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RP Christians Sidebar Compendium

# 200s - Practical "How-To" Guides

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## 201 Healthy Sexual Desire v. Lust

*Men are too often shamed into believing that every hint of attraction they have for a woman is somehow evil and sinful. This simply isn't true. But there is a point where it becomes so. Let's walk through a series of progressive examples to figure out where that line might be.*

This issue comes up a lot in Christian circles and it's worth discussing here too, especially since RP thinking is mostly derived from these in the first place.

### What Is Lust?

When Jesus says in Matthew 5:28, "Anyone who looks at a woman lustfully has already committed adultery with her in his heart," he's using the words *epithumeo* for lust and *moicheia* for adultery. This is different from the word *porneia* that he gives as the exception for divorce, but that's beside the point and /u/BluePillProfessor already tackled that issue in a separate post. *Moicheia* is actual adultery, as defined in their culture (which is a little different from how we view it, but not too too far off).

But that word *epithumeo* does not mean "lust" in the way we think of the word today. It's actually the same word that Exodus 20:17 in the Septuagint (earliest known Greek translation of the OT) translates as, "You shall not covet [epithumeo] your neighbor's wife."

Biblically, the idea of *coveting* is not merely any old desire. It's an *I would if I could* mentality. If you see your neighbor's cow and think, "If I knew I wouldn't get caught, I'd totally steal his cow!" that's coveting. If you see it and think, "Dang, that's a great cow. I wish I had a cow like that. But I don't ... oh well." That's not coveting. That's desire.

Desire is healthy. Coveting is not. It's really that simple. If we were to stifle all of our desires and pretend we never wanted anything that anyone else has, we would totally lack all ambition in life and fail as a species. Paul saying things like, "Run in such a way to win the prize!" (1 Cor. 9:24) makes no sense if we're not allowed to desire something we don't yet have.

### Drawing The Line

Here's my simple test for discerning whether you're lusting or not:

- Is the object of your desire not your spouse?
- If there were no earthly hindrances to gratifying yourself with the object of your desire, would you do it?

If the answer to both questions is yes, then it's sinful lust. If the answer to either question is no, then it's not sinful.

### Examples

Assume someone is just looking and not necessarily touching himself or anything (which de facto proves point 2).

- She's only a character on the screen; she's not a real person; I can't have sex with a screen. If she stepped out of the screen and into your basement, would you bang her?
- I don't know where she lives - it's probably the other side of the world. Okay, if she knocked on your door and walked in your bedroom, would you bang her?
- I keep eyeing my girlfriend; she's getting me hot, but there are too many people around right now, which helps me keep control. If you were alone, would you have sex with her right then and there?
- There's not enough time, so I'm just looking. If you got a free pass from all of your deadlines, would you then proceed?

- You're alone with your GF on the couch making out. No one else is around, you have no deadlines, you're super into it, but you're afraid if you try to go further she might say no, so you exercise restraint. If you knew for a fact she'd say yes, would you bang her?
- Suppose she would say yes and you're extremely confident of this, but you're afraid of what your mom might think if she found out. If you knew for a fact your mom would approve, would you do it?
- Suppose everyone would approve of this, but you know you're not married and you don't want to ruin your sense of moral superiority. If you knew your sense of moral superiority could not be tarnished by sleeping with your girlfriend, would you do it?
- Suppose everyone would approve, you have no worries or concerns about it, you're appropriately humble, but you know that it's wrong to sleep with someone outside of marriage because God said so. This isn't lust - it's appropriately self-controlled desire. Why? Because it's not an "earthly" hindrance.
- Suppose you know God wouldn't want you to do it, but you also have the moral superiority thing going on, you're also afraid of her saying no, you're also afraid of what people would think if they found out, etc., and now in that situation you would refuse, and it is impossible to discern which of these hindrances would be primarily responsible for your refusal and you are not sure if "honoring God" alone would be enough (but it might be, you just don't know) ... \*This is probably sinful lust. At the very least, you know you're being reckless with your thoughts because you don't know whether or not you would be able to restrain your desire if all of those other things were removed. As such, you're exposing yourself to temptation without knowing if you can resist on the right motives alone - and that itself goes against the grain of the command to "flee from temptation," rather than the repeated condemnation the Scriptures give to our efforts to justify our temptations and desires on some technicality.

## Clarifying Internal Motivators

As noted above, one of the "hindrances" can be internalized humanistic motivations. For example, "I'd feel really guilty afterward" is a hindrance that's usually not a righteous motivation.

This gets me a lot of heat in Christian circles, but I fully believe that all forms of feeling "guilty" are not from God - that Jesus came to free us from guilt. So, when pastors talk about "guilt" as a healthy reaction to sin that keeps us motivated to avoid sin, I usually object and say something like this:

*No, trying to avoid guilt is a humanistic motivation that places our own internal emotional state as an ultimate priority. Our reason for living should be our faith, hope, and love. Romans 14 says anything that does not come from faith is sin. So, if your motivation is a desire to avoid negative feelings, you're really doing it for yourself, not for God, and that's sin - and that applies to all negative feelings, not just guilt. The better option is simply to eliminate this guilt and negativity from your life altogether. After all, you're already forgiven - why bother feeling guilty when God has already declared you "not guilty"? Then, live in that freedom out of appreciation for the verdict he rendered, not for fear that he might undo that verdict and somehow make you feel or be guilty again.*

## Final Thoughts

Sadly, many people think they're in "honoring God" mode, when in reality, if the circumstances were right, that alone would not be enough to hold them back. The temptation of having some porn star in your bedroom without consequence, without guilt, without anyone finding out, etc., and she's all over you ... "honoring God" simply wouldn't be enough of a motivator for as many people as would like to think it would be. As a result, many people force themselves into that last category in the hopes that creating ambiguity can give them some wiggle room.

Now ... the thing that gives context to all of this is that actual self-gratification in any of these circumstances proves that you actually would act if you had the opportunity because you are acting. So, if the thought leads you to beat off, then it's sinful lust, unless the object of your desire is your spouse ... in which case it

would not be sinful lust (although there's debate over whether or not it would fall under some other kind of "sin" category).

## 202 Conquering Addiction

*A personal story from a man who discovered that the only way to conquer addiction - whether from video games, pornography, food, etc. - is through the Gospel of Jesus and nothing else.*

I was invited to talk about this because I'm someone with a very addictive personality who has found freedom in the Gospel. I have been able to help many men find that same freedom not through cheap psychological tricks or will-power or anything else the world says will solve their sin and addiction, but through the Gospel itself. So, here's a blurb I wrote that outlines the foundational perception shift that happened in me, paving the way for the transformation that needed to take place so that I was no longer one addicted, but one transformed by the Gospel. I say this not to boast, but to encourage others that just as Christ overcame my weaknesses, he can overcome yours as well.

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Are you having trouble with addiction? You try and try to change, but you always seem to come back to the same old sin? Therapy, consequences, trying harder nothing seems to work. You wonder if you'll always be this way and if Jesus can ever forgive you.

As someone with a similar addictive personality (ex. lying, video games, food), I fully understand where you're coming from. That said, conquering addictions is not about trying the "next best thing" to keep you motivated. Specifically, there are three layers toward life-change.

### Inspiration

You're struggling with compulsive lying or sloth or gluttony or lust and you hear this really great sermon, or the perfect quote at the perfect time. Everything starts to make sense for a time! You see your struggle in a whole new way, and you're so thankful for it. Your perception has shifted to understand your sin in an appropriate context. Buuuuut...a few days/weeks later, the novelty of the idea wears off and you're back in your old rut.

### Motivation

You're sick and tired of the same old rut. Even these inspiring things you're hearing and seeing aren't doing the trick. So, eventually you take those words to heart and finally say, "I'm going to do it for real this time!" And you do. You continue filling your head with these inspiring thoughts and images and messages of all kinds. They're great! And you feel like you're finally making progress. The struggle is still there, but through perseverance and endurance, you're starting to build your character to a degree that Paul references in Romans 5. Or at least that's what you thought. Then you get burned out. One relapse and you feel like you're right back where you started. The addiction never went away.

### Transformation

You've tried everything and you just can't do it. Nothing works! Accountability groups, putting a lock on your fridge, setting alarms to tell you to get off the games, inspiring/motivating quotes all over your wall and monitor that you don't even notice anymore. You may even have thought about getting a tattoo on your "special hand" that would sanctify it with a holy symbol so that the immense guilt of degrading that symbol with such villainy could hopefully be a deterrent. But then you realize that it's silly to assume that guilt could save you from...becoming guilty.

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But aren't these all good things? Of course they are! Why should I stop trying? And then you remember Proverbs 14:12: "There is a way that seems right to a man, but in the end it leads to death." All of your religious practices, high moral values, and good, practical ideas to guide you toward godly living aren't going to conquer your sin. If only there were something that could help! It sounds like the Gospel

all over again! But I'm already a Christian...I've accepted the Gospel, so I'm done with that part now. Right?

And as you continue pursuing Christ, you come across 1 Corinthians 6:12. You realize, "I'm always going to be a sinner. Nothing can stop me from that but God alone. And yet I'm under grace and not the law so I don't need to worry about being condemned for my sin." And you decide to accept who you are before God. You don't stop trying to rid yourself of sin, but you acknowledge that you can't quit unless God stops you. So, you confess it to Christ and don't let it bother you anymore.

And then you keep studying and come across 2 Corinthians 3:17-18: "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." There it is.

You realize that you fail in your sin because no amount of inspiration or motivation will ever solve your problem. Every other religion out there uses inspiration and motivation to try to conquer our sin problem to make us better people. But that's why they fail. Because we can never make ourselves better. You at your core are always going to be a filthy wretch. So, you think, "If my core being is always going to be this sinful mess that can't stop the addiction...maybe the problem isn't trying to improve myself, but to get a new self altogether." And so, as the verse says, you ask the Spirit to transform you.

But nothing happens at first. You cling onto the hope of Luke 11:13: "How much more will your heavenly Father give the Holy Spirit to those who ask Him!" And yet you find nothing. There's no transformation. These verses have inspired and motivated you yet again, but nothing has really changed. You're not really sure what to expect or if you ever expected anything at all. Can this "Gospel" thing really work to save me from a particular sin and not just general sin?

The sin is so deeply ingrained that you think, "There's no way it's just going to be gone overnight!" And then you finally run across James 1:6-7 in your quiet times: "But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord."

You call your faith into question. "If God hasn't saved me from this sin, have I really been saved from any sin? Doesn't it just take one sin to warrant God's wrath? And if I continue in sin, have I really been set free from it? Have I really risen with Christ and been made perfect with Him?" You know you're right to question these things not for instability sake, but because the questioning leads you back to the Gospel.

