



THE SENIOR

MEN'S MINISTRY STUDY GUIDE

WRITTEN BY DAVE ALMGREN AND ROB CARTER

ANGEL





This study guide, based on the film *The Senior* (in theaters **September 19th, 2025**), is designed for men's ministry groups and individual men seeking to grow in faith and character. Drawing on the true story of **Mike Flynt**, a 59-year-old who returned to college football, the guide explores themes of redemption, forgiveness, second chances, overcoming adversity, the underdog triumph, restored father-son relationships, and breaking generational cycles. Each week includes a film-related focus, scripture, discussion questions, and action items to apply these lessons practically. No fluff, just real talk for men aiming to live with purpose.

HOW TO USE

- **GROUP SETTING:** Use for six weekly sessions (45-60 minutes). Watch *The Senior* as a group before starting or assign clips for each week (e.g., via a supplemental “The Story Behind the Film with Mike and Eileen Flynt” video if available). Facilitators lead discussions, ensuring every man has a chance to share.
- **INDIVIDUAL STUDY:** Work through one session per week. Reflect on questions, journal responses, and commit to action items.
- **PREPARATION:** Read the scriptures, watch relevant film clips (if possible), and pray for insight before each session. Be honest in discussions and actions.



WEEK 1: REDEMPTION

FILM FOCUS: Mike Flynt's decision to return to college football at 59 reflects a redeemed life, shaped by his faith in Christ (per CBN article). His past mistakes didn't define him; his surrender to God did.

SCRIPTURE: Ephesians 1:7-8 (NIV) - "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us."

DISCUSSION QUESTIONS:

1. How does Mike's story show redemption from past failures?
2. What mistakes in your life feel unredeemable?
3. How did Mike's faith in Christ reshape his choices?
4. Where have you seen God redeem parts of your story?
5. What holds you back from believing you can start fresh with God's grace?

ACTION ITEMS:

- Identify a Past Failure:
- Write down one regret or mistake you've carried.
- Pray specifically for God's redemption in that area, asking for courage to move forward.
- Reach Out: Contact one person you've wronged or drifted from. Take a step (call, text, or meet) to acknowledge it and seek reconciliation, even if it's uncomfortable.

WEEK 2: FORGIVENESS

FILM FOCUS: Mike's journey likely involved forgiving himself and others for past hurts. His father's late-in-life faith decision (CBN article) suggests a need to forgive and heal family wounds.

SCRIPTURE: Colossians 3:13 (NIV) - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

DISCUSSION QUESTIONS:

1. Where in *The Senior* do you see forgiveness (or its absence)? How did it impact relationships?
2. Who in your life—family, friend, or yourself—do you struggle to forgive? What's stopping you?
3. How does God's forgiveness of you challenge your approach to forgiving others?

ACTION ITEMS:

- **PRACTICE FORGIVENESS:** Choose one person you need to forgive. Write a letter (you don't have to send it) expressing the hurt and your decision to let it go. Pray for them daily for a week.
- **OWN YOUR PART:** Identify a situation where you need forgiveness. Apologize to that person directly, focusing on your role without excuses.



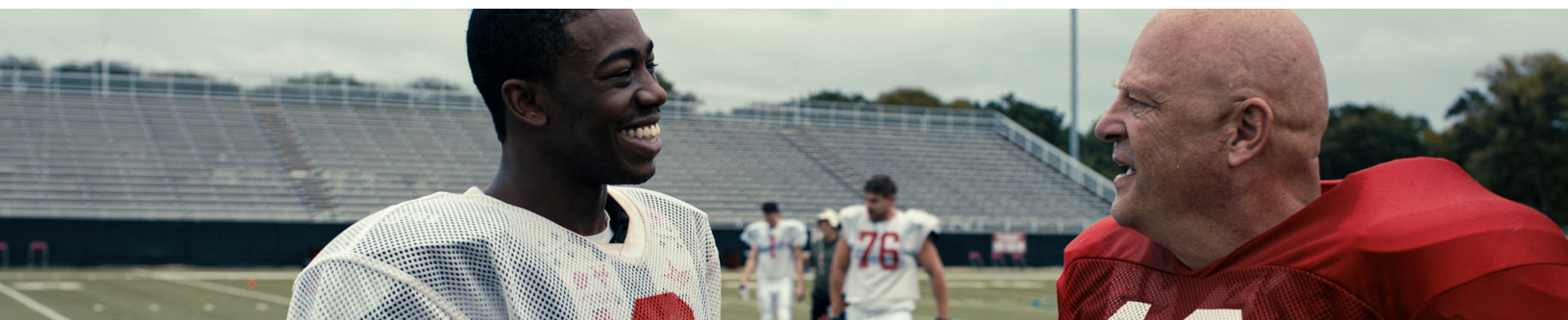
WEEK 3: SECOND CHANCES

FILM FOCUS: Mike's return to football at 59 is a bold second chance, driven by faith and determination. His story shows God offers new starts, no matter the age or odds.

