

14 Contrasts Between Biblical and Toxic Masculinity

We live in a cultural moment where confusion around masculinity is reaching a boiling point. As society reacts to decades of emasculation and passive male archetypes, many young men are being swept up by a pendulum swing in the opposite direction—toward a hyper-aggressive, self-exalting and dehumanizing form of manhood. Influencers like Andrew Tate have built global platforms by marketing this toxic brand of masculinity, packaging dominance, wealth and sexual conquest as the highest expression of what it means to be a man.

But the Word of God offers a vastly different—and far more glorious—vision for manhood. There are distinct ways God calls men to reflect His image, not through domination but through service, not by controlling others but by cultivating them.

In Job 38:3, God says, “Brace yourself like a man; I will question you, and you shall answer me.” Similarly, in Ezekiel 2:1, the Lord commands the prophet, “Stand up on your feet and I will speak to you.” These moments illustrate that masculinity is not incidental but intentional. It is a calling to rise, to listen, and to lead—on God’s terms, not the world’s.

As we approach Father’s Day, let us reflect on what true manhood looks like—not through the distorted lens of culture but through the eternal lens of Scripture.

Here are 14 contrasts between biblical and toxic masculinity:

1. Biblical Masculinity Is Self-Sacrificing; Toxic Masculinity Is Self-Serving

The highest picture of manhood is Jesus Christ laying down His

life for others (John 15:13). Biblical masculinity gives for the sake of others. Toxic masculinity demands that others give for the sake of self. One leads with a towel and a basin, the other with a fist and a threat.

2. Biblical Masculinity Cultivates Transformational Relationships; Toxic Masculinity Objectifies People

Biblical manhood sees people as image-bearers to be nurtured and uplifted. Toxic masculinity views people—especially women—as tools for personal validation or conquest. Where biblical masculinity builds others, toxic masculinity uses them.

3. Biblical Masculinity Stands for Truth; Toxic Masculinity Stands for Ego

Biblical men are like Daniel, who stood firm in Babylon despite the cost. Toxic masculinity, however, defends its pride at the expense of truth. It prioritizes personal agendas over principle and manipulation over integrity.

4. Biblical Masculinity Honors Women; Toxic Masculinity Controls Them

First Peter 3:7 instructs husbands to honor their wives as co-heirs of the grace of life. A real man elevates and protects the dignity of women. Toxic masculinity, by contrast, treats women as subordinates to be ruled or trophies to be displayed.

5. Biblical Masculinity Sacrifices for the Wife; Toxic Masculinity Sacrifices the Wife

A godly husband lays down his life for his bride, as Christ did for the church (Ephesians 5:25). Toxic masculinity,

however, demands that the wife lay down her life to meet the man's appetites. It inverts divine design by making marriage about domination rather than mutual edification.

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6. Biblical Masculinity Exercises Power Through Meekness; Toxic Masculinity Uses Power to Intimidate

Jesus, the most powerful man to walk the earth, described Himself as "meek and lowly of heart" (Matthew 11:29). Biblical masculinity exercises restraint and wisdom. Toxic masculinity uses strength to suppress, dominate, and silence.

7. Biblical Masculinity Returns Good for Evil; Toxic Masculinity Seeks Revenge

Scripture tells men to "turn the other cheek" (Matthew 5:39) and to leave vengeance to God (Romans 12:19). The biblical man trusts God's justice. Toxic masculinity lashes out, harboring grudges and repaying offense with fury.

8. Biblical Masculinity Glories in Weakness; Toxic Masculinity Glories in Self-Sufficiency

Paul says, "I will boast all the more gladly of my weaknesses, so that Christ's power may rest on me" (2 Corinthians 12:9). Biblical masculinity finds strength in dependence on God. Toxic masculinity sees any dependence or vulnerability as a weakness to be shunned.

9. Biblical Masculinity Shows Empathy; Toxic Masculinity Is Emotionally Detached

Jesus wept (John 11:35). Biblical masculinity is not emotionally repressed—it feels deeply and enters the pain of others. Toxic masculinity, on the other hand, views compassion as a weakness and dismisses the suffering of others.

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10. Biblical Masculinity Is Humble and Transparent; Toxic Masculinity Masks Fear With Swagger

Biblical manhood walks in the light, acknowledging failure and seeking accountability. Toxic masculinity wears a mask of invincibility, never apologizing, never admitting wrong. It is a facade built to hide fear.

11. Biblical Masculinity Protects the Weak; Toxic Masculinity Exploits Them

Psalm 82:3 commands us to “defend the weak and the fatherless.” Biblical masculinity uses strength to guard and cover. Toxic masculinity uses strength to exploit and dominate, preying on vulnerability rather than protecting it.

12. Biblical Masculinity Walks in Love and Forgiveness; Toxic Masculinity Harbors Bitterness and Envy

Love is patient and kind and keeps no record of wrongs (1 Corinthians 13). Biblical masculinity extends grace. Toxic masculinity festers in bitterness, especially toward those stronger or more successful. It competes, compares and condemns.

13. Biblical Masculinity Champions Others' Success; Toxic Masculinity Competes to Be the Alpha

Philippians 2:3 urges us to “consider others more significant than yourselves.” Biblical masculinity delights in empowering others. Toxic masculinity constantly competes for dominance, interpreting others' wins as personal threats.

14. Biblical Masculinity Honors God-Fearing Men; Toxic Masculinity Demands to Be Feared

Psalm 15:4 commends the man who “honors those who fear the Lord.” Biblical masculinity respects humility and spiritual authority. Toxic masculinity, however, honors only strength, dominance or those who intimidate others.

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As men of God, we must reject both the emasculation of manhood and the counterfeit masculinity that culture promotes. We are called to embody a strength that submits to God, protects the weak, and loves with courage. Whether you’re a father, son or husband, the sacred text is clear on how God expects real men to function in this life.

Dr. Joseph Mattera is an internationally-known author, consultant and theologian whose mission is to influence leaders who influence culture. He is the founding pastor of Resurrection Church, and leads several organizations, including The U.S. Coalition of Apostolic Leaders and Christ Covenant Coalition. Dr. Mattera is the author of 13 bestselling books, including his latest *The Purpose, Power, and Process of Prophetic Ministry*, and is renowned for applying Scripture to contemporary culture.