

## EVERY MAN COMPLETE

### WEEK 1 PARTICIPANT WORKBOOK

#### The Performance Trap & The Mask We Wear

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#### WEEK 1 OVERVIEW

**Core Question:** What happens when we stop performing and start becoming?

**Memory Verse:** *"Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."* - Matthew 11:28-30 (NASB)

**This Week's Journey:** You'll discover how performance-based masculinity has wounded you, identify the masks you wear, and begin to remove them. This is the foundation of your 12-week transformation.

**Weekly Practice:** Daily Examen (10 minutes before bed)

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#### OPENING MEDITATION

*"The spiritual life is not a life before, after, or beyond our everyday existence. No, the spiritual life can only be real when it is lived in the midst of the pains and joys of the here and now."*

— Henri Nouwen, *Here and Now*

Before you begin, pause and acknowledge:

- You don't have to have it all together to start this journey
- Your brokenness is not disqualifying—it's your entrance fee
- God's love for you is not based on your performance
- You are exactly where you need to be

*"Lord, help me see myself as You see me. Give me courage to remove my mask. Amen."*

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#### DAY 1: THE IMPOSSIBLE STANDARD

##### Opening Prayer

*"Father, I'm tired of pretending. Show me the masks I wear. Give me courage to look honestly at what has shaped me. Amen."*

**Scripture Reading: Matthew 23:25-28 (NASB)**

*"Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence. You blind Pharisee, first clean the inside of the cup and of the dish, so that the outside of it may also become clean. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which on the outside appear beautiful, but inside they are full of dead men's bones and all uncleanness. So you too, outwardly appear righteous to people, but inwardly you are full of hypocrisy and lawlessness."*

**Additional Scripture: 1 Samuel 16:7 (NASB)**

*"But the Lord said to Samuel, 'Do not look at his appearance or at the height of his stature, because I have rejected him; for God does not see as man sees, since man looks at the outward appearance, but the Lord looks at the heart.'"*

**Theological Reflection**

**Brennan Manning writes:** *"The greatest single cause of atheism in the world today is Christians who acknowledge Jesus with their lips and walk out the door and deny Him by their lifestyle. That is what an unbelieving world simply finds unbelievable."* — *The Ragamuffin Gospel*

**Dallas Willard observes:** *"The disciple of Jesus is not the deluxe or heavy-duty model of the Christian—especially padded, textured, streamlined, and empowered for the fast lane on the straight and narrow way. He stands on the pages of the New Testament as the first level of basic transportation in the kingdom of God."* — *The Spirit of the Disciplines*

**Reflection Questions**

1. **When did you first become aware that being a "good Christian man" meant performing?**

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2. **What were the external markers of a "godly man" in your church/family?** (Check all that apply) ☐ Daily quiet time/Bible reading ☐ Being the spiritual leader ☐ Not showing weakness ☐ Having your life together ☐ Never struggling with sin (or never

admitting it) ☐ Being successful/providing well ☐ Other:

\_\_\_\_\_

3. **Jesus called the Pharisees "whitewashed tombs"—beautiful outside, dead inside. When have you felt like a whitewashed tomb?**

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### **Today's Practice: The Mask Inventory**

List the different "masks" you wear in different contexts.

<b>Context</b>	<b>The Mask I Wear</b>	<b>What I'm Hiding</b>
At church	_____	_____
At work	_____	_____
At home	_____	_____
With men	_____	_____
Alone with God	_____	_____

### **Closing Prayer**

*"Lord, I confess I've been more concerned with appearing righteous than being real. Forgive me for the exhausting work of maintaining my image. Help me trust that You love the real me, not the performed me. Amen."*

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## **DAY 2: CULTURAL & RELIGIOUS MESSAGES**

### **Opening Prayer**

*"God, help me see how the world and religion have shaped my understanding of manhood. Show me what is cultural versus what is kingdom. Amen."*

### **Scripture Reading: Romans 12:2 (NASB)**

*"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."*

### Additional Scripture: Galatians 5:1 (NASB)

*"It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery."*

### Theological Reflection

**Richard Rohr on masculine socialization:** *"Most men have not been fathered or initiated. We have been 'sistered' by our mothers and the general culture, but not 'brothered' or mentored by our fathers or healthy male figures. We don't know how to be men except through the distorted images the culture gives us."* — *From Wild Man to Wise Man*

**Dietrich Bonhoeffer on cheap grace:** *"Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ."* — *The Cost of Discipleship*

### Reflection Questions

1. **What messages about masculinity did you receive from culture/media?**

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2. **What religious "add-ons" to the gospel did you receive?** (Check all that apply) ☐  
Daily quiet time or you're not serious about God ☐ Be the spiritual leader (but we won't tell you how) ☐ Never struggle with lust (or at least never admit it) ☐ Tithe 10% minimum ☐ Attend every service ☐ Other: \_\_\_\_\_
3. **Jesus said His yoke is easy and His burden is light. How does your experience of Christianity compare?**

My yoke feels: (circle) 1 ----- 2 ----- 3 ----- 4 ----- 5 Very Heavy Moderate Very Light

### Today's Practice: Cultural vs. Kingdom

#### Cultural Message

#### Kingdom Alternative

Real men don't cry

Jesus wept (John 11:35)

Provide or you're worthless

\_\_\_\_\_

Weakness is unacceptable

\_\_\_\_\_

## Cultural Message

## Kingdom Alternative

Your value = your performance \_\_\_\_\_

Never ask for help \_\_\_\_\_

### Closing Prayer

*"Father, I have been conformed to this world's pattern for too long. Transform me by renewing my mind. Help me see masculinity through Your eyes, not culture's eyes. Break the yoke of religious slavery. Amen."*

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## DAY 3: THE COST OF PRETENDING

### Opening Prayer

*"God of truth, show me what it has cost me to maintain my image. Give me courage to count the losses. Amen."*

### Scripture Reading: Psalm 32:3-5 (NASB)

*"When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer. I acknowledged my sin to You, and my wrongdoing I did not hide; I said, 'I will confess my wrongdoings to the Lord'; and You forgave the guilt of my sin."*

### Additional Scripture: James 5:16 (NASB)

*"Therefore, confess your sins to one another, and pray for one another so that you may be healed."*

### Theological Reflection

**Henri Nouwen on the cost of hiding:** *"When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand."* — *Out of Solitude*

**Brennan Manning on honesty:** *"In my experience, self-hatred is the dominant malaise crippling Christians and stifling their growth in the Holy Spirit."* — *Abba's Child*

### Reflection Questions

1. **What has the performance trap cost you?** (Check all that apply)

**Physical:** ☐ Chronic stress ☐ Sleep problems ☐ Health issues ☐ Exhaustion **Emotional:** ☐ Depression ☐ Shame ☐ Fear of being found out ☐ Anger **Relational:** ☐ Distant from spouse ☐ No real friendships ☐ Isolation **Spiritual:** ☐ Dry prayer life ☐ Going through motions ☐ Doubting God's love

2. **The psalmist said, "When I kept silent, my body wasted away." What have you kept silent about?**

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3. **Who in your life knows the real you?** ☐ My spouse knows most of it ☐ One close friend ☐ My therapist/counselor ☐ God only ☐ No one really knows me

### Today's Practice: Cost/Benefit Analysis

#### What Performance Has Cost Me    What Authenticity Might Gain Me

_____	_____
_____	_____
_____	_____

Looking at both columns, is the cost of pretending worth it? \_\_\_\_\_

#### Closing Prayer

*"Father, I have paid too high a price for maintaining my image. I'm exhausted from pretending. I acknowledge the cost—to my body, my emotions, my relationships, my soul. I'm ready to stop hiding. Give me courage to be known. Amen."*

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### DAY 4: THE WOUNDED HEALER & LIVING FROM REST

#### Opening Prayer

*"Jesus, wounded healer, show me how my wounds can become sacred scars. Teach me that brokenness is not disqualifying. Help me rest. Amen."*

#### Scripture Reading: 2 Corinthians 1:3-4 (NASB)

*"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God."*

### **Additional Scripture: Matthew 11:28-30 (NASB)**

*"Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."*

### **Theological Reflection**

**Henri Nouwen on the wounded healer:** *"Nobody escapes being wounded. We all are wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not 'How can we hide our wounds?' so we don't have to be embarrassed, but 'How can we put our woundedness in the service of others?'" — The Wounded Healer*

**Eugene Peterson on rest:** *"The root of our disquiet is spiritual. We have lost the art of keeping the Sabbath, lost the wisdom of being receptive and celebrative instead of aggressive and acquisitive." — Working the Angles*

### **Reflection Questions**

1. **What are your deepest wounds?**

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2. **Paul said, "When I am weak, then I am strong" (2 Cor 12:10). How does this contradict what you've been taught about masculinity?**

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3. **Jesus invites the "weary and burdened" to find rest. What are you weary from?**

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4. **What burdens are you carrying that Jesus never asked you to carry?**

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### **Today's Practice: Wound & Rest Inventory**

#### **My Wound How God Might Redeem It Burden I Need to Release**

_____	_____	_____
_____	_____	_____

## My Wound How God Might Redeem It Burden I Need to Release

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### Closing Prayer

*"Lord Jesus, You know my wounds. You were wounded for me. Teach me that my brokenness is not my disqualification but my credential. Help me believe that Your power is perfected in my weakness. Your yoke is easy and Your burden is light, but I've been carrying heavy burdens of my own making. Teach me to rest. Amen."*

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## DAY 5: THE DAILY EXAMEN PRACTICE

### Opening Prayer

*"Holy Spirit, teach me to pause and reflect. Help me see where I've been authentic and where I've been performing. Amen."*

### Scripture Reading: Psalm 139:23-24 (NASB)

*"Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way."*

### Additional Scripture: Lamentations 3:40 (NASB)

*"Let us examine and probe our ways, and let us return to the Lord."*

### Theological Reflection

**Ignatius of Loyola** created the Daily Examen 500 years ago as a simple prayer practice to help people notice God's presence throughout their day.

**Dallas Willard on self-examination:** *"Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action."* — *The Great Omission*

**Henri Nouwen on awareness:** *"To experience the healing presence of God, we have to dare to be present to ourselves."* — *Here and Now*

### The Daily Examen (10 Minutes)

This will be your core practice for all 12 weeks. Do this every night before bed.

### STEP 1: Become aware of God's presence (1 min)

- Breathe deeply, invite the Holy Spirit



- "Lord, help me see this day through Your eyes"

**STEP 2: Review the day with gratitude (2 min)**

- What moment brought joy?
- Where did I feel most alive?
- Thank God for specific gifts

**STEP 3: Pay attention to your emotions (2 min)**

- When did I feel peace? Anxiety?
- When did I feel like myself? Like I was performing?
- What triggered shame or anger?

**STEP 4: Choose one feature of the day (2 min)**

- Where did I hide behind a mask?
- Where did I show up authentically?
- Where did I see God at work?

**STEP 5: Look toward tomorrow (1 min)**

- What do I need from God tomorrow?
- Where will I be tempted to perform?
- "Lord, help me be authentic, not perfect"

**Reflection Questions**

1. **What makes daily reflection difficult for you?** ☐ My mind won't stop ☐ I feel guilty when not productive ☐ I don't know how to just "be" ☐ Stillness makes me anxious  
☐ Other: \_\_\_\_\_
2. **Commit to trying the Examen for 7 days. What time will you do it?**

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**Today's Practice: Try It Now**

**Do the Examen right now for today:**

- What am I grateful for today? \_\_\_\_\_

- Where did I perform today?

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- Where was I authentic today?

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- What do I need from God tomorrow?

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### **Closing Prayer**

*"Lord, teach me this practice of pausing and noticing. Help me see where I'm performing vs. where I'm being real. Make this practice a grace-filled discipline, not another performance burden. Amen."*

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## **DAY 6: SABBATH REFLECTION**

### **Opening Prayer**

*"Father, on this Sabbath day, help me rest in Your love rather than strive for Your approval. Amen."*

### **Scripture Reading: Hebrews 4:9-11 (NASB)**

*"So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest."*

### **Additional Scripture: Exodus 20:8-10 (NASB)**

*"Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the Lord your God."*

### **Theological Reflection**

**Abraham Joshua Heschel on Sabbath:** *"The Sabbath is not for the sake of the weekdays; the weekdays are for the sake of Sabbath. It is not an interlude but the climax of living." — The Sabbath*

**Wayne Muller on rest:** *"In the relentless busyness of modern life, we have lost the rhythm between work and rest. All of life has become an emergency. We have forgotten how to rest." — Sabbath: Finding Rest, Renewal, and Delight*

### **Reflection Questions**

1. **When did you last experience true rest—not just physical rest, but soul rest?**

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2. **What makes it difficult for you to rest?** ☐ Guilt ("I should be doing something") ☐  
Fear (worrying about what might happen) ☐ Identity (my worth is tied to productivity)  
☐ Control (if I rest, things will fall apart)

3. **The Sabbath commandment begins with "Remember." Why do we forget to rest?**

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### **Today's Practice: Sabbath Experiment**

**Today, practice resting. Choose 2-3:**

☐ No work of any kind for 4+ hours ☐ Silence your phone ☐ Take a nap without guilt ☐  
Spend time in nature ☐ Play (do something just for joy) ☐ Worship without agenda ☐ Have  
an unhurried meal ☐ Sit in silence for 20 minutes

### **After your Sabbath experiment:**

What did I notice when I stopped performing? \_\_\_\_\_

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What feelings came up when I allowed myself to rest? \_\_\_\_\_

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### **Closing Prayer**

*"Lord of the Sabbath, teach me to rest in You. Help me believe that my value doesn't come from my productivity. Let me experience the Sabbath rest You promise. Amen."*

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## **DAY 7: WEEK 1 INTEGRATION**

### **Opening Prayer**

*"Holy Spirit, help me integrate what I've learned this week. Show me what You want me to remember and what You want me to release. Amen."*

### **Weekly Review: Looking Back**

**1. The most significant insight from this week:**

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**2. What resistance or emotion came up:**

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**3. Daily Examen tracking:**

**Day Did Examen? Moment of Performance Moment of Authenticity**

Mon Yes / No \_\_\_\_\_

Tue Yes / No \_\_\_\_\_

Wed Yes / No \_\_\_\_\_

Thu Yes / No \_\_\_\_\_

Fri Yes / No \_\_\_\_\_

Sat Yes / No \_\_\_\_\_

Sun Yes / No \_\_\_\_\_

**Total days: \_\_\_\_\_ out of 7**

**4. What did the Examen reveal to you?**

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**Integration Exercise: Letter to Your Performing Self**

Write a letter to the part of you that feels the need to perform.

Dear \_\_\_\_\_ (your name),

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With grace, \_\_\_\_\_ (sign your name)

### **Accountability Triad Check-In**

**This week, share with your triad:**

1. Where did I recognize myself performing this week?
2. One mask I identified
3. My biggest struggle with the Daily Examen
4. Prayer request for Week 2

### **Preparation for Week 2**

**Next Week's Theme:** False Self vs. True Self & The Beloved Identity

**Next Week's Memory Verse:** *"Therefore if anyone is in Christ, this person is a new creature; the old things passed away; behold, new things have come."* - 2 Corinthians 5:17 (NASB)

**What I'm taking into Week 2:**

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**What I'm leaving behind:**

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### **Closing Blessing**

*"May the God who sees you, loves you, and calls you beloved give you the courage to remove your mask. May His grace be sufficient for your weakness. May His rest be your refuge from performance. And may you discover that you are already complete in Christ. Amen."*

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### **END OF WEEK 1 WORKBOOK**

**Great work this week! You've begun the journey from performance to authenticity. Keep practicing the Daily Examen—it's the foundation for everything ahead.**

**See you at Week 2 group session!**

## EVERY MAN COMPLETE

### WEEK 2 PARTICIPANT WORKBOOK

#### False Self vs. True Self & The Beloved Identity

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#### WEEK 2 OVERVIEW

**Core Question:** Who am I really in Christ, beneath all the masks?

**Memory Verse:** *"Therefore if anyone is in Christ, this person is a new creature; the old things passed away; behold, new things have come."* - 2 Corinthians 5:17 (NASB)

**This Week's Journey:** Last week you identified the masks you wear. This week you'll discover what's beneath them—your True Self in Christ, your beloved identity, and what it means to live from belovedness rather than for belovedness.

**Weekly Practice:** Daily Examen + True Self Declarations (morning affirmations)

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#### OPENING MEDITATION

*"Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion."*

— Brennan Manning, *Abba's Child*

This week is about discovering your True Self—not the self you've constructed through performance, but the self God created you to be. This is foundational work. Take your time. Be honest. Let God speak.

*"Father, show me who I really am beneath all the layers of pretending. Let me hear Your voice declaring me beloved. Amen."*

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#### DAY 8: THE TWO SELVES

##### Opening Prayer

*"God of truth, show me the difference between who I pretend to be and who I really am. Give me courage to embrace my True Self in Christ. Amen."*

**Scripture Reading:** Ephesians 4:22-24 (NASB)

*"In reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit, and that you are to be renewed in the spirit of your minds, and to put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."*

**Additional Scripture: Colossians 3:9-10 (NASB)**

*"Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him."*

**Theological Reflection**

**Thomas Merton on the False Self:** *"Every one of us is shadowed by an illusory person: a false self. This is the man I want myself to be but who cannot exist, because God does not know anything about him. And to be unknown of God is altogether too much privacy."*

— *New Seeds of Contemplation*

**Thomas Merton on the True Self:** *"For me to be a saint means to be myself. Therefore the problem of sanctity and salvation is in fact the problem of finding out who I am and of discovering my true self."*

— *New Seeds of Contemplation*

**Richard Rohr explaining the concept:** *"Your True Self is who you objectively are from the beginning, in the mind and heart of God, 'the face you had before you were born,' as the Zen masters say. It's your substantial self, your absolute identity, which can be neither gained nor lost by any technique, group affiliation, morality, or formula whatsoever."*

— *Immortal Diamond*

**Brennan Manning on identity:** *"Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion."*

— *Abba's Child*

**Reflection Questions**

**1. What is the difference between the False Self and the True Self?**

**FALSE SELF:**

- Based on: \_\_\_\_\_ (performance, image, achievement)
- Needs: \_\_\_\_\_ (approval, success, control)
- Lives in: \_\_\_\_\_ (fear, shame, comparison)

- Asks: "Am I \_\_\_\_\_ enough?"

### TRUE SELF:

- Based on: \_\_\_\_\_ (belovedness, grace, God's image)
- Rests in: \_\_\_\_\_ (God's love, acceptance, security)
- Lives from: \_\_\_\_\_ (freedom, wholeness, authenticity)
- Knows: "I am \_\_\_\_\_" (beloved, complete, enough)

### 2. Describe your False Self—the version of you that you present to the world:

My False Self is: \_\_\_\_\_

My False Self needs: \_\_\_\_\_

My False Self fears: \_\_\_\_\_

### 3. What does your True Self—who you are in Christ—look like? (You may not know yet, and that's okay)

My True Self is: \_\_\_\_\_

My True Self rests in: \_\_\_\_\_

### 4. Merton says the False Self "cannot exist, because God does not know anything about him." How does this challenge your identity?

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### Today's Practice: The Two Selves Inventory

For each area, describe both your False Self and your True Self.

