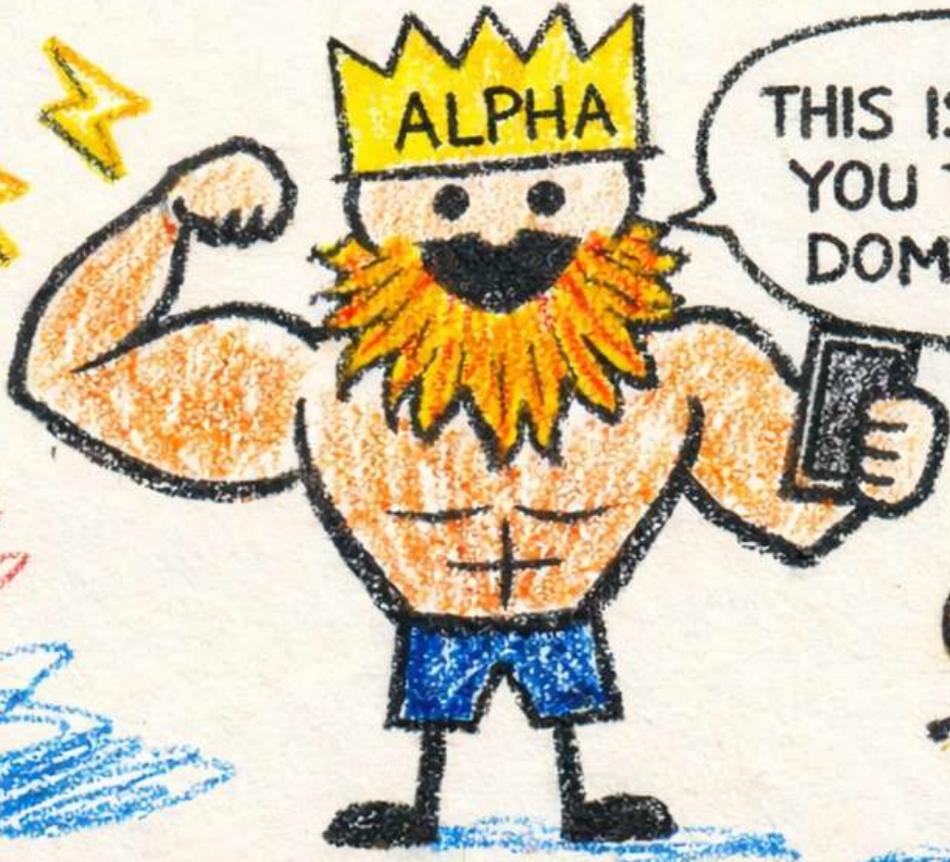


A MASCULINITY PRIMER



A Book for Children About Men
Written for Men Who Act Like Children



THIS IS HOW
YOU TAKE
DOMINION.



There was a time when
boys wanted to grow up.

Now we have grown men
who want to prove they have.



The modern "manosphere" has given us a strange spectacle: men obsessively performing masculinity the way teenage boys once practiced their handshake in the mirror.

Hyper-masculinity is no longer quiet strength.

It is branding.

It is monetized. It is clipped into reels and shouted into microphones.

Like most caricatures, it thrives on insecurity.



