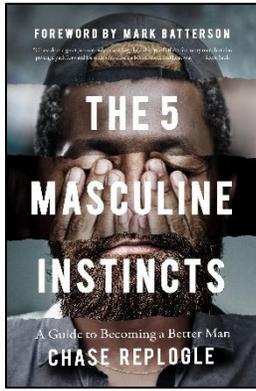


# THE 5 MASCULINE INSTINCTS

## Developing the Character of an Authentic, Godly Man

How Men Can Navigate the Culture War of Masculinity Without Losing their Identity



Chicago, IL: There is a social pressure to redefine manhood and rebrand the term masculinity. The traditional male traits of aggression, competition and stoicism are deemed destructive (toxic masculinity).

Others have responded to this cultural scrutiny with defensiveness and indulgence. Men are stuck in the debate. They are conflicted between who they are internally and how they behave externally. Should a man indulge or ignore his instincts? Will those instincts lead him to destruction or salvation?

**Chase Replegle**, a pastor and author of *The 5 Masculine Instincts*, believes the way forward for men is through growing in character. That character is formed through greater self-awareness and the resources of faith. Replegle believes we need to shift our focus from the external critique of man's behavior to the internal strengthening of a man's character.

*The 5 Masculine Instincts* (Moody Publishers) highlights five men of the Bible who wrestled with their own instincts, but who, despite their flaws, God used as examples of His work. Based on Shakespeare's stages of a man, the instincts include:

- **Sarcasm/Cain:** His sarcasm to God's question regarding Able revealed his lack of humility and a desire to deceive God. God's rejection of Cain's sacrifice gave Cain the opportunity to understand God better and his own vulnerability to sin. God was asking for Cain's attention, obedience and humility.
- **Adventure/Samson:** A wandering adventurer whose hair was a symbol of his commitment to God. His self-desires and physical strength led to self-betrayal and rebellion to God. Adventure isn't sinful, but when it lacks discernment and costs our commitment, it can lead us to betrayal and destruction.
- **Ambition/Moses:** Moses' life ambition was exemplified in his conviction, determination, and motivation. His anger toward the Israelites led him to disobey God and cost his dream to enter the promised land. Ambition can create unbelief, expectations and demands in our relationship with God.
- **Reputation/David:** David was a king who struggled with hiding his integrity and protecting his reputation. He was consumed with lust, jealousy, pride and murder, but his repentance and servanthood made him a man after God's heart. True integrity demands honesty even when we are wrong.
- **Apathy/Abraham:** Abraham's greatest test of faith came when he had to choose between apathy or obedience. His willingness to sacrifice his son, who was part of God's promise, demonstrated his submission to God. The greatest evidence of our faith is found when we move from apathy to sacrifice.

Replegle isn't advocating a cliché of masculinity or its deconstruction. He encourages a greater understanding through self-awareness of our instincts and the resources of the gospel to help men grow into a better Christlikeness.

"We want to be recognized as men, but are slow or unwilling to know our own hearts or do the work to grow in character," says Replegle. "The goal of this book is to help men recognize the counterbalances necessary to keep our instincts from leading us into personal and spiritual collapse."

Although you may struggle with some of the old impulses, it is through submission to the gospel and guidance of the Holy Spirit, that they will lose their influence in your life and become renewed instincts of faith.

For more info, or to take the instinct profile, visit [www.the5masculineinstincts.com](http://www.the5masculineinstincts.com).

## ABOUT THE AUTHOR:



**CHASE REPLOGLE** has been the pastor of Bent Oak Church in Springfield, Missouri for almost ten years. He is the host of Pastor Writer podcast ([www.pastorwriter.com](http://www.pastorwriter.com)). He holds a degree in Biblical Studies and an M.A. in New Testament from The Assemblies of God Theological Seminary. He is currently a D.Min. student in The Sacred Art of Writing at Western Theological Seminary. A native of the Ozark woods, he enjoys being outdoors with his wife and two kids. His website is [www.pastorwriter.com](http://www.pastorwriter.com)

