

A photograph of three men from behind, huddled together in a group hug. They are wearing dark athletic tank tops. The man in the center has a large, intricate tattoo on his left arm. The background is a soft-focus outdoor setting, possibly a field or stadium.

MEN HUDDLE

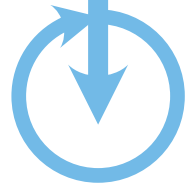
QUICKSTART PLAYBOOK



A note from Jeff Kemp

As a quarterback, in the huddle I was surrounded with men who wanted the best for me and each other. I communicated crucial plans, heard vital feedback, and made needed adjustments. Off the field, my friend huddle makes an even bigger impact in my life. Having a couple believing brothers who want my best and spur me to live in the Way of Jesus makes me a better man.

Your huddle is the place you can drop your guard, confess mistakes and aspirations, lift each other up, and find a true sense of camaraderie. You have each other's back, process your stuff, laugh, and have fun. This quickstart playbook will show you how to start or deepen your huddle.



Welcome to the team. Huddle Up!

Jeff Kemp



Why I Care

After an 11-year career as an NFL quarterback, I've invested in my family and led teams for 30 years to strengthen families and teams for others. I mentor and speak to husbands and dads, soul coach CEOs and write on manhood and facing life's blitzes.

We can't win alone. But together, our families, companies and churches can thrive if we invest in relationships... with humility like Jesus and a huddle of deep friends.

MEN HUDDLE

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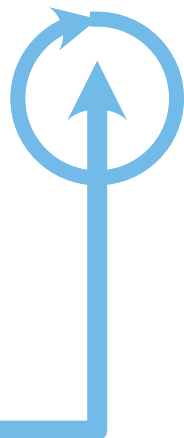
YOUR NEXT STEPS



FRIENDSHIP AND THE WAY OF JESUS



**“A MAN CAN’T GET
ANYTHING DONE
WITHOUT A TEAM”**



**MEN
HUDDLE**
QUICKSTART PLAYBOOK

A photograph of three men in conversation outdoors. The man in the center is wearing a red and black plaid shirt and glasses, holding a white coffee cup. The man on the left is wearing a light blue shirt and has glasses hanging from his shirt. The man on the right is wearing a dark suit and a green tie, holding a mobile phone to his ear. The background shows green foliage and a blurred building.

WHY MEN NEED A HUDDLE

A white outline of an upward-pointing arrow, positioned to the left of the 'MEN HUDDLE' text.

**MEN
HUDDLE**

QUICKSTART PLAYBOOK

**76% OF MEN DON'T HAVE
A CLOSE AND TRUSTED
FRIEND THEY CAN SHARE
ANYTHING WITH ON ANY
TOPIC**

– 2021 PERSPECTIVES SURVEY
BY THE SURVEY CENTER ON
AMERICAN LIFE



**MEN
HUDDLE**
QUICKSTART PLAYBOOK

MOST MEN ARE ISOLATED

If we go back to the very beginning, we see man living without flaw. In the Garden of Eden God knew that Adam, created perfect, was missing something. "It's not good for man to be alone, God said" (Genesis 2:18). If man in perfection needed a friend, how much more do you and I?

A recent survey on friendship indicated that 76% of men don't have a close and trusted friend they can share anything with, on any topic. That number sounds high because it is. Even though we are wired for community, men gravitate towards isolation—something the book of Proverbs warns against. **"Whoever isolates himself seeks his own desire; he breaks out against all sound judgment" (18:1).**

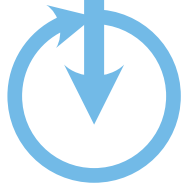
The opposite is also true. When men build a brotherhood, a small huddle of trusted friends who share every aspiration and confess any sin, our insecurities, doubts and limitations fall away. There is more strength in the unity of three (Ecclesiastes 4:12).

Jesus gathered a handful of men and introduced them to the deepest levels of friendship. **He exemplified what it looked like to be to be real, loyal, honest, and engaged in a committed, purposeful and consistent huddle.** Under Christ's leadership, those men spread His movement that changed the world.



