

JASON WILSON

BATTLE CRY



WAGING AND WINNING
THE WAR WITHIN

A PDF COMPANION TO THE AUDIOBOOK

Battle Cry

© 2021 by Yah Dabar LLC

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Published in Nashville, Tennessee, by Nelson Books, an imprint of Thomas Nelson. Nelson Books and Thomas Nelson are registered trademarks of HarperCollins Christian Publishing, Inc.

Thomas Nelson titles may be purchased in bulk for educational, business, fundraising, or sales promotional use. For information, please email SpecialMarkets@ThomasNelson.com.

Unless otherwise noted, Scripture quotations are taken from the New American Standard Bible[®]. Copyright © 1960, 1971, 1977, 1995 (NASB) by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org.

Scripture quotations marked CEV are from the Contemporary English Version. Copyright © 1991, 1992, 1995 by American Bible Society. Used by permission.

Scripture quotations marked ESV are from the ESV[®] Bible (The Holy Bible, English Standard Version[®]). Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. All rights reserved.

Scripture quotations marked KJV are from the King James Version of the Bible. Public Domain.

Scripture quotations marked NIV are from the Holy Bible, New International Version[®], NIV[®]. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.[®] Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.[®]

Scripture quotations marked NKJV are from the New King James Version[®]. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are from the Holy Bible, New Living Translation. Copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked TLB are from The Living Bible. Copyright © 1971. Used by permission of Tyndale House Publishers, a division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved.

Any internet addresses, phone numbers, or company or product information printed in this book are offered as a resource and are not intended in any way to be or to imply an endorsement by Thomas Nelson, nor does Thomas Nelson vouch for the existence, content, or services of these sites, phone numbers, companies, or products beyond the life of this book.

Names and identifying characteristics of some individuals have been changed to preserve their privacy.

Emotional Stability Training is a registered trademark and is used with permission.

The information in this book has been carefully researched by the author and is intended to be a source of information only. It is based on the research and observations of the author, who is not a medical doctor. While the methods contained herein can and do work, readers are urged to consult with their physicians or other professional advisors to address specific medical or other issues. The author and the publisher assume no responsibility for any injuries suffered or damages or losses incurred during or as a result of the use or application of the information contained herein.

Library of Congress Cataloging-in-Publication Data

Names: Wilson, Jason, author.

Title: Battle cry : waging and winning the war within / Jason Wilson.

Description: Nashville, Tennessee : Thomas Nelson, [2021] | Includes bibliographical references. | Summary:

“Defying a culture that proclaims “real men don’t cry,” Jason Wilson calls readers to unlearn society’s definition of masculinity and discover the freedom and healing of engaging with and mastering their emotions”- Provided by publisher.

Identifiers: LCCN 2021007477 (print) | LCCN 2021007478 (ebook) | ISBN 9781400226993 (trade paperback) | ISBN 9781400228171 (epub)

Subjects: LCSH: Christian men--Religious life. | Emotions. | Masculinity. | Men--Identity. | BISAC: SELF-HELP / Emotions | SELF-HELP / Communication & Social Skills

Classification: LCC BV4528.2 .W529 2021 (print) | LCC BV4528.2 (ebook) | DDC 248.8/42--dc23

LC record available at <https://lcn.loc.gov/2021007477>

LC ebook record available at <https://lcn.loc.gov/2021007478>

Printed in the United States of America

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

RESOURCES

Cry Like a Man Website: www.crylikeaman.com

This is a comprehensive website for men to learn how to “cry” while being sharpened by other men in a safe space. Here you’ll find inspirational and informational blogs and videos, emotional and mental health resources, forums, and support groups in your area.

The Crucible Weekend: www.thecrucibleproject.org

Unlike other Christian men’s retreats, The Crucible Project’s weekend for men will “challenge you to take a hard look at what is and is not working in your life.” You’ll wrestle with God in a safe space, discover new truths about yourself, and embrace your God-given masculinity. Man by man, this work is “changing hearts, marriages, families, churches, careers, and cities.”

Edge Venture: www.edgeventure.org

This incredible experiential retreat uses biblical principles

and proven communal techniques to help men connect with the Holy Spirit and look at the things that are preventing them from living liberated lives.

K.I.N.G.: www.kingmovement.com

K.I.N.G. is a national nondenominational Christian movement that strengthens men in their personal relationship with Jesus Christ “by providing brotherhood, encouragement, accountability, knowledge, and fellowship,” according to the “About” page on their website. The acronym stands for Knowledge, Inspiration, and Nurture through God. K.I.N.G. seeks to “unite true Bible-believing Christian men across racial, denominational, generational and political lines.”

National Alliance on Mental Illness: <https://www.nami.org> | 800-950-6264

NAMI is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org | 800-273-8255

According to the “We Can All Prevent Suicide” page on the National Suicide Prevention Lifeline website, “Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.”