You read 1 Corinthians 3:11: "For no one can lay any foundation other than the one already laid, which is Jesus Christ." You finally understand that you were never truly building a solid foundation with all those wasted efforts. Jesus had been preparing you for this moment all along. All of those foolish attempts at stopping your sin the accountability partners, the quiet times and motivating messages and meditation on the scriptures and prayer sessions, the anti-porn blockers they were merely digging yourself into a hole. But you needed that hole, because without a hole there is nothing to pour The Foundation into. And the deeper the hole is dug, the more concrete can be poured into it so that the foundation that is Christ is...well...concrete.

So, you don't get rid of all those human-effort things you've been trying after all, you're not in the business of filling in the hole of your heart with dirt. Instead, you leave the hole in place and fill it with Jesus. What does this mean? It means that, for once, you finally understand that although you were soil at one time (Matthew 13:1-23), that soil was dug away and replaced with the concrete foundation of Jesus. You are not yourself anymore; rather, you abide with Christ. And just as Jesus and the Father are one (John 10:30), and even as you are the bride of Christ and have a wonderful Father-in-law who has adopted you as one of His own to make your relationship more than simply a legal one you tell yourself, "I can do nothing on my own. I can only do what I see my Father doing, because whatever the Father does, I do also" (John 5:19).

And therein you ask for transformation of the Holy Spirit and it is given to you and so you become something you never were. This does not mean your flesh doesn't take over from time to time; but you

realize that even when you do stumble, the impulse isn't a master over you; rather, it is something you have enjoyed (wrongfully) at your discretion, and which can be stopped freely because you no longer exercise your own discretion, but the freedom that comes from the Father. In this way, the sinful flesh remains, but the addiction is gone.

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This is only a blurb I wrote documenting my story as to the beginning of overcoming addiction. From what I understand, Red plans to go deeper on overcoming addiction in the future, so I'll leave it at this for now.

## 203 Lifting and Diet

*Let's face it, most men in America today are fat slobs who need to diet and exercise. Even those in reasonable shape could stand to improve. No matter where you're at, even if you're already a veteran weight lifter, you'll find some useful advice here.*

*Taken From u/Red-Curious original Post:*

Where 100 level posts have been more about theory, 200 level stuff I'm hoping to focus on being practical "how to" stuff. From a Christian perspective, the biggest issue with male sexuality is pornography or sinful lust, so I wanted to cover that first. The next things I think many Christians struggle with are sloth and gluttony. So, although there may be more fun posts down the line, let's hit the big ones right off the bat. **If you're interested in writing a "how-to" on something for this 200-Level series, let me know.** I'd appreciate having lots of guest writers here :) As previously noted, taking care of your body is essential and should be motivated by your internal desire to do right by God with what He's given you. So, how do we do this?

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### Biblical Context

A few things up-front: Proverbs 24:5 says, "A wise man is full of strength, and a man of knowledge enhances his might." Why? Because wise people know how important it is to be strong and given the pros v. cons, you'd have to be pretty dumb to choose to be weak when strength is an option. Similarly, even for women, Proverbs 31 describes a desirable woman saying, "She dresses herself with strength and makes her arms strong." In all of this, though, remember the lesson of 1 Timothy 4:8 - "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."

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### Lifting

*New Content:*

Gentlemen, I wanted to write a lifting & diet 2.0 post to elaborate on the previous points as well as offer some insight I've picked up in my 7 years of training seriously. (Notice I said training, not working out - I believe you must approach the gym the same way you would seriously train for anything, be it a test or war)

**Credentials:** 6' 200 13% bf (visible six pack and shade of obliques unflexed — solid definition when flexed curr. shredding) Bench: 325, Deadlift: 545, OHP: 205, Squat: 335

We will get to programming shortly, but there are really only two types of weight training: (1) strength training (6 reps, heavy weight) and (2) hypertrophy training (8+ reps, moderate weight). Now, men SHOULD be strong, and I actually program around improving my strength most of the year, but strength training is biologically less effective at increasing the size of your muscle cells (hypertrophy = aesthetics). With that in mind, you need an adequate strength base to effectively train for hypertrophy (repping the bar on bench for sets of 8 is not going to make you grow very much) so it is always important to master the big 5 lifts (SQUAT, BENCH, DEADLIFT, OHP, ROW) and continue improving your strength base, especially in the beginning.

The name of the game for growth is something called **progressive overload** continually increasing the demand placed on your body over time, guaranteeing muscle and strength gains. There are three factors that affect progressive overload: (1) **Intensity** (weight / effort), (2) **Volume** (reps x sets), and (3) **Frequency** (how often you can train a body part). Without getting too granular, here are a few ways one can progressively overload a muscle:

- add more weight
- do more reps
- do more sets
- train more often
- reduce rest.

Adding more weight, reps, or sets is something all level lifters can do to progressively overload and a perfect segue into beginner programming.

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## Beginner Programming

Its in the sidebar for a reason: StrongLifts 5x5. I dont say this because I love it, but because it is very effective at acclimating the body and mind to progressive overload, moving heavy weight, and the ample resources for the program available online. There is not much to add here besides telling you not to skimp on accessories (Chin-ups, Dips, etc. pick compound exercises) and weighted ab work youre only in the gym 3x per week, make the most of it. Well get to it below but incorporate cardio your heart is a muscle too.

Briefly, SL 5x5 is a 3 days per week workout centered on 5 core movements: the barbell bench, barbell squat, barbell row (pendlay row is my suggestion), barbell overhead press, and barbell deadlift (conventional). You alternate workouts (A B A B), completing 5 working sets of 5 reps (1x5 for deadlifts), increasing the weight by 5 lbs in the session following a successful 5x5 reps. Colloquially known as newbie gains, its advised you continue following this training regiment until you reach a plateau and are no longer increasing weight at a consistent level.

Dont start out too close to your 5 RM if you are just beginning to lift you must acclimate your body to squatting and heavy compounds three days per week. To that end you will want to be working up to 80-90% of your 1RM as you progress. Finally, I am a fan of some assistance work with the program. Setting a goal like 50 bodyweight pull-ups or dips in as few sets as possible after you complete your 5x5s will give you some additional volume and attack muscle groups from different angles. (Note: keep sets low on assistance movements, and opt for easy to complete exercises Id stay away from direct arm work) The webpage and internet are full of resources to help you get started here and there is a downloadable app in the App Store.

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## Intermediate/Advanced Programming

Ive experimented with a couple of these and bounce around between them over the course of a year. I dont suggest changing splits more than once every 2ish months or you really never get a chance to become comfortable in a given movement or rep range. To that end, I think these are all effective in their own right coupled with the right programming outside of lifting days. Im not going to plagiarize, so I will summarize the programs and then point you to appropriate links for more detail. I cant stress enough how a thirst for knowledge about how the body and training work will help you grow in the gym more efficiently.

### 3 Days/Week

Hypertrophy Specific Training (HST)<sup>1</sup> HST takes a very scientific approach to programming and is literally (mathematically) centered on progressive overload. At a high level, you work out in 6-8 week cycles,

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<sup>1</sup><http://hypertrophyspecific.com/>

cut up into 2-week blocks. Each week you work out 3 times per week, alternating full body routines (i.e. A B A B A B) increasing weight each week, and decreasing the rep range every 2 weeks (i.e. 2 weeks @ 15 reps, 2 weeks at 10 reps, etc.). There is an extremely thorough eBook, active forums on the webpage, and a downloadable spreadsheet you can use to track. I feel great when I run this and like to do it in the summer when I am more active outside the gym I supplement the 3 days with 2 or 3 days of: cardio (LISS/HIIT), sports (bball, boxing, etc.), random ClassPass classes, or Ill go in one day and do a barbell complex for cardio. This also really gives me time to focus on flexibility and mobility – my weakpoints.

#### 4 Days / Week

The GZCL Method<sup>2</sup>: Made famous by powerlifter Cody Lefever, is an excellent method centered on the Big 4. Each day you start with a Tier 1 movement (Squat, Bench, OHP, Deadlift) and are moving heavy weight close to your max in low rep ranges (1-5), you move on to Tier 2 programming, another compound at submaximal weight, before wrapping up with Tier 3 Isolation type movements. Again, there is an extremely active subreddit associated with the GZCL method and his blog is filled with nuggets of information. Check out the link if even to understand the methodology - I think it has applicability in all programming. One way to run this would be MT, W:off, ThF, SaSu:off where you use the off days as you see fit (cardio).

#### 5 Days / Week

Power Hypertrophy Adaptive Training (PHAT)<sup>3</sup>: This one, made famous by competitive bodybuilder/powerlifter Layne Norton, incorporates two heavy power days (Upper Power, Lower Power) focused on improving strength with 3 hypertrophy days split across body parts (Back+Shoulders, Legs, Chest+Arms) where the goal is mind-muscle connection and growth. This is a common training method and more information and different variations can be found on the internet. Ways Ive split this up: SuM, T: off, WTF (lol), Sa: off.

#### Generic Training Structure

In general, most training splits (including the 2 listed above) follow one of two principles: alternating upper and lower body days, or cycles of push-pull-legs over the course of a week. (i.e. Upper-Lower-off-Upper-Lower-off-off, Upper-Lower-Upper-Lower-Upper-Lower-off, Push-Pull-Legs-off-Push-Pull-Legs, Push-Pull-Legs-off-Push-Pull-off, where the second pull day is deadlifts) They also follow a rule of thumb that you start your workout heavy, with compound movements working your way through sets of multiple compounds into isolation movements and machine work. Also note that the 7 day week is an arbitrary measure, so if u go PPL-off-PPL-off, and your second Push A lands on a Tuesday, it doesnt matter. Consistency matters.

Your Push muscles: Pectorals, Lateral/Anterior Delts, Triceps

Your Pull muscles: your entire Back and Rear delts.

Notice how much larger your pull muscles are than your push (proportionally) this should indicate the importance of emphasizing copious pulling work into any of your routines and taking back and rear delt work very seriously to avoid posture and spinal problems. To that end, girls love a big back.

Upper/Lower can be split into Vertical Push/Pull, Quad Dominant, Horizontal Push/Pull, Ham Dominant or something to that effect.

This should give you the flexibility to design your own training program predicated on progressive overload, remembering that this is a marathon not a sprint. 275x8 vs 275x6 IS improvement.

#### Abs

I wish I had \$1 for every time I was told compound movements work the abs enough. This is just plain not true abs are made in the kitchen but defined in the gym so they (like calves) should be trained like the rest

<sup>2</sup><https://swoleateveryheight.blogspot.com/2016/02/gzcl-applications-adaptations.html>

<sup>3</sup><http://www.simplyshredded.com/mega-feature-layne-norton-training-series-full-powerhypertrophy-routine-updated-2011.html>



of your body. Ive found that the easiest way to consistently train abs aggressively is to do it **FIRST THING** in the gym waiting until after my session always resulted in half-assed effort due to low energy levels and no results. Using the same principle of progressive overload, I do 4-5 sets of weighted abs (crunch or leg raise movement be cognizant that your abs are doing the work not your hips) before I begin mobility work or warmup sets on my first exercise. On cardio days Ill work in an ab circuit or do high-rep weightless abs with no rest (crunches, Russian twists, etc. the P90x type). Trust me when I say there is nothing worse than cutting to sub-10% and realizing that you just have tiny abs.

