

Monday Men's Bible Study "Keep Calm and Carry On" June 8, 2026

*Mark Batterson — Gradually Then Suddenly (Chapter 12)
Men's Mental Health Month Emphasis*

Foundational Scripture

"Let us not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." — Galatians 6:9 (NLT)

Supplemental Scriptures:

- 1 Kings 19:1–8
- Psalm 42:5
- Isaiah 40:28–31
- 2 Corinthians 4:8–9
- Philippians 4:6–7
- Mark 6:31

Opening Introduction

One of the greatest misconceptions about manhood is the belief that strength means silence. Many men have mastered the art of functioning while falling apart. We know how to show up, provide, preach, work, coach, protect, and lead — while quietly carrying stress, disappointment, exhaustion, grief, anxiety, pressure, and fear.

Chapter 12 of Mark Batterson's *Gradually Then Suddenly* — "Keep Calm and Carry On" — reminds us that perseverance is not passive resignation. It is disciplined faithfulness. It is the decision to keep walking with God when emotions fluctuate, circumstances tighten, and life feels heavier than expected.

The famous British phrase "Keep Calm and Carry On" was created during World War II to steady a frightened nation under attack. The slogan was not denying reality — bombs were still falling. It was an invitation to remain grounded in the middle of chaos.

That is where many men are today.

Some brothers are carrying:

- financial pressure,
- emotional fatigue,
- family strain,
- grief nobody sees,
- ministry burnout,
- hidden depression,
- disappointment with themselves,
- fear about the future,
- and exhaustion from always being “the strong one.”

Yet Scripture teaches us that God never intended for men to collapse privately while smiling publicly.

This Bible Study is about learning:

- how to keep going without breaking down,
- how to stay spiritually steady,
- how to guard our mental and emotional health,
- and how to trust God while under pressure.

Because calm is not the absence of storms.

Calm is confidence that God is still present in the storm.

Theme

“Strong Men Still Need Strength”

1. Even Strong Men Have Breaking Points

1 Kings 19:3–5

Elijah had just experienced one of the greatest victories in Scripture on Mount Carmel. Fire fell from heaven. False prophets were defeated. Revival broke out.

Yet immediately afterward, Elijah collapsed emotionally.

The same prophet who stood boldly before kings now sat under a tree asking God to let him die.

That text destroys the myth that spiritual men never struggle emotionally.

Key Insight:

Victory does not make you immune to exhaustion.

Many men break down after the applause.

- after the promotion,
- after the sermon,
- after the championship,
- after the responsibility,
- after everybody else has leaned on them.

Elijah teaches us:

- exhaustion is real,
- emotional depletion is real,
- burnout is real,

- and mental fatigue is real.
- Men's Mental Health Truth:
Ignoring emotional pain does not eliminate it.

Some men have been taught:

- "Man up."
- "Shake it off."
- "Don't talk about it."
- "Handle it yourself."

But God did not rebuke Elijah for being exhausted.
God ministered to him.

Before giving Elijah another assignment:

- God fed him,
- let him rest,
- and restored him.

Sometimes the most spiritual thing a man can do is rest, pray, talk, and heal.

Discussion Question:

Why do you think so many men struggle silently instead of asking for help?

2. Calm Comes From Knowing God Is Still Carrying You

Isaiah 40:28–31

"He gives power to the weak and strength to the powerless." — v. 29

Real masculinity is not pretending to be invincible.
Real strength is knowing where to go when your strength runs low.

Isaiah says:

- young men get exhausted,
- strong men stumble,
- capable men grow weary.

But those who trust in the Lord renew their strength.

Mental Health Connection:

Anxiety grows when men believe everything depends on them.

Many brothers are mentally overwhelmed because they are carrying:

- everybody's expectations,
- family pressure,
- financial burdens,
- leadership stress,
- and internal fears alone.

Key Principle:

God never asked you to carry what only He can handle.

Africentric Illustration:

Historically, Black men in America have often carried enormous emotional weight silently:

- racism,
- economic pressure,
- family expectations,
- survival stress,
- generational trauma,
- and the pressure to appear “unbreakable.”

Yet many of our fathers and grandfathers survived because somewhere along the journey they learned:

“If I can just hold onto God, He’ll hold onto me.”

Discussion Question: What pressures most often steal a man’s peace today?

3. Carrying On Does Not Mean Carrying Everything Alone

Galatians 6:2

“Share each other’s burdens...”

One of the enemy’s greatest tricks is isolation.

The enemy loves isolated men:

- isolated husbands,
- isolated fathers,
- isolated leaders,
- isolated pastors,
- isolated brothers.

Isolation magnifies stress.

Many men know how to gather socially but still suffer emotionally alone.

Biblical brotherhood matters.

Men need:

- accountability,
- safe conversations,
- prayer partners,
- trusted friendships,
- emotional honesty,
- and spiritual covering.

Jesus even modeled this. In Gethsemane, Jesus brought Peter, James, and John with Him during His agony.

Key Statement:

Strong men are not men who never struggle.

Strong men are men who refuse to struggle alone.

Practical Mental Health Applications:

- rest intentionally,
- pray honestly,
- seek counseling when needed,
- exercise consistently,
- disconnect from constant stress,
- talk to trusted people,
- avoid emotional suppression,
- and prioritize spiritual health.

Discussion Question:

Why is brotherhood essential for emotional and spiritual survival?

4. God Can Sustain You Without You Pretending

2 Corinthians 4:8–9

Paul says:

- “We are pressed on every side...”
- “perplexed...”
- “hunted down...”

Yet not destroyed.

Biblical men were emotionally honest:

- David cried,
- Jeremiah lamented,
- Elijah collapsed,
- Job questioned,
- Paul admitted struggles.

God is not intimidated by honesty.

Men’s Mental Health Truth:

Healing begins where pretending ends.

Some men are emotionally exhausted because they have spent years performing strength instead of experiencing healing.

Call-and-Response Moment:

Leader: “Pressure may hit me...”

Men: “But pressure will not destroy me!”

Leader: “I may get tired...”

Men: “But God will renew my strength!”

Leader: “I may bend...”

Men: “But by God’s grace I will not break!”

Closing Challenge

The goal is not merely to survive.

The goal is to stay spiritually healthy while carrying responsibility.

Men's Mental Health Month reminds us:

- checking on your brothers matters,
- conversations matter,
- prayer matters,
- healing matters,
- therapy can matter,
- rest matters,
- boundaries matter,
- and emotional honesty matters.

Because calm is not pretending life is easy.

Calm is knowing:

- God is still faithful,
- God is still present,
- God is still carrying you,
- and God is still working even while you are weary.

Final Charge

“Keep Calm and Carry On — But Don't Carry On Without God.”

Somebody in this room has been:

- tired mentally,
- overwhelmed emotionally,
- burdened spiritually,
- and exhausted privately.

But tonight God sent this word to remind you:

- you are not weak because you are weary,
- you are not broken because you are struggling,
- and you are not alone in what you are carrying.

The same God that kept Elijah,
strengthened Paul,
lifted David,
and sustained Jesus in Gethsemane —
will sustain you too.

Keep praying.

Keep showing up.

Keep trusting.

Keep healing.

Keep growing.

Keep believing.

And by the grace of God...
keep carrying on.