Area	My False Self	My True Self in Christ
<b>Identity</b>	I am what I do	I am beloved by God
<b>Worth</b>	Based on performance	_____
<b>Security</b>	Control and achievement	_____
<b>Approval</b>	From others	_____



Area	My False Self	My True Self in Christ
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Failure	Defines me	_____
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Success	My salvation	_____
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### Closing Prayer

*"Father, I confess I have been living from my False Self for too long. I have believed the lie that I am what I do, what I achieve, what others think of me. Help me know my True Self—the one You have loved from before the foundation of the world. Amen."*

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## DAY 9: THE BELOVED IDENTITY

### Opening Prayer

*"Abba Father, speak to me as You spoke to Jesus: 'You are My beloved Son, in whom I am well-pleased.' Help me hear those words for myself. Amen."*

### Scripture Reading: Matthew 3:16-17 (NASB)

*"And after He was baptized, Jesus came up immediately from the water; and behold, the heavens were opened, and he saw the Spirit of God descending as a dove and settling on Him, and behold, a voice from the heavens said, 'This is My beloved Son, with whom I am well-pleased.'"*

### Additional Scripture: 1 John 3:1 (NASB)

*"See how great a love the Father has given us, that we would be called children of God; and in fact we are. For this reason the world does not know us: because it did not know Him."*

### Additional Scripture: Ephesians 1:4-6 (NASB)

*"Just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons and daughters through Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved."*

### Theological Reflection

**Brennan Manning on belovedness:** *"The greatest gift I have received from Jesus is the awareness that I am the beloved. The greatest gift I can give to others is to help them to know and to experience that they too are the beloved."*

—Abba's Child

**Henri Nouwen on being beloved:** *"Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the 'Beloved.' Being the Beloved expresses the core truth of our existence."*

— *Life of the Beloved*

**Henri Nouwen on the sequence:** *"God's voice calls us first 'the Beloved' and afterwards gives us a mission. In other words, our identity is prior to our activity."*

— *Life of the Beloved*

**Brennan Manning's challenge:** *"Do you honestly believe God likes you, not just loves you because theologically God has to love you?"*

— *The Ragamuffin Gospel*

### Reflection Questions

1. **Notice the sequence in Matthew 3:17—God declares Jesus "beloved" BEFORE Jesus has done any ministry. What does this teach you?**

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2. **On a scale of 1-10, how much do you believe you are God's beloved?**

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

Don't believe it   Struggling to believe   Fully believe

3. **What makes it hard for you to receive your belovedness?** (Check all that apply)

☐ My sin/failure   ☐ My past   ☐ My present struggles   ☐ Comparison to others   ☐ I don't feel beloved   ☐ I haven't earned it   ☐ It seems too good to be true   ☐ Other:

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4. **Brennan Manning asks: "Do you believe God LIKES you?" How would you answer?**

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5. **Ephesians says God chose you "before the foundation of the world." How does that change your understanding of your worth?**

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**6. If you really believed you were beloved, how would you live differently?**

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**Today's Practice: Hearing the Father's Voice**

**Instructions:** Find a quiet place. Read Matthew 3:17 slowly three times, substituting your name for "Jesus."

*"This is My beloved \_\_\_\_\_ (your name), with whom I am well-pleased."*

Sit in silence for 5 minutes. Let that truth settle into your heart.

**What came up for you?**

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**What objections did your mind raise?**

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**Can you receive it, even if you don't feel it yet?**

☐ Yes, I receive it ☐ I'm trying to receive it ☐ Not yet, but I want to ☐ I struggle to believe it applies to me

**True Self Declaration (Read aloud):**

*"I am God's beloved son. Not because of what I do. Not because of what I achieve. Not because I've earned it. Simply because God says so. I am chosen before the foundation of the world. I am adopted into His family. I am loved with an everlasting love. This is my True Self. This is who I really am."*

**Closing Prayer**

*"Abba, Father, I am Your beloved child. You are pleased with me—not because of what I do, but because of who I am in Christ. Help me live from this truth. Silence the voices that tell me I'm not enough. Let Your voice be the loudest. Amen."*

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**DAY 10: THE IMPOSTOR SYNDROME**

## Opening Prayer

*"Lord, I confess I often feel like a fraud. Show me where the Impostor Self has taken over. Give me courage to be known. Amen."*

## Scripture Reading: Psalm 139:1-6 (NASB)

*"Lord, You have searched me and known me. You know when I sit down and when I get up; You understand my thought from far away. You comprehend my path and my lying down, and are acquainted with all my ways. Even before there is a word on my tongue, behold, Lord, You know it all. You have encircled me behind and in front, and placed Your hand upon me. Such knowledge is too wonderful for me; it is too high, I cannot comprehend it."*

## Additional Scripture: Jeremiah 17:9-10 (NASB)

*"The heart is more deceitful than all else and is desperately sick; who can understand it? I, the Lord, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds."*

## Additional Scripture: Romans 8:1 (NASB)

*"Therefore there is now no condemnation for those who are in Christ Jesus."*

## Theological Reflection

**Henri Nouwen on the impostor:** *"Over the years, I have come to realize that the greatest trap in our life is not success, popularity, or power, but self-rejection. Success, popularity, and power can, indeed, present a great temptation, but their seductive quality often comes from the way they are part of the much larger temptation to self-rejection."*

— *The Return of the Prodigal Son*

**Brennan Manning on being known:** *"In essence, there is only one thing God asks of us—that we be men and women of prayer, people who live close to God, people for whom God is everything and for whom God is enough. But to live this way requires that we be convinced of God's faithful love for us. Without the conviction that we are being loved by God, we will never, ever be able to love ourselves or others."*

— *The Ragamuffin Gospel*

**Richard Rohr on the impostor:** *"We spend the first half of life creating and maintaining our false self, and if we are lucky, we spend the second half of life letting go of it."*

— *Falling Upward*

**David Benner on the impostor:** *"The false self is always a role that I project—a role into which I pour my energy. The true self, on the other hand, is that which I already am in*

*Christ."*

— *The Gift of Being Yourself*

## Reflection Questions

1. **Where do you feel like an impostor?** (Check all that apply)

☐ At work (they'll find out I don't know what I'm doing) ☐ At church (I'm not as spiritual as I seem) ☐ As a husband (I'm failing) ☐ As a father (I don't know what I'm doing) ☐ As a Christian (my faith is weak) ☐ As a leader (I'm not qualified) ☐ In this group (I don't belong here) ☐ Other: \_\_\_\_\_

2. **What are you afraid people will discover about you if they really knew you?**

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3. **Psalm 139 says God knows EVERYTHING about you—every thought, every word, every way. How does that make you feel?** (Check all that apply)

☐ Terrified ☐ Exposed ☐ Relieved ☐ Loved ☐ Convicted ☐ Safe ☐ Anxious ☐ Accepted ☐  
Other: \_\_\_\_\_

4. **The psalmist says this knowledge is "too wonderful." What if God knows everything and still loves you? What if you can't surprise Him?**

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5. **Romans 8:1 says there is NO condemnation. Can you believe that for yourself?**

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## Today's Practice: The Fully Known Exercise

**Complete this statement honestly:**

"God, if You really knew \_\_\_\_\_ about me, then You would \_\_\_\_\_."

Examples:

- "God, if You really knew *how much I struggle with porn*, then You would *reject me*."
- "God, if You really knew *how angry I am*, then You would *be disappointed*."

**Write yours:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Now rewrite each one with this truth:**

**"God DOES know \_\_\_\_\_ about me, and He still \_\_\_\_\_."**

Examples:

- "God DOES know *how much I struggle with porn*, and He still *loves me completely*."
- "God DOES know *how angry I am*, and He still *calls me beloved*."

**Write yours:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Reflection:** How does it feel to know God knows it all and still calls you beloved?

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**Closing Prayer**

*"Lord, You know me completely—better than I know myself. You see my sin, my shame, my failures, my secrets. And You still call me beloved. You still say I'm Your son. Help me believe that I can't shock You, surprise You, or exhaust Your love. I can stop being an impostor. I can be real. Amen."*

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**DAY 11: LIVING FROM BELOVEDNESS (NOT FOR IT)**

**Opening Prayer**

*"Father, teach me what it means to live FROM belovedness rather than FOR belovedness. Free me from the exhausting work of earning. Amen."*

**Scripture Reading: Romans 8:15-17 (NASB)**

*"For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons and daughters by which we cry out, 'Abba! Father!' The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him."*

**Additional Scripture: Galatians 4:6-7 (NASB)**

*"Because you are sons, God has sent forth the Spirit of His Son into our hearts, crying, 'Abba! Father!' Therefore you are no longer a slave, but a son; and if a son, then an heir through God."*

**Additional Scripture: 1 John 4:18-19 (NASB)**

*"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us."*

**Theological Reflection**

**Henri Nouwen on the shift:** *"When we know ourselves to be beloved by God, wholly and unconditionally loved, then we can live lives of mission instead of competition. We can help instead of hinder. We can encourage instead of discourage."*

— *Life of the Beloved*

**Brennan Manning on the fundamental question:** *"Do I believe that God likes me, not just loves me because theologically God has to love you? Do I believe that God enjoys my company, delights in my presence, likes to spend time with me?"*

— *The Ragamuffin Gospel*

**Richard Rohr on living from vs. for:** *"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking. The way of transformation is not through the mind, but through the body, through behavior, through practice."*

— *Everything Belongs*

**Brennan Manning on the impostor's drive:** *"The dominant characteristic of the imposter is that he lives from the outside in. He derives his life, energy, and identity from the approval and disapproval of others. His grasping for acceptance and affirmation is rooted in an unquenchable thirst to be loved."*

— *Abba's Child*

## Reflection Questions

1. **What's the difference between living FROM belovedness vs. living FOR belovedness?**

### LIVING FOR BELOVEDNESS:

- I perform to \_\_\_\_\_ God's love
- I need \_\_\_\_\_ validation
- I'm driven by \_\_\_\_\_ of rejection
- I \_\_\_\_\_ myself to others
- I'm \_\_\_\_\_ trying to prove my worth

### LIVING FROM BELOVEDNESS:

- I rest in God's love \_\_\_\_\_ given
- I'm \_\_\_\_\_ in who I am
- I'm motivated by \_\_\_\_\_, not fear
- I \_\_\_\_\_ others without threat
- I have \_\_\_\_\_ to give because I'm already full

2. **Which are you currently living from? Be honest.**

Mostly living FOR: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 : Mostly living FROM

3. **Paul says you have "received a spirit of adoption." You can call God "Abba" (Papa/Daddy). Do you relate to God this way?**

☐ No, God feels distant ☐ No, God feels like a judge ☐ Sometimes, when things are good ☐ I'm learning to ☐ Yes, mostly ☐ I don't know how

4. **"Perfect love casts out fear" (1 John 4:18). What fears drive your performance?**

I'm afraid of:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

5. **If you truly lived FROM belovedness, what would change in your life?**



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### Today's Practice: FROM vs. FOR Assessment

Evaluate different areas of your life. Are you living FROM belovedness or FOR belovedness?

Area	Living FOR (performing)	Living FROM (resting)
<b>Spiritual life</b>	Quiet time to earn favor	✓ Prayer as conversation with Abba
<b>Work</b>	<hr/>	<hr/>
<b>Marriage</b>	<hr/>	<hr/>
<b>Parenting</b>	<hr/>	<hr/>
<b>Friendships</b>	<hr/>	<hr/>
<b>Service</b>	<hr/>	<hr/>
<b>Rest</b>	<hr/>	<hr/>

**Reflection:** In which area do you most need to shift from living FOR to living FROM?

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**One change I will make this week:**

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### Closing Prayer

*"Abba, Father, I am Your beloved child. Not because I earned it. Not because I performed well. But because You chose me before the foundation of the world. Help me live FROM this belovedness today—not performing for Your approval, but resting in Your delight. Free me from the spirit of slavery. I am a son, not a slave. Amen."*

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## DAY 12: GRACE VS. PERFORMANCE

### Opening Prayer

*"Lord, help me understand the difference between living by grace and living by performance. Free me from the prison of earning. Amen."*

**Scripture Reading: Ephesians 2:8-10 (NASB)**

*"For by grace you have been saved through faith; and this is not of yourselves, it is the gift of God; not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."*

**Additional Scripture: Titus 3:4-7 (NASB)**

*"But when the kindness of God our Savior and His love for mankind appeared, He saved us, not on the basis of deeds which we did in righteousness, but in accordance with His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He richly poured out upon us through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life."*

**Additional Scripture: Romans 5:8 (NASB)**

*"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us."*

**Theological Reflection**

**Dietrich Bonhoeffer on grace:** *"Cheap grace is the grace we bestow on ourselves. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession.... Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ."*

— *The Cost of Discipleship*

**Brennan Manning on grace:** *"To live by grace means to acknowledge my whole life story, the light side and the dark. In admitting my shadow side I learn who I am and what God's grace means."*

— *The Ragamuffin Gospel*

**Dallas Willard on effort vs. earning:** *"Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action."*

— *The Great Omission*

**Timothy Keller on the gospel:** *"The gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope."*

— *The Meaning of Marriage*

## Reflection Questions

### 1. What's the difference between "cheap grace" and "costly grace"?

#### Cheap grace:

- Grace \_\_\_\_\_ discipleship
- Forgiveness \_\_\_\_\_ repentance
- Love \_\_\_\_\_ transformation
- Makes grace \_\_\_\_\_

#### Costly grace:

- Grace \_\_\_\_\_ effort (not earning)
- Forgiveness \_\_\_\_\_ change
- Love \_\_\_\_\_ obedience
- Takes grace \_\_\_\_\_

### 2. Have you been living by grace or by performance? Be honest.

Living by performance: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 :Living by grace

### 3. Dallas Willard says grace is opposed to EARNING, not EFFORT. What does that mean?

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### 4. If you truly believed you couldn't earn God's love, how would your spiritual practices change?

Prayer would be: \_\_\_\_\_

Bible reading would be: \_\_\_\_\_

Service would be: \_\_\_\_\_

Obedience would be: \_\_\_\_\_

### 5. Timothy Keller says we are more sinful than we dared believe AND more loved than we dared hope. Can you hold both truths?

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6. Romans 5:8 says Christ died for us "while we were yet sinners." How does that change the performance equation?

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### Today's Practice: Grace vs. Performance Assessment

For each area, identify if you're operating from grace or performance.

Area	Performance Mode	Grace Mode
Spiritual life	Earning God's favor through discipline	✓ Responding to God's love with gratitude
Relationships	Performing to be loved	_____
Work	My worth = my output	_____
Service	Obligation and duty	_____
Morality	Avoiding sin to earn approval	_____
Rest	Haven't earned it yet	_____

What needs to shift from performance to grace?

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One specific way I will live by grace this week:

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### Closing Prayer

*"Father, I confess I've been trying to earn what You've freely given. I've been living by performance instead of grace. Forgive me. Help me receive Your love as a gift. Help me rest in Your grace. Let my obedience flow from love, not from trying to earn what I already have in Christ. Amen."*

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### DAY 13: REDEFINING SUCCESS

## Opening Prayer

*"Father, I have chased the world's definition of success for too long. Show me what success looks like in Your kingdom. Amen."*

## Scripture Reading: Mark 10:42-45 (NASB)

*"Calling them to Himself, Jesus said to them, 'You know that those who are recognized as rulers of the Gentiles lord it over them; and their great men exercise authority over them. But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.'"*

## Additional Scripture: Philippians 3:7-8 (NASB)

*"But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ."*

## Additional Scripture: Matthew 16:26 (NASB)

*"For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?"*

## Theological Reflection

**Richard Rohr on success:** *"We are told by culture and religion that success will make us happy. But we must ask, 'Success at what cost?' Most people think they want success, but what they really want is to be known and loved for who they truly are."*

— *Falling Upward*

**Eugene Peterson on ambition:** *"The word is not 'succeed' but 'follow.' It is not 'run the world' but 'pray without ceasing.' The Christian life is not ambitious for greatness but submissive to grace."*

— *The Contemplative Pastor*

**Brennan Manning on achievement:** *"The gospel of grace announces that I am accepted in Christ just as I am, not because I have accomplished anything worthwhile or performed well, but simply because I am in Christ."*

— *The Ragamuffin Gospel*

**Dallas Willard on kingdom success:** *"The cautious faith that never saws off the branch on which it is sitting never learns that unattached limbs may find strange wings."*  
— *The Divine Conspiracy*

### Reflection Questions

**1. How does the world define success? List 5-7 markers:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**2. How does Jesus define success in Mark 10:42-45?**

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**3. By the world's standards, how successful are you?**

Not successful: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 :Very successful

**4. By Jesus's standards (servanthood, knowing Christ), how successful are you?**

Not successful: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 :Very successful

**5. Paul counted all his achievements as "rubbish" compared to knowing Christ. What would you need to let go of to say the same?**

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**6. What if you're already successful in God's eyes—not because of what you've done, but because of who you are in Christ?**

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## Today's Practice: Success Redefined

Complete this assessment of your current success metrics vs. kingdom metrics.

Area	World's Success Metric	Kingdom Success Metric	Where Am I?
Work	Title, salary, status	Faithfulness, integrity	_____
Family	Perfect image	Authentic presence	_____
Spiritual	Knowledge, activity	Intimacy with God	_____
Relationships	Popularity, influence	Depth, authenticity	_____
Legacy	Wealth, fame	Lives transformed	_____
Character	Performance	Christ-likeness	_____

### New Definition of Success:

In God's kingdom, I am successful when:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Closing Prayer

*"Lord Jesus, You redefined success by washing feet and dying on a cross. Forgive me for chasing the world's applause. Help me find my success in knowing You, serving others, and being faithful with what You've given me. That is enough. Amen."*

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## DAY 14: WEEK 2 INTEGRATION

### Opening Prayer

*"Holy Spirit, show me what You've been teaching me this week. Help me integrate these truths about my identity. Amen."*

### Weekly Review: Looking Back

#### 1. The biggest insight from Week 2:

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## 2. The hardest truth to accept:

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## 3. Daily Examen tracking:

Day	Did Examen?	Moment of Performance	Moment of Authenticity
Mon (Day 8)	Yes / No	_____	_____
Tue (Day 9)	Yes / No	_____	_____
Wed (Day 10)	Yes / No	_____	_____
Thu (Day 11)	Yes / No	_____	_____
Fri (Day 12)	Yes / No	_____	_____
Sat (Day 13)	Yes / No	_____	_____
Sun (Day 14)	Yes / No	_____	_____

**Total days:** \_\_\_\_\_ out of 7

## 4. Where I noticed False Self vs. True Self this week:

Situation	False Self Response	True Self Response (What I'm learning)
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_____	_____	_____
_____	_____	_____
_____	_____	_____

## 5. How am I doing with my True Self declarations? (Did you say them out loud?)

☐ Every morning ☐ Most mornings (5-6) ☐ Some mornings (3-4) ☐ Rarely (1-2) ☐ Not at all

## Integration Exercise: Your True Self Profile

Based on this week's work, articulate your True Self in Christ.



**MY TRUE SELF IN CHRIST IS:**

1. Beloved by God before I do anything (Matthew 3:17)

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

**MY TRUE SELF LIVES FROM:**

1. God's unconditional love (not earned approval)

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**MY TRUE SELF IS FREE TO:**

1. Be honest about my struggles

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Letter from Your True Self to Your False Self**

Write a letter from your True Self to your False Self, thanking it for trying to protect you but releasing it from duty.

Dear False Self,

Thank you for trying to protect me all these years. You worked hard to make me look good, to keep me safe from rejection, to help me earn love. But I don't need you anymore.

I now know that:

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I release you from the burden of performance. I release you from the exhausting work of earning love.