The internet is a wealth of knowledge for lifting information and exercise ideas obviously check your sources, but if you have a question I almost guarantee typing it into google will yield the answer you are looking for. To that end, realize that 99.9% of celebrity fitness personas are on steroids; virtually anyone who is paid to look good is on some type of PED. I say this so you dont waste your time or money on Get Ripped Quick programs and because for naturals, its proven that muscles are most effective when stimulated every 48-72 hours, hence the programming suggestions all recommending a min. of 2x per week of each body part. Form is more important than anything, leave your ego at the door and grow. Finally, dont spend more than 90 min in the gym be intense.

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## Cardio

There are two types of cardio: (1) Low Intensity Steady State (LISS) and (2) High-Intensity Interval Training. Your heart is a muscle, and as such, should be adequately trained. First and foremost, warm-up on lifting days should consist of 5-10 min of moderate intensity cardio on a bike, elliptical, or treadmill (if you really like running) to elevate your heart rate and body temperature. Its proven that the risk of injury is greatly diminished by doing so and personally its meditative for me as I mentally prepare to lift.

Beyond warming up, the two types of cardio have utility in their own ways. To be brief, I look at LISS as negative calories when Im cutting, but also recognize the negative impact it has on my metabolism and propensity to be catabolic, so I limit how often I do it. (By this I mean I dont run 5 miles per day, there is nothing wrong with running a few miles at a decent pace every now and then its just not for me) I prefer to go bike riding through the city then boring machine cardio. If I do to machine cardio, I prefer the elliptical b/c its easy on my joints or going for a jog on the rolling hills setting (max inc. 5%) at about 6.0 speed on the treadmill its incredible how much of an impact incline has on calories burned. Common bodybuilding methods are: incline treadmill walking, elliptical, and high resistance slow biking the goal is to keep your HR between 130-140 ( 55-70% of MHR).

Conversely, HIIT is hyper-effective at burning fat and you are working in a much higher HR range. This is how you really get into good shape, but too much HIIT will wear you out so there is obviously a balance to be had. High Intensity Interval Training is exactly what it sounds like, short bursts of near-maximum intensity followed by medium bursts of low-intensity exercise. You can do this on a rower, sprints (I prefer a track but have used a treadmill), or bike. Common work/rest intervals are: 30s high/90s low, 20s high/60s low. I include non-interval high-intensity training in this category as well; things like Tabata, barbell complexes where you put a light weight on the bar and do a series of movements at a prescribed rep range without dropping the bar and limited rest times, or track workouts all have the same effect on fat-burning.

High-level, think marathoner vs. sprinter body and determine which is more aesthetic. Cardio is a must and mixing the two types into your regular regiment will make you look and feel noticeably better.

## Diet

Remember when I said all the fitness celebs are on steroids? Well even for them, diet is the single most important factor in their physique. If you want to look aesthetic you have to dial in your diet; when I first started working out I was taught that its 75% diet, 20% training, 5% your supplementation and that steroids do not change those ratios by more than 15%. The numbers are arbitrary, but I cannot stress enough how limited my results were until I consciously started watching what I put in my body.

Again, there are a million diets out there, pick whatever works for you. I've tried keto but hated it because I'm a carb-fiend. I think IF works wonders when you're cutting b/c it's really hard to eat a lot of food when you're only eating two big meals and a snack (and you learn to fast!). Carb cycling is a proven method for shedding weight but at the end of the day, the most important thing is Calories In v. Calories Out.

Generally speaking here's the framework:

1. calculate your TDEE the # of calories you burn in a day to maintain your weight (either use an online calculator or track what you eat for a week and track your weight) and determine what your daily calorie goals are going to be (+/- 300-500 for bulking/cutting is a fair start)
2. set up a MyFitnessPal account and download the app so you can track every piece of food that goes into your mouth
3. Choose the appropriate macro selections (Base case: 1-1.2 g/lb protein, 50-60g fat, rest carbs) for your diet and set them as goals in MyFitnessPal
4. Buy a cheap food scale on amazon and weigh/measure what is going in your mouth.

If you are having trouble gaining / losing weight or you suffer from wild swings in weight, I bet you will be astounded by your calorie intake over the course of a week. The MyFitnessPal app has a QR code tracker and a lot of foods from places you may eat out at. I stress the tracking of food because it will equip you to be able to eyeball meals and mentally track where you are at as a day progresses. I still weigh 80% of my food (all the carbs for sure) and keep a mental count of calories and eyeball protein going all day this comes with time but is the required discipline it takes to lean out.

As far as what types of foods to eat, I think there's a ton out there on this. Never been a big fad diet person but whatever works for you.

- **Carbs:** I eat a lot of rice (white is fine, brown rice is actually harder to digest classic mixup), oats, and occasionally potatoes (sweet, white, red, nondiscriminatory). I don't eat a lot of bread.
- **Veggies:** veggies are carbs, but I don't really count the green stuff. I eat tons of spinach, brussels sprouts, broccoli, green beans normally buy frozen and steam. Incredible how much better I feel when I increase my vegetable intake.
- **Protein:** Nondiscriminatory I think beef has gotten a bad rap as of late but eat lean cuts marinated overnight, lot of crockpot chicken, ground turkey, lean fish, and the occasional bison or salmon.
- **Fruit:** Also a carb, max. 1 or 2 servings per day only your liver can convert fructose into glycogen and the amount it needs to become glycogen-full is pretty small. I like to use frozen berries (straw-, blue-), a scoop of protein, handful of spinach, a Greek yogurt, and cup of whole milk or almond milk post-workout for a smoothie. Maybe have a banana but not a big fruit eater
- **Fats:** stay away from corn-based oils and trans-fat otherwise don't think it's too important. Avocados, Coconut Oil, Olive Oil (as a dressing, low smoke point means it loses nutritional value when heated above said temp), butter, nut butter, nuts, fatty-fish

Learn to love meal prep. I love cooking, it's a passion of mine, but learning to prep meals and fridge/freezer for the week is imperative to being successful here. Check out [fitcrunch.life](http://fitcrunch.life) great resource for meal planning/calorie counting/grocery list generation. There are recipes and subreddits all over with meal prep and healthy meal ideas have fun with it, or better yet enlist your woman to help.

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I was anything but brief, but I wanted to share as much information as I could with you all. I have a number of the programs I described customized to my liking in excel spreadsheets I suggest you browse the appropriate pages, learn the methodology, and explore their templates but I am happy to share what I've got with anyone. Just send me a PM with email and what splits you are interested in and I will shoot them over to you. Any questions? Drop a line below. Godspeed.

TL;DR:

- Choose a plan and stick with it
- Do cardio
- Do Abs
- Progressively Overload your Lifts
- Track your macros
- Get Shredded

## 204 Abundance Mentality and Humility

*Many people don't know how to make wise decisions in life. They trade one resource for another trying just to survive. But God designed us to live an abundant life - both in this life and the next. How can we experience this abundance and how does that affect our relationships? How can we remain humble through all of this?*

Abundance mentality comes natural for me, even when I was a broke law student, living on student loans. Let's get the definitions out of the way real fast:

- **Abundance Mentality:** To be bare-bones, if you believe you have options, you have abundance. This applies to finances, time, relationships, sex, etc.
- **Humility:** Having a right perception of who you are before God and man.

### Discerning Humility

I do not have an abundance of Ferraris in my garage, nor do I have the option to to have an abundance of them. I might be able to have one if I took out a loan. I am humble about the fact that I'm not a Ferrari-owner.

I do have an abundance of racquetball skills. I can play pretty much anyone I want and know I'm probably going to win. I am also humble about this. In all due humility, I can look a man in the eyes with a straight face and tell him, "I am probably the best racquetball player you know." Why? Because it's true. Now, if I go on and on about my skills, I have shifted to bragging, which usually relates to pride. **Humility doesn't mean downplaying yourself; but it does involve downplaying how much you talk about yourself.** Confidence or cocky/funny techniques do not defy humility, if they are delivered appropriately and revert to basic rules of being a good conversationalist: listen more than you talk.

Jesus could say point blank, "I am the way, and the truth, and the life. No one comes to the Father except through me" (John 14:6), essentially declaring himself to be the single most important person in all of human history - and yet he has not lost his humility in such a bold claim because he is speaking accurately of himself. Moreover, we see Jesus engaging with other people on their own terms far more often than we see him bragging about his status as a divine savior. You'd think this would be something Jesus would be shouting from the rooftops: "I am your savior! Come follow me!" Instead, he's constantly running from the crowds, rarely ever looking for them, occasionally even saying things that cause people to walk away from him (more on that in 300-level stuff to come).

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### Contentment: The Path to Abundance Mentality

RP spends a lot of time deconditioning people from the social agenda of the Western World. One such agenda should be the American Dream. "If you try hard enough, you can have a great job, lots of money, a hot spouse, beautiful house, etc." There's nothing wrong with wanting to improve your life circumstances.

But the fact of the matter is that not everyone is going to be a millionaire. The American dream is impossible for everyone. Even if it you can get it done, there's an important step along the way: **contentment**.

Paul says in Philippians 4, "I have learned the secret of being content in any and every situation ... whether living in plenty [abundance] or in want [scarcity] ... I can do all things through him who gives me strength." That oft quoted 4:13 verse doesn't mean you can faith yourself some wings and fly! It means that no matter how hard things get, you can do it because Jesus empowers you. Paul concludes the book: "And my God will supply every need of yours according to his riches in glory in Christ Jesus." See Matthew 6:33 (and the passage before) for more affirmation from Jesus' own mouth.

*When we are content, we are only one step away from experiencing abundance mentality.* I say "mentality" because "abundance" itself is a very nebulous concept. Just this morning I saw a comment on TRP saying, "Nobody can be red pill if you only make \$40,000/yr." This is idiotic. I've known millionaires who did not feel like they were living in abundance. If a person perceives himself to have options, he will feel like he's living in abundance and will radiate abundance, even if he is not in relative abundance with respect to those around him. To people in third world countries, an impoverished American citizen lives in abundance, but that American doesn't usually experience an abundance mentality - he experiences a scarcity mentality.