Chapter One: The Loud Man

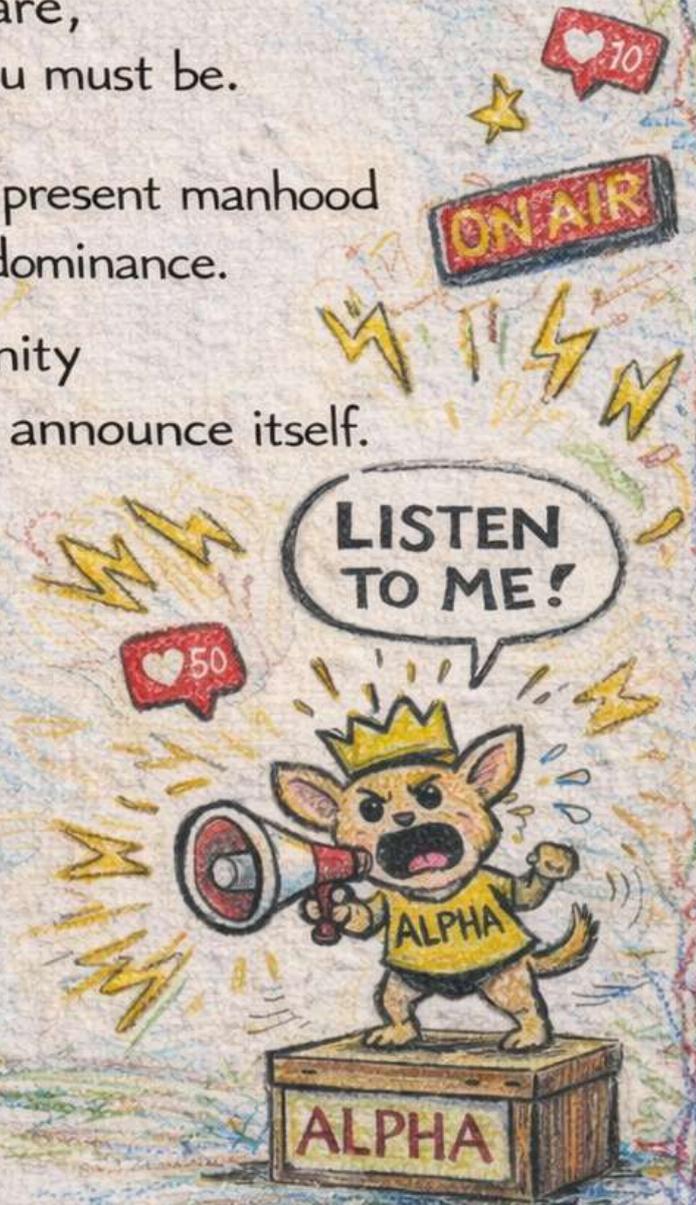


In the new catechism of
online masculinity,
volume equals virtue.

The **louder** you are,
the more manly you must be.

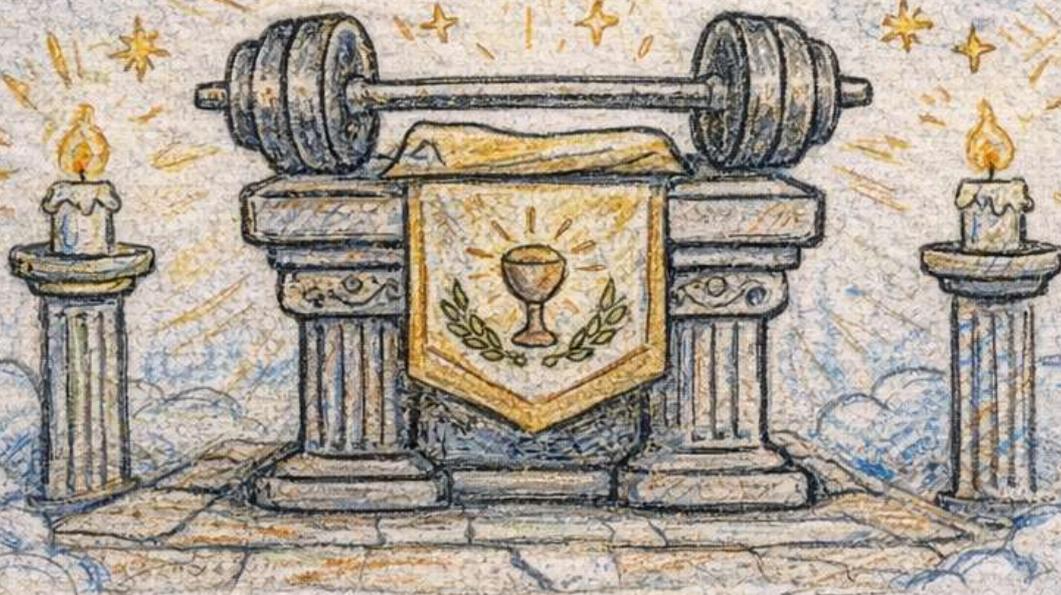
But Scripture does not present manhood
as decibel-driven dominance.