From now on, I will live as my True Self, which is:

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Thank you for your service. You are relieved of duty.

Sincerely, \_\_\_\_\_ (sign your name)

### **Accountability Triad Check-In**

**This week, share with your triad:**

1. One area where I recognized my False Self operating
2. One truth about my True Self I'm learning to believe
3. One specific way I'm going to live FROM belovedness this week
4. Prayer request for Week 3

### **Preparation for Week 3**

**Next Week's Theme:** Father Wounds & Permission to Be Incomplete

**Next Week's Memory Verse:** *"For am I now seeking the favor of people, or of God? Or am I striving to please people? If I were still trying to please people, I would not be a bond-servant of Christ."* - Galatians 1:10 (NASB)

**Warning:** Next week will be emotionally difficult. We'll address father wounds, shame messages, and embrace the ragamuffin identity. It's necessary work. You won't do it alone.

**What I'm taking into Week 3:**

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**What I'm leaving behind:**

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**One thing I need from God for Week 3:**

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### **Closing Blessing**

*"May you know that you are beloved, not because of what you do, but because of who you are. May you live from your True Self in Christ, not your False Self of performance. May you rest in the Father's delight. May His perfect love cast out all fear. Amen."*

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### **END OF WEEK 2 WORKBOOK**

**Excellent work! You've begun to distinguish your False Self from your True Self and hear God's voice declaring you beloved. This is the foundation everything else is built on. Keep practicing the Daily Examen and your True Self declarations.**

**Get ready for Week 3—it's going to be hard, but transformative.**

**See you at the Week 3 group session!**

## EVERY MAN COMPLETE

### WEEK 3 PARTICIPANT WORKBOOK

#### Father Wounds & Permission to Be Incomplete

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#### WEEK 3 OVERVIEW

**Core Question:** What messages shaped my manhood, and can I rewrite them?

**Memory Verse:** *"For am I now seeking the favor of people, or of God? Or am I striving to please people? If I were still trying to please people, I would not be a bond-servant of Christ."* - Galatians 1:10 (NASB)

**This Week's Journey:** This is the hardest week yet. You'll face your father wounds, examine the shame messages you've believed, and embrace your ragamuffin identity. This week gives you permission to be incomplete—to stop pretending you have it all together.

**WARNING:** This week will be emotionally difficult. Father wounds, shame, and deep pain will surface. You will not do this alone. Your triad and facilitators are with you. Counselor referrals are available if needed.

**Weekly Practice:** Daily Examen + Script Rewriting + Ragamuffin Declaration

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#### OPENING MEDITATION

*"The ragamuffin gospel reveals that Jesus forgives sins, including the sins of the flesh; that He is comfortable with sinners who remember how to show compassion; and that He does not shrink from eating with sinners nor from touching the sick."*

— Brennan Manning, *The Ragamuffin Gospel*

This week you receive permission—permission to be broken, permission to be incomplete, permission to stop performing. You are a ragamuffin, and ragamuffins are God's favorite.

*"Father, I'm afraid of what I'll find this week. I'm afraid to look at my wounds. Give me courage to face the truth about my father, my shame, my incompleteness. Hold me as I grieve. Amen."*

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#### DAY 15: THE FATHER WOUND

##### Opening Prayer

*"Heavenly Father, show me how my earthly father shaped me—for good and for pain. Help me distinguish his voice from Yours. Give me courage to grieve what I didn't receive. Amen."*

**Scripture Reading: Proverbs 20:7 (NASB)**

*"A righteous person who walks in his integrity—Blessed are his sons after him."*

**Additional Scripture: Luke 15:20-24 (NASB)**

*"So he set out and came to his father. But when he was still a long way off, his father saw him and felt compassion for him, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet; and bring the fattened calf, slaughter it, and let us eat and celebrate; for this son of mine was dead and has come to life again; he was lost and has been found.' And they began to celebrate."*

**Additional Scripture: Psalm 27:10 (NASB)**

*"For my father and my mother have forsaken me, but the Lord will take me up."*

**Theological Reflection**

**Henri Nouwen on the father wound:** *"Our parents can love us immensely, but they cannot give us the love that God can give us. Parents can only point us toward that love."*  
— *Life of the Beloved*

**Gordon Dalbey on father wounds:** *"A boy can no more become a man without a man's blessing than an acorn can become an oak tree without soil, water, and sunlight."*  
— *Healing the Masculine Soul*

**Richard Rohr on fathering:** *"If you do not transform your pain, you will transmit it to those around you and to the next generation. We are healed to heal, forgiven to forgive, and loved to love. God allows us to fall so that we might rise more mature."*  
— *From Wild Man to Wise Man*

**Brennan Manning on the Father's love:** *"The Father is not an angry sovereign who must be appeased, but the self-communicating God who invites all people to salvation. The ragamuffin gospel says we can't lose His love—no matter what we've done."*  
— *The Ragamuffin Gospel*

**Reflection Questions**

1. **Describe your relationship with your father (or primary father figure):**

☐ He was present, involved, and affirming ☐ He was present physically but emotionally distant ☐ He was absent (death, divorce, abandonment) ☐ He was abusive (physically, emotionally, verbally) ☐ He was inconsistent (sometimes loving, sometimes harsh) ☐ I never knew my father ☐ Other: \_\_\_\_\_

**2. What messages about manhood did you receive from your father?** (Check all that apply)

☐ "Be strong" / "Don't show weakness" ☐ "Work hard" / "Provide for your family" ☐ "Big boys don't cry" ☐ "Don't be like your mother" ☐ "Figure it out yourself" ☐ Silence (he never talked about feelings or manhood) ☐ "I'm proud of you" ☐ "You'll never amount to anything" ☐ Criticism and conditional approval ☐ Other: \_\_\_\_\_

**3. What did you need from your father that you didn't get?**

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**4. How has your relationship with your earthly father affected your relationship with your Heavenly Father?**

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**5. Read Luke 15:20 again—the father running to the prodigal. How is this different from your experience of fatherhood?**

The father in the story: \_\_\_\_\_

My father: \_\_\_\_\_

What this makes me feel: \_\_\_\_\_

**6. Complete this statement: "Because of my father wound, I..."**

- Struggle to trust:

\_\_\_\_\_

- Perform for approval:

\_\_\_\_\_

- Fear rejection:

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- Other:

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### Today's Practice: Father Wound Inventory

**IMPORTANT NOTE:** This exercise is painful. It's okay to cry. It's okay to feel angry. It's okay to grieve. If this becomes overwhelming, stop and call your triad member or facilitator. You don't have to do this alone.

**Complete this assessment honestly:**

What I Needed	What I Got Instead Impact on Me Today	
<b>Affirmation</b> ("I'm proud of you")	_____	_____
<b>Blessing</b> ("You are my son")	_____	_____
<b>Protection</b> (physical and emotional safety)	_____	_____
<b>Presence</b> (time, attention, engagement)	_____	_____
<b>Initiation</b> (guidance into manhood)	_____	_____
<b>Permission to fail</b> (grace for mistakes)	_____	_____

**The father wound I carry:**

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### What I'm learning about my Heavenly Father:

In Luke 15, the Father:

- Sees me from far away (He's watching for me)
- Feels compassion (He's moved by my pain)
- Runs to me (He initiates, I don't have to earn it)
- Embraces and kisses me (physical affection, acceptance)

- Gives me the best robe, ring, sandals (restores my identity)
- Celebrates my return (He delights in me)

**How is this different from my earthly father?**

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**Can I receive this kind of fathering from God?**

☐ Yes, I'm learning to ☐ I want to, but it's hard ☐ Not yet—I don't trust it ☐ I'm not sure

**Closing Prayer**

\*"Abba, Father, You are not like my earthly father. You run to me. You delight in me. You affirm me. You bless me. You see me. You are with me.

I grieve what I didn't receive from my dad. [Name specific wounds if you can.]

But I choose to receive from You what he couldn't give. Heal my father wound. Teach me what it means to be fathered by You. I'm Your son. Help me believe that. Amen."\*

**If you're struggling:** Text or call your triad member right now. Don't isolate.

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## **DAY 16: SHAME MESSAGES**

**Opening Prayer**

*"Father, show me the shame messages I've believed. Speak Your truth over my shame. Give me courage to bring shame into the light. Amen."*

**Scripture Reading: Romans 8:1 (NASB)**

*"Therefore there is now no condemnation for those who are in Christ Jesus."*

**Additional Scripture: Isaiah 61:7 (NASB)**

*"Instead of your shame you will have a double portion, and instead of humiliation they will shout for joy over their portion. Therefore they will possess a double portion in their land; everlasting joy will be theirs."*

**Additional Scripture: Psalm 34:5 (NASB)**

*"They looked to Him and were radiant, and their faces will never be ashamed."*



## Theological Reflection

**Brennan Manning on shame:** *"In my experience, self-hatred is the dominant malaise crippling Christians and stifling their growth in the Holy Spirit. Self-hatred is the most insidious temptation Satan uses to prevent us from becoming who we are meant to be."*

— *Abba's Child*

**Brené Brown on shame (secular but relevant):** *"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging."*

— *The Gifts of Imperfection*

**Henri Nouwen on rejection:** *"Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the 'Beloved.' Being the Beloved expresses the core truth of our existence."*

— *Life of the Beloved*

**Richard Rohr on healing shame:** *"The wounded self is actually a doorway to the transformed self. What we resist persists. What we accept, we can transform."*

— *Falling Upward*

## Reflection Questions

### 1. What shame messages do you carry? (Check all that apply)

☐ You're not man enough ☐ You're a failure ☐ You'll never measure up ☐ You're damaged goods ☐ Your struggles make you weak ☐ You should have it together by now ☐ Real men don't have these problems ☐ You're too broken to be used by God ☐ You're worthless ☐

Other: \_\_\_\_\_

### 2. Where did these shame messages come from? (Check all that apply)

☐ My father ☐ My mother ☐ Peers/bullies ☐ Church/religious leaders ☐ My own failures and sin ☐ Past abuse or trauma ☐ Comparison to others ☐ Society/media ☐ Other:

\_\_\_\_\_

### 3. Complete this statement: "I am ashamed of..."

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### 4. Romans 8:1 says "NO condemnation for those in Christ Jesus." Can you believe that for yourself?

☐ Yes, I believe it ☐ I want to believe it, but it's hard ☐ I struggle to believe it applies to me ☐ I don't believe it yet

**Why or why not?**

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**5. Isaiah 61:7 promises "Instead of shame, double portion." What would your life look like if shame was replaced with joy?**

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### **Today's Practice: Shame Inventory & Gospel Truth**

**INSTRUCTIONS:** Name your shame, then counter it with gospel truth from Scripture.

#### **Shame Message I Believe Gospel Truth**

Example: I'm a failure      There is now NO condemnation (Romans 8:1)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Now read Romans 8:1 aloud, slowly, three times:**

*"Therefore there is now NO condemnation for those who are in Christ Jesus."*

**Reflection:** What does "NO condemnation" mean?

It means:

- No shame for my past:

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- No condemnation for my struggles:

---

- No rejection for my failures:

---

- I am fully accepted:

---

### **Prayer Exercise: Confession to Break Shame's Power**

**James 5:16 says:** *"Confess your sins to one another and pray for one another so that you may be healed."*

Shame thrives in secrecy. The antidote is confession—bringing things into the light.

#### **This week, I commit to:**

☐ Share one shame with my triad (mid-week check-in) ☐ Confess to a trusted friend or counselor ☐ Write it down and read Romans 8:1 over it ☐ Bring it to God in prayer right now

#### **Confession Prayer:**

*\*\*Father, I confess that I carry shame about: [Name it specifically.]*

*I have believed the lie that this disqualifies me from Your love. I have believed I'm too broken, too damaged, too far gone.*

*But Your Word says NO condemnation. I choose to believe You. I receive Your truth: I am forgiven, I am clean, I am beloved.*

*Break the power of shame over my life. Replace it with Your truth. Amen.\*\**

#### **Closing Prayer**

*"Lord, I have lived under shame for too long. I've believed I'm worthless, I'm not enough, I'm disqualified. But You say NO condemnation. You say I'm beloved. You say I'm Your son. I choose Your truth over shame's lies. Help me believe it. Amen."*

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## **DAY 17: REWRITING THE SCRIPT**

### **Opening Prayer**

*"Holy Spirit, give me new narratives based on truth. Help me rewrite the script of my life with gospel truth. Amen."*

### **Scripture Reading: 2 Corinthians 10:4-5 (NASB)**

*"For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying arguments and all arrogance raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ."*

### **Additional Scripture: Philippians 4:8 (NASB)**

*"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things."*

### **Additional Scripture: Romans 12:2 (NASB)**

*"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."*

### **Theological Reflection**

**Dallas Willard on transformation:** *"We don't believe something by merely saying we believe it, or even when we believe that we believe it. We believe something when we act as if it were true."*

— *Renovation of the Heart*

**Richard Rohr on new narratives:** *"Much of the work of midlife is to tell the difference between those who are on your side and those who appear to be on your side. It is a time of ruthless editing."*

— *Falling Upward*

**Brennan Manning on new identity:** *"We learn how to listen to the voice of the Beloved so that it is that voice, and not the clamor of the world, that guides our lives."*

— *Abba's Child*

**Thomas Merton on truth:** *"The beginning of love is the will to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them."*

— *No Man Is an Island*

### **Reflection Questions**

1. What "arguments and arrogance raised against the knowledge of God" do you need to destroy?

**The lies I believe about God:**

- \_\_\_\_\_
- \_\_\_\_\_

**The lies I believe about myself:**

- \_\_\_\_\_
- \_\_\_\_\_

**2. How do we "take every thought captive"? What does that look like practically for you?**

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**3. Paul says to think about what is TRUE. What truths do you need to focus on this week?**

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**4. Dallas Willard says we believe something when we ACT as if it's true. What would change in your behavior if you truly believed you were beloved?**

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**5. What old narrative (script) about yourself needs to be rewritten?**

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### **Today's Practice: Script Rewrite**

**INSTRUCTIONS:** Take the old narratives/messages from your father, shame, and culture, and rewrite them with gospel truth.

**Old Script (Lies I've Believed)    New Script (Gospel Truth)**

Example: I am what I achieve    I am beloved by God, regardless of achievement

**Old Script (Lies I've Believed)    New Script (Gospel Truth)**

Real men don't struggle \_\_\_\_\_

I'm not enough \_\_\_\_\_

My worth = my performance \_\_\_\_\_

I have to earn love \_\_\_\_\_

I'm disqualified by my past \_\_\_\_\_

I'm alone in this \_\_\_\_\_

My father's rejection defines me \_\_\_\_\_

**Memory Work:** Choose ONE "New Script" truth and memorize it. Repeat it 10 times today.

**My truth for today:**

\_\_\_\_\_

**I will remind myself of this truth by:**

☐ Setting phone alarm (3x today) ☐ Writing it on my mirror ☐ Telling my triad ☐ Praying it every morning ☐ Other: \_\_\_\_\_

**Scripture Memory Exercise**

**Romans 12:2 - Renewing of the Mind**

Write out Romans 12:2 from memory (or look it up first, then try):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What does "be transformed by the renewing of your mind" mean to you?**

\_\_\_\_\_

\_\_\_\_\_

**Closing Prayer**

*"Lord, I renounce the old scripts—the lies I've believed about You, about myself, about manhood. I choose new narratives rooted in gospel truth. Help me take every thought captive. Transform my mind. Replace lies with truth. Give me courage to live as if the gospel is true. Amen."*

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## **DAY 18: THE RAGAMUFFIN GOSPEL**

### **Opening Prayer**

*"Father, give me permission to be incomplete. Help me embrace my ragamuffin identity. Free me from the prison of perfection. Amen."*

### **Scripture Reading: Luke 18:9-14 (NASB)**

*"And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: 'Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and began praying this in regard to himself: "God, I thank You that I am not like other people: swindlers, crooked, adulterers, or even like this tax collector. I fast twice a week; I pay tithes of all that I get." But the tax collector, standing some distance away, was even unwilling to raise his eyes toward heaven, but was beating his chest, saying, "God, be merciful to me, the sinner!" I tell you, this man went to his house justified rather than the other one; for everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.'"*

### **Additional Scripture: 1 Corinthians 1:26-29 (NASB)**

*"For consider your calling, brothers and sisters, that there were not many wise according to the flesh, not many mighty, not many noble; but God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, and the base things of the world and the despised God has chosen, the things that are not, so that He may nullify the things that are, so that no human may boast before God."*

### **Theological Reflection**

**Brennan Manning defining ragamuffin:** *"The ragamuffin gospel reveals that Jesus forgives sins, including the sins of the flesh; that He is comfortable with sinners who remember how to show compassion; and that He does not shrink from eating with sinners nor from touching the sick."*

— *The Ragamuffin Gospel*

**Brennan Manning on brokenness:** *"The Good News means we can stop lying to ourselves. The sweet sound of amazing grace saves us from the necessity of self-deception. It keeps us from denying that though Christ was victorious, the battle with lust, greed, and pride still rages within us."*

— *The Ragamuffin Gospel*

**Henri Nouwen on acceptance:** *"We are precious because God has called us by our name. The great stumbling block for many of us is that we hardly believe it. Somehow there are strong voices in us that keep saying we are not valuable, not loved."*

— *Life of the Beloved*

**Richard Rohr on the gospel for ragamuffins:** *"The gospel is not a belief system that we are to master and then defend with our lives; it's a way of living in the world that we are to practice and then share with others."*

— *Simplicity*

## Reflection Questions

1. In Jesus's parable, who do you identify with more—the Pharisee or the tax collector? Why?

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2. The Pharisee trusted in his own righteousness. Where have you trusted in your own righteousness rather than God's grace?

☐ My morality ("I'm better than...") ☐ My service/ministry ("I do so much for God") ☐ My spiritual disciplines ("I pray, fast, read Scripture") ☐ Comparing myself to others ("At least I don't...") ☐ My theological knowledge ("I understand the Bible") ☐ Other:

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3. The tax collector could only say, "God, be merciful to me, the sinner!" When was the last time you prayed this honestly?

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4. What would it mean for you to embrace a "ragamuffin identity"—to be okay with being broken, messy, and incomplete?

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**5. Complete this statement: "I give myself permission to..."**

- Be incomplete:

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- Be broken:

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- Not have it all together:

---

- Struggle:

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- Need help:

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**Today's Practice: The Ragamuffin Declaration**

**Read this declaration aloud. If possible, read it with a brother from your triad.**

**THE RAGAMUFFIN DECLARATION**

\*I am a ragamuffin—broken, messy, and incomplete. I do not have it all together, and that's okay. I am not defined by my performance but by God's grace. I am not ashamed of my struggles; they are part of my story. I am beloved not because I'm perfect, but because God is faithful.

I embrace my brokenness as the doorway to God's grace. I will stop pretending and start being real. I will stop performing and start resting. I will stop hiding and start confessing. I will stop earning and start receiving.

I am a ragamuffin, and ragamuffins are God's favorite.

I give myself permission to be incomplete. I give myself permission to fail. I give myself permission to struggle. I give myself permission to need help. I give myself permission to be human.

This is not an excuse for sin. This is an acknowledgment of reality. This is where grace meets me—in my mess.

I am a ragamuffin. I am God's beloved. I am complete in Christ, even while incomplete in myself.

I will live from this truth.