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## Scarcity: The Path Away from Abundance Mentality

I see post after post on TRP/MRP saying things like, "How do you guys do it? Where do you find the time? How do you get the money? Find the friends?" All of this stems from a lack of contentment. "If only I had a little more (blank) ..." is the mantra. When we think this way about our lives, abundance is impossible. We're desperately trying to increase one resource, but exhausting two others to get it. Eventually people just feel broken. The eat-work-sleep cycle gives a defeatist attitude. I shouldn't have to spell this out, but it's worth being clear: *If we think we don't have enough, then we are slaves to our scarcity and can't live like we have options.*

**The resource-swap game** is the pit that people with a scarcity mentality get stuck in. We're slaves to the next "need" on our list of scarce things in life. Sometimes that means you're so exhausted that you withdraw from your savings [money] to afford a couple days off work [time]. Other times it means reading sidebar for a few hours instead of mowing your lawn [time] so you can figure out how to impress been pining over [relationship]. Or it could dropping frame [relationship] to vent those feels that have been killing you [emotional]. Whatever it is - stop playing the resource-swap game. If you're constantly putting one resource in debt to pay the debt on another resource, you'll never get out and you'll never be satisfied.

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## Acquiring Abundance Mentality

If you're not living in an abundance mentality, here are a few steps I've coached men through that can really help:

**Step 1:** Identify your scarcity mentality - all the ways you feel pressured to do something to get something (i.e. the resource swap game). Throw that crap out the window. How? Read Philippians 4 - pray about it, meditate on it, and memorize the whole chapter. Heck, memorize the whole book. Philippians is the most RP book of the Bible I know. It's 104 verses. At 2 verses/wk you'll have the whole book memorized in exactly a year. No excuses. Do it.

**Step 2:** Start with money. This is where most people feel like they're lacking abundance - because more is never enough. Develop a skeletal budget - something you know is beneath your capabilities. Live on that budget for 3 months and put everything else into a separate bank account.

- No eating out. No buying name-brand stuff. No junk food. No new clothes. Replace your own break pads - watch a YouTube video (it's not hard). Ditch the 3-bedroom apartment for a 2-bedroom if you're really that tight on your budget. Don't live beyond your means. This will help you really learn

to OYS, while giving you some extra bank as well. Just don't cheat. If you really can't fathom how this will work, go hang out with hispanic immigrants for a week - learn from them. They really have this low-budget/abundance mentality thing figured out.

- Your real purpose in this phase is to learn to be content with little to nothing. Paul goes on and on about how his life was made and how great things were before Christ, then concludes: "But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing greatness of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish." Where was that? Oh yeah, Philippians 3 - the whole book ... memorize it.

**Step 3:** Time. When you learn to be content with nothing, you'll start to realize your financial excess. Once you have a financial abundance mentality (which, again, is all relative - if you're making \$20k/yr you're in financial abundance relative to 90%+ of the world), start utilizing that financial excess for things that free up other resources that are harder to self-generate, like time.

- Hire someone to clean your house for \$100/mo, or mow your yard for \$20 every couple weeks. Pay the \$5 fee to have someone do your grocery shopping for you and have it delivered to your door. These seem like luxuries, but you're really buying your time back. Your scarcity of time is going away and you'll have an abundance of it. 9 times out of 10, once you've figured out that budget, the excess finances are better served buying harder-to-acquire resources [time, relationship, etc.] rather than more stuff. Always start with time. This is the easiest non-producible resource to buy. At this point, go ahead and pay the mechanic to change your break pads - if you think the cost/time ratio for that investment is better than for another investment.
- *Note:* This is different from the "resource swap game" because instead of going in the negative on one to get out of the negative on another, you're spending excess of one for more of another. Huge difference there.

**Step 4:** Once you have an abundance of time, you'll have more opportunity to head to the gym, read sidebar, practice game, etc. What you're doing here is spending your newly acquired abundance of time to improve yourself and acquire an abundance in your relational life, whether with your spouse or, if you're single, trying to find a date. Incidentally, this self-improvement will almost certainly improve your confidence and dominance in your vocation, helping you shift upward, earning more money, giving more abundance to buy more time to spend on more self-improvement, to get/keep that girl on fire for you - and a positive feedback loop is formed.

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## Humility Revisited

Notice that in all of this I never said, "Go flaunting how much abundance you have." That's for chumps. Betas *try* to impress people. Alphas are impressive people - not because of objective abundance (which doesn't exist), but because of an abundance mentality. They don't flaunt it; they just have to be it. When you feel like you have the option to decide what to do with your time, how to spend your money, what to do with your wife, which girl to ask out, etc. ... you're not cultivating pride, you're cultivating freedom. Jesus came to set us free (John 8:36). Know what that freedom leads to? You knew I couldn't write this post without this reference: "I came that they may have life and have it abundantly" (John 10:10).

## 205 How to Lead

*By now you should be familiar with the concept that men are designed to lead. But is the way you're trying to do that actually effective with the people who you intend to follow? This post addresses different leadership styles in the hope that if one method isn't working, another will.*

I often train small group leaders. This is a concept that Red thought would be useful in the "how to" stuff here, so here goes. Although this was developed for group-leading, I apply these concepts in my marriage as well. I'll try to keep it in that context. I'll also assume I don't need to go into the Scriptural basis

for why men need to know how to lead - I think you've all got that part down by now. Also, if requested, I can provide Scriptural examples of God employing all of these leadership styles.

I've noticed 6 basic leadership styles at play. There may be more, but most everything can fit into one of these (or a hybrid).

## Thinkers

**Lecturer** - Leader spends a majority of the time talking and answering his own questions. If he asks an open question, it's either rhetorical or response time is limited. Lecturers are great at conveying lots of information in a small amount of time, and they function efficiently with silent spouses who are naturally submissive. However, if your spouse is naturally outspoken and has genuine value to contribute to the conversation, this can cause friction.

**Investigator** - Leader has a preset conclusion and asks directed questions to guide others to that destination, only revealing the answer if he is unskilled in his questions or others aren't willing to play along. This works really well when there is an actual, knowable ideal destination, but that's not always the case. It can cause minor friction if the other person feels like you're just playing a game with them (i.e. the unskilled investigator), and it can be fairly ineffective if your spouse isn't willing to talk openly to answer the questions at a particular time.

**Coach** - Leader asks directed questions to help point others in a right direction and resolve comprehension obstacles. Instead of discerning a clear answer, it's more about moving in the right direction. This works well when applied to extremely emotional spouses who have a natural aversion to intellectualism (hopefully helping them overcome that aversion over time), but can really be stifling to someone who doesn't have any life issues holding them back from marching forward in life.

## Feelers

**Life Sharer** - Leader communicates important information by relating it to personal life experiences (usually one's own, but not necessarily). This works extremely well for sensors/feelers (Meyers-Briggs) and those who are unfamiliar with how to connect what they know to what they do. It comes off as condescending when people already have a solid connection between their head and heart. In a marriage context, it can look like guiding your spouse through a difficult situation by sharing when you were in a similar situation; or it could be like in spy movies when two secret agents are getting attacked and one says to the other, "Remember Fresno?" then they both know exactly what to do.

**Delegator** - Leader develops others by assigning tasks to develop a specific trait or otherwise to put them in positions that are necessary for their healthy functioning. So, if a wife is stressed out, the husband might say, "Here's \$50, go to the mall and buy something pretty" (delegating a task to address her immediate need). If she's lacking patience, he might have her go to the grocery store and take all the kids with her. If she's feeling insecure about her looks, he might have her go to the gym with him. This works extremely well for those who don't know how to manage their own lives and for training them how to take charge in smaller areas without constantly calling you every time something goes wrong. It can be very damaging to those with no innate skill and aren't ready for the tasks assigned.

**Parent** - Leader meets others where they're at, modeling for others what he wants their life to look like. If your wife isn't having daily quiet times, have them with her until she's comfortable doing it on her own. If she's yelling at the kids too much, step in and show her (not tell her) how you handle those situations. This works really well in most every one-on-one context, but is harder to implement in group settings. It can also come off as being condescending if the leader isn't skilled.

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I've already grouped these in terms of thinker/feeler. But it's also important to note that I also ordered them within each category a specific way.

- Lecturer/Sharer are the thinker/feeler ways of communicating information and expectations at/to

someone with you as the primary actor in the conversation. You set the goal and tell them what it is; you process the information on how to get them there, then convey it.

- The goal of these two is simply to relay information. The person will typically remain dependent on the leader for everything over which they have not yet received a lecture.
  - Investigator/Delegator are ways of getting someone to a predetermined destination by engaging them as the primary actor in the conversation. You set the goal without telling them, they process the information you present on how to get there.
    - The goal of these two is to teach others how to process information for themselves. The person will typically remain dependent on the leader for direction, but will learn how to accomplish that direction on their own without constantly bugging the leader with every new situation.
  - Coach/Parent are ways of guiding people in a direction they want to move, but haven't been successful. They are the primary actor in the conversation. They set the goal, they process the information you present on how to achieve that goal.
    - The goal of these two is to help people learn how to function independently. The person will eventually cease to be dependent on the leader, but will develop a healthy appreciation for the leader's role in his/her life.
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## Notes

Everyone gravitates toward one or two leadership styles as their natural skill-set and will inherently be weak at a couple, but learned proficiency at all of them is possible.

It's also important to realize that not everyone will respond to every type of leadership. My wife responds best to life sharing, whereas I'm a natural investigator and sharing was my weakest. I had to become proficient in life sharing in order to help her through difficult times where a series of questions to reveal the core of the issue would have been much easier for me, yet would make her feel like I had no empathy.

It's also worth noting that in group settings, there are different group purposes and functions. Each leadership style is more effective at accomplishing a specific function. So, if the purpose of the group is to introduce people to lots of new information about our faith that they may not have heard before, a lecturer or life sharer may be ideal. If the purpose is to go in-depth with studying a passage, the investigator or delegator may be more equipped. If the purpose is to share life together and bear one another's burdens, the coach and parent are ideal. The list goes on (and not always in those pairings). This also holds true with your spouse, depending on the purpose of a given conversation or situation you may find yourself in.

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## Examples

Suppose your wife is struggling to have regular quiet times ...

**Lecturer:** Here are dozens of verses that talk about why it's important. Now I'm going to explain to you a series of techniques to help you set goals and stay focused, like setting a cell phone reminder.

**Investigator:** ¿Predetermines that the person needs to set a phone reminder¿ What, specifically, is hindering your efforts? I get busy, or just don't remember. What do you do to remember things that need to get done at your job? Keep a calendar. What if you're not at the office? An alarm goes off on my phone. Do you have your phone with you at all times at home too? Usually. ¿Light bulb goes on and they figure it out from there.¿

**Coach:** Why is this important to you? What are things you've tried so far? What's worked and what hasn't? What other strategies could you employ to become more consistent in your quiet times?

**Life Sharer:** I used to have problems with consistency in my quiet times. I tried (blank) and it worked really well for me.

**Delegator:** Set a phone reminder each night and try that for the next couple weeks. If that doesn't work, come back and I'll give you something else to try.