True masculinity
does not need to announce itself.



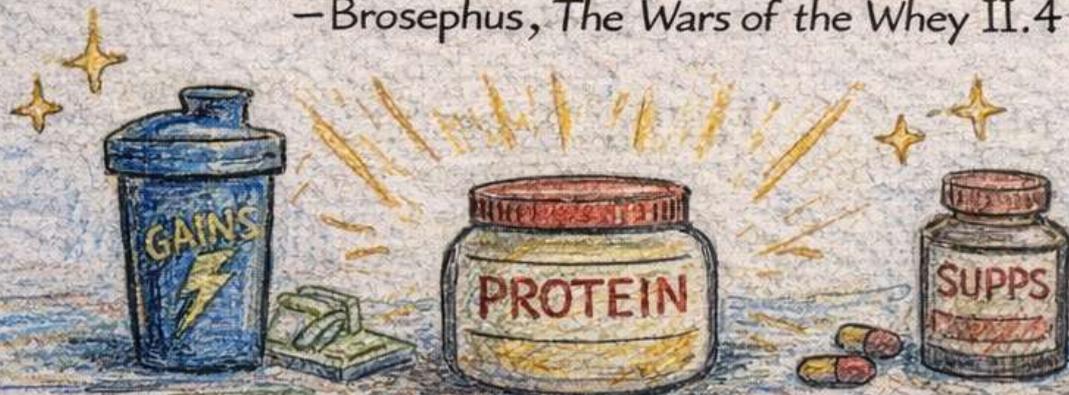
It is the difference between a lion
and a chihuahua.

Chapter Two: The Gym as Sacrament



“These men were diligent in the cultivation of the outward frame, yet concerning patience, gentleness, and self-restraint they held no competitions.”

—Brosephus, *The Wars of the Whey* II.4



The Gym as Sacrament

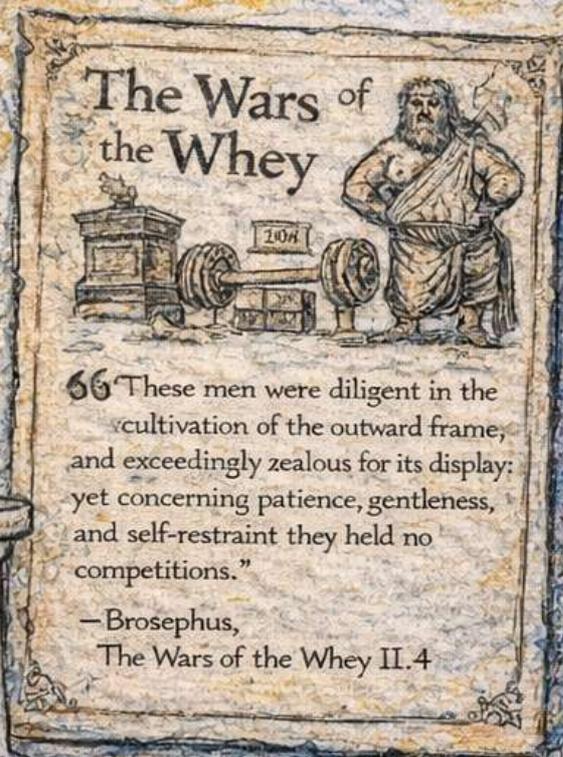
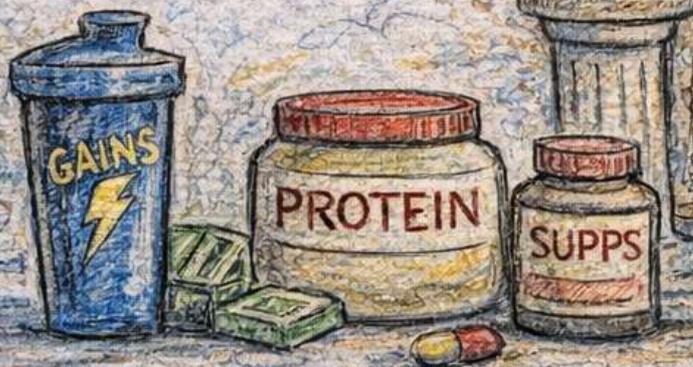
Strength is good.
Discipline is good.
Bodily training profits a little.