- \_\_\_\_\_ (Sign your name)\*

**How does it feel to read that?**

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**What resistance comes up?**

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**Can you receive this identity?**

☐ Yes, this is liberating ☐ I want to, but it's scary ☐ Not yet, I'm not ready ☐ I struggle with giving myself permission

**Closing Prayer**

*"Father, I am a ragamuffin. I'm broken, messy, and incomplete. And You love me anyway. Thank You for the gospel that gives me permission to stop pretending. Help me live from this grace. Help me embrace my ragamuffin identity. Let me find freedom in being real instead of perfect. Amen."*

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**DAY 19: PERMISSION TO FAIL**

**Opening Prayer**

*"Father, I'm terrified of failure. Give me grace to see failure as part of the journey, not the end of the road. Teach me that Your power is perfected in my weakness. Amen."*

**Scripture Reading: 2 Corinthians 12:9-10 (NASB)**

*"And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.' Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong."*

**Additional Scripture: Romans 5:3-5 (NASB)**

*"And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us."*

### **Additional Scripture: James 1:2-4 (NASB)**

*"Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing."*

### **Theological Reflection**

**Henri Nouwen on failure:** *"We are not much impressed by someone who never makes mistakes and never fails. We are impressed by someone who moves forward in spite of making mistakes and experiencing failure."*

— *Gracias!*

**Brennan Manning on weakness:** *"In every weakness of spirit, in every failure and sin, when we allow the awareness of our poverty to lead us to the Savior and trust in His healing power, the Spirit of Jesus accomplishes new growth in our lives."*

— *The Ragamuffin Gospel*

**Richard Rohr on necessary suffering:** *"If we do not transform our pain, we will most assuredly transmit it. We are healed to heal, forgiven to forgive, and loved to love. God allows us to fall so that we might rise more mature, more faithful."*

— *Falling Upward*

**C.S. Lewis on growth through failure:** *"Failures, repeated failures, are finger posts on the road to achievement. One fails forward toward success."*

— *Letters*

### **Reflection Questions**

#### **1. What is your greatest fear about failure?**

I fear failure because:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### **2. Complete this: "If I fail, then I am..."**

\_\_\_\_\_

#### **3. Now rewrite it with gospel truth: "Even when I fail, I am still..."**

\_\_\_\_\_

4. **Paul says, "When I am weak, then I am strong." How is this possible? How does weakness become strength?**

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5. **What failure in your life has God used for good? (If you can't think of one yet, that's okay.)**

The failure: \_\_\_\_\_

What God did with it: \_\_\_\_\_

6. **What current failure or weakness could become the doorway to God's power in your life?**

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### **Today's Practice: Failure Inventory & Redemption**

<b>My Failures</b>	<b>What I Learned</b>	<b>How God Can Redeem It</b>
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### **Freedom Declaration (Read aloud):**

\*I am free to fail because my identity is not based on my performance. I am free to be weak because God's power is perfected in my weakness. I am free to make mistakes because there is no condemnation in Christ. I am free to try and fail because I am learning, not performing. I am free to be human because God already knows I'm not perfect.

Failure does not define me. God's love defines me.\*

**This week, I give myself permission to fail at:**

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**And I will remember:**

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## **Closing Prayer**

*"Lord, thank You that Your grace is sufficient even in my weakness. Thank You that I don't have to fear failure because You use even my mistakes for Your glory. When I am weak, then I am strong. Help me rest in this paradox. Give me courage to try, to risk, to fail forward. Amen."*

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## **DAY 20: THE FREEDOM OF INCOMPLETENESS**

### **Opening Prayer**

*"Jesus, You promised abundant life—not perfect life. Teach me to live fully alive even while incomplete. Amen."*

### **Scripture Reading: Philippians 1:6 (NASB)**

*"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

### **Additional Scripture: Philippians 3:12-14 (NASB)**

*"Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brothers and sisters, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

### **Additional Scripture: Ecclesiastes 3:11 (NASB)**

*"He has made everything appropriate in its time. He has also set eternity in their heart, so that man will not find out the work which God has done from the beginning even to the end."*

## **Theological Reflection**

**Richard Rohr on becoming:** *"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking. The body, the experiences, must go first. Transformation is more a journey than a destination."*

— *Everything Belongs*

**Brennan Manning on process:** *"The spiritual life is not a life before, after, or beyond our everyday existence. No, the spiritual life can only be real when it is lived in the midst of the*

*pains and joys of the here and now."*

— *The Ragamuffin Gospel*

**Henri Nouwen on the journey:** *"The spiritual life is not a life of completion, but of becoming. It is a journey toward wholeness, not perfection."*

— *Spiritual Direction*

**Dallas Willard on formation:** *"The most important thing in your life is not what you do; it's who you become. For what you do emerges from who you are."*

— *Renovation of the Heart*

## Reflection Questions

1. **Paul says God "will perfect" the work He began—future tense. What does it mean to be incomplete but still becoming?**

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2. **What areas of incompleteness are you most ashamed of?**

☐ My spiritual life (prayer, Bible reading, etc.) ☐ My emotional health (anger, anxiety, etc.) ☐ My relationships (marriage, kids, friendships) ☐ My sexuality (purity, integrity) ☐ My character (patience, kindness, self-control) ☐ My calling (feeling lost or unclear) ☐ Other:

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3. **How would your life change if you gave yourself permission to be incomplete?**

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4. **Paul says he hasn't "laid hold of it yet" but presses on. What's the difference between striving and pressing on?**

**Striving:** (False Self)

○

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**Pressing on:** (True Self)

○

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5. **John 10:10 says Jesus came to give "life to the full." What would abundant life look like for an incomplete ragamuffin?**

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**Today's Practice: Embracing Incompleteness**

**AREAS OF INCOMPLETENESS:**

Where I'm incomplete and learning to be okay with it:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**PERMISSION STATEMENTS:**

I give myself permission to:

- Be in process: \_\_\_\_\_
- Not have it figured out: \_\_\_\_\_
- Make mistakes: \_\_\_\_\_
- Need help: \_\_\_\_\_
- Be a work in progress: \_\_\_\_\_

**COMPLETENESS IN CHRIST:**

Even while I'm incomplete in myself, I am complete in Christ because:

- Colossians 2:10: "In Christ you have been brought to fullness"
- I am already fully loved: \_\_\_\_\_
- I am already fully accepted: \_\_\_\_\_

- I am already fully His:
- 

### **Prayer of Release**

\*"Father, I release myself from the burden of perfection. I embrace my incompleteness. I am a work in progress, and that's okay.

Thank You that You're not done with me yet. Thank You that You're patient with my process. Thank You that You love me in my incomplete state.

Help me live fully alive even while incomplete. Help me press on without striving. Help me become without performing.

I trust You to complete the work You began in me. Until then, I choose to live as a beloved ragamuffin—incomplete but alive. Amen."\*

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## **DAY 21: WEEK 3 INTEGRATION**

### **Opening Prayer**

*"Holy Spirit, help me integrate this week's hard work. Show me what You've accomplished in my heart. Give me strength for what's ahead. Amen."*

### **Weekly Review: Looking Back**

**This was a HARD week. Before you do anything else, acknowledge that:**

*I showed up this week even though it was painful. I faced my father wound even though it hurt. I named my shame even though it was scary. I embraced my ragamuffin identity even though it felt vulnerable. I gave myself permission to be incomplete. I did hard work. I deserve to celebrate that.*

#### **1. The most painful discovery from Week 3:**

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#### **2. The most freeing truth from Week 3:**

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#### **3. Daily Examen tracking:**



Day	Did Examen?	Moment of Performing	Moment of Authenticity
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Mon (Day 15) Yes / No	_____	_____
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Tue (Day 16) Yes / No	_____	_____
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Wed (Day 17) Yes / No	_____	_____
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Thu (Day 18) Yes / No	_____	_____
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Fri (Day 19) Yes / No	_____	_____
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Sat (Day 20) Yes / No	_____	_____
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Sun (Day 21) Yes / No	_____	_____
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**Total days:** \_\_\_\_\_ **out of 7**

**4. Father wound work:**

What I'm grieving: \_\_\_\_\_

What I'm receiving from God: \_\_\_\_\_

**5. Shame work:**

Shame message I'm rejecting: \_\_\_\_\_

Gospel truth I'm embracing: \_\_\_\_\_

**6. Ragamuffin identity:**

Do you embrace your ragamuffin identity?

☐ Yes, this is liberating ☐ I'm learning to ☐ Not yet, but I want to ☐ I'm struggling with it

**Integration Exercise: Your Manifesto**

**Write a personal manifesto—a declaration of who you are becoming. Use "I am" and "I will" statements based on this week's work.**

**MY MANIFESTO**

**I renounce these lies:**

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**I embrace these truths:**

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**I am:** (Identity statements)

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**I will:** (Action statements)

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**I give myself permission to:**

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**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Accountability Triad Check-In**

**This week was heavy. Don't process it alone. Share with your triad:**

1. One father wound you identified
2. One shame message you're rejecting
3. What "permission to be incomplete" means for you
4. How you're doing emotionally (be honest)
5. Specific prayer request for Week 4

**If you're struggling:** Tell your triad or facilitator. Don't suffer alone.

## Self-Care Assessment

### Week 3 was emotionally draining. How are you doing?

Rate your emotional health right now: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

### Do you need additional support?

☐ I'm okay, processing well ☐ I need to talk to my triad ☐ I need to talk to facilitator ☐ I need counselor referral ☐ I'm struggling and need help

### What do you need this week?

☐ Extra rest ☐ Time with friends ☐ Exercise/physical activity ☐ Prayer/spiritual direction ☐ Professional counseling ☐ Just to be normal for a while

## Preparation for Week 4

**Next Week's Theme:** Emotional Wholeness & Naming Our Feelings

**Next Week's Memory Verse:** *"Be angry, and yet do not sin; do not let the sun go down on your anger."* - Ephesians 4:26 (NASB)

**Week 4 Preview:** We move from identity work to integration work. You'll learn to name and process emotions (anger, grief, fear, joy). This is where your True Self starts living in your real life.

### What I'm taking into Week 4:

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### What I'm leaving behind:

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### What I need from God for Week 4:

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## Milestone Celebration

**CONGRATULATIONS! You've completed the AWAKENING phase (Weeks 1-3).**

You now know:

- The performance trap you've been living in
- Your False Self vs. your True Self

- Your beloved identity in Christ
- Your father wounds and how they've shaped you
- The shame messages you've believed
- Your ragamuffin identity
- Permission to be incomplete

**This is HUGE. Celebrate this. You've done hard, necessary work.**

**Next:** Integration. Taking all this identity work and living it out in your emotions, relationships, and real life.

### **Closing Blessing**

*"May you let go of the lies that have shaped you. May you embrace the truth of who you are in Christ. May the Father heal your father wounds. May you be free from shame. May you live as a beloved ragamuffin—incomplete but alive, broken but blessed. Amen."*

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### **END OF WEEK 3 WORKBOOK**

**You did it. Week 3 was brutal, but you showed up. You faced your wounds. You embraced your incompleteness. You're becoming.**

**Rest this week. Be gentle with yourself. You've earned it.**

**See you at Week 4 group session!**

## EVERY MAN COMPLETE

### WEEK 4 PARTICIPANT WORKBOOK

#### Emotional Wholeness & Naming Our Feelings

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#### WEEK 4 OVERVIEW

**Core Question:** What do I do with emotions I've buried for years?

**Memory Verse:** *"Be angry, and yet do not sin; do not let the sun go down on your anger."* - Ephesians 4:26 (NASB)

**This Week's Journey:** You've spent three weeks discovering your True Self identity. Now comes integration—taking that identity into your emotional life. This week you'll learn to name emotions you've buried, process feelings you've suppressed, and reclaim your full humanity as an emotional being.

**NEW PHASE:** Welcome to INTEGRATION (Weeks 4-6). You know WHO you are (Awakening). Now you learn to LIVE from that identity in your emotions, relationships, and sexuality.

**Weekly Practice:** Daily Examen + HALT Check-ins (morning and evening)

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#### OPENING MEDITATION

*"Jesus wept."* - John 11:35

**The shortest verse in Scripture. The most powerful permission.**

If Jesus—the Son of God, perfect in every way—felt deeply and expressed emotion, then so can you. Emotions are not weakness. Emotions are humanity.

*"Father, I've buried emotions for years. I've been taught that real men don't feel. Teach me what it means to be emotionally whole. Give me permission to feel. Amen."*

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#### ENTERING THE INTEGRATION PHASE

**WEEKS 1-3: AWAKENING (Identity)** You discovered:

- You've been living from the False Self (performance)
- Your True Self is beloved, not because of what you do

- You have father wounds and shame messages to heal
- You're a ragamuffin—incomplete but beloved

**WEEKS 4-6: INTEGRATION (Living It Out)** Now you integrate that identity into:

- Week 4: Your EMOTIONS (this week)
- Week 5: Your RELATIONSHIPS (next week)
- Week 6: Your SEXUALITY & AMENDS (following week)

**This is where transformation gets practical.**

Knowing you're beloved is one thing. Living from belovedness in your actual emotions and relationships is another. Let's begin.

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## **DAY 22: MEN AND EMOTIONS**

### **Opening Prayer**

*"Jesus, You felt deeply—sorrow in Gethsemane, anger in the temple, compassion for crowds, joy with children. Teach me to feel like You felt. Give me permission to be fully human. Amen."*

### **Scripture Reading: Mark 14:32-36 (NASB)**

*"They came to a place named Gethsemane; and He said to His disciples, 'Sit here until I have prayed.' And He took with Him Peter and James and John, and began to be very distressed and troubled. And He said to them, 'My soul is deeply grieved to the point of death; remain here and keep watch.' And He went a little beyond them, and fell to the ground and began to pray that if it were possible, the hour might pass Him by. And He was saying, 'Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will.'"*

### **Additional Scripture: John 11:33-35 (NASB)**

*"When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was troubled, and said, 'Where have you laid him?' They said to Him, 'Lord, come and see.' Jesus wept."*

### **Additional Scripture: John 2:13-16 (NASB) - Jesus angry**

*"The Passover of the Jews was near, and Jesus went up to Jerusalem. And He found in the temple those who were selling oxen and sheep and doves, and the money changers seated*

*at their tables. And He made a scourge of cords, and drove them all out of the temple, with the sheep and the oxen; and He poured out the coins of the money changers and overturned their tables; and to those who were selling the doves He said, 'Take these things away; stop making My Father's house a place of business.'"*

## **Theological Reflection**

**Henri Nouwen on Jesus's emotions:** *"Jesus was deeply emotional. He wept, he was troubled, he was distressed, he was angry. Jesus did not live as if his divinity protected him from the full range of human feeling. In his humanity, he felt everything."*

— *The Wounded Healer*

**Richard Rohr on masculine emotions:** *"Most men have not been taught how to feel, how to grieve, how to express emotions in healthy ways. We've been taught to suppress, control, or weaponize our feelings. This is not strength—it's emotional immaturity."*

— *From Wild Man to Wise Man*

**Dallas Willard on emotions:** *"Feelings are good servants but bad masters. We must learn to feel appropriately, not to suppress or be enslaved by emotion."*

— *Renovation of the Heart*

**Brennan Manning on emotional honesty:** *"The Good News means we can stop lying to ourselves. We don't have to pretend we're not angry, not sad, not afraid. God already knows. He invites us to be honest."*

— *The Ragamuffin Gospel*

## **Reflection Questions**

### **1. What emotions did Jesus express in the Scriptures above?**

- Mark 14: Jesus was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_  
(deeply grieved)
- John 11: Jesus \_\_\_\_\_ (wept)
- John 2: Jesus was \_\_\_\_\_ (angry, righteous anger)

### **2. If Jesus—the perfect Son of God—felt and expressed these emotions, what does that teach you about emotions?**

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3. **What messages did you receive about emotions growing up?** (Check all that apply)

☐ "Big boys don't cry" ☐ "Don't be emotional" ☐ "Be a man" (meaning: suppress feelings) ☐ "Stop crying or I'll give you something to cry about" ☐ "Anger is the only acceptable emotion for men" ☐ "Real men don't show fear" ☐ "Don't be weak" ☐ Emotions were never discussed ☐ Other: \_\_\_\_\_

4. **How have these messages affected your emotional life as an adult?**

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5. **What emotions do you find hardest to feel or express?**

☐ Sadness / Grief ☐ Fear / Anxiety ☐ Joy / Delight ☐ Anger (healthy anger) ☐ Tenderness / Affection ☐ Vulnerability ☐ Shame ☐ Other: \_\_\_\_\_

6. **Complete this: "If I allowed myself to feel, I'm afraid I would..."**

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### Today's Practice: Emotional Inventory

**Instructions:** Honestly assess your emotional life.

Question	Yes	No	Sometimes
Can I name specific emotions beyond "fine," "angry," or "tired"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do I allow myself to cry when I'm sad?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can I express fear or anxiety without shame?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do I know what I'm feeling in the moment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can I talk about emotions with my spouse/close friends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do I suppress emotions to "be strong"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have I cried in the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Question

Yes No Sometimes

Do I use anger to cover other emotions (like hurt or fear)?

☐ ☐ ☐

### What this reveals:

Mostly YES: You have good emotional awareness

Mix: You're learning but have work to do

Mostly NO: Significant emotional suppression (very common for men)

### My current emotional vocabulary:

List all the emotion words you can think of in 60 seconds:

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**Goal:** By end of this week, expand this list to 30+ emotions.