Video Content:

[Making Men and Friends the Jesus Way](#)



Samson was a volcano of a man and judge over Israel for two decades. God had set him apart as a deliverer and given him unrivaled strength to rip apart lions and enemies (Judges 13-15). Despite his assigned authority and, incredible power, Samson's life was defined by epic and serial failures.

Those failures could be linked to Samson's lack of meaningful friendships. The groomsmen at his own wedding were strangers, and he chose to live alone in an isolated cave (Judges 14:10-11; 15:8). Samson operated solo. He kept it all inside. He kept it all for himself. His "no friends" and "no feedback" approach backfired.

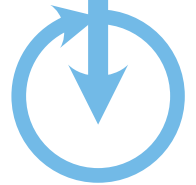
Mike Woodruff is a friend, pastor & author on friendship. He points out:

- we are wired for friends
- life is better with friends
- good friends raise us up
- when it comes to friends, **we must be intentional**

Not all of our friendships are the same, and that's OK. However, knowing the role of the best kind of friendships and knowing your gaps in friendship can make all the difference.

Here are five levels of friendship, and to reach the highest level, we've got to be intentional. On the next page we've laid them out so you can identify deep friendship and aim for the best.

*LEVEL 5 FRIENDSHIP was inspired by Jesus. But also by Jim Collin's phrase "Level Five Leader" in *GOOD TO GREAT*, and by Mike Woodruff describing four levels of friends in *FRIENDS FOR THE BROKEN*.



LEVEL 5 FRIENDSHIP

Level 5—Deep Friendship

This friendship adds a purposeful commitment to meet and consistently connect. You disclose struggles, pray for each other, confess sins, erase secrets, stay accountable, and pull each other closer to Jesus and our Abba Father.

Level 4—Strong Friendship

You trust each other. You'll talk about meaningful parts of your life. You're open and honest, but not completely.

Level 3—Good Friendship

You're close enough to joke around and open up a bit. There's some trust...and some caution. He knows you, but nothing really deep or private.

Level 2—Basic Friendship

You act friendly, barely connect, and speak about the usual stuff on a surface level only.

Level 1—Casual Friendship

This is a guy you've met and may or may not remember his name.

WHAT'S A MEN'S HUDDLE?



**MEN
HUDDLE**

QUICKSTART PLAYBOOK

An NFL huddle is a trusted team coming together to communicate a plan of attack that will overcome any opposition or blitz. It's not much different for friends who huddle about their lives.

A Men's Huddle is a tight group of 3-4 friends meeting weekly to help each other. They feel accepted and supported as they process their lives together and improve as men. It's a brotherhood who choose to live in the light to become more like Jesus—beloved sons of our heavenly Father.

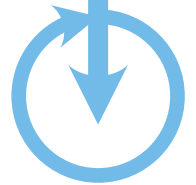
A Men's Huddle has the following characteristics:

- ▶ **Consistent Meeting**— A weekly frequency and dependability is powerful and protective.
- ▶ **Defined Purpose**—We grow closer to Christ and one another. The huddle helps us overcome past mistakes or wounds and become the men He invites us to be.
- ▶ **Confidential**—The huddle is a safe, judgment-free place to discuss and pray about the most important things going on in our lives.
- ▶ **Transformative**— The huddle is where we're transparent about the past and vulnerable about right now. It's built for encouragement - open disclosure, confession, and self-awareness so we can grow.
- ▶ **Fun**—A tight-knit team enjoying true friendship, laughter, and support.



Video Content:

[How to rid yourself of guilt and shame](#)



HURDLES & CONCERNS

Will I get exposed as a loser or failure?

Not if you define the purpose and loyalty of the group. Other guys feel the same. This is God's team approach for turning your story around.

Will I get burned? I can't have a guy spread my "stuff".

It's very unlikely if you all discuss, define and agree, "We're confidential. We've got our backs." Don't join a huddle unless everyone agrees.

Another meeting! Family, work, and travel take most of my time.

Can you schedule 60 minutes a week for a friendship call that improves the rest of your week, your family, and work life?

My last group never got honest and drifted apart.

Don't give up on deep friendship. Ask God who needs to be in your huddle. Tell guys upfront what they are signing up to do.

I can't lead this. I'm not qualified.