### Product Details:

ISBN: 978-0-8024-2554-6

Release Date: March 1, 2022

Format: Trade Paperback

SRP: \$11.99

### Chapter Highlights:

Men, Meat, and the Masculine Malaise

Instinct #4: Reputation: David

Learning to Recognize Your Instincts

Instinct # 5: Apathy: Abraham

Instinct #1: Sarcasm: Cain

The Real Work Ahead

Instinct #2: Adventure: Samson

Nothing Left to Prove

Instinct #3: Ambition: Moses

## SUGGESTED INTERVIEW QUESTIONS:

1. Tell us how this book differs from other men's self-help books? Why do you focus on strengthening character over correcting behavior?
2. What are the five masculine instincts and the men of the bible you detail in your book? How did you identify these instincts? When do these instincts become harmful to men? Is there a way to conduct a personal assessment?
3. Explain how self-knowledge and building character founded on spiritual truth can counter-balance our innate instincts? How can self-knowledge alone be dangerous?
4. When we think of men, we think of eating steak or meat. Why do men eat more meat than women? How did you discover that you have allergic reactions to meat? What was the impact on your life?
5. You write that the instincts in your book are not necessarily sinful but "if left unchecked and overindulged, they have the tendency to collapse a man's life into desperation and defeat." Can you explain?
6. How does humility and meekness free us from the immaturity of our reactions and demonstrate strength? What did Jesus' meekness and submission teach us?
7. How did Moses's ambition lead him to confuse his place for God? What are the two extremes of ambition? Can a vision lead us to judge God and set us up for failure?
8. How did David's quest to hide his true identity lead to the collapse of his integrity? Why are men prone to do the same? What is the difference between character and reputation?
9. How did God use Abraham's test of obedience to engage him deeper in his faith? What do you mean that if our faith is not tested it can lead to apathy and difficulty distinguishing right from wrong?
10. What is the importance of understanding the gospel and submission to Christ in learning to master these instincts?
11. Where can we find out more about your ministry?

## NOTABLE QUOTES:

The Bible is full of men just like you, confused and struggling to figure out their own instincts. Their full stories are filled with fear, insecurity, anger, misdirection, disappointments, and devastating sins. Moses was constantly afraid and frustrated. David was prone to malicious cover-ups. Abraham lost his patience and splintered the family tree into generations of hostility. The Bible, as it turns out, tells the story of humans, not heroes. Complicated and compromised humans. Our goal is not just to be men, but to be men becoming more like Christ. He is our aim. If there is a hero in this story, it is Him alone. (pg. 35)

Maturity does not mean you are everything you could be; instead, maturity begins by taking responsibility for who you are now, submitting to the divine lesson at hand, and humbly seeking a path toward something better. The first pains of growing are always humility and meekness. Humility senses opportunity beyond yourself. It recognizes the value of an authority higher than yourself. We learn to fear the Lord. We learn to respect those lessons God is offering us. Fear is the beginning of wisdom. Respect is the beginning of maturity. (pg. 55, 58)

There is a risk of being lured away from your commitments by some call to a better adventure, but that risk is always secondary to the risk that your lack of discernment will keep you from recognizing the adventure God already has you in. There is no better place to recognize God than in the place you are. You'll never find the adventure you're looking for until you learn to commit to the one, you're already in. Your true adventure is here, recognizing the story God has placed you in. (pg. 90)

Ambition has a way of leading us into two extremes. At times ambition can be so burning hot that it consumes all of us, filling us with a sense of limitless potential. But that same ambition can just as quickly become our accuser and mock us into disbelief. The experience of ambition's confidence and ambition's disillusionment is far more connected than we often admit. And between these two extremes lies the more common experience of confusion. Ambition makes everything seem possible, yet always just out of reach. It's exhausting and demoralizing. (pg. 104)

Christianity is not meant to keep you from achieving great things. Its goal is not to force you down and rob you of your potential, far from it. It is offering you a better ambition, an ambition that frees you from the desperation of proving yourself and earning your value. An ambition which keeps you from eclipsing and missing God (I Thess. 4:11-12). To do truly great things, you have to become a person content with achieving only small things. Your greatest potential is in your contentment, your ability to trust and receive from Christ. (pg. 118)