SCRIPTURE: Lamentations 3:22-23 (NIV) - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

DISCUSSION QUESTIONS:

1. How does Mike's second chance inspire you? What "impossible" goal have you written off?
2. Where have you seen God give you or others a fresh start? How did it change them?
3. What's one area of your life where you need to seize a second chance (career, family, faith, relationships)?



ACTION ITEMS:

- **SET A GOAL:** Identify one area (e.g., health, marriage, faith, relationships) where you want a second chance. Write a specific, measurable goal (e.g., "Pray with my wife 3 times this week") and take the first step.
- **ENCOURAGE ANOTHER:** Find someone who feels stuck (friend, coworker, child or spouse). Speak encouragement to them about a second chance they can pursue, and offer practical support.

WEEK 4: OVERCOMING ADVERSITY

FILM FOCUS: Mike faced physical, emotional, and social challenges to play football again. His faith and grit pushed him through, showing adversity can build character.

SCRIPTURE: Romans 5:3-4 - “We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

James 1:2-3 (NIV) - “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

DISCUSSION QUESTIONS:

1. How does Mike’s story show redemption from past failures?
2. What’s the toughest challenge you’re facing now? How can faith shape your response?
3. How has past adversity built your character? Where do you need perseverance today?

ACTION ITEMS:

- **FACE A CHALLENGE:** Pick one current adversity (e.g., job stress, health issue, relationship challenges, finding purpose). Commit to one practical step this week (e.g., seek counsel, start a new habit) to confront it with faith.
- **SUPPORT A BROTHER:** Check in with a man in your group or circle who is facing hardship. Listen, pray with him, and offer a specific way to help (e.g., a meal, a ride or just to hang out and to be an encouragement to them).





WEEK 5: RESTORED FATHER-SON OR DAUGHTER RELATIONSHIPS

FILM FOCUS: The film highlights a strong father-son dynamic, amplified by Mike's father's faith decision (CBN article and reference in the movie). This restoration broke cycles of distance and pain.

SCRIPTURE: EMalachi 4:6 (NIV) - "He will turn the hearts of the parents to their children, and the hearts of the children to their parents."

DISCUSSION QUESTIONS:

1. How does The Senior portray the father-son relationship? What resonated with you?
2. What's the state of your relationship with your father, son or daughter? If strained, what's one step toward healing?
3. How can faith guide you in building or restoring family relationships?

ACTION ITEMS:

- **INVEST IN YOUR SON OR DAUGHTER:** If you're a father, plan a one-on-one with your son (or daughter) this week—coffee, a walk, or a shared task. Ask about their life and listen without fixing.
- **HONOR YOUR FATHER:** If possible, call or meet your father (or a father figure). Express gratitude for one specific thing he did for you, even if the relationship is tough.

WEEK 6: BREAKING GENERATIONAL CYCLES

FILM FOCUS: Mike's father's late-in-life faith (Scene in the movie and CBN article) shifted their family's trajectory, breaking cycles of disconnection. Mike's own choices reflect a legacy of faith and purpose.

SCRIPTURE: Joshua 24:15 (NIV) - "But as for me and my household, we will serve the Lord."

DISCUSSION QUESTIONS:

1. How did Mike's or his father's choices in *The Senior* break negative family patterns?
2. What generational cycles (e.g., anger, absence, addiction, fear, etc) do you see in your family? How can you break them?
3. What legacy do you want to leave for your children or future generations?

ACTION ITEMS:

- **DEFINE YOUR LEGACY:** Write down one value or habit (e.g., prayer, honesty, health, being present, making memories) you want to pass to the next generation. Plan a way to model it daily for the next week.
- **MENTOR OR BE MENTORED:** Find a younger man to mentor or an older man to learn from. Meet this week to discuss one specific cycle you want to break and pray together about it. See the Mentorship Guide below for detailed steps.





MENTORSHIP GUIDE: BREAKING GENERATIONAL CYCLES

To break generational cycles, connect with a mentor (an older man with wisdom) or a mentee (a younger man you can guide). This process, inspired by Mike Flynt's faith-driven transformation, helps you address patterns like those in *The Senior*. Follow these steps:

COMMON GENERATIONAL CYCLES TO BREAK

Choose one cycle to focus on. Examples include:

- **WORKAHOLISM:** Prioritizing work over family, missing time with kids (like Mike might have before his faith shift).
- **FEAR:** Avoiding risks (e.g., career changes, tough conversations), unlike Mike's bold return to football.
- **ANGER:** Explosive outbursts or suppressed conflict, damaging relationships.
- **ADDICTION:** Substance abuse, pornography, or compulsive behaviors that foster shame.
- **EMOTIONAL UNAVAILABILITY:** Being distant, leaving kids feeling unloved.
- **MATERIALISM:** Valuing wealth over faith or family.
- **SPIRITUAL APATHY:** Neglecting faith, leading kids away from God.
- **UNFORGIVENESS:** Holding grudges, fostering family resentment.
- **POOR COMMUNICATION:** Silence or criticism that stifles trust.
- **NEGLECT OF HEALTH:** Ignoring physical or mental health, modeling unhealthy habits.