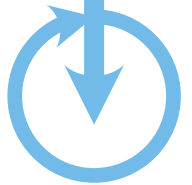
You don't need to. It's friendship...not teaching, fixing, or impressing each other. Just clearly propose it and help schedule it.

Will this compete with or expand our ministry to men?

What if every man asked new guys, "Do you have a couple deep friendships? Want to try huddling?" More men will engage.

How will this impact our Bible study and other groups?

Deep friendship grows discipleship and hunger for God's word. Huddling can become an on-ramp to your other men's groups.



A photograph of three men sitting in the back of a vehicle, laughing and looking at a smartphone held by the man in the center. The image is overlaid with a semi-transparent dark filter.

HOW TO LAUNCH A MEN'S HUDDLE



**MEN
HUDDLE**

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Benjamin Franklin was credited with saying, "If you fail to plan, you are planning to fail." Great friendship and a Men's Huddle won't simply happen. You go to be intentional.

ONE

Choose your teammates—Pray. Think through the close friendships in your life and ask God to show you who you need to invite to huddle.

TWO

Define the huddle—Once you have 2-3 names of guys you're ready to trust, tell them what a huddle is. Cast the vision of what you believe and hope this group can be. Remind them it's the way of Jesus, the lifestyle He modeled in the gospels. Say something like, "Let's deepen our friendship by huddling weekly to grow into better men. We'll talk about the most important things going on in our lives. We'll encourage, pray for, and have each other's back. It'll be valuable and fun."

THREE

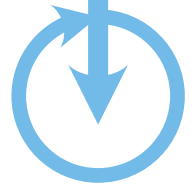
Choose a time—Consistent meeting is crucial to a huddle. Have each guy throw out a few days and times that work for him. Agree on your time as a group. Set the time and commit to it. Moving it around willy-nilly will dissolve it. Each guy is a leader, responsible for meeting or rescheduling it when necessary.

FOUR

Choose a place—Coffee shop, favorite deli, your basement, local church, Zoom or phone. It can be guys who live in different cities or guys who meet (or even walk together) in person. Make sure the place is quiet and private so you don't have to yell, "I just got caught and fired" in a packed Waffle House at 2 a.m.

FIVE

Commit—Get some hustle. Dive in. Explain it to a buddy or two. Ask if he wants this too. Start your huddle and first meeting.



A photograph of three men standing outdoors in front of a multi-story building with a fire escape. The man on the left is Black with a grey beard, wearing a red and blue plaid shirt. The man in the center has red hair and is wearing a light purple button-down shirt with his arms crossed. The man on the right is white with a beard, wearing a dark grey sweater over a light blue collared shirt. The entire image is framed by a white border.

A PLAN FOR YOUR FIRST HUDDLE



**MEN
HUDDLE**

QUICKSTART PLAYBOOK

OKAY, you have a couple of guys excited and committed to joining a huddle; let's tackle three of the biggest questions men have.

WHAT DO WE DO?

Eventually, your huddle will ease into simply showing up and sharing what's most important in your life and heart. Most guys are not fans of sitting in a circle being asked about their "feelings". We're kinda like Ricky Bobby in Talladega Nights with the media after his first win, "I'm not sure what to do with my hands."

HOW DO WE START?

Guys may need a meal, bonfire, or adventure to loosen up a bit. Telling your life stories is a great start, even for your first several meetings.

So, your first huddle...

You may want a little action or distraction. A great meal, killer cup of coffee, or throwing axes at a target may help. "Doing" something might distract them from the fact that they're sharing real stuff.

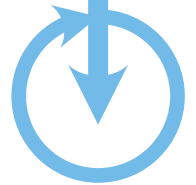
WHAT DO WE TALK ABOUT FIRST?

An easy way to launch your huddle meetings is sharing about your dads. You'll all open up and get to know each other quickly. You can unpack your life stories (childhood, blitzes & key chapters) in the first few meetings.