**Parent:** I love having quiet times. Why don't we just do it together? That way I can help you remember and we can have fun chatting about what God shows us each day! [Usually uncommunicated intent: After a while, I'll phase out and you should be able to continue on your own without me.]

## 206 Brace Yourself for Battle

*Conflict in a relationship is inevitable. How do you handle it in a way consistent with biblical principles? How can we communicate love while leading in the midst of relational discord?*

It's been a while since I've brought this topic up, so let's talk about frame. Let's talk about dealing with the emotionally volatile woman who thinks she can wear you down with feeeeeeellllzzz.

### Strike First

How many of you have noticed your wife visibly upset and thought to yourself ...

- Beta: "I better do something to appease her before she rips my head off"
- Purple: Avoid her. "If she's going to have an attitude, I'm going to withdraw."
- Jesus-Level: Call her out on it and get the party started.

No kidding. The pharisees were mad at Jesus and started merely *thinking* mean and nasty things. Does he just avoid them and keep preaching? No, he stops what he's doing and calls them out: "Why are you thinking these things?!" (Mark 2:8).

I know when my wife's upset. Rather than letting it linger until she explodes, I defuse that bomb right away. "You're not acting normal. What's going on?" She usually tries to be evasive at that point because she hasn't processed what she wants to say yet. **DO NOT** give her time to let her hamster spin up a million reasons why she's justified in being mad at you. Nip it in the bud to find out what the core issue is - not the rationalizations she'll come up with after-the-fact.

The battle is inevitable. Strike first to keep it on your terms, not hers. Why? Because you're capable of steering the ship where it needs to go. When she's angry, she's only thinking about where she wants it to go. Let her lead the argument and the ship crashes. You're the captain for a reason. If you know there's an iceberg ahead, don't let the ship steer straight for it until your first mate calls it out first. This isn't a game or a test. This is your life.

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### Negative Inquiry

This WISNIFG gem is probably the most underrated tool for beginners in the entire manosphere. We hear lots about AA, AM, fogging, etc. because they're easy and fun. Those are predominantly deflection tools to avoid actually dealing with the issues. Before discovering RP I had already put STFU, AM, and fogging as my primary tools - AA was a nice addition. But my wife (to steal a BPP description) "has a lawyer level hamster." She's smart and deflecting can only work for so long.

That's where NI comes into play. NI is for when you don't want to deflect - you want to cut through the crap and get straight to the core of the issue. Like Kevin Costner said in the climactic scene of *The Post Man*, "Wouldn't it be great if wars could be fought just by the a-holes who started them?" All the hamstering (on both sides!) just creates infantry, air force, navy, etc. that makes the war quite explosive



and tragic. That's why we don't DEER anymore. NI says, "No, I want to know what's REALLY causing this problem - and let's fight that instead."

How do you NI? Just ask, "Why does (blank) make you so upset?" followed by, "Why is that bad?" followed by, "Why don't you like it when I (blank)?" and so on down the line. The goal here is to get to one of two possible results:

- *Less Likely*: She realizes that her demands and arguments are silly and apologizes for the whole thing. I've seen this happen, but it's not often.
- *More Likely*: She reveals the actual core of the issue. In my experience, that core issue is usually as simple as, "Because that's my personal preference." Sometimes there's a legitimate reason behind it, but it's almost always just a matter of her personal preference.

If the NI doesn't end the matter with the "less likely" option, once the "more likely" option concludes, just AA that sucker away. "I don't know why! I just don't like it when you do that." Darn right you don't! Let me see if I can figure out some other things you don't like either. *¡wink, wink!* *¡Pull a kino move!* No, sorry, I like that one too much. I'm not giving that up.

Now, when it comes to NI, Jesus is Lord! His primary MO was to respond to accusations with a question that cut through the garbage and got to the heart of the issue. I referenced Mark 2:8 above for starting the fight. Know what he did immediately afterward? NI! "Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk?'" In other words: "What's so bad about what I just did?"

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## Exercise Authority

As good as old-me used to be at arguing, this is where I always fell short. I knew how to stand up to my wife in a fight, but I often found myself questioning my own behavior. Learning to be intentional about NI has helped a lot at finding the core issue - but my weak frame always left me wondering: *Maybe she's right. Maybe I really should change that aspect about me or what I do.* This is idiotic when it's really just a personal preference thing - especially when it's an issue that affects the direction the ship is headed.

When you engage in NI, there's an implicit jab at your spouse that subliminally translates: "*What's so bad about (blank)?*" into "*There's nothing wrong with (blank).*" Now, *maybe there is something wrong with (blank).* That's why you're asking it as a question and not making it as a statement. But the statement is heard nonetheless. This gives you the ability to decide for yourself whether the answer she gives holds the value of a concerned first mate or a narcissistic insurgent. Sometimes my wife actually sees in my blind spot. That's why she's there! To help me. But when it really does boil down to just a personal preference issue and she wants her preferences to control how the ship is run - not only does a line need to be drawn, I've got to communicate that line clearly. I must exercise my authority in a way that makes it clear: "This issue is now over."

If you leave the issue lingering, she's going to keep hamstering out - and you probably will too. That's where resentment lives. Arguments must end with a clear plan of action. As the man, you must exercise your authority by making it clear: "We've said everything there is to say. This is what we're going to do from here." Don't ask for feedback. You're leading, not negotiating.

Let's finish our Mark 2 story. After Jesus demonstrated the above in 8 and 9, now in verse 10 he says, "'But I want you to know that the Son of Man has authority on earth to forgive sins.' So he said to the man, 'I tell you, get up, take your mat and go home.' He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God."

Look at that pattern again. The pharisees had an attitude. Jesus didn't wait for them to blow up at him - he took charge and initiated the confrontation. Then he asks the moralizing question, knowing that his answer is in the right. Then he demonstrates his authority by carrying out a plan of action that proves

his authority and heightened his glory as the people were amazed. Go and do likewise.

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## Caveat

Let me be clear up-front: none of this is meant to be a license to engage in protracted discussions about your wife's feelings and whether or not they make sense. Still prioritize *Acta Non Verba*. If it's a small issue or they're only surface-level emotions, AA/AM/Fog/etc. - all the deflecting tactics, then get back to leading by living.

This post is more for when it's a major issue where you know your silence could lead to mutiny. To recap, the plan is: STFU and listen to everything she has to say. When she seems done, ask to make sure: "Is there anything else you'd like to say?" If she keeps talking, keep STFU. When she's finally done, that's when you engage in your NI. If that doesn't resolve things, once you're at the core of the problem, simply communicate your action plan and end the conversation.

- "But when I NI, I don't know how to respond to her answers. They seem to make sense." If she's giving you good feedback, fog and make a conclusion that incorporates the good things she's offering. If it's garbage feedback, just remind yourself: *YOU DON'T HAVE TO RESPOND*. That's operating in her frame. Just ask more questions until you get to that core, which means she most likely admits it's just a personal preference on her part. Be steadfast and don't give up.
- "I tried that and it didn't work! She kept trying to bring it up again!" That's because you didn't end the conversation - you left something still in limbo. If you're clueless about what, just broken record your action plan. Be steadfast and don't give up.
- "But my action plan isn't working!" That's because you're a garbage leader with a weak frame. Learn to be steadfast and don't give up. But be smart too. Go read more books until you're able to think on your feet.

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## Steadfastness

2 Peter 1:5-7 shows a clear path: "For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love." Paul tells us that "love" is the greatest of the virtues (1 Cor. 13:13). Jesus says the greatest and second greatest commands revolve around our ability to love. Everything hangs on our ability to love, he says. So, how do we get to love?

1. You can't truly love without faith. God is love. Those without God cannot love. Period. It all starts here.
2. Once you have faith, you're finally freed from sin and able to do good, taking on positive virtues.
3. As your virtuous character develops, you start to learn and understand how the world works and what God wants you doing in it
4. That knowledge of how God created the world to function and the impact of sin on the world (which we call being "RP-Aware") leads to self-control. Before taking the red pill, Neo was always running around, controlled by his environment. Once he took the pill and mastered seeing the code behind the world, the environment was controlled by him. He was in control of himself and his situations. [For Christians the rabbit hole goes much, much deeper than basic RP-awareness, but that's for another post]. Once one is in control of his emotions, decisions, actions, etc. he is able to be steadfast. This is as far as you need to be in order to deal with the raging battles your spouse is likely trying to draw you into. Self-control is about your external response. Steadfastness is your internal security in the midst of your controlled responses. One who is not steadfast will quickly lose their self-control. You have to keep pushing forward or you will fall back.

5. Interestingly, the implication of the verse is that a person *cannot be godly* until he has developed his iron frame - one that is both externally applied and internally experienced.
6. Once you have your iron frame and have molded it after godliness, this is when you can finally have the strength to help others. You can't genuinely be an asset to your environment until you're strong enough to deal with your own issues first. Again, once Neo was aware (knowledge/3) he gained control (4), which led to an inner-calm (5), which made him all god-like (6) to function within the matrix - *AND ONLY THEN* did he have the power to help his sleeping brothers and sisters (7).
7. And only when we help our brethren can we truly say we are living of love. "By this all men will know that you are my disciples: If you love one another" (John 13:34-35) ... and, "Whoever does not love his brother whom he has seen cannot love God whom he has not seen" (1 John 4:20).

Similarly, if you say you love your wife but don't have an iron frame, you're deceiving yourself. You must be her oak. If you can't brace yourself for the battles she tries to wage against you, then you are incapable of loving her.

## 207 Perseverance, Sin, and Fitness Tests

*Sin wants to control us. Women's curse in Genesis 3 is that they want to control us too. The stories of Odysseus and Jason speak volumes about how we should handle the temptation to cave, and the lives of David and Solomon give a clear picture of what this looks like.*

Perseverance and self-control through tests are a crucial aspect of the red pill framework and also part of the fruit of the Spirit. We can't say we are "mature and complete, not lacking anything" until we have mastery over ourselves, our desires, our mission, etc., which the bible says comes directly as a result of passing tests (James 1:3-4).

The question is simple: *How do we develop this perseverance and self-control?*

### Odysseus and Jason

Odysseus was on a quest that would lead him past the island of the sirens - vicious monsters who would lure men in by singing an enchanting and alluring song. Even the most strong-willed men would be unwittingly tempted to their shores to be eaten alive. Fortunately, Odysseus was smart and had a plan.

He filled the ears of every crewman with wax so that they would be unable to hear the sirens' song. But Odysseus wanted to know the beautiful melody that men would die for. So, he had his men chain him to the mast of the ship. As they passed by the sirens' island, Odysseus beat his chains against the mast at the seduction of the song, but his men were instructed not to let him free. They heard nothing and knew to ignore their leader's pleadings. He pulled at his chains so hard that his hands were bloodied and his muscles were torn at exerting so much force, but his restraints held him at bay. In the end, the crew were none the wiser as to what all the fuss was about; but Odysseus was a bloodied and beaten man.