But in the hyper-masculine ecosystem, the gym
becomes a temple and protein powder a sacrament.
The body becomes the liturgy of male validation.

You can deadlift 500 pounds
and still be ruled by your passions.

You can bench twice your
weight and still be
incapable of loving
your wife patiently.

A muscular tyrant
is still a tyrant.

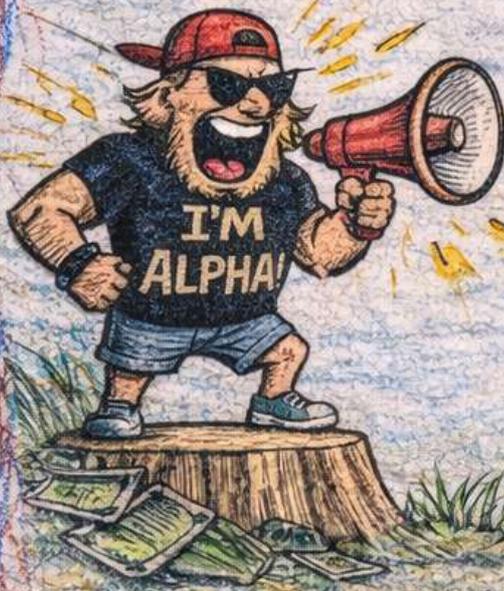


Chapter Three: The “Alpha” Delusion



SCRIPTURE

The mythology of “alpha” borrows more from **internet folklore** than from Scripture.



Leadership is not dominance theater.

Authority is not volume.

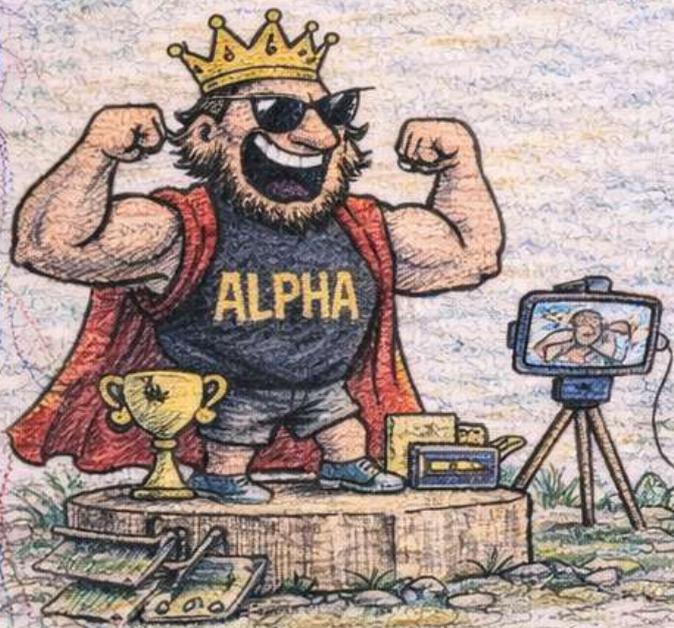
Headship is not performance.