**Reflection:** What would change in my life if I gave myself permission to feel?

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### Closing Prayer

*"Jesus, You felt deeply and fully. You didn't suppress emotions to appear strong. You wept. You were troubled. You expressed righteous anger. Teach me to feel like You felt. Give me permission to be emotional without shame. Help me reclaim my full humanity. Amen."*

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## DAY 23: ANGER AS INFORMATION

### Opening Prayer

*"Father, I'm afraid of anger—mine and others'. Teach me that anger is information, not sin. Show me what my anger is telling me. Amen."*

### Scripture Reading: Ephesians 4:26-27 (NASB)

*"Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity."*

### Additional Scripture: Psalm 4:4 (NASB)

*"Tremble, and do not sin; meditate in your heart upon your bed, and be still."*

**Additional Scripture: James 1:19-20 (NASB)**

*"You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, and slow to anger; for a man's anger does not bring about the righteousness of God."*

**Theological Reflection**

**Eugene Peterson on anger:** *"Anger is most useful as a diagnostic tool. When anger erupts in us, it's a signal that something is wrong, that an injustice is taking place, that a boundary has been violated."*

— *Working the Angles*

**Richard Rohr on masculine anger:** *"Men are allowed to be angry, but not hurt. We've weaponized anger because it's the only emotion deemed acceptable for men. But anger is almost always a secondary emotion—it's covering hurt, fear, shame, or powerlessness."*

— *From Wild Man to Wise Man*

**Dallas Willard on emotions as information:** *"Emotions are not to be denied or indulged, but understood. They tell us something about what we believe, what we value, what we fear."*

— *Renovation of the Heart*

**Gary Chapman on anger:** *"Anger is a signal that something is wrong. The question is: What is the anger telling me?"*

— *Anger: Taming a Powerful Emotion*

**Reflection Questions**

1. Paul says "Be angry, and yet do not sin." What's the difference?

**Anger = emotion (neutral):** \_\_\_\_\_

**Sin = what we do with anger:** \_\_\_\_\_

2. What was your father's relationship with anger?

☐ He never showed anger (suppressed it) ☐ He exploded in rage (uncontrolled) ☐ He expressed anger healthily (rare) ☐ His anger was frightening ☐ His anger was weaponized against me ☐ Other: \_\_\_\_\_

3. How do you typically handle anger? (Check all that apply)

☐ Suppress it ("I'm fine") ☐ Explode (yelling, rage) ☐ Use sarcasm/passive aggression ☐  
Withdraw/give silent treatment ☐ Blame others ☐ Stuff it until I blow up later ☐ Name it and  
process it healthily (ideal) ☐ Other: \_\_\_\_\_

4. **Richard Rohr says anger is usually a "secondary emotion" covering something else. What's usually underneath your anger?**

When I'm angry, I'm usually really feeling:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

5. **Complete this: "I get angry when..."**

- Someone disrespects me:  
\_\_\_\_\_
- I feel powerless:  
\_\_\_\_\_
- Things are out of my control:  
\_\_\_\_\_
- I'm hurt but can't admit it:  
\_\_\_\_\_
- Other:  
\_\_\_\_\_

**Today's Practice: Anger Assessment**

**INSTRUCTIONS:** Think about the last time you were angry. Process it using this framework.

**THE SITUATION:** What happened that triggered my anger?

\_\_\_\_\_

**THE FEELING:** On a scale of 1-10, how angry was I? \_\_\_\_\_

**THE SECONDARY EMOTION:** What was underneath the anger? (hurt, fear, shame, powerlessness?)

\_\_\_\_\_

**THE INFORMATION:** What was my anger telling me?

☐ A boundary was violated ☐ An injustice occurred ☐ I felt disrespected ☐ I was hurt ☐ I felt powerless ☐ I was afraid ☐ Something I value was threatened ☐ Other:

\_\_\_\_\_

**THE RESPONSE:** How did I handle it?

☐ Suppressed it ☐ Exploded ☐ Withdrew ☐ Named it and addressed it calmly ☐ Used it destructively ☐ Other: \_\_\_\_\_

**THE BETTER RESPONSE:** Next time, I will:

\_\_\_\_\_

\_\_\_\_\_

**ANGER TRIGGERS:**

My top 3 anger triggers are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**HEALTHY ANGER EXPRESSION:**

When I'm angry, instead of suppressing or exploding, I will:

- Name it: "I'm feeling angry right now"
- Pause: Take 3 deep breaths before responding
- Ask: "What is this anger telling me?"
- Address: Speak truth calmly ("When you \_\_\_\_, I felt \_\_\_\_")
- Release: Give it to God, don't carry it into tomorrow

**Closing Prayer**

*"Lord, I confess my relationship with anger is unhealthy. I either suppress it or weaponize it. Teach me that anger is information. Help me feel it without sinning. Show me what's underneath my anger. Give me wisdom to address issues calmly. Don't let me carry anger into tomorrow. Amen."*

\_\_\_\_\_

**DAY 24: GRIEF WORK**

## Opening Prayer

*"Jesus, You wept at Lazarus's tomb even though You were about to raise him. You understand grief. Teach me to grieve well. Amen."*

## Scripture Reading: John 11:33-35 (NASB)

*"When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was troubled, and said, 'Where have you laid him?' They said to Him, 'Lord, come and see.' Jesus wept."*

## Additional Scripture: Ecclesiastes 3:1, 4 (NASB)

*"There is an appointed time for everything, and there is a time for every matter under heaven... A time to weep and a time to laugh; a time to mourn and a time to dance."*

## Additional Scripture: 2 Corinthians 1:3-4 (NASB)

*"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God."*

## Theological Reflection

**Henri Nouwen on grief:** *"Grief is the deepest wound that can be inflicted upon a human heart, but it can also be the pathway to the deepest healing."*

— *A Sorrow Shared*

**Nicholas Wolterstorff on grief:** (wrote after his son's death) *"What I need to hear from you is that you recognize how painful it is. I need to hear from you that you are with me in my desperation. To comfort me, you have to come close. Come sit beside me on my mourning bench."*

— *Lament for a Son*

**C.S. Lewis on grief:** *"No one ever told me that grief felt so like fear. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing."*

— *A Grief Observed*

**Richard Rohr on unexpressed grief:** *"Unprocessed grief doesn't go away. It goes underground and emerges as depression, rage, addiction, illness."*

— *Falling Upward*

## Reflection Questions

1. **Jesus wept at Lazarus's death even though He was about to raise him to life. What does this teach you about grief?**
- 
- 

2. **What losses have you experienced but never fully grieved?** (Check all that apply)

☐ Death of a loved one ☐ Divorce or relationship ending ☐ Loss of a dream or calling ☐ Job loss or career disappointment ☐ Lost years to addiction ☐ Broken relationship with children ☐ Your own mistakes/failures ☐ Childhood you never had ☐ Father you never had ☐ Marriage struggles ☐ Health crisis ☐ Other: \_\_\_\_\_

3. **Why haven't you grieved these losses?**

☐ "Real men don't cry" ☐ I need to be strong for others ☐ If I start crying, I won't stop ☐ It happened too long ago ☐ I don't know how to grieve ☐ Grief feels weak ☐ I'm afraid of the pain ☐ Other: \_\_\_\_\_

4. **Complete this: "If I allowed myself to grieve, I'm afraid I would..."**
- 
- 

5. **Where has ungrieved loss affected your life?**

☐ Depression ☐ Anger/rage ☐ Addiction or compulsive behaviors ☐ Emotional numbness ☐ Avoidance of intimacy ☐ Physical illness ☐ Other: \_\_\_\_\_

### **Today's Practice: Naming Your Losses**

**INSTRUCTIONS:** Create a grief inventory. This is not to wallow but to acknowledge what needs to be grieved.

<b>Loss</b>	<b>Year</b>	<b>Have I Grieved It?</b>	<b>What I Need to Do</b>
_____	_____	Yes / No / Some	_____
_____	_____	Yes / No / Some	_____
_____	_____	Yes / No / Some	_____
_____	_____	Yes / No / Some	_____

**Loss                      Year Have I Grieved It? What I Need to Do**

\_\_\_\_\_ Yes / No / Some \_\_\_\_\_

**One loss I need to grieve:**

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**How I will grieve it:**

☐ Allow myself to cry (alone or with safe person) ☐ Write about it ☐ Talk to my triad or counselor ☐ Create a ritual (visit grave, write letter, etc.) ☐ Pray through it with God ☐ Give myself time and permission

**GRIEF PERMISSION SLIP:**

*I, \_\_\_\_\_ (your name), give myself permission to grieve. Grief is not weakness. Grief is love with nowhere to go. Jesus wept. So can I. I will allow myself to feel the pain instead of numbing it. I will trust that God comforts those who mourn. I will not rush the process.*

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**If grief is overwhelming:** Talk to your triad or seek a grief counselor. Don't do this alone.

**Closing Prayer**

*"Father of mercies and God of all comfort, I have losses I've never grieved. I've kept moving, stayed busy, suppressed the pain. Today I acknowledge my grief. [Name specific losses.] Meet me in my sorrow. Comfort me. Help me trust that mourning is the pathway to healing. Blessed are those who mourn, for they shall be comforted. I need comfort, Father. Amen."*

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**DAY 25: FEAR AND ANXIETY**

**Opening Prayer**

*"Father, I'm afraid more than I admit. Teach me to bring fear into the light instead of pretending I have it all under control. Amen."*

**Scripture Reading: Matthew 6:25-34 (NASB)**

*"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing? Look at the birds of the sky, that they do not sow, nor*

*reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? And which of you by worrying can add a single day to his life's span?... But seek first His kingdom and His righteousness, and all these things will be provided to you. So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own."*

**Additional Scripture: Psalm 56:3 (NASB)**

*"When I am afraid, I will put my trust in You."*

**Additional Scripture: 2 Timothy 1:7 (NASB)**

*"For God has not given us a spirit of timidity, but of power and love and discipline."*

**Theological Reflection**

**Henri Nouwen on fear:** *"As long as we belong to this world, we will remain subject to its competitive ways and expect to be rewarded for all we do. But when we belong to God, who loves us without conditions, we can live as he does. The more we come to know the fear of God, the less we fear the opinions of the world."*

— *Lifesigns*

**Dallas Willard on anxiety:** *"The cautious faith that never saws off the branch on which it is sitting never learns that unattached limbs may find strange wings."*

— *The Divine Conspiracy*

**Brennan Manning on fear:** *"The spiritual life is not a life without anxiety, but rather the courage to face anxiety, to name it, and to give it to God."*

— *The Ragamuffin Gospel*

**Dan Allender on fear:** *"Fear is not the enemy. Denial of fear is the enemy. When we name our fear, we rob it of power."*

— *To Be Told*

**Reflection Questions**

1. **Jesus says "Do not worry" six times in this passage. What are you worried about?**

I worry about:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**2. What are you afraid of?** (Check all that apply)

☐ Failure ☐ Rejection ☐ Being found out (impostor syndrome) ☐ Financial insecurity ☐  
Losing control ☐ Death or serious illness ☐ Something happening to my family ☐ Not being  
enough ☐ The future ☐ Being alone ☐ Other: \_\_\_\_\_

**3. How do you typically handle fear or anxiety?**

☐ Deny it ("I'm not afraid") ☐ Control everything (micromanage) ☐ Work harder (stay busy)  
☐ Numb it (alcohol, porn, distractions) ☐ Catastrophize (imagine worst case) ☐ Pray about  
it ☐ Name it and give it to God ☐ Other: \_\_\_\_\_

**4. Complete this: "I'm afraid that if I don't worry/control/work hard, then..."**

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**5. Jesus asks, "Which of you by worrying can add a single day to his life?" What does worry actually accomplish?**

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**6. What would change if you truly trusted God with your fears?**

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**Today's Practice: Fear Inventory**

**CURRENT FEARS:**

List your top 5 current fears/anxieties:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**FEAR vs. FAITH:**

## My Fear   What I'm Afraid Will Happen   God's Promise

Financial   I'll lose everything

Matthew 6:33 - He will provide

_____	_____	_____
_____	_____	_____
_____	_____	_____

### ANXIETY ASSESSMENT:

Rate your current anxiety level: 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

### Physical symptoms of anxiety I experience:

☐ Racing heart   ☐ Tight chest   ☐ Shallow breathing   ☐ Tension headaches   ☐ Stomach issues  
☐ Can't sleep   ☐ Restlessness   ☐ Other: \_\_\_\_\_

**If anxiety is severe (7+), consider:** Talking to doctor, counselor, or trying these:

- Deep breathing exercises
- Prayer/meditation
- Exercise
- Limit caffeine
- Talk to someone

### RELEASING FEAR TO GOD:

Choose one fear and pray this prayer:

*"Father, I am afraid of \_\_\_\_\_ (name the fear). I confess I've tried to control this. I've worried about it. I've carried this burden alone. Today I release it to You. I trust You with \_\_\_\_\_. Your Word says \_\_\_\_\_.  
(insert promise). I choose faith over fear. Help my unbelief. Amen."*

### Closing Prayer

*"Lord, I am afraid more than I admit. I worry about tomorrow. I try to control everything because I'm scared of what might happen if I don't. But You tell me not to worry. You tell me You will provide. You tell me I'm more valuable than birds, and You feed them. Help me trust You. Give me courage to name my fears and give them to You. Amen."*

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## DAY 26: JOY AND PLAY

### Opening Prayer

*"Father, I've forgotten how to play, how to laugh, how to experience joy. Teach me that joy is not irresponsible—it's worship. Amen."*

### Scripture Reading: Nehemiah 8:10 (NASB)

*"Then he said to them, 'Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the Lord is your strength.'"*

### Additional Scripture: Psalm 16:11 (NASB)

*"You will make known to me the path of life; in Your presence is fullness of joy; in Your right hand there are pleasures forever."*

### Additional Scripture: John 15:11 (NASB)

*"These things I have spoken to you so that My joy may be in you, and that your joy may be made full."*

### Theological Reflection

**G.K. Chesterton on joy:** *"Joy is the gigantic secret of the Christian. Angels can fly because they take themselves lightly."*

— Orthodoxy

**C.S. Lewis on joy:** *"Joy is the serious business of Heaven."*

— Letters to Malcolm

**Eugene Peterson on Sabbath and play:** *"Sabbath-keeping is a form of misbehavior, a revolutionary act. It's a witness to a different way of being in the world."*

— Working the Angles

**Richard Rohr on play:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking. Play is one way we practice resurrection."*

— Simplicity

### Reflection Questions

1. When was the last time you experienced genuine joy?

2. **When was the last time you played—did something just for fun with no productivity goal?**

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3. **What keeps you from joy and play?** (Check all that apply)

☐ Too busy/no time ☐ Work is never done ☐ Joy feels irresponsible ☐ Play feels childish ☐ I don't deserve joy ☐ I've forgotten how to play ☐ Life is too serious ☐ I feel guilty when I'm not productive ☐ Other: \_\_\_\_\_

4. **Complete this: "I would experience more joy if..."**

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5. **What brings you joy? (Not accomplishment—pure joy)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. **Nehemiah says "the joy of the Lord is your strength." How can joy be strength?**

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### **Today's Practice: Joy & Play Assessment**

#### **JOY INVENTORY:**

Rate these on a scale of 1-10 (1 = never, 10 = regularly):

- I laugh regularly: \_\_\_\_\_
- I experience joy in God's presence: \_\_\_\_\_
- I do things just for fun: \_\_\_\_\_
- I play without guilt: \_\_\_\_\_
- I celebrate good things: \_\_\_\_\_
- I take time for hobbies: \_\_\_\_\_
- I feel light-hearted: \_\_\_\_\_

- I experience pleasure without shame: \_\_\_\_\_

### WHAT BRINGS ME JOY:

List 10 things that bring you joy (no productivity required):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### JOY COMMITMENT:

This week I will do ONE thing purely for joy:

\_\_\_\_\_

**When:** \_\_\_\_\_

**Who with (optional):** \_\_\_\_\_

### PLAY EXPERIMENT:

Choose one:

☐ Play a game with my kids (no phone, fully present) ☐ Go on a bike ride ☐ Play music ☐  
 Build something with my hands ☐ Cook something fun ☐ Take a hike ☐ Play a sport ☐  
 Create art ☐ Other: \_\_\_\_\_

### LAUGHTER CHALLENGE:

Watch/read/listen to something that makes you laugh. Record:

What I watched/read: \_\_\_\_\_

Did I laugh? ☐ Yes ☐ No

How did it feel? \_\_\_\_\_

### **Closing Prayer**

*"Lord, I've been too serious for too long. I've forgotten how to play, how to laugh, how to experience joy. Forgive me for treating joy as irresponsible. Teach me that joy is worship. Help me experience the joy of the Lord as my strength. Give me permission to play, to celebrate, to delight. Let me taste Your goodness. Amen."*

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## **DAY 27: THE HALT FRAMEWORK (SELF-CARE BASICS)**

### **Opening Prayer**

*"Father, teach me to care for myself—body, soul, and spirit. Help me recognize when I'm depleted. Show me how to steward the life You've given me. Amen."*

### **Scripture Reading: Mark 6:30-32 (NASB)**

*"The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, 'Come away by yourselves to a secluded place and rest a while.' (For there were many people coming and going, and they did not even have time to eat.) And they went away in the boat to a secluded place by themselves."*

### **Additional Scripture: Psalm 127:2 (NASB)**

*"It is vain for you to rise up early, to retire late, to eat the bread of painful labors; for He gives to His beloved even in his sleep."*

### **Additional Scripture: 1 Corinthians 6:19-20 (NASB)**

*"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."*

### **Theological Reflection**

**Richard Rohr on self-care:** *"We cannot give what we do not have. If we are depleted, we have nothing to offer. Self-care is not selfishness—it's stewardship."*

— *Simplicity*

**Henri Nouwen on solitude:** *"Without solitude it is virtually impossible to live a spiritual life. We are constantly pulled away from ourselves by the many distractions of our society."*

— *The Way of the Heart*

**Eugene Peterson on rest:** *"The root of our disquiet is spiritual. We have lost the art of rest, the wisdom of being receptive."*

— *Working the Angles*

## THE HALT FRAMEWORK

**HALT** is a recovery acronym used to identify basic needs that, when unmet, make us vulnerable to unhealthy coping (anger, addiction, withdrawal, etc.).

**H - HUNGRY** (Physical needs)

**A - ANGRY** (Emotional needs)

**L - LONELY** (Relational needs)

**T - TIRED** (Rest needs)

When you're feeling off, ask: **HALT - Am I Hungry, Angry, Lonely, or Tired?**

### Reflection Questions

1. **Jesus told his disciples to "come away and rest." Why is rest a spiritual discipline?**

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2. **Rate how well you meet each HALT need (1-10):**

**H - Physical needs** (nutrition, exercise, health): \_\_\_\_\_ **A - Emotional processing** (dealing with feelings): \_\_\_\_\_ **L - Connection** (meaningful relationships): \_\_\_\_\_ **T - Rest** (sleep, Sabbath, downtime): \_\_\_\_\_

3. **Which HALT need is most neglected in your life?**

☐ Hungry (physical) ☐ Angry (emotional) ☐ Lonely (relational) ☐ Tired (rest)

4. **How do you know when you're depleted?**

Physical signs: \_\_\_\_\_

Emotional signs: \_\_\_\_\_

Behavioral signs: \_\_\_\_\_

5. **What unhealthy coping mechanisms do you use when HALT needs aren't met?**

☐ Anger/irritability ☐ Withdrawal/isolation ☐ Pornography ☐ Overeating ☐ Overworking ☐ Binge-watching ☐ Alcohol ☐ Other: \_\_\_\_\_

## Today's Practice: HALT Self-Assessment

### CURRENT HALT STATUS:

#### H - HUNGRY (Physical)

- Last good meal: \_\_\_\_\_
- Hours of sleep last night: \_\_\_\_\_
- Exercise this week: \_\_\_\_\_
- Health issues I'm ignoring: \_\_\_\_\_
- Physical pain I'm carrying: \_\_\_\_\_

#### A - ANGRY (Emotional)

- Unprocessed emotions: \_\_\_\_\_
- Resentments I'm holding: \_\_\_\_\_
- Conflicts I'm avoiding: \_\_\_\_\_
- Emotional temperature (1-10): \_\_\_\_\_

#### L - LONELY (Relational)

- Last meaningful conversation: \_\_\_\_\_
- People who really know me: \_\_\_\_\_
- Hours of quality time with spouse this week: \_\_\_\_\_
- Connection with friends: \_\_\_\_\_

#### T - TIRED (Rest)

- Average sleep per night: \_\_\_\_\_
- Last Sabbath/rest day: \_\_\_\_\_
- Exhaustion level (1-10): \_\_\_\_\_
- When I last felt rested: \_\_\_\_\_

### HALT ACTION PLAN:

Based on my assessment, this week I will:

**H (Physical):** \_\_\_\_\_



**A (Emotional):** \_\_\_\_\_

**L (Relational):** \_\_\_\_\_

**T (Rest):** \_\_\_\_\_

### **DAILY HALT CHECK-IN:**

Add this to your Daily Examen:

**Morning:** "How's my HALT? What do I need today?"

**Evening:** "Did I meet my HALT needs today?"

### **Closing Prayer**

*"Lord, You tell me to come away and rest. You give to Your beloved even in sleep. Yet I push myself relentlessly. I neglect my body, suppress my emotions, isolate from people, refuse to rest. Forgive me. Teach me that self-care is stewardship, not selfishness. Help me recognize when I'm depleted. Give me wisdom to care for the body, soul, and spirit You've entrusted to me. Amen."*

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## **DAY 28: WEEK 4 INTEGRATION & SABBATH**

### **Opening Prayer**

*"Holy Spirit, show me what You've been teaching me about emotions this week. Help me integrate emotional wholeness into my life. Amen."*

### **Weekly Review: Looking Back**

#### **1. The biggest insight from Week 4:**

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#### **2. The hardest emotion to allow:**

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#### **3. Daily Examen + HALT tracking:**

**Day Examen? HALT Check? Dominant Emotion Coping Mechanism**

Mon Y / N      Y / N      \_\_\_\_\_

**Day Examen? HALT Check? Dominant Emotion Coping Mechanism**

Tue	Y / N	Y / N	_____	_____
Wed	Y / N	Y / N	_____	_____
Thu	Y / N	Y / N	_____	_____
Fri	Y / N	Y / N	_____	_____
Sat	Y / N	Y / N	_____	_____
Sun	Y / N	Y / N	_____	_____

**4. Emotional vocabulary expansion:**

At the beginning of the week, I could name \_\_\_\_\_ emotions.