Jason, on the other hand, had a different idea. He sought a man named Orpheus to accompany him. Together they journeyed with the Argonauts past the sirens' island. And when that beautiful song was sung, all of the crew rushed to the side of the boat as if to jump in the water and swim ashore. But Orpheus stops them, saying, "Hold on guys, I got this ..." He whips out his lute and begins playing a melody so much more wondrous than the sirens' song that the crew cared very little for the foul temptresses as their ship sailed safely past.

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### Avoidance of Sin

This story presents a double-whammy for us. The first aspect is in teaching us how to address the temptation of sin in the world.

- **WAX:** The first option is to be like Odysseus' crew, who poured wax in their ears. They avoided every possible temptation so they could go on about their business. For the weak-willed there is merit to this, but we are incapable of bubbling ourselves off from the world indefinitely. The sirens only used one sense (sound), but our enemy uses all 5 - and we are not to end up gouging out our eyes every time we lust (Matthew 5:29-30), so there has to be a better way.
- **CHAINS:** The second option is to be like Odysseus. We set clear boundaries and limitations in our lives to make it virtually impossible for us to sin. We see the sin. We smell it. Our lips can taste it. But our safeguards hold us back. We live our lives always wondering how great things could have been if only we could have broken the self-imposed chains that have been holding us back. In the end, we become bitter, never truly satisfied. The focus is on what we've missed, not what we get.
- **LUTE:** The third option is that of Jason - find something better to do than dawdle in temptation. More specifically, as alluring as temptation from the enemy may be, we have God. What can be better than that? If we know the actual joy that a genuine relationship with God brings (and I don't pretend that everyone on this sub has this - or even that every Christian has experienced it yet) ... there is no room for being drawn away by sin. It's not even worth our time anymore. Why leave what's great and healthy to get what's mediocre and will kill you?

What's your usual approach to sin?

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## Fitness Tests

Our wives tempt and test us the same way as sin. I'm not even kidding. Take a look at this:

- Genesis 3:16 - "Your desire [*teshukatech*] will be for your husband, and he will rule over you" (NLT: "Your desire will be to control your husband")
- Genesis 4:7 - "Sin is crouching at your door; its desire [*teshukatech*] is for you, but you must master it"

Just a chapter apart, we see the same phrase to describe what sin does as what wives do to vie for control. Now, the manosphere labels these as "fitness tests" under the impression that women secretly want us to pass the test - to tell them "no" and maintain our headship over the family. They're right. This desire comes from the way God created women before the fall.

But sin has tainted that desire, as with all things, and women are now lost in their ability to discern whether they want a man who can lead them or a man who will supplicate to them. I always appreciate the Wife of Bath's story in Chaucer's *Canterbury Tales*, where a knight is sentenced to death unless he can answer what all women want. Stumbling upon an old hag he deals with her for the answer: *Wommen desiren to have sovereynetee, As wel over hir housbond as hir love, And for to been in maistrie hym above.*

How do we handle this?

- **WAX:** This is the epitome of STFU, but in more of an extreme ridiculousness kind of way. Pretending like you don't hear her has some merit, but as with this method in response to sin, it cannot practically last indefinitely any more than Odysseus' crew would be willing to leave wax in their ears for the rest of their lives. They eventually sailed past the sirens, but many of us are living with one "until death do us part."
- **CHAINS:** Just as Odysseus engaged in the sirens' song, but refused to be lured away, this is engaging in your wife's emotional hurricane, but digging your heels in and refusing to budge. In arguments, it's called DEERING. Yeah, you may be standing at the end of the day, but you'll have gained nothing and probably gotten all butthurt as a result. If it's not in an argument, it's letting yourself linger on the beta mentalities, enjoying the juicy bites of sweet deliciousness it promises, all the while knowing that actually sinking your teeth in will mean death. You won't get her dripping juices - you'll only have killed yourself a little inside with each passing day and nothing to show for it. Even if you fail to give in, you'll always be wondering what the fantasy world of dazzling blue might have offered if only it were real.

- **LUTE:** Simply put, you've got better things to do. Go do that instead.
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## Songs of Solomon

Interestingly, we see this solution played out perfectly in Scripture. In Song of Solomon 5:2-6:3 we see a conflict play out between the Shulammitte woman and Solomon. Here's an easier rewording to see this:

- 5:2 - She's asleep and he wakes her up wanting to come in
- 5:3 - Her: "I don't have clothes on. Do you really expect me to answer the door? And my feet are clean, do you really think I'm going to get them dirty walking across the floor?"
- 5:4 - Solomon starts to open the door anyway, but changes his mind. "Screw her, if she's going to be like that."
- 5:5-6 - She finally finishes getting ready, but by the time she opens the door, he's gone. He had better things to do than deal with her defiance.
- 5:7-8 - His withdrawal causes her to get all sore and butthurt (assuming the "watchmen found me ... they beat me, they bruised me" = metaphor for her emotional state; I can't imagine anyone would physically do this to one of Solomon's wives).
- 5:9 - 6:2 - She remembers how great he is and longs to have him back, then finds him and makes up.
- 6:3 et seq - He doesn't act all butthurt about it; instead he continues to seduce her.

Let me summarize: (1) She gets defiant; (2) He withdraws his time and affection without getting butthurt; (3) She gets upset; (4) She remembers how great it is to be "his"; (5) He seduces her and she willingly accepts.

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## David

In 2 Samuel 6 we see another example of biblical conflict. The church actually notices this one, but sees it as a triumph for how much we should love God, not a model of how to deal with a wife who's acting like a shrew. They miss the point of the story. Something tells me that readers in Old Testament times understood that this was about how David handled Michal, not how cool it was that David celebrated in his underwear.

- 6:16-19 - David has a purpose higher than his wife and begins leaping for joy publicly in his underwear to see it advancing. Michal "despised him in her heart." David ignores her and goes about the celebration.
- 6:20 - Michal unleashes her emotional hurricane on David about the situation.
- 6:21 - David says, "You're right; I was undignified, but I've got bigger stuff going on than you. I'm going to keep doing whatever it is I feel like doing. You're not going to ruin my good mood - I'll keep celebrating."
- 6:22 - David ups it a notch (amplifies): "In fact, I'll make myself even more ridiculous and you can watch! Oh yeah, and all the other girls are going to gawk over me."
- 6:23 - God curses Michal and makes her barren.
- 7:1 et seq - David focuses on his vision of building a temple for God, seemingly giving Michal no further thought. She is never mentioned in the Bible again. The next we hear of David with a woman is with Bathsheba, who becomes his wife and the mother of Solomon, his true heir (2 Samuel 11).

Let me summarize: (1) She gets defiant; (2) He agrees that he was undignified, then amplifies and threatens to become even more undignified and to get the attention of other women; (3) She gets upset, but doesn't relent [unlike the Shulammitte woman in Song of Songs], so God curses her and David ends up with Bathsheba.

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## Conclusion

We see at least five key principles in these stories to help us understand, as men, how to respond to our wives when they're fighting for control in the relationship:

- Neither Solomon nor David got butthurt.
- Solomon withdrew his time and attention; he had better things to do.
- David employed agree and amplify because he knew he did no wrong and wouldn't have his passion for God stifled by his wife.
- Both Solomon and David seem to have an amused mastery over their affairs - life's a thing to be enjoyed and celebrated, not a cause for bickering.
- In one case the relationship worked out; in the other it didn't. None of this guarantees results - it only creates conditions where results are most likely to occur. Be OI.

Did I miss anything? What other passages do you all see that demonstrate how to handle marital conflict? These are the only two I can think of off the top of my head that are directly on-point and give a specific example, as opposed to generic instruction without any context.

## 208 Leadership Part 2

*What was Jesus' specific method for leading his prospective bride while he was on the earth? What can we learn from his method about leading the women we are in relationships with?*

The last post on leadership (by ruizbuyc) centered around styles. That is, if you're trying to lead someone through lecturing and they're not responding, switch to life-sharing or delegating and see if that changes the result. I've had great success employing those methods in my own life. Specifically, my wife learns best by life-sharing. So, when she was freaking out about something and I tried to talk her through the logical solution, she just got all huffy at me. I stopped myself, shared a story about a time when I had implemented the logical solution in a similar situation to what she was in - and all of a sudden she's all gushing and happy and felt like she really understood what I was trying to say. It was weird, like waving a magic wand. But this post will focus more on the process of leadership.

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## How Jesus Did It

I've examined the Scriptures repeatedly to try to discern how Jesus started a movement and led his followers into becoming the apostles as we know them - flunkies who managed to turn the world upside-down. Here's the general trend:

- **Tell them what:** Jesus usually started by preaching. He laid out a road map and said, "Here's what I expect of my followers." He gave clear boundaries and enforced them. He said things like, "Anyone who doesn't (blank) cannot be my disciple" or "By this: (blank), all men will know you are my disciples."
- **Show them how:** The next thing he did was to live by example. He put into practice what he preached. Others saw his life and wanted to follow in his footsteps.
- **Let them try:** When they were ready, Jesus would give his followers opportunities to make a difference. He called Peter out to walk on the water in front of him. He asked the disciples to feed the 5,000. He let them try to cast out demons and heal people. Sometimes it worked, sometimes it didn't. He always gave feedback.
- **Send them out:** After developing some competency, Jesus sent them off to practice on their own - outside of his presence. At first he sends out the 12, then shortly after he sends the 72. And he tells them that their being "sent out" would soon become a permanent endeavor. But he always gave feedback when they returned, answering their questions and continuing to train them.