The “Alpha” Delusion

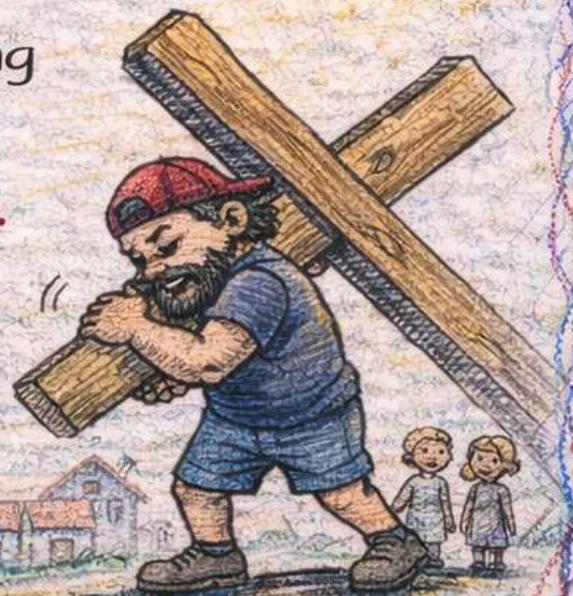
The obsession with appearing **strong** often masks the **fear** of being ordinary.

Real strength is **not theatrical**.
It is **sacrificial**.



The most dangerous thing in the modern masculinity movement is **not aggression**.

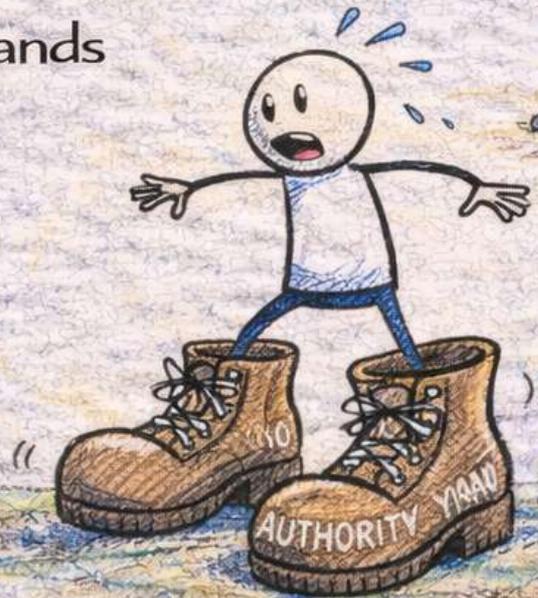
It is **immaturity** baptized as **conviction**.



Chapter Four: The Performance of Authority

There is a peculiar irony in watching men insist they are leaders, while constantly seeking validation from strangers online.

Authority that demands recognition is not authority.



You may have put on your grand daddy's boots, but they're still 7 sizes too big.

The Performance of Authority

The strongest man need not promote himself.

They are too busy building,
providing,
protecting,
repenting,
and persevering.

There is nothing more juvenile
than trying very super duper extra hard
to look like a man.



The Temperant Man

Biblical masculinity is **not fragile**.

It does not **panic** at cultural shifts.

It does not **scream** into cameras
about **declining testosterone** levels.



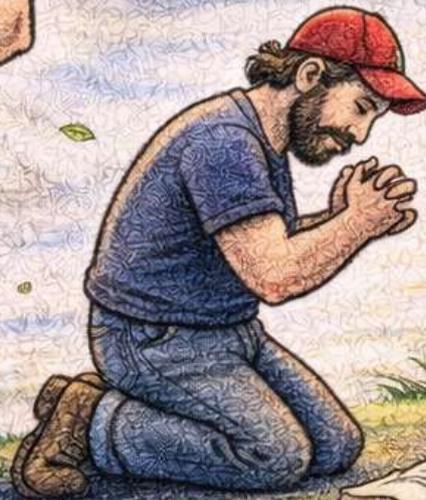
It works.

It **prays**.

It **protects**.

It **repents**.

And it does so without applause.



The truly masculine man does not need to
posture,

because he is too busy *deadliftii... eherm...*

taking care of others.