When we imagine the great threats to our lives, rarely does apathy make the list. We imagine that what threatens our lives, and our faith, are those grand conflicts of tyranny and temptation—that great war of good versus evil and our being lured toward the dark side. We imagine that the greatest threat to our self-control is having it taken from us or being tricked out of it; we rarely recognize that the real threat is that we too often forfeit it to apathy. It need not be the grand sins that rob us of faith. If little pleasures and trivial diversions can stunt belief, all the easier. (pg. 153)

Without having matured to recognize your instincts and how to counter balance them by faith, you will act by their logic and remain trapped by their demands. Sarcasm will leave you immature and constantly off ended. Adventure will leave you restless and ripe for betrayal. Ambition will leave you exhausted from its demand for more and its endless blaming of others. Reputation will hollow out your soul and leave your façade vulnerable to collapse. And apathy will lead you to disengagement as life is drained away. You must counter their power. You must question their authority. You must mature the instinct into something better. (pg. 174)

Paying attention to your life is offset by equal attention to what God has done and is doing. It is the great balancing of all things—my life set into the context of His salvation. It is only by a growing knowledge and application of the gospel that we are capable of knowing ourselves. And it is also by knowing ourselves that we come to truly appreciate the remarkable power and grace of what Christ has done for us. Through honest reflection, we recognize a vulnerability or insufficiency in ourselves, and we turn to the gospel to find its correction. Likewise, the gospel will make some demand by the logic of its implications, and we search our hearts for compliance to it. (pg. 178)

It is the gospel that gives you the security to embrace a self-suspicion necessary to overcome your immaturity and sarcasm. It is the gospel that offers you a better adventure through deeper commitments and discernment. It's the gospel that checks your ambition and teaches you to receive what you can't achieve by setting down your expectations and learning to rest. It's the gospel that exposes your pretending and teaches you the value of integrity over defending your reputation. And it is the gospel that keeps you engaged with this story of sacrifice and grace, rescuing you from your own apathy and pulling back into a life of faith. (pg. 181)

### **Reviews:**

“Through the experiences of five Biblical men—men like David, Samson, and Moses—Chase shows how these instincts can lead men to destruction, or by faith, to something better. Through their failures and success, we learn and mature with them. But these are not just stories. Chase offers practices by which we learn to discipline our own instincts. You will learn to live Paul's advice to the young man Timothy, ‘Keep a close watch on yourself and on the teaching.’ Know your instinct and know what you have in Christ. That is the way forward for men. Chase will show you the way.” — **Mark Batterson, lead pastor of National Community Church; New York Times Bestselling author of *The Circle Maker***

“There are lot of mixed messages in our society about masculinity - what it is, what it should be, what it shouldn't be, and even whether it's really ‘a thing.’ God designed men to be masculine in the best sense of the word. That requires harnessing our natural impulses and letting Him direct those traits toward the full, thriving manhood that He intends for all of us. This book is a great starting point.” — **Jim Daly: President, Focus on the Family**

“Have you noticed how little we talk about character these days—particularly as men? We talk about toxic traits and roles and responsibilities, but men I know struggle most with living up to the expectations they have for themselves. They don't know how to get better. What men need is a new conversation about Christian Character. Chase has done just that. Chase helps men grow in character by addressing the masculine instincts directing their lives through nuanced engagement with scripture and deep gospel clarity. *The 5 Masculine Instincts* will help you become a man of true Christian character.” — **Lt. Gen. (Ret) William G. Boykin: Founding member of the elite US Army Delta Force, US Deputy Undersecretary of Defense for Intelligence, and author of *Man to Man: Rediscovering Masculinity in a Challenging World***

“If ever there was a language, fashioned uniquely to men . . . invented just for them, Chase Replogle speaks it. This book is clear-headed, bold, and crisp. After nearly 40 years in the publishing business, I've been told that men don't read books. Take a few minutes in this one and you will agree with me that this book is a happy exception. Men need to read this. I predict they will. I'm so glad I did.” — **Robert Wolgemuth: Best-selling author**