STEPS TO MENTOR OR BE MENTORED

1. IDENTIFY YOUR ROLE:

- **MENTOR:** : If experienced (e.g., older, strong in faith), find a younger man (e.g., new dad, young professional) in your church, workplace, or community.
- **MENTEE:** : If seeking growth, find an older man (e.g., pastor, seasoned father) whose life reflects strength in your target area. Contact leaders like Jeff Hamilton (Dad Academy, www.dadacademy.info) or Art Hobba (Core 300, www.core300.org) for help with establishing connections.

2. CHOOSE A CYCLE: Reflect on your family history. Pick one cycle (e.g., “I’m emotionally distant like my dad”). Be specific: “I don’t talk to my kids about their day” vs. “I’m too busy.”

3. SET UP THE MEETING:

- **REACH OUT:** Text or call: “Hey [Name], I’m working on breaking a family pattern and value your perspective. Can we grab coffee this week?”
- **TIME/PLACE:** Schedule a 30-60 minute meeting (coffee shop, park, video call) within 7 days.
- **PREPARE:** Write down the cycle, one question (e.g., “How did you stay present with your kids?”), and a scripture (e.g., James 1:19-20, NIV: “Be quick to listen, slow to speak, and slow to become angry”).

4. STRUCTURE THE MEETING:

- **START WITH PRAYER:** “Lord, help us be honest and find your strength to change.”
- **SHARE YOUR STORY:** Describe the cycle (2-3 minutes, e.g., “My dad was absent, and I’m repeating that with my son”).
- **ASK FOR INPUT:** Mentors share how they broke a cycle (e.g., setting family time). Mentees ask for advice.
- **DISCUSS APPLICATION:** Agree on one step, e.g., “Leave work by 6 PM twice a week” (workaholism) or “Pause 10 seconds before reacting” (anger).
- **SHARE YOUR STORY:** Pray for the step: “God, give [Name] strength to prioritize family.”

5. FOLLOW THROUGH:

- **TAKE ACTION:** Implement the step and track progress (journal or accountability partner).
- **CHECK IN:** Text or call in 7 days to report progress and plan a follow-up.
- **CONNECT TO THE SENIOR:** Reflect on how Mike's faith-driven choices inspire your effort to break cycles.

EXAMPLE

- **CYCLE:** Emotional Unavailability.
- **MENTOR:** Contact the pastor of your church for help in finding a mentor.
- **MEETING:** Share, "I'm distant with my kids like my dad was." Pastor suggests weekly "no phones" dinners. Agree to try it.
- **PRAYER:** "Lord, help me connect with my son."
- **FOLLOW-UP:** Text Pastor: "Dinner worked; my son shared about school. Can we meet again?"

5. ADDITIONAL RESOURCES:

- **FILM CLIPS:** Use clips from The Senior or the "The Story Behind the Film with Mike and Eileen Flynt" video (if available) to spark discussion, especially scenes of Mike's determination or family moments.
- **CHECK IN:** Begin sessions with prayer for openness and end with prayer for action item commitment.
- **ACCOUNTABILITY:** Pair with one man to check in midweek on action item progress. Keep it real—no judgment.

TIPS FOR FACILITATORS:

- Encourage honest sharing without pressure to sound "spiritual." Use a timer (3-5 minutes per question) for equal participation.
- Model vulnerability by sharing your action item progress.
- For Week 6, help men identify mentors/mentees by suggesting church or Fatherhood CoMission contacts (e.g., www.fatherhoodcommission.com).

ABOUT DAVE ALMGREN:

David Almgren is a seasoned pastor with over 20 years of ministry leadership across multiple churches. As an entrepreneur, David owned a toy store for 15 years, integrating faith-based products like VeggieTales and hosting community movie events. As a published author and cohost of Two Pastors, Popcorn and a Movie, he shares his unique perspectives on faith, film, and audience engagement, making him a trusted figure in both ministry and faith-based entertainment.

ABOUT ROB CARTER:

Rob is a dedicated pastor and missionary whose passion for service shapes his work in mobilizing faith communities for outreach and transformation. Through his leadership at Jaron.org, he extends his ministry beyond California's Central Valley, supporting those in need worldwide. As an accomplished event producer and host, Rob has organized over 30 red carpet movie events, using film as a powerful tool to engage and equip churches across the Central Valley for local impact. His unique blend of faith, entertainment, and missionary work has established him as a key figure in both the local church and the global missionary community.

THE SENIOR