- **Pass it on:** His ultimate lesson to them was not merely one for their own benefit, but to help all the others who would be affected by their influence as well. In this way, Jesus would be like a grandfather to those that the 12 reached, and a great-grandfather to the people that the next generation reached, and so on. This is the core of generational ministry and what Jesus means by discipleship.
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## How I've Applied It

Now, I've done this twice in my own life. Consider:

- **Tell her what:** At one point early in my journey I informed my wife that I planned to start going to the gym and getting back in shape. I told her that I wanted our family to be healthier and more physically fit. I also commented on dieting. She did not follow, but she at least knew my intentions.
- **Show her how:** So, I started going to the gym on my own, without her. For a while, I was dieting without her too. She saw me diet, but didn't feel like partaking. At some point, she decided after seeing my improvements that she wanted to start going to the gym too. I would have to nudge her along and she'd only go when I went, but something was better than nothing. I tried to instruct her on how to lift weights and not just spin her rotators on the treadmill, but she rejected. Even so, she'd come down to the weight area and watch me lift. She was curious about it all, asked questions, and I showed her what works and how to do it, proper form, etc. But she didn't partake.
- **Let her try:** About a month ago, my wife came down from the treadmills to the gym floor like usual, watched me lift for a bit, then says, "Can I try?" Of course, I get her a set of weights that will push her, but won't break her confidence, and she goes at it fantastically. Similarly, I started a cut diet last week and this time she decided she wanted in, so she's trying with me. She cheats more than I would (last night especially, as the kids bring buckets of candy home for Halloween), but something's better than nothing - she's still developing the will-power to make it through a strict regimen.
- **Send her out:** This past week she's now been going to the gym on her own time while I'm at work (she's still on maternity leave). Is she doing all the lifts I would have instructed her to do? No. But she's taking the initiative to go on her own and not needing me to push her along anymore. She also asks questions when she gets back about what she should be doing for next time. She's still hesitant, but has made substantial progress. Likewise, she's taking ownership in the diet by ordering groceries that are compliant rather than me doing all the grocery shopping anymore. Progress!
- **Pass it on:** She's now talking to friends and neighbors about her new workout routine and the diet we're on. We invited some friends over tomorrow night and will be cooking a delicious, yet compliant meal (I'm grilling babyback ribs, broccoli, an asparagus), and as much as I've invited men to lift with me (who are already members at my gym anyway), she's now talking about using up some of our guest passes to bring some of her neighborhood friends with her to the gym. This is a double-pro because it means she's passing on what I'm showing her in the way of lifting and dieting, while simultaneously building relationships in which we can invest for our mission of making disciples for Christ!

I can give a few dozen other examples of how this process has helped me, as it's one I've been employing since long before my RP days. But only when I developed the assertiveness necessary to stand firm have I noticed the results happening so quickly and more naturally in the relationship, rather than feeling forced. Live like Jesus lived. Give field reports as you're able.

## 209 Developing Your Mission

*Having a mission is perhaps the most important and foundational aspect of being a godly man. This post gives a practical tool for those who haven't yet figured out how to create a clear mission statement for themselves and their family.*

## The Outline

I usually break this down into vision, mission and calling.

- **Vision:** This can be one of two things: (1) how you conceptualize a perfect world, or (2) how you conceptualize your perfect life.
- **Mission:** This is what you intend to do in life to actualize the vision.
- **Calling:** The unique set of characteristics, talents, spiritual gifts, etc. given to each person that create the context for how the mission is pursued.

In my view, the vision must always incorporate the 3 Greats in some way: Love God, Love Others, Make Disciples. But I'm not going to hold everyone to that. What I do recommend is that your vision err toward the first kind and not merely the latter. If your vision is only about how you conceptualize your own life, I'd suggest you're not thinking big enough and your mission may lack sufficient attractive value to draw women into a passion for the direction your life is moving. That said, I haven't observed this enough to make a definitive statement, so I'm presenting both options anyway.

The mission is the most important part of all of this. It's something that has to transcend your individual circumstances (calling) because you need to be able to invite others to join you in that mission - whether that's your spouse, or friends, because a good mission shouldn't be something you can accomplish alone. Again, if you can do it alone, you're thinking too small.

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## Vision

Write out a brief (2-4 sentences) description of YOUR perfect world, paying particular attention to the things you wrote down about what you value. If you were the grand master omni-president king of the universe, what would the world look like?

Now, it could be that your "perfect world" description is something like "everyone loves and serves me and bows down to me and gives me everything I want." So be it. Just because it's a global statement doesn't mean it can't be personalized to you. But as believers, I would hope our truest passions rise to heights beyond our own lives - that we actually want to leave a lasting impact on our world for Christ.

But even if you're a non-Christian coming here because practical steps toward finding a mission isn't often brought up on MRP, I would still recommend thinking beyond your own life and finding a cause greater than yourself. Read 108 for more info on why this is so helpful.

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## Mission

Imagine yourself about to celebrate your 80th birthday. You are surrounded by people who have known you throughout all different phases of life, each sharing stories about how they knew you - from now until that day. Let the details run wild in your mind. Consider all the different ways they might have come in contact with you - through your career, your spouse, a friend of a friend, frequent acquaintance, etc.

- What will these people recall about your character, strengths and skills?
- What did you enjoy doing all those years?
- What are three or four of the most important things you've accomplished in all that time that you'd want people to be talking about?
- Will your memory continue affecting people after you're gone? If so, how did you accomplish that?
- Will others pick up the work you started and continue it, or will those you know scatter to their own directions? If your life's work will continue through those you've touched, how will you have invested that in them?



These questions will help you get a feel for (1) how your life contributed to your vision, and (2) what it might take to make your mission viable and successful.

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## Calling

Write down two to four things you value. Use this list to stimulate your thinking, but feel free to go beyond and come up with your own words:

- Peace of mind, security, wealth, good health, family, recognition/fame, free time, happiness, spiritual fulfillment, friendships, longevity, making a difference, contributing time/knowledge/money to a cause, travel, sense of accomplishment, respect of others, close relationships, fighting against a cause

List some personal characteristics you feel good about having - up to 10. Look to your answers in the first section of this post to help. A non-exclusive list of suggestions include:

- sense of humor, charm, creativity, enthusiasm, passion, charisma, love of life, love of people, energy, nurturing ability, patience, wit, compassion, people skills, common sense, physical strength, mechanical genius, computer experience, leadership skills, insights, understanding of a topic, artistic ability, bringing the best out of others, street smarts, public speaking skills, intelligence

Consider how you successfully interact with people and write down up to 10 ways (remember: we're talking about when you're 80, not the present). Examples:

- teach, produce, educate, encourage, stimulate, speak, convince, develop, study, lead, love, help, inspire, care, write, promote, manage, motivate, plan, act, serve

These exercises should help you understand your unique calling so that you can develop a personalized path toward carrying out your vision.

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## Compile And Connect

Now, of the words and phrases you chose above, pick two (or be flexible) of the words/phrases you chose when describing your character. Pick another two regarding what you value. Pick another two of the verbs/verb phrases regarding how you interact with the world.

When picking these things, make sure to focus on the ones that are most crucially important to you. The others can still be incorporated as secondary priorities, skills, traits, etc., but let's hone in on what's most critical for right now.

Combine all of this into one mission statement that can look something like this:

- My life purpose is to use my [character 1] and [character 2] to become someone who [value 1] and [value 2] so that I can [verb 1] and [verb 2] people to move the world toward ...
- 

## Example

Now, I realize that this seems like an overly basic exercise ... like something you'd give to a graduating high school student who is just entering the real world for the first time. But the fact of the matter is that some people simply don't know how to boil down their personal gifts, talents, and priorities into a clear directive toward a higher aim. So, I still find value in an exercise like this, and when I lead small groups I've found that those I'm teaching - even adults in their 50s - still find value in going through this exercise to remind them what they should be shooting for and what resources they have within themselves to move in that direction.

When I first did this, my statement looked like this (noting that I've modified the format slightly from what I was taught):

- My life purpose is to use my intelligence and creativity to love and lead people, so that the world will be filled with spiritual generations of believers who glorify God by living and discipling among the lost.

Here I am, over a decade later, and I don't think I'd change that much. I might clarify and take out some of the boilerplate formatting to make it more appreciable - but the overall concept is the same. I also see incredible progress toward this goal ...

- My intelligence and creativity are the two traits about myself I have relied upon the most to win people to Christ successfully, and to gain influence with others.
- I have continued to be grounded in my love for people as a primary motivator and utilizing my intelligence and creativity to lead those people I love.
- And I have done this in a manner where I have discipled over 30 men, many of whom have discipled others who have discipled others who have discipled others - to the point where my generational line now extends into at least 14 different countries across the world.

## Final Thoughts

I'd love to hear all of your mission statements! Feel free to share, whether they follow this model or not. As I should note with most of the stuff I say, I don't ever want to pretend that my way is ever the only right way (except when I specifically say so, like with a need to incorporate the Great Commission) ... but at the very least I do like to offer a plan to those who otherwise lack a better option on their own. Using a prefabricated cookie-cutter approach I give you that worked for me might not be the best thing for you ... but it's certainly better than not having any plan at all.

## 210 Mission Matters. Nothing Else.

*The church likes to use the "Mission, Master, Mat" trilogy as the three most important Ms in a man's life. But I hold that the Mission is the most important of these and that the other two are actually defined by our mission. This post explores how having a mission is the key to your relationship with God and your girl, and also how a strong commitment to one's mission inherently orients one toward living out virtually every red pill concept in existence.*

At the risk of sounding autistic, in light of the countless times I've had to say it on this sub, I'm making this an official part of the side-bar content. **HAVE A MISSION.**

In 209 I referenced how to develop a mission. Sure, it's a little juvenile. But if it works, it works.

Here's the thing: If you're rightly on a mission, *nothing else matters*. The church likes to throw out the three Ms as the most important things in your life: *Master, Mission, Mate*. Screw that. It's *Mission, Mission, Mission*. Here's why the other two don't matter.

### Master

Jesus says plainly: "The one who has my commands and keeps them is the one who loves me" (John 14:21). It's not a large leap to assume, then, that anyone who deliberately rejects Jesus' commands doesn't love him, and that instead that person will be subject to fiery judgment (Hebrews 10:26-31). There is no middle ground, as Jesus said, "Whoever is not for me is against me" (Matthew 12:30).

Jesus gave us the three greats: (1) love **God**, (2) love **Others**, (3) make **Disciples** (Matthew 22:36-38, 39, and 28:19-20, respectively). I already addressed these more fully in 110. Go read that for a refresher. The point I'm drawing from that post is simply this: *You cannot claim your "master" is a priority if you're not making disciples for Him.*

## Mate

You cannot keep a woman attracted to you if you don't have a mission in life that transcends her. Making your wife your mission or a primary aim in your life is the definition of being beta. Alpha men have better things to do in life than try to get girls interested in them. Ironically, having better things to do in life than trying to get girls interested in you is what will get girls interested in you - including your wife.

If you have no mission in life, then you're not going anywhere. If you're not going anywhere, how can your wife follow you? If she's not following you, then either you're following her or you're standing still and she's walking away. Either way, it's not good.

If you do have a mission in life, she might still walk away. That's her choice. If your mission is God-given (like the universal call to make disciples), then her choice to go in any other direction is sin. Follow the Matthew 18 process, and if she refuses to repent you're to treat her as an unbeliever. If she continues walking away from you, 1 Cor. 7 gives you the freedom to let her go. You don't need that in your life - Proverbs has plenty of passages that makes that clear.

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## All-In-One Package

In 110 I wrote a lot about pursuing your mission above all else. This is Paul's compulsion to us in 1 Cor. 7 - to live as if we were still single: wholly devoted to pleasing God by doing what he put us here to do. But here's why this works.

If your mission for disciple-making is your highest priority in life ...