Now I can name \_\_\_\_\_ emotions.

List them:

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**5. HALT assessment:**

Which need was most neglected this week?

☐ Hungry (physical) ☐ Angry (emotional processing) ☐ Lonely (connection) ☐ Tired (rest)

What did I do about it? \_\_\_\_\_

**Integration Exercise: Emotional Wholeness Commitments**

**EMOTIONS I'M LEARNING TO FEEL:**

Instead of suppressing, I'm learning to name and feel:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EMOTIONS I'M LEARNING TO EXPRESS:**

Instead of hiding or exploding, I'm learning to express:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **HALT NEEDS I'M COMMITTING TO MEET:**

This month, I commit to:

- **Physical (H):** \_\_\_\_\_
- **Emotional (A):** \_\_\_\_\_
- **Relational (L):** \_\_\_\_\_
- **Rest (T):** \_\_\_\_\_

### **WHAT CHANGED THIS WEEK:**

☐ I cried (first time in \_\_\_\_\_ months/years) ☐ I named anger instead of exploding ☐ I allowed myself to grieve a loss ☐ I expressed fear without shame ☐ I experienced joy/play ☐ I met my HALT needs consistently ☐ I expanded my emotional vocabulary ☐ Other:

\_\_\_\_\_

### **Letter to My Emotions**

**Write a letter to your emotions, giving them permission to exist:**

Dear Emotions,

For years, I've suppressed you, denied you, been ashamed of you. I've believed that feeling you made me weak.

I'm learning that's a lie.

Jesus felt deeply. He wept. He was troubled. He was angry. He experienced joy.

So I give you permission to exist:

Sadness, you can \_\_\_\_\_

Anger, you can \_\_\_\_\_

Fear, you can \_\_\_\_\_

Joy, you can \_\_\_\_\_

I will no longer suppress you. I will learn to feel you, name you, and express you in healthy ways.

Sincerely, \_\_\_\_\_ (your name)

### **Accountability Triad Check-In**

**This week, share with your triad:**

1. One emotion you allowed yourself to feel this week
2. Your biggest HALT need and how you're addressing it
3. One old message about emotions you're rejecting
4. Prayer request for Week 5 (Relational Repair)

### **Sabbath Practice: Emotional Rest**

**Today, practice emotional rest:**

Choose 2-3:

- ☐ Do nothing productive for 4+ hours
- ☐ Take a nap without guilt
- ☐ Play (hobby, game, sport)
- ☐ Worship without agenda
- ☐ Sit in nature and just feel
- ☐ Journal your emotions freely
- ☐ Laugh (watch something funny)
- ☐ Create art (express feelings visually)

### **Sabbath Reflection:**

What did I notice when I gave myself permission to rest and feel?

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### **Preparation for Week 5**

**Next Week's Theme:** Relational Repair & Showing Up

**Next Week's Memory Verse:** *"Therefore, confess your sins to one another, and pray for one another so that you may be healed."* - James 5:16 (NASB)

**Warning:** Week 5 will address marriage, fatherhood, friendship, and conflict. It's emotionally heavy as we face relational damage our False Self caused.

**What I'm taking into Week 5:**

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**What I'm leaving behind:**

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**Closing Blessing**

*"May you give yourself permission to feel—all of it. May you cry without shame. May you name your anger. May you grieve your losses. May you laugh with joy. May you care for your body, process your emotions, connect with people, and rest in God. May you become emotionally whole. Amen."*

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**END OF WEEK 4 WORKBOOK**

**Great work! You're learning to feel again. You're expanding your emotional vocabulary. You're meeting your HALT needs. This is the foundation for healthy relationships—which is next week.**

**Week 5: Relational Repair—where emotional wholeness meets real-world relationships.**

**See you at the Week 5 group session!**

## EVERY MAN COMPLETE

### WEEK 5 PARTICIPANT WORKBOOK

#### Relational Repair & Showing Up

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#### WEEK 5 OVERVIEW

**Core Question:** How do I repair the damage my False Self caused?

**Memory Verse:** *"Therefore, confess your sins to one another, and pray for one another so that you may be healed."* - James 5:16 (NASB)

**This Week's Journey:** You've discovered your True Self (Weeks 1-3) and learned emotional wholeness (Week 4). Now comes the hardest integration work: facing the relational damage your False Self has caused. This week requires brutal honesty about your marriage, fatherhood, friendships, and conflicts. It's painful but necessary for healing.

**WARNING:** This week will be emotionally difficult. You'll confront failures, missed moments, and relational wounds you've caused. Don't do this alone. Use your triad. If needed, contact a counselor.

**Weekly Practice:** Daily Examen + One Intentional Conversation (with spouse, child, or friend)

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#### OPENING MEDITATION

*"Wounds from a friend can be trusted."* - Proverbs 27:6

The False Self damages relationships. It performs instead of connecting. It hides instead of being known. It withdraws instead of showing up. It controls instead of loving.

This week, you face the damage honestly. Not to wallow in shame, but to begin repair.

*"Father, give me courage to see the relational damage I've caused. Show me where I've been absent, where I've performed instead of loved, where I've hurt the people I care about most. Give me wisdom to repair what's been broken. Amen."*

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#### DAY 29: MARRIAGE REALITY CHECK

##### Opening Prayer

*"Lord, show me the truth about my marriage. Not what I wish it was, but what it actually is. Give me courage to face where I've failed. Amen."*

**Scripture Reading: Ephesians 5:25-28, 33 (NASB)**

*"Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself... Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband."*

**Additional Scripture: 1 Peter 3:7 (NASB)**

*"You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered."*

**Additional Scripture: Colossians 3:19 (NASB)**

*"Husbands, love your wives and do not be embittered against them."*

**Theological Reflection**

**Gary Thomas on marriage:** *"What if God designed marriage to make us holy more than to make us happy?"*

— *Sacred Marriage*

**John Gottman on marriage repair:** (secular researcher, valuable insight) *"The difference between happy and unhappy couples is not that happy couples don't have conflict. It's that they repair after conflict."*

— *The Seven Principles for Making Marriage Work*

**Dan Allender on marital intimacy:** *"Intimacy requires that we risk being fully known and yet remain committed to seeking to know our spouse."*

— *Intimate Allies*

**Richard Rohr on authentic love:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking. Love is not a feeling to be felt, but a decision to be made, again and again."*

— *The Divine Dance*

**Reflection Questions**

**NOTE TO SINGLE MEN:** If you're not married, use this day to reflect on past relationships or preparation for future marriage. The False Self damages all relationships—romantic, familial, friendship.

**NOTE TO MARRIED MEN:** This will be hard. Be honest. Don't spiritualize or minimize.

1. **On a scale of 1-10, how healthy is your marriage right now? (1 = crisis, 10 = thriving)**

1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

**Be specific about why you chose that number:**

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2. **How does your wife experience you?** (Check all that apply)

☐ Present and engaged ☐ Physically present but emotionally absent ☐ Working all the time  
☐ Angry or irritable ☐ Withdrawn or distant ☐ Controlling ☐ Defensive ☐ Pornography user  
(she knows or suspects) ☐ Critical or contemptuous ☐ Loving and attentive ☐ Safe and  
trustworthy ☐ Other: \_\_\_\_\_

3. **When was the last time you had a real conversation with your wife?** (Not logistics, but actual connection)

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4. **Complete this honestly: "If my wife were brutally honest about me, she would say..."**

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5. **How has your False Self damaged your marriage?**

☐ I've performed instead of being real ☐ I've hidden struggles (porn, finances, etc.) ☐ I've been emotionally unavailable ☐ I've prioritized work over family ☐ I've blamed her instead of owning my stuff ☐ I've withdrawn when things get hard ☐ I've been defensive instead of listening ☐ Other: \_\_\_\_\_

6. **Ephesians says love your wife "as Christ loved the church." How does that compare to how you actually love her?**



Christ's love: \_\_\_\_\_

My love: \_\_\_\_\_

### **Today's Practice: Marriage Reality Assessment**

**IMPORTANT:** This is not to shame you. This is to help you see clearly so you can repair.

**Rate these areas honestly (1-10):**

<b>Area</b>	<b>Rating What Needs to Change</b>	
<b>Emotional intimacy</b> (Do you share feelings?)	_____	_____
<b>Physical intimacy</b> (Healthy sexual relationship?)	_____	_____
<b>Communication</b> (Do you really listen?)	_____	_____
<b>Conflict resolution</b> (Can you repair after fights?)	_____	_____
<b>Presence</b> (Are you there when you're there?)	_____	_____
<b>Trust</b> (Does she trust you? Do you trust her?)	_____	_____
<b>Partnership</b> (Do you carry the load together?)	_____	_____
<b>Spiritual leadership</b> (Not control—servant leadership)	_____	_____

**Areas scoring 1-4:** Crisis—need immediate attention

**Areas scoring 5-7:** Struggling—need work

**Areas scoring 8-10:** Healthy—maintain and grow

**My marriage's greatest need right now:**

\_\_\_\_\_

**One concrete action I will take this week:**

\_\_\_\_\_

**What I need to confess to my wife:**

\_\_\_\_\_

\_\_\_\_\_

**What I need to ask her:**

"What is it like to be married to me?"

☐ I will ask her this question this week ☐ I'm not ready yet, but I will work toward it ☐ I need help from my triad/counselor first

**CRITICAL:** If your marriage is in crisis (infidelity, abuse, separation), you need professional help. Contact a marriage counselor immediately. This workbook is not a substitute for therapy.

### **Closing Prayer**

\*"Lord Jesus, You loved the church and gave Yourself up for her. I have not loved my wife like that. I confess: [Name specific failures.]

Show me how to repair the damage I've caused. Give me courage to ask hard questions and listen to hard answers. Soften my heart. Help me show up—really show up—for her.

I commit to: [Name one specific action.]

Give me strength to follow through. Amen."\*

**If this is overwhelming:** Text your triad or call your facilitator. Don't isolate.

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## **DAY 30: FATHERHOOD PRESENCE**

### **Opening Prayer**

*"Father, show me the truth about my fatherhood. Where have I been absent? Where have I missed moments? Where do I need to repair? Amen."*

### **Scripture Reading: Luke 15:20-24 (NASB) - The Prodigal's Father**

*"So he set out and came to his father. But when he was still a long way off, his father saw him and felt compassion for him, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet; and bring the fattened calf, slaughter it, and let us eat and celebrate; for this son of mine was dead and has come to life again; he was lost and has been found.' And they began to celebrate."*

### **Additional Scripture: Deuteronomy 6:6-7 (NASB)**

*"These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up."*

**Additional Scripture: Proverbs 22:6 (NASB)**

*"Train up a child in the way he should go, even when he is old he will not depart from it."*

**Theological Reflection**

**Josh McDowell on fatherhood:** *"The greatest gift I ever received from God was when He gave me my father."* (reflecting on his father's late-life transformation)  
— *The Father Connection*

**John Eldredge on father wounds:** *"A boy needs to know his father believes in him. He needs a blessing from his father. Without it, a boy will spend the rest of his life searching for that validation."*  
— *Wild at Heart*

**Richard Rohr on fatherhood:** *"If you do not transform your pain, you will most assuredly transmit it—usually to those closest to you, especially your children."*  
— *From Wild Man to Wise Man*

**Paul Tripp on parenting:** *"Parenting is not about what you want for your children, but about what God is doing through you in your children."*  
— *Parenting: 14 Gospel Principles*

**Reflection Questions**

**NOTE TO MEN WITHOUT CHILDREN:** Use this day to reflect on your relationship with your own father, or with young men you influence (nephews, students, mentees).

**1. List your children (names and ages):**

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**2. Rate your relationship with each child (1-10):**

**Child 1:** \_\_\_\_\_ (Why this rating?) \_\_\_\_\_

**Child 2:** \_\_\_\_\_ (Why this rating?) \_\_\_\_\_

**Child 3:** \_\_\_\_\_ (Why this rating?) \_\_\_\_\_

3. **When was the last time you had a real conversation with each child?** (Not correction or instruction—actual connection)

**Child 1:** \_\_\_\_\_

**Child 2:** \_\_\_\_\_

**Child 3:** \_\_\_\_\_

4. **How would your children describe you?** (Check all that apply)

☐ Present and involved ☐ Busy/working all the time ☐ Angry or impatient ☐ Fun and playful  
☐ Distant or disconnected ☐ Critical or harsh ☐ Loving and affectionate ☐ Safe and approachable ☐ Scary when mad ☐ Always on phone ☐ Other: \_\_\_\_\_

5. **Complete this honestly: "If my kids were brutally honest about me, they would say..."**

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6. **Where have you repeated your father's mistakes?**

My father was: \_\_\_\_\_

I am: \_\_\_\_\_

What needs to change: \_\_\_\_\_

7. **Luke 15:20 - The father "saw him from a distance" (watching for him), "felt compassion," and "ran." When do you do this for your kids?**

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### **Today's Practice: Fatherhood Reality Assessment**

**Rate these areas honestly (1-10):**

<b>Area</b>	<b>Rating</b>	<b>What Needs to Change</b>
<b>Presence</b> (Physically there, emotionally engaged)	____	_____
<b>Affirmation</b> (Do they know you're proud of them?)	____	_____

Area	Rating	What Needs to Change
<b>Time</b> (Quality time, not just in same house)	_____	_____
<b>Listening</b> (Do you really hear them?)	_____	_____
<b>Patience</b> (Quick to anger or slow to anger?)	_____	_____
<b>Discipline</b> (Consistent, grace-filled correction)	_____	_____
<b>Blessing</b> (Spoken words of affirmation/identity)	_____	_____
<b>Spiritual leadership</b> (Prayer, faith conversations)	_____	_____

### **MOMENTS I'VE MISSED:**

List specific moments you regret missing (games, events, conversations, needs):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **DAMAGE I'VE CAUSED:**

Where have I hurt my kids through:

Anger: \_\_\_\_\_

Absence: \_\_\_\_\_

Criticism: \_\_\_\_\_

Emotional unavailability: \_\_\_\_\_

Performance pressure: \_\_\_\_\_

### **WHAT MY KIDS NEED FROM ME:**

**Child 1 needs:** \_\_\_\_\_

**Child 2 needs:** \_\_\_\_\_

**Child 3 needs:** \_\_\_\_\_

### **ONE THING I WILL DO THIS WEEK FOR EACH CHILD:**

Child 1: \_\_\_\_\_

Child 2: \_\_\_\_\_

Child 3: \_\_\_\_\_

### THE QUESTION I NEED TO ASK EACH CHILD:

"What is it like to have me as your dad?"

☐ I will ask this question this week ☐ I'm working toward asking it ☐ I need help from my triad first

### REBUILDING PRESENCE:

This week, I commit to:

☐ Put phone away when kids are home (specific time: \_\_\_\_\_) ☐ One-on-one time with each child (30+ minutes) ☐ Physical affection (hug, roughhouse, sit beside) ☐ Affirm each child verbally ("I'm proud of you because...") ☐ Ask about their world (listen without fixing) ☐ Apologize for specific failure (name it) ☐ Other: \_\_\_\_\_

### Closing Prayer

\*"Father, I have not fathered well. I confess: [Name specific failures.]

I've been absent. I've been angry. I've been critical. I've prioritized work over presence. I've repeated my father's mistakes.

Show me how to repair these relationships. Give me courage to ask my kids hard questions and hear hard answers. Help me show up—not perfectly, but consistently.

I commit to: [Name one specific action for each child.]

Break the generational pattern. Help me father differently. Amen."\*

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## DAY 31: FRIENDSHIP DEFICIT

### Opening Prayer

*"Lord, I don't have real friends. I'm isolated. Show me why I've avoided deep friendship and how to build authentic brotherhood. Amen."*

**Scripture Reading: Ecclesiastes 4:9-12 (NASB)**

*"Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up. Furthermore, if two lie down together they keep warm, but how can one be warm alone? And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart."*

**Additional Scripture: Proverbs 27:17 (NASB)**

*"Iron sharpens iron, so one man sharpens another."*

**Additional Scripture: Proverbs 27:6 (NASB)**

*"Faithful are the wounds of a friend, but deceitful are the kisses of an enemy."*

**Additional Scripture: 1 Thessalonians 5:11 (NASB)**

*"Therefore encourage one another and build up one another, just as you also are doing."*

**Theological Reflection**

**Richard Rohr on male friendship:** *"Most men do not have even one true friend. We have work colleagues, drinking buddies, golf partners—but not one person who really knows us."*  
— *From Wild Man to Wise Man*

**C.S. Lewis on friendship:** *"Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival."*  
— *The Four Loves*

**Dietrich Bonhoeffer on Christian community:** *"The person who loves their dream of Christian community more than the Christian community itself becomes a destroyer of that Christian community."*  
— *Life Together*

**Eugene Peterson on vulnerability:** *"The word of God comes to us not from experts but from friends."*  
— *The Pastor*

**Reflection Questions**

1. **How many real friends do you have?** (People who really know you—not acquaintances, golf buddies, or work colleagues)

Number: \_\_\_\_\_

**If less than 3:** You're not alone. Most men have zero true friends.

**2. Name your closest friend(s) and rate the depth of the friendship (1-10):**

**Friend 1:** \_\_\_\_\_ **Depth:** \_\_\_\_\_

**Friend 2:** \_\_\_\_\_ **Depth:** \_\_\_\_\_

**Friend 3:** \_\_\_\_\_ **Depth:** \_\_\_\_\_

**3. When was the last time you had a real conversation with a male friend?** (Not sports, work, or surface topics—actual life, struggles, feelings)

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**4. What keeps you from deep male friendship?** (Check all that apply)

☐ Too busy ☐ Don't know how ☐ Afraid of vulnerability ☐ Competing with other men ☐ Been hurt before ☐ Don't trust men ☐ Easier to stay isolated ☐ Ashamed of struggles ☐ Fear of being known ☐ Other: \_\_\_\_\_

**5. Complete this: "If I had a real friend, I would want to talk about..."**

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**6. Ecclesiastes says "Woe to the one who falls when there is not another to lift him up." Where have you fallen alone?**

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**Today's Practice: Friendship Assessment**

**FRIENDSHIP INVENTORY:**

List your current "friends" and rate the depth:

<b>Name</b>	<b>How Often We Talk</b>	<b>Do They Know Your Struggles?</b>	<b>Real Friend?</b>
_____	_____	Yes / No / Some	Yes / No
_____	_____	Yes / No / Some	Yes / No
_____	_____	Yes / No / Some	Yes / No



**Name**                      **How Often We Talk Do They Know Your Struggles? Real Friend?**

\_\_\_\_\_ Yes / No / Some                      Yes / No

### **WHO REALLY KNOWS YOU?**

Who knows about:

**Your marriage struggles:** \_\_\_\_\_

**Your father wound:** \_\_\_\_\_

**Your addiction/porn use:** \_\_\_\_\_

**Your fears and anxieties:** \_\_\_\_\_

**Your depression or anger:** \_\_\_\_\_

**If "no one" is the answer to most of these, you're isolated. Isolation kills.**

### **WHY I'VE AVOIDED FRIENDSHIP:**

Check all that apply and explain:

☐ **Competition:** Men feel like competition, not allies

\_\_\_\_\_

☐ **Vulnerability fear:** Can't let anyone see my struggles

\_\_\_\_\_

☐ **Time:** I'm too busy for friendship

\_\_\_\_\_

☐ **Trust:** I've been betrayed before

\_\_\_\_\_

☐ **Shame:** I'm too broken for friendship

\_\_\_\_\_

☐ **Independence:** I don't need help from anyone

\_\_\_\_\_

### **WHAT I NEED IN FRIENDSHIP:**

I need friends who:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **BUILDING BROTHERHOOD:**

This week, I commit to:

☐ Reach out to one man for coffee/call (Name: \_\_\_\_\_) ☐ Be honest with my accountability triad about where I'm struggling ☐ Ask one friend: "How are you really doing?" ☐ Share one thing I'm struggling with ☐ Invite someone into my life (don't wait for them to initiate) ☐ Other: \_\_\_\_\_

### **THE QUESTION I NEED TO ASK:**

"Will you be my friend? Not surface-level—real friendship. I need brothers who know me."

