

Worshipful Master Lodge Discussion Series

Title: Mineral & Metallic Substances

Version: 1.0

Purpose: Help brothers notice when their defenses have stopped protecting them and started blocking them. Learn to tell the difference between armor that still serves and armor that has turned rigid.

Keywords: defensiveness, rigidity, softening, discernment, protection

Materials Needed:


None


Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

 From Stone to Ashlar: Softening the Hardened Heart

 The Junior Warden: Noticing Before You Numb

 Softening Is Not Surrender



Setup:

WM Time Needed:

We all have defenses. The question is whether they still work for us or have started working against us.

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 hardness is strength. It isn't always. Sometimes the strongest thing a man can do is soften without losing his integrity. Tonight we look at when your armor stopped protecting you and started imprisoning you.

Key questions:

“What does good defensiveness look like in a man who has it right? How do you recognize it when you see it in someone else?”

“Does any of that sound familiar in your own life? Where do you notice yourself holding something back, and where do you actually need to?”

“Tell us about a time when you realized a defense of yours had become the problem instead of the solution. How did you know it was time to set it down?”

“If a lodge had brothers who could soften without losing their spine, what would change about how men speak to each other in this room?”

“Where did this conversation show you something about your own armor that you are still sitting with?”

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? _____

