physical: \_\_\_\_\_
  - b. Psychological: \_\_\_\_\_
  - c. Social: \_\_\_\_\_
7. It is important to recognize the symptoms of midlife crisis:
  - a. Existential crisis: Why am I here? What purpose do I serve?
  - b. Feelings or desire to escape: these escapes manifest themselves behaviors such as affairs, gambling, wanting to be alone, sitting in front of a TV set and many others.

---

<sup>1</sup> Christian Yaste suggested that it takes place between the mid-thirties and mid-forties.

- c. Self-pity: thinking yourself a loser, feelings of worthlessness, depression, overall negativity or pessimism are common in this stage.
  - d. Monotony: looking for excitement in the wrong places, addictions, or destructive behavior.
8. As you look at the list above, can you identify changes of attitude that you've seen in a close friend? Do you have any of these symptoms?
- a. \_\_\_\_\_
  - b. Keep in mind that this small group functions also as a support group. If anyone in the group finds himself going through these changes the group should offer support. (Suggestions will be made on how to handle helping someone through midlife crisis.)
9. David, the King of Israel, must have been going through a midlife crisis when he committed the failure with Bathsheba. Read 2 Samuel 11:2-5. Do you see any symptoms?
- a. \_\_\_\_\_
10. Read Proverbs 27:17. What should be the first step in seeking a solution for this challenge?
- a. \_\_\_\_\_
11. Midlife is an important time for men, a time to re-evaluate, assess and re-align your life. Positive points in this transition are: You have gotten over the most difficult years of life and many men have already reached goals and acquired notches on their belts.
12. How can you help someone going through midlife crisis? Here are some suggestions:
- a. Focus on the positive things in your life; make a list of the ten best things in your life;
  - b. Develop a positive outlook in life.
  - c. Set new goals.
  - d. Find mentors that will encourage you to overcome and move forward. Depending on your circumstances you may need more than one mentor; and most important turn to God.
    - i. Dr. Yaste discovered that life had gotten in the way of his relationship with God, so he focused on developing a closer walk with the Lord.

*Devote*

13. Dr. Yaste suggested a few more steps. These steps will take you to the next level in conquering midlife crisis or half time. Next to each item write how you measure up in that area and challenge yourself to take it to the next level:
- a. A commitment to Integrity and Values - \_\_\_\_\_
  - b. A commitment to your wife and children - \_\_\_\_\_
  - c. Recognize what God has given you:
    - i. Your experience - \_\_\_\_\_
    - ii. Your success - \_\_\_\_\_
  - d. A commitment to a closer walk with God - \_\_\_\_\_

Close with prayer interceding for the families represented in this group, for God to have the victory in each life, and for the men in this group to be truly men of God.