☐ I will ask someone this week ☐ I'm working toward this ☐ I'll start with my triad

### **ACCOUNTABILITY TRIAD:**

Are you using your triad from this program?

☐ Yes, we're connecting regularly ☐ Some, but not deeply ☐ No, I'm isolated even in the program

**If isolated:** Tell your facilitator. Don't suffer alone.

### **Closing Prayer**

\*"Father, I'm isolated. I don't have real friends. I've avoided vulnerability. I've competed instead of connecting. I've hidden my struggles.

Forgive me for believing the lie that I don't need other men. Forgive me for independence, for pride, for shame that keeps me alone.

Help me build real friendships. Give me courage to be known. Send me brothers who will sharpen me and let me sharpen them.

I commit to: [Name one specific action.]

Break my isolation. I can't do this alone. Amen."\*

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## **DAY 32: CONFLICT AND REPAIR**

## Opening Prayer

*"Lord, I run from conflict or I weaponize it. Teach me to engage conflict healthily and repair when I've caused harm. Amen."*

## Scripture Reading: Matthew 5:23-24 (NASB)

*"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."*

## Additional Scripture: Matthew 18:15 (NASB)

*"If your brother sins, go and show him his fault in private; if he listens to you, you have won your brother."*

## Additional Scripture: Ephesians 4:26-27 (NASB)

*"Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity."*

## Additional Scripture: Colossians 3:13 (NASB)

*"Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you."*

## Theological Reflection

**John Gottman on conflict repair:** *"The difference between happy and unhappy couples is not that they don't fight. It's that they repair after the fight."*

— *The Seven Principles for Making Marriage Work*

**Ken Sande on peacemaking:** *"Conflict is not the problem. How we handle conflict is the problem."*

— *The Peacemaker*

**Dan Allender on conflict:** *"Conflict is the opportunity for intimacy. It's where we learn to be known and to know another."*

— *The Wounded Heart*

**Dietrich Bonhoeffer on confession:** *"A person who confesses his sins in the presence of another knows that he is no longer alone with himself; he experiences the presence of God in the reality of the other."*

— *Life Together*

## Reflection Questions

**1. How do you typically handle conflict?** (Check all that apply)

☐ Avoid it (withdraw, go silent) ☐ Explode (yell, rage, intimidate) ☐ Passive-aggressive (sarcasm, silent treatment) ☐ Deflect/blame others ☐ Minimize ("It's not a big deal") ☐ Engage calmly and seek resolution ☐ Other: \_\_\_\_\_

**2. Where did you learn this conflict style?**

From my father: \_\_\_\_\_

From past relationships: \_\_\_\_\_

**3. What are you most afraid of in conflict?**

☐ Being wrong ☐ Losing control ☐ Being rejected ☐ Looking weak ☐ Hurting someone ☐ Being hurt ☐ Not being heard ☐ Other: \_\_\_\_\_

**4. List current unresolved conflicts:**

**With my spouse:** \_\_\_\_\_

**With my children:** \_\_\_\_\_

**With friends/family:** \_\_\_\_\_

**At work:** \_\_\_\_\_

**5. Matthew 5:23-24 says leave your offering and go be reconciled. What offering are you bringing to God while avoiding reconciliation?**

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**6. Complete this: "I need to repair conflict with \_\_\_\_\_ about \_\_\_\_\_."**

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**Today's Practice: Conflict and Repair Assessment**

**CONFLICT PATTERNS:**

Rate yourself (1-10):

**Area**

**Rating What Needs to Change**

**Awareness** (Do I recognize when I'm in conflict?) \_\_\_\_\_

Area	Rating	What Needs to Change
<b>Engagement</b> (Do I address issues or avoid?)	_____	_____
<b>Emotional regulation</b> (Stay calm or explode?)	_____	_____
<b>Listening</b> (Hear the other person?)	_____	_____
<b>Ownership</b> (Take responsibility for my part?)	_____	_____
<b>Repair</b> (Apologize and make amends?)	_____	_____
<b>Follow-through</b> (Keep commitments made?)	_____	_____
<b>Forgiveness</b> (Release offenses?)	_____	_____

### DAMAGE I'VE CAUSED IN CONFLICT:

Times I've:

- Yelled/raged:  
\_\_\_\_\_
- Withdrew/gave silent treatment:  
\_\_\_\_\_
- Blamed instead of owning:  
\_\_\_\_\_
- Refused to apologize:  
\_\_\_\_\_
- Made promises I didn't keep:  
\_\_\_\_\_

### REPAIR FRAMEWORK:

When you've caused harm in conflict, follow these steps:

- 1. ACKNOWLEDGE** "I was wrong. I [specific action]."
- 2. APOLOGIZE** "I'm sorry. I hurt you. That was wrong."
- 3. TAKE RESPONSIBILITY** "This is on me. No excuses."
- 4. ASK** "Will you forgive me?"

**5. COMMIT** "Going forward, I will [specific change]."

**6. FOLLOW THROUGH** Actually change behavior.

**CONFLICT I NEED TO REPAIR:**

**Person:** \_\_\_\_\_

**What happened:** \_\_\_\_\_

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**My part in it:** \_\_\_\_\_

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**What I need to say:**

1. Acknowledge:

\_\_\_\_\_

2. Apologize: \_\_\_\_\_

3. Responsibility:

\_\_\_\_\_

4. Ask forgiveness: \_\_\_\_\_

5. Commitment:

\_\_\_\_\_

**When I will do this:** \_\_\_\_\_

**INITIATING DIFFICULT CONVERSATIONS:**

"Can we talk about \_\_\_\_\_? I know I've avoided this, but I want to make it right."

☐ I will initiate one difficult conversation this week ☐ I need help from my triad to prepare ☐  
I'll ask my facilitator for guidance

**Closing Prayer**

\*"Lord, I've handled conflict poorly. I've avoided it, weaponized it, refused to repair. I've hurt people and walked away.

I confess: [Name specific conflicts you've mishandled.]

Give me courage to go back and repair. Humble me to apologize without excuses. Help me own my part without blame-shifting.

I commit to repair with: [Name the person.]

Give me wisdom for that conversation. Help me listen. Help me change. Amen."\*

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## **DAY 33: PRESENCE OVER PERFORMANCE**

### **Opening Prayer**

*"Father, I've performed in relationships instead of being present. Teach me that love is presence, not perfection. Amen."*

### **Scripture Reading: Luke 10:38-42 (NASB)**

*"Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. She had a sister called Mary, who was seated at the Lord's feet, listening to His word. But Martha was distracted with all her preparations; and she came up to Him and said, 'Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me.' But the Lord answered and said to her, 'Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her.'"*

### **Additional Scripture: Psalm 46:10 (NASB)**

*"Be still, and know that I am God."*

### **Additional Scripture: Proverbs 17:1 (NASB)**

*"Better is a dry morsel and quietness with it than a house full of feasting with strife."*

### **Theological Reflection**

**Richard Rohr on presence:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking. Presence is the practice of being fully here, now, with this person."*

— *The Naked Now*

**Henri Nouwen on ministry of presence:** *"When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand."*

— *Out of Solitude*

**Eugene Peterson on hurry:** *"The word busy is the symptom not of commitment but of betrayal. It is not devotion but defection. The adjective busy set as a modifier to pastor*

*should sound to our ears like adulterous to characterize a wife or embezzling to describe a banker."*

— *The Contemplative Pastor*

**Dallas Willard on hurry:** *"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."*

— *The Great Omission*

### Reflection Questions

1. What does "presence" mean to you?

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2. Rate yourself: How present are you with the people you love? (1-10)

With my spouse: \_\_\_\_\_ With my kids: \_\_\_\_\_ With friends: \_\_\_\_\_ At work/ministry:

\_\_\_\_\_

3. What prevents you from being present? (Check all that apply)

☐ Phone/screens ☐ Work stress/mental load ☐ Always thinking about next thing ☐  
Tired/depleted ☐ Emotionally unavailable ☐ Performing instead of connecting ☐ Trying to  
fix instead of listen ☐ Other: \_\_\_\_\_

4. In Luke 10, Martha was "distracted with all her preparations." What are you distracted by?

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5. When was the last time you were fully present—no phone, no distractions, just there—with:

Spouse: \_\_\_\_\_

Child: \_\_\_\_\_

Friend: \_\_\_\_\_

6. Complete this: "People experience me as \_\_\_\_\_  
(present/absent/distracted) because I'm always \_\_\_\_\_."

---



## Today's Practice: Presence Audit

### PRESENCE vs. PERFORMANCE:

In relationships, am I:

Relationship	Performing (doing for)	Present (being with)
--------------	------------------------	----------------------

Marriage	Providing, fixing problems ✓	Listening, connecting emotionally
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Fatherhood	_____	_____
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Friendship	_____	_____
------------	-------	-------

Work	_____	_____
------	-------	-------

### DISTRACTION INVENTORY:

This week, track how often you're distracted from presence:

#### Phone usage during family time:

- Average daily screen time: \_\_\_\_\_
- Times checking phone during conversations: \_\_\_\_\_

#### Mental absence:

- Times thinking about work when with family: \_\_\_\_\_
- Times planning next thing instead of being present: \_\_\_\_\_

#### What I'm missing while distracted:

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### PRESENCE COMMITMENTS:

This week, I will practice presence by:

- ☐ **Phone away** during dinner (all devices in another room) ☐ **Eye contact** during conversations (not phone, TV, etc.) ☐ **One thing at a time** (no multitasking with people) ☐ **Listening without fixing** (just be there) ☐ **Sabbath** (one full day with no work, no phone) ☐ **Dedicated time** for each person (15-30 min uninterrupted) ☐ Other:

---

## **PRACTICE: 10 Minutes of Full Presence**

Pick one person. Set timer for 10 minutes. No phone. No distractions. Just be with them.

**Person:** \_\_\_\_\_

**When:** \_\_\_\_\_

**What I noticed:** \_\_\_\_\_

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### **Closing Prayer**

\*"Lord, I've been performing instead of being present. I've been there in body but absent in spirit. I've been distracted, busy, mentally elsewhere.

Forgive me for missing moments I can't get back.

Teach me to be still. Teach me to be here, now, with this person in front of me.

This week, I commit to: [Name specific presence practice.]

Slow me down. Help me be present like You were present—fully there, fully engaged, fully loving. Amen."\*

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## **DAY 34: LISTENING AND LOVING WELL**

### **Opening Prayer**

*"Father, I don't listen well. I interrupt, fix, defend, and tune out. Teach me to listen like You listen. Amen."*

### **Scripture Reading: James 1:19-20 (NASB)**

*"You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, and slow to anger; for a man's anger does not bring about the righteousness of God."*

### **Additional Scripture: Proverbs 18:13 (NASB)**

*"He who gives an answer before he hears, it is folly and shame to him."*

### **Additional Scripture: Proverbs 18:2 (NASB)**

*"A fool does not delight in understanding, but only in revealing his own mind."*

## Theological Reflection

**Dietrich Bonhoeffer on listening:** *"The first service one owes to others in the fellowship consists in listening to them. Just as love to God begins with listening to His Word, so the beginning of love for the brethren is learning to listen to them."*

— *Life Together*

**Eugene Peterson on listening:** *"Listening is a form of hospitality. When we listen, we invite the other person into our space, our attention, our heart."*

— *The Contemplative Pastor*

**Henri Nouwen on listening:** *"Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings."*

— *Bread for the Journey*

**Richard Rohr on masculine listening:** *"Men are fixers. We hear a problem and immediately want to solve it. But most people don't want solutions—they want to be heard. They want presence."*

— *From Wild Man to Wise Man*

## Reflection Questions

### 1. Rate your listening skills (1-10):

With my spouse: \_\_\_\_\_ With my kids: \_\_\_\_\_ With friends: \_\_\_\_\_ At work: \_\_\_\_\_

### 2. What gets in the way of listening? (Check all that apply)

☐ Formulating my response while they're talking ☐ Interrupting ☐ Trying to fix the problem

☐ Defending myself ☐ Thinking about something else ☐ Judging what they're saying ☐

Waiting for them to finish so I can talk ☐ Looking at phone ☐ Other:

\_\_\_\_\_

### 3. Complete this honestly: "When people talk to me, I'm usually..."

☐ Fully listening ☐ Partially listening ☐ Not really listening ☐ Waiting for them to stop talking

### 4. Proverbs says "He who gives an answer before he hears, it is folly and shame."

When do you do this?

\_\_\_\_\_  
\_\_\_\_\_

5. James says be "quick to hear, slow to speak, slow to anger." Which is hardest for you?

☐ Quick to hear (I talk too much) ☐ Slow to speak (I interrupt) ☐ Slow to anger (I get defensive)

6. When was the last time someone said to you: "You're not listening to me"?

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### Today's Practice: Active Listening Skills

#### THE FIVE LEVELS OF LISTENING:

1. **Ignoring** - Not listening at all
2. **Pretending** - "Uh-huh" while thinking about something else
3. **Selective** - Only hearing what you want to hear
4. **Attentive** - Hearing words but not meaning
5. **Empathic** - Fully present, hearing heart and meaning

Which level do you typically operate at? \_\_\_\_\_

#### ACTIVE LISTENING FRAMEWORK:

To listen well:

1. **STOP** what you're doing (put down phone, turn off TV)
2. **LOOK** at the person (eye contact, facing them)
3. **LISTEN** without interrupting (no formulating response)
4. **REFLECT** what you heard ("What I hear you saying is...")
5. **ASK** clarifying questions ("Tell me more about that")
6. **VALIDATE** their feelings ("That makes sense. I understand why you feel that way")
7. **RESIST** fixing (unless they ask for solutions)

#### BAD LISTENING HABITS TO BREAK:

☐ **Interrupting** - Let them finish ☐ **"Yeah, but..."** - Dismisses what they said ☐ **Making it about you** - "That reminds me of when I..." ☐ **Jumping to solutions** - "Here's what you

should do..." ☐ **Defending** - "That's not what I meant..." ☐ **Minimizing** - "It's not that bad..."  
☐ **Changing subject** - Deflecting ☐ **Looking at phone** - Self-explanatory

### **LISTENING PRACTICE:**

This week, have one conversation where you ONLY listen. No fixing. No advice. No making it about you.

**With whom:** \_\_\_\_\_

**Topic they want to talk about:** \_\_\_\_\_

**Your only job:** Listen. Reflect. Validate.

**After the conversation, ask:** "Did you feel heard?"

**Their response:** \_\_\_\_\_

**What you learned:** \_\_\_\_\_

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### **MARRIAGE LISTENING:**

If married, ask your wife:

"Do you feel heard by me?"

☐ I will ask this question this week ☐ I already know the answer (and it's not good) ☐ I'm afraid to ask

**What prevents you from listening to your wife?**

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### **FATHERHOOD LISTENING:**

If you have kids, practice listening without:

- Correcting
- Teaching
- Fixing

Just listen. Validate. Be present.

**One child I need to listen to better:** \_\_\_\_\_

**What I will do differently:** \_\_\_\_\_

## Closing Prayer

\*"Lord, I don't listen well. I interrupt. I fix. I defend. I tune out. I make it about me.

Forgive me for not honoring others by truly hearing them.

James says be quick to hear, slow to speak, slow to anger. Help me do that.

This week, I commit to: [Name one specific person you'll listen to without fixing.]

Teach me that listening is love. That presence matters more than solutions. That being heard is being loved.

Help me listen like You listen. Amen."\*

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## DAY 35: WEEK 5 INTEGRATION & SABBATH

### Opening Prayer

*"Holy Spirit, show me what You've been teaching me about relationships this week. Give me courage to repair what I've broken. Amen."*

### Weekly Review: Looking Back

**This was a BRUTAL week. Before anything else, acknowledge that:**

*I looked at my marriage honestly. I faced my failures as a father. I saw my friendship deficit. I named unresolved conflicts. I recognized how absent I've been. This was hard work. I showed up.*

### 1. The most painful realization from Week 5:

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### 2. The relationship needing most repair:

☐ Marriage ☐ Fatherhood ☐ Friendship ☐ Other: \_\_\_\_\_

### 3. Daily Examen + Intentional Conversation tracking:

**Day Examen? Intentional Conversation? With Whom? Quality (1-10)**

Mon Y / N      Y / N      \_\_\_\_\_

**Day Examen? Intentional Conversation? With Whom? Quality (1-10)**

Tue	Y / N	Y / N	_____	_____
Wed	Y / N	Y / N	_____	_____
Thu	Y / N	Y / N	_____	_____
Fri	Y / N	Y / N	_____	_____
Sat	Y / N	Y / N	_____	_____
Sun	Y / N	Y / N	_____	_____

**4. Where I practiced presence over performance:**

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**5. Difficult conversation I had (or need to have):**

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**Integration Exercise: Relational Repair Plan**

**RELATIONSHIPS NEEDING REPAIR:**

**Relationship Damage Caused Repair Needed First Step When**

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**AMENDS LIST (Preview for Week 6):**

People I need to make amends to:

1. \_\_\_\_\_ for \_\_\_\_\_
2. \_\_\_\_\_ for \_\_\_\_\_
3. \_\_\_\_\_ for \_\_\_\_\_

4. \_\_\_\_\_ for \_\_\_\_\_

**THIS MONTH'S COMMITMENTS:**

In the next 30 days, I commit to:

**Marriage:**

- \_\_\_\_\_
- \_\_\_\_\_

**Fatherhood:**

- \_\_\_\_\_
- \_\_\_\_\_

**Friendship:**

- \_\_\_\_\_
- \_\_\_\_\_

**Conflict Repair:**

- \_\_\_\_\_
- \_\_\_\_\_

**Letter to the People I've Hurt**

**Write a letter (you don't have to send it yet, but write it):**

To [Name],

I need to tell you something I should have said long ago. I've hurt you.