- **DNGAF:** You DNGAF about anything that pulls you away from that mission.
- **Amused Mastery:** You have an eternal perspective and know that even if your girl leaves you, that won't interfere with your having an impact on eternity.
- **Shotgun/Sniper:** You will have a wide social network, constantly meeting new people to share the Gospel with and potentially disciple, not wasting your time eyeing a girl from afar. You'll find someone who's pursuing Christ alongside you, you'll eventually get inflamed with lust for each other, and you'll decide it's better to marry than to burn with passion.
  - A note on evangedating: this is a "sniper" mentality. It targets all of your efforts into one specific girl. I have no problem with cross-gender evangelism. Just don't use dating as a context to do it. Keep a shotgun approach.
- **Fitness Tests:** You will pass these with ease because you won't be concerned about placating your wife when you've got more important things going on than her.
- **Frame:** You won't be lured into her frame because doing so would interfere with your mission. She will naturally fall into your frame because if she doesn't (1) that would make her a harpy, non-submissive wife, which she'll know is theologically sinful, and (2) because she'll want to share in the glory/credit you eventually get on judgment day.
- **Eternity:** It's probably worth noting that you'll have maximized your glory in eternity for Christ's benefit because of your service to His Kingdom.
- **ONEitis:** You won't care because you're interested in doing what God put you here instead of singling out some hypothetical soul mate.
- **DYELB?:** You will have a natural drive to stay fit because (1) the gym gives you yet another context to meet people who need Jesus and increase your social network for discipleship purposes, and (2) you know that looks matter and staying fit will give you more of a voice in people's lives than if you were a fat slob they're disgusted by, and (3) because you can't disciple someone into spiritual maturity as part of the body of Christ if you're not taking care of the temple he gave you - so your motivation to your mission compels you to do all these things as a natural priority anyway.

- **OYS Type 1:** You'll naturally have your act together because that's how you earn influence in people's lives. As 1 Thess. 4:11-12 says, "Make it your ambition to lead a quiet life: you should mind your own business and work with your hands, just as we told you [i.e. OYS] **so that** your daily life may win the respect of outsiders and so that you will not be dependent on anybody."
- **OYS Type 2:** You'll naturally be owning up to your flaws because confession is an essential part of your testimony, which is how you'll defeat the enemy and take ground for the Kingdom (Revelation 12:11), which Paul modeled for us (ex. Romans 7).
- **Sexuality:** I've already said a number of times on this sub, and I'll refrain it again: physical reproduction is a roadmap to help us understand spiritual reproduction. So, you'll be motivated to have lots of sex, as the physical ecstasy from this experience will remind you of the spiritual ecstasy you get from winning a new convert; and the joy of raising physical children will remind you of the joy you will have in raising spiritual children as well.
- **Dread:** Because your woman won't be your primary focus in life, and because you'll constantly be spending time outside the house working toward your mission, engaging with countless people toward a mission, as a high-value man with a mission, and looking really good to aid in your mission ... you better believe dread will come naturally.

Pretty much everything you learn in secular RP as a pursuit in itself becomes a natural byproduct for the one who is living on mission for Jesus Christ to make disciples of all nations.

If you don't have that mission ... you're screwed. You can try doing secular RP things in the context of being a Christian, but it's only going to get you about as far as secular people get in the first place. If you want the real deal, live out these concepts toward the purpose for which God created you in the first place.

## 211 An Anatomy of Butthurt

*Too many men misunderstand what it means to be "stoic" or to have a "strong frame" and end up making themselves look like idiots in the process. When your wife rejects your advances, how should you respond?*

I see this issue come up somewhat regularly on r/askMRP and r/RPChristians, but I don't see a lot of content on this. People are told, "Don't get butthurt," but they apply that phrase in a totally wrong way. So, let's get this clear.

### What Is "Not Butthurt"?

To be overly simplistic, there are only two reactions to any tests a woman throws at you: (1) butthurt and (2) not butthurt. Duh. Obviously we want "not butthurt." But most people mistakenly apply this by saying, "X is butthurt. I'm not X, so I wasn't butthurt." In reality, yes, X is butthurt ... but so is Y and Z and A, B, C, and a ton of other things. To that end, it's a waste to try to define everything that is *butthurt*. We're better off trying to define the much more limited response of *not butthurt*. Here's my definition of "not butthurt": **Positive emotional reaction**. That's it.

Now, this isn't the best definition, but for new guys it's the most useful one. Why? Because it leaves no room for ambiguity. We all agree that negative emotional reactions (anger, yelling, resentment, etc.) are definitely butthurt. Positive emotional reactions are not. There is a phase in-between where most guys wind up living, thinking that they're being "stoic." This emotional gray area is too complex for many men to understand or fake their way through, but a woman can sniff it out immediately. You're walking in gray, but they see black and white. This puts you at a serious disadvantage until you've developed a strong sense of your own frame.

So, if you're new around here and you read: "Don't get butthurt," rather than thinking, "Don't react with negative emotions," tell yourself, "Oh, I need to respond with a positive emotional reaction when she does that."

## Dissecting Butthurt

Women are emotional creatures. They thrive on emotions. They don't even care what emotions they're feeling most of the time - they just want emotions. Good emotions are the best, obviously. But to the surprise of many a man, bad emotions are actually better to women than no emotions. Accordingly, when a woman is testing you - be it a compliance, fitness, or comfort test - she's trying to evoke an emotional reaction out of you. If she can do this, it shows her that she has power over you.

Consider a wife who asks her husband to warm up the car for her. Assume she's equally capable of doing it or that it's a luxury and not a necessity. This is a clear test. What is hypergamy trying to do here? How should a man respond? I'll give the possible responses in order from worst to best.

- **BETA POSITIVE:** "Sure honey, I'll warm up your car. And maybe when I'm done, will you let me give you a foot rub too? After I get the dishes done first, of course."
  - This is a "not butthurt" response. It's also a garbage one. If she can evoke a positive, supplicating response, that's the ultimate source of affirmation to the BB side of her hypergamous drive. "I have him wrapped around my finger," she thinks. Don't be a BB. If you're her BB, she's going to look elsewhere for her AF. It's not enough to be "not butthurt" - you have to be alpha in your not-butthurt-ness.
  - This is the definition of acting in her frame.
  - **Relevant Passages:** Samson and Delilah - Samson supplicated and it was his downfall (Judges 16); Potiphar's wife - her husband let her live high on the hog and left her alone with a hot guy (Genesis 39)
- **NEGATIVE EMOTION:** "Screw you! Where do you get off thinking you can boss me around, you stupid whore!"
  - Whether you comply or not, if you respond with negative emotion, you're still giving her an emotional high. She might not like it in the moment, but it gives her something to complain about to her girl friends, something to post about on social media, something to stew about in the shower, etc. Her life now has a plot and she gets to take the center stage. Something is better than nothing to her. If she ever feels bored in the relationship and she knows how to get you to react emotionally, she'll do it, even if she knows it's going to blow up in her face. She'll probably even cheat on you because that's going to give her the strongest emotional response of anything she could throw at you. Your negative emotional reaction = a display of her power to manipulate your emotions. Even if she doesn't get her way, because she knows she can manipulate your emotions, you're still her BB. She owns you.
  - This is also acting in her frame.
  - **Relevant Passages:** "Proverbs 29:11 - "A fool gives full vent to his spirit, but a wise man quietly holds it back." Proverbs 15:18 - "A hot-tempered man stirs up strife, but he who is slow to anger
- **NO EMOTION/"ROBOT MODE":** ¡Blank stare¡ "No. I will not warm up your car." ¡She continues to nag¡ "I said no. No means no." ¡Broken record until she's gone.¡
  - This is where most guys screw up. When their wives come at them, they shut down into "robot mode." All emotions go out the window, they look with a plain, blank face, and they engage purely on logical analysis and calculated behavior patterns. I lived in this phase for a long, long time. This is absolutely infuriating to women because it denies them any semblance of what they're looking for, and it also shows them that you can't handle playing the game. It tells them you just don't care. Most guys think this "robot mode" is the same as "being stoic" (for example). It's not. The one redeeming factor in "robot mode" is that you finally learn to STFU and stop caring about whatever crap is spewing out of her mouth and all over your face. With your emotions shut down, it doesn't get to you ... at least not in the moment. But if you get into "robot mode" by bottling up the negative emotions, don't turn yourself back on and experience it all at once afterward.

- This is the ultimate spurn off to hypergamy. She doesn't get BB satisfaction of controlling you, but she also has no AF interest in you. This is the only way I know of actually defying hypergamy. Of course, the goal isn't to defy the system - it's to make it work for you.
  - Congratulations. You've finally left her frame. Of course, you don't have a frame of your own yet either.
  - **Relevant Passages:** 2 Timothy 1:7 - "For God gave us a spirit not of fear but of power and love and self-control." Proverbs 3:6 - "Do not lean on your own understanding." See also all the times God interacts with his people - he's rarely a robot, more often responding with some type of emotion. Toward his people in their infancy, it involved anger. Toward his bride post-Gospel, it's usually a positive emotion, not a negative one.
- **NEUTRAL EMOTION:** "Not today, babe." ;She nags; "It's not a big deal. You can warm up your own car. I'm watching the game. Have fun at work!"
    - This is when your mood actually brights up in response to her tests. AA stops being a tactic you employed in "neutral emotion mode" and just becomes part of who you are. She complains about you not doing the dishes, and her complaint makes you smile. You are happy to hear her complaining about you because (1) it's another opportunity to get her engines revved up, (2) it's genuinely funny to you how she prioritizes and conceptualizes the world, (3) you can enhance the resolution on your relational cartography, and (4) she makes really cute faces when she's feisty.
    - Not only do you have your own frame, but you're inviting her to join you in that frame. You're brightening her mood, despite your rejection of her request. If she accepts your invitation, once she's in your frame, you're the AF she's been waiting for. Congratulations: you've just made hypergamy work for you.
    - **Relevant Passages:** 2 Samuel 6 - David dances naked and his wife nags him about it and he says he'll go out and keep dancing [note: she rejected his frame anyway - that can/does happen]. Luke 10:38-42 - When Martha nags Jesus about Mary and he just enjoys what Mary's doing anyway [presumably Martha did enter Jesus' frame after that].

Now, technically a "neutral emotion" response is "not butthurt" as well. So, when I say that "not butthurt" is only defined by a positive emotional response, you can see where I go wrong. But because most guys think they're "neutral" when in fact they're in "robot mode," and because their wives can see it clear as day ... it's just not worth the risk. So, just skip "neutral emotion" mode altogether and shoot for "alpha positive."

The one caveat I give there is that if you've been living in "beta positive" or "negative emotion" for too long before finding RP, and the idea of being "alpha positive" is unrealistic under your current frame condition, then and only then should you shoot for "neutral emotion," understanding that 9 times out of 10 you're really going to be in "robot mode" and just not realize it.