

# Worshipful Master Lodge Discussion Series



## Title: Boaz

Version: 1.0

Purpose: Test what it means to hold firm without becoming brittle. Find where your actual strength lies and where you are bluffing.

Keywords: capacity, bearing load, quiet endurance, structural integrity, firm without rigid




### Materials Needed:

None

### Supporting Content/Guides

PDF - AMW Groundrules

### Related Podcast Episodes:

-  Building Capacity in the Mundane Middle
-  When Willpower Fails: Rethinking the Virtue of Struggle
-  The Junior Warden: Noticing Before You Numb

### Setup:

*WM Time Needed:*

2 minutes

*Member Time Needed*

None

### Considerations:

Individuals in the lodge will participate in different ways. Challenging a member to participate in a way that is uncomfortable for them should only be done with a skilled facilitator and a high-trust group.

### Messaging:

Most of us think strength means never bending. But Boaz teaches something different. Real strength is the capacity to bear weight without breaking and without pretending the weight is not there. By the end of tonight, you should be able to name one place where your actual capacity needs to increase before you ask more of yourself.

### Key questions:

“What does quiet endurance look like in a person who is actually holding firm? How do you recognize it when you see it, versus someone who is just resisting or pushing back?”

“Does any of that sound familiar in your own life? Where do you see yourself doing that kind of steady holding, whether in your work, your family, or a commitment you have made?”

“Is there a time when you thought you had the strength to carry something, but you were wrong? What did that teach you about the difference between real capacity and what you wanted to have?”

“If this lodge carried Boaz the way it was meant to, what would a visitor notice about how brothers show up for each other when things get heavy?”

“Which part of this conversation landed different for you than you expected it to?”

### Wrap-up:

Touch on the key points and highlights of the discussion. Pay special attention to discoveries or immediate learnings by the participants. Personalize positive feedback with “I really valued Brother [John’s] point about X, or Y”

# DISCUSSION

Date of Meeting:

---

Rating? ☆ ☆ ☆ ☆ ☆

Key Points

---

---

---

---

Takeaways

---

---

---

---

The Best Part:

---

Thing's I'd do differently next time:

---

---

Do this again?  Y  N

If so, how often? \_\_\_\_\_