Video Content:

[Easy steps to get your huddle started](#)



YOUR HUDDLE PLAN

Your huddle plan each week is simple. It's God's agenda, not a curriculum, study, or interview. It's as simple as asking Father God to help you examine yourself with a quick x-ray of the main aspects of your life and then voluntarily sharing the crucial things He wants you to process. Here's each week's simple flow as you each invite one another to self-disclose and pray:

1. What's the most important thing for you to talk about?

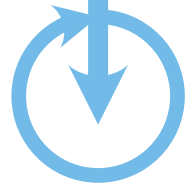
- gratitude - what's going well
- concern - what's not
- struggle - a pressing trial or temptation
- sin - to confess, break its power and live in the light
- question - what you're asking Father God to show you

2. How can we pray for you?

3. What's Father God saying to you from His Word?

- we go to God's Word as His sons to hear from our Father
- His word is our best food and true authority
- we share our "aha moments," but don't teach, fix, or impress

* Just before you gather or get on your huddle call, ask God to help you do a quick x-ray of your soul and life today. The Self X-Ray can help you quickly assess seven aspects of your life. Let His Spirit guide what's important to share.

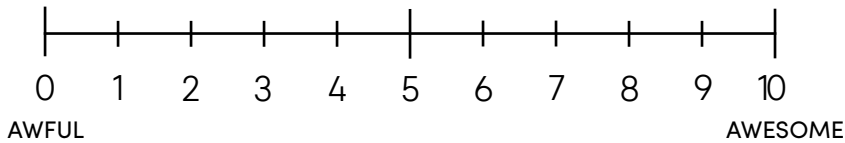


NAME _____

**HOW FAITHFUL, HEALTHY & STRONG
ARE YOU IN THESE AREAS.**

**DESCRIBE IT IN ONE WORD
OR METAPHOR.**

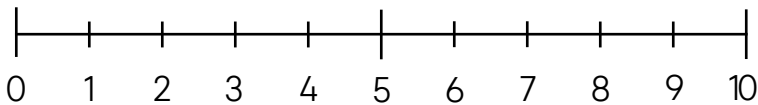
GOD



WIFE



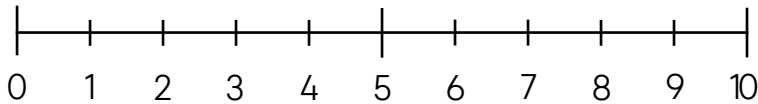
FAMILY



PERSONAL



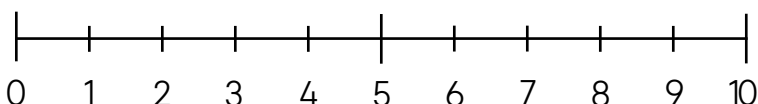
TEMPTATIONS AND RISKS



WORK CAREER



KINGDOM INFLUENCE



A photograph of three men laughing together outdoors at night. The man in the center is wearing a dark hoodie with white stripes on the sleeves and a dark beanie. The man on the left is wearing a dark hoodie and sunglasses. The man on the right is wearing a light-colored cap and a pink hoodie. The background shows a street with buildings and string lights.

YOUR NEXT STEPS



**MEN
HUDDLE**

QUICKSTART PLAYBOOK

1 DECIDE TO DO A MEN'S HUDDLE

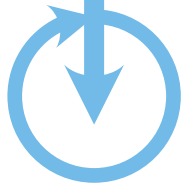
2 INVITE GUYS TO HUDDLE

3 SET THE TIME AND A WAY FOR YOUR FIRST HUDDLE

Deep Friendship is THE WAY OF JESUS. You can make huddling and Level 5 Friendship fit the DNA of your life, church, or organization. We'd love to support you, so please connect and utilize additional content.

[Visit JeffKempTeam.com for more resources or to connect with Jeff.](http://www.jeffkemp.com)

I'd love for you to share this with friend, leader or your pastor. Help me meet them by copying Jeff@JeffKempTeam.com on your email.



FRIENDSHIPS AND THE WAY OF JESUS

1 JOHN 1:7 NLT

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

PROVERBS 27:17 NLT

As iron sharpens iron, a friend sharpens a friend.

HEBREWS 10:24-25 NIV

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

GALATIANS 6:2-4 NLT

Share each other's burdens; it's the way to obey the law of Christ.

JAMES 5:16 NIV

Confess your sins to one another and pray for one another, that you may be healed.

PROVERBS 17:17 NIV

A friend loves at all times, and a brother is born for a time of adversity.

