

Men's Small Group Discussion Guide

Fatherhood and Father Wounds

Peter Herbeck - November 16th, 2023


In this talk, Peter Herbeck argues that the family stands as a cornerstone both for society and the Church. Thus, the forces of evil are waging a battle against the family, specifically against fatherhood. One of the easiest ways to take down the father is through shame and sexual manipulation. If men wished to participate in the battle for the family, they must first and foremost understand their identity as sons of God. At the end of the talk, Peter shares a story of how his own father came to understand his identity, a process which was healing for the entire Herbeck family. The below questions are offered as prompts for discussion and/or personal reflection.

1. Catechism of the Catholic Church says, "According to the Lord, the present time is the time of the Spirit and of witness, but also a time still marked by 'distress.'" (CCC 672) Peter says that the fundamental battle of our times is the battle for the family, specifically the corrosion of the family through the sexual manipulation of men. Do you see this in our culture today? Do you see it in yourself?

Reference: 1-9 minutes

2. John Paul II says, "As the family goes, so goes the nation, and so goes the whole world in which we live." (Perth, Australia - November 30th, 1986) The family is a cornerstone both for the Church and for society. How do you understand your role as protector of the cornerstone?

Reference: 10-12 minutes



3. 1 Corinthians 2: 6-12 reads, “He who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” Peter Herbeck makes the point that the fulfillment of masculinity lies in this kind of humility. Do you seek humility in your own life?

Reference: 16-17 Minutes

4. Peter Herbeck says that we are in the greatest battle of human history – the battle for human identity and for the family. Are you actively participating in this battle?

Reference: 18-20 Minutes

5. Satan often feeds men lies, shaming them by bringing their sins to mind. How is Satan shaming you now? What lies is he telling you?

Reference: 21 minutes

6. The foundation of true manhood is our identity as sons of God. When was the last time you prayed with your identity as a divine son?

Reference: 24 minutes

7. Peter Herbeck tells the story of coming to peace with his own father wounds. Is there any experience from your own father that you need to bring to the Lord? Perhaps to your men’s group?

Reference: 25-33 minutes

8. The healing of Peter Herbeck’s father ushered in the faithfulness of his entire family. Where do you need to heal? How could that healing effect your entire family?

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