Specifically, I [describe the harm you caused]:

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I was wrong. There's no excuse. This is on me.

What I want you to know:

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What I'm committing to change:

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I understand if you're not ready to forgive me. But I needed you to know: I see what I've done. I'm sorry. And I'm working to become different.

Sincerely, [Your name]

### **Accountability Triad Check-In**

**This week, share with your triad:**

1. One relationship where I saw damage clearly
2. One hard conversation I had (or need to have)
3. One commitment I'm making to repair
4. Prayer request for Week 6 (Sexual Integration & Making Amends)

### **Sabbath Practice: Relational Rest**

**Today, practice relational rest:**

Choose 2-3:

☐ No conflict today (if possible, give relationships a break) ☐ Phone away for 4+ hours (be fully present) ☐ Quality time with spouse (no agenda, just connection) ☐ One-on-one time with each child (play, talk, listen) ☐ Reach out to a friend (not for help, just connection) ☐ Apologize to someone ☐ Express gratitude to someone important

### **Sabbath Reflection:**

What did I notice when I was fully present today?

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### **Preparation for Week 6**

**Next Week's Theme:** Sexual Integration & Making Amends

**Next Week's Memory Verse:** *"Put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."* - Ephesians 4:24 (NASB)

**WARNING:** Week 6 addresses sexuality, pornography, lust, and making amends for harm caused. It will be the most vulnerable week yet. Come prepared for honesty.

**What I'm taking into Week 6:**

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**What I'm leaving behind:**

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### **Closing Blessing**

*"May you repair what you've broken. May you show up where you've been absent. May you listen where you've ignored. May you love with presence, not just performance. May God heal the relationships you've damaged. May you become the man your family and friends need you to be. Amen."*

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### **SPECIAL SECTION: IF YOUR MARRIAGE IS IN CRISIS**

**If your marriage scored below 5 this week:**

This workbook is not enough. You need professional help.

#### **Immediate steps:**

1. **Talk to your facilitator** - Get marriage counselor referrals
2. **Be honest with your wife** - "I know our marriage is struggling. I want to get help."
3. **Schedule counseling** - Don't wait
4. **Commit to the work** - Marriage repair takes time and effort

#### **Resources:**

- Marriage counselor referrals: [See program resource list]
- Books: *The Meaning of Marriage* (Keller), *Love & Respect* (Eggerichs)
- Marriage intensives: [Local options]

**Don't give up. Marriages can be restored. But you need help.**

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## **END OF WEEK 5 WORKBOOK**

**You faced hard truths this week. You saw damage you've caused. You identified relationships needing repair. This is courageous work.**

**Week 6 is next: Sexual Integration & Making Amends. The most vulnerable week. Where we address the hidden battles and make amends for harm.**

**You're not doing this alone. Your triad is with you. Your facilitators are with you. God is with you.**

**Keep going, brother.**

**See you at the Week 6 group session!**

## EVERY MAN COMPLETE

### WEEK 6 PARTICIPANT WORKBOOK

#### Sexual Integration & Making Amends

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#### WEEK 6 OVERVIEW

**Core Question:** Can I bring my sexuality and my shame into the light?

**Memory Verse:** *"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."* - 1 Corinthians 10:13 (NASB)

**This Week's Journey:** This is the most vulnerable week of the program. You'll address sexual struggles, pornography, lust, and sexual sin. You'll bring what's been hidden into the light. Then you'll make amends—actually repairing damage you've caused. This requires maximum courage and maximum grace.

**WARNING:** This content is triggering. If you have severe sexual trauma or addiction, you may need specialized help (CSAT - Certified Sex Addiction Therapist). Resources are provided.

**MILESTONE:** This week completes INTEGRATION phase. You've learned to feel (Week 4), to relate (Week 5), and now to integrate sexuality with wholeness (Week 6). Next week is the mid-program retreat.

**Weekly Practice:** Daily Examen + Sexual Integrity Covenant + Making One Amend

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#### OPENING MEDITATION

*"There is no fear in love; but perfect love casts out fear."* - 1 John 4:18

Sexual shame thrives in darkness. It whispers: "If they really knew, they'd reject you."

This week, you bring it into the light. Not to wallow in shame, but to walk in freedom.

Jesus didn't condemn the woman caught in adultery. He said, "Neither do I condemn you. Go, and sin no more."

That's our posture: No condemnation. No excuses. Just grace and truth.

*"Father, I'm afraid to bring my sexual struggles into the light. I'm afraid of judgment, rejection, shame. But I can't carry this alone anymore. Give me courage to confess. Give me grace to change. Set me free. Amen."*

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## **DAY 36: SEX AND SHAME**

### **Opening Prayer**

*"Lord, You created sexuality as good. Sin has distorted it. Shame has covered it. Show me Your design. Free me from shame. Redeem my sexuality. Amen."*

### **Scripture Reading: Genesis 2:24-25 (NASB)**

*"For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. And the man and his wife were both naked and were not ashamed."*

### **Additional Scripture: Song of Solomon 7:10 (NASB)**

*"I am my beloved's, and his desire is for me."*

### **Additional Scripture: 1 Corinthians 7:3-5 (NASB)**

*"The husband must fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control."*

### **Theological Reflection**

**Christopher West on sexuality:** *"The body, and it alone, is capable of making visible what is invisible: the spiritual and the divine. It was created to transfer into the visible reality of the world the mystery hidden from eternity in God."*

— *Theology of the Body for Beginners*

**Tim Keller on sexuality:** *"Sex is the most powerful life-unifying force God has given us, and when used properly it can bring unequalled joy, intimacy, and wholeness to life. But when used improperly, it can bring unequalled devastation."*

— *The Meaning of Marriage*

**Brennan Manning on shame:** *"When I get honest, I admit I am a bundle of paradoxes. I believe and I doubt, I hope and get discouraged, I love and I hate, I feel bad about feeling good, I feel guilty about not feeling guilty. I am trusting and suspicious. I am honest and I still play games."*

— *The Ragamuffin Gospel*

**Dan Allender on sexuality and healing:** *"Sexual brokenness is not the unforgivable sin. It is the place where many of us experience our deepest shame and our greatest need for grace."*

— *The Wounded Heart*

### Reflection Questions

1. **Genesis 2:25 says they were "naked and not ashamed." What happened? How did shame enter sexuality?**

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2. **What messages did you receive about sexuality growing up?** (Check all that apply)

☐ Sex is dirty/shameful ☐ Don't talk about it ☐ Lust is the unforgivable sin ☐ Masturbation will damage you ☐ Your sexual thoughts are sinful ☐ Sex is only for procreation ☐ Nothing—sex was never discussed ☐ Healthy, biblical teaching ☐ Other: \_\_\_\_\_

3. **How have these messages affected your sexual health?**

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4. **Complete this honestly: "My current sexual struggles are..."**

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5. **Where do you experience sexual shame?**

☐ Pornography use ☐ Masturbation/fantasy ☐ Lust ☐ Past sexual sin ☐ Sexual trauma (abuse) ☐ Sexual dysfunction in marriage ☐ Affair or emotional affair ☐ Sexual orientation questions ☐ Other: \_\_\_\_\_

**6. What would freedom from sexual shame look like for you?**

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**Today's Practice: Sexual Shame Inventory**

**IMPORTANT:** This is private. You don't have to share unless you choose to. If severe trauma or addiction, seek professional help (CSAT).

**MESSAGES I'VE BELIEVED ABOUT SEXUALITY:**

**Shame Message Where It Came From Gospel Truth**

Sex is dirty	Church/parents	God created sex as good (Gen 2:24-25)
_____	_____	_____
_____	_____	_____
_____	_____	_____

**MY SEXUAL STORY:**

**Formative sexual experiences (positive or negative):**

First exposure to porn: Age \_\_\_\_\_ How: \_\_\_\_\_

Sexual abuse/trauma: ☐ Yes ☐ No (If yes, have you talked to a counselor? ☐ Yes ☐ No)

First sexual experience: \_\_\_\_\_

Messages about my body: \_\_\_\_\_

Sexual education received: \_\_\_\_\_

**CURRENT SEXUAL REALITY:**

Rate your sexual health (1-10):

**With God** (shame-free, integrated): \_\_\_\_\_

**With spouse** (if married - intimacy, satisfaction): \_\_\_\_\_

**With self** (self-control, purity, freedom): \_\_\_\_\_

**Areas of struggle:** (Be honest—confession brings healing)

☐ Pornography (frequency: \_\_\_\_\_) ☐ Masturbation ☐ Fantasy/lust ☐ Emotional affairs  
☐ Physical affairs ☐ Sexual dysfunction ☐ Sexual shame/avoidance ☐ Unresolved sexual  
trauma ☐ Other: \_\_\_\_\_

**WHAT I NEED:**

To heal my sexuality, I need:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**CONFESSION (James 5:16):**

*"I confess my sexual struggles to God:*

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*I bring this into the light. I'm done hiding. I need help. I choose freedom over secrecy."*

**Closing Prayer**

\*"Father, You created sexuality as good. Sin has broken it. Shame has covered it.

I confess my sexual sin: [Name it specifically.]

I bring my shame into the light: [Name the specific shame.]

I ask for healing: [Name what needs healing.]

Redeem my sexuality. Free me from shame. Help me walk in purity—not performance, but wholeness. I can't do this alone. Send help. Give me accountability. Break the chains.

In Jesus' name, Amen."\*

**If you need help:** Talk to your triad, your facilitator, or call a CSAT (Certified Sex Addiction Therapist). Resources are in the back of this workbook.

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## **DAY 37: PORN, FANTASY, AND ESCAPE**

### **Opening Prayer**

*"Lord Jesus, I've used porn and fantasy to escape pain, to medicate loneliness, to cope with stress. Show me what I'm really running from. Set me free. Amen."*

### **Scripture Reading: Job 31:1 (NASB)**

*"I have made a covenant with my eyes; how then could I gaze at a virgin?"*

### **Additional Scripture: Matthew 5:27-28 (NASB)**

*"You have heard that it was said, 'You shall not commit adultery'; but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart."*

### **Additional Scripture: Philippians 4:8 (NASB)**

*"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things."*

### **Theological Reflection**

**William Struthers on pornography:** *"Pornography is not about sex. It's about medicating pain, escaping reality, and seeking connection in the worst possible way."*

— *Wired for Intimacy*

**Tim Keller on lust:** *"Lust is the sexual desire to use another person for your own gratification. Love is the commitment to serve the true good of the other person."*

— *The Meaning of Marriage*

**Patrick Carnes on addiction:** *"Sex addiction is not about sex. It's about pain, trauma, and the brain's attempt to self-soothe."*

— *Out of the Shadows*

**Heath Lambert on pornography:** *"The problem with pornography is not just that it's sexually explicit. The problem is that it trains you to relate to people as objects for your consumption."*

— *Finally Free*

### **Reflection Questions**

1. **Job made a covenant with his eyes. Have you?**

☐ Yes, I have boundaries ☐ No, I look wherever I want ☐ I try, but I struggle ☐ I didn't know I could/should

**2. Be honest: How often do you view pornography?**

☐ Daily ☐ Several times a week ☐ Weekly ☐ Monthly ☐ Rarely ☐ Never / Not currently ☐ I've been porn-free for: \_\_\_\_\_ (days/months/years)

**3. When do you typically turn to porn/fantasy? (Check all that apply)**

☐ When stressed ☐ When lonely ☐ When angry ☐ When bored ☐ When tired ☐ After conflict with spouse ☐ When feeling inadequate ☐ Specific trigger:

\_\_\_\_\_

**4. Porn and fantasy are escape mechanisms. What are you escaping from?**

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**5. How has pornography affected:**

**Your relationship with God:** \_\_\_\_\_

**Your marriage:** \_\_\_\_\_

**Your view of women:** \_\_\_\_\_

**Your self-image:** \_\_\_\_\_

**6. Matthew 5:28 - Jesus says lust is adultery of the heart. How does this convict you?**

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**Today's Practice: Pornography and Fantasy Assessment**

**PORNOGRAPHY HISTORY:**

**First exposure:** Age \_\_\_\_\_ How: \_\_\_\_\_

**Current frequency:** \_\_\_\_\_

**Progression:** (Has it escalated? Same level? Decreasing?)

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**Impact on marriage/relationships:**

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**Attempts to quit:** (How many times have you tried? What happened?)

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**FANTASY PATTERNS:**

**What I fantasize about:**

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**When I use fantasy:**

☐ During sex with spouse (avoidance of real intimacy) ☐ Masturbation ☐ Random throughout day ☐ When triggered by media/images ☐ Other: \_\_\_\_\_

**TRIGGERS:**

What triggers pornography or lust for me? (The H.A.L.T. framework applies here too)

Trigger	When/Where	What I'm Really Feeling
Stressed at work	Evening, alone	Inadequate, overwhelmed
_____	_____	_____
_____	_____	_____
_____	_____	_____

**CONSEQUENCES:**

Pornography has cost me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**ACCOUNTABILITY:**

Do I have someone who knows about my struggle and asks me regularly?

☐ Yes (Name: \_\_\_\_\_) ☐ No, but I'm willing to get accountability ☐ No, I'm too ashamed ☐ No, I don't think I need it

### **FREEDOM PLAN:**

To break free from porn/fantasy, I commit to:

☐ **Install accountability software** (Covenant Eyes, X3Watch, etc.) ☐ **Tell my accountability triad** ☐ **Confess to my spouse** (if married—with counselor help if needed) ☐ **Identify triggers and create escape plan** ☐ **Replace porn time with:** \_\_\_\_\_ ☐ **Call accountability partner when tempted** ☐ **Get counseling** (if addiction-level) ☐ **Join recovery group** (Celebrate Recovery, Pure Desire, etc.)

### **COVENANT WITH MY EYES (Job 31:1):**

*I, \_\_\_\_\_ (name), make a covenant with my eyes today.*

*I will not gaze at a woman lustfully.*

*I will not use pornography.*

*I will not fantasize.*

*I will flee sexual temptation (1 Cor 6:18).*

*When tempted, I will:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*I will confess to: \_\_\_\_\_ (accountability partner)*

*Signed: \_\_\_\_\_ Date: \_\_\_\_\_*

### **Closing Prayer**

\*"Lord Jesus, I've used pornography and fantasy to escape pain. I've lusted. I've objectified. I've betrayed my wife in my heart.

I confess this sin. I bring it into the light.

Show me what I'm running from. Heal the wounds I'm medicating. Give me real intimacy instead of counterfeit.

I make a covenant with my eyes today. I will not gaze with lust. I will not use pornography.

Break this bondage. Give me freedom. Provide the way of escape (1 Cor 10:13).

In Your name, Amen."\*

## **RESOURCES:**

- Covenant Eyes (accountability software): [covenanteyes.com](http://covenanteyes.com)
  - Pure Desire Ministries: [puredesire.org](http://puredesire.org)
  - Celebrate Recovery: [celebraterecovery.com](http://celebraterecovery.com)
  - CSAT Therapist Locator: [iitap.com](http://iitap.com)
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## **DAY 38: DESIRE AND DISCIPLINE**

### **Opening Prayer**

*"Father, I'm wired for desire. You created that. But my desires are disordered. Teach me discipline—not legalism, but life-giving boundaries. Amen."*

### **Scripture Reading: 1 Corinthians 6:18-20 (NASB)**

*"Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."*

### **Additional Scripture: 1 Thessalonians 4:3-5 (NASB)**

*"For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God."*

### **Additional Scripture: Galatians 5:16 (NASB)**

*"But I say, walk by the Spirit, and you will not carry out the desire of the flesh."*

### **Theological Reflection**

**Dallas Willard on desire and discipline:** *"The disciplines are not a list of rules but a pathway to the life we actually want. They're not about restriction but about training for freedom."*

— *The Spirit of the Disciplines*

**John Piper on battling lust:** *"The best defense against lust is a deep satisfaction in Jesus Christ. If you don't feel strong desires for God, you will feel strong desires for something else."*

— *Future Grace*

**Timothy Keller on sexual holiness:** *"Sexual purity is not about repression but about channeling desire toward its proper end—covenant intimacy."*

— *The Meaning of Marriage*

**Richard Foster on discipline:** *"Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people."*

— *Celebration of Discipline*

### Reflection Questions

1. **Paul says "flee sexual immorality." What does "flee" mean? How is it different from "resist"?**

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2. **Your body is the temple of the Holy Spirit. How does pornography/lust defile that temple?**

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3. **What's the difference between desire (good) and lust (sinful)?**

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4. **1 Thess 4:3 says God's will is your sanctification—abstaining from sexual immorality. How's that going?**

☐ I'm winning more than losing ☐ I'm struggling but fighting ☐ I'm losing badly ☐ I've given up

5. **Galatians 5:16 - "Walk by the Spirit and you will not carry out the desire of the flesh." What does this mean practically?**

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## 6. What spiritual disciplines help you maintain sexual purity?

☐ Prayer ☐ Scripture reading ☐ Fasting ☐ Accountability ☐ Sabbath rest ☐ Worship ☐ Serving others ☐ Other: \_\_\_\_\_

### Today's Practice: Sexual Integrity Plan

#### BOUNDARIES:

To maintain sexual purity, I need these boundaries:

**Technology:** ☐ Accountability software installed (Covenant Eyes) ☐ No phone/computer in bedroom ☐ No internet after \_\_\_\_\_ PM ☐ Safe search enabled ☐ Social media boundaries: \_\_\_\_\_ ☐ Other: \_\_\_\_\_

**Situational:** ☐ Avoid being alone with women (not spouse) ☐ No travel without accountability check-ins ☐ No hotel room TV ☐ Exit strategy when triggered: \_\_\_\_\_ ☐ Other: \_\_\_\_\_

**Relational:** ☐ Weekly check-in with accountability partner ☐ Honest with spouse about struggles (with counselor help if needed) ☐ Triad transparency ☐ Other: \_\_\_\_\_

#### DISCIPLINES FOR PURITY:

##### Daily:

- Morning: \_\_\_\_\_
- Evening: \_\_\_\_\_
- When tempted: \_\_\_\_\_

##### Weekly:

- Sabbath rest (reduce stress trigger): \_\_\_\_\_
- Accountability meeting: \_\_\_\_\_
- Marriage investment (if married): \_\_\_\_\_

#### REPLACEMENT STRATEGIES:

When tempted to view porn or fantasize, I will instead:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **ACCOUNTABILITY PROTOCOL:**

**My accountability partner:** \_\_\_\_\_

**Check-in frequency:** \_\_\_\_\_

#### **Questions they ask me:**

1. Have you viewed pornography this week?
2. Have you been completely honest in all your answers?
3. What triggered you this week?
4. How's your relationship with God?
5. How's your marriage?

### **VICTORY TRACKING:**

Days porn-free: \_\_\_\_\_

Longest streak: \_\_\_\_\_

What helps most: \_\_\_\_\_

What triggers relapse: \_\_\_\_\_

### **EMERGENCY PLAN:**

When severely tempted or after a fall:

1. Call: \_\_\_\_\_ (accountability partner)
2. Confess immediately (no hiding)
3. Identify trigger
4. Pray
5. Get back up (no shame spiral)

### **Closing Prayer**

\*"Father, I want freedom. I want purity. But my desires are disordered.



Teach me to flee sexual immorality. Help me walk by the Spirit. Give me satisfaction in You that's deeper than sexual temptation.

I commit to these boundaries: [Name specific boundaries.]

I'm getting accountability from: [Name person.]

When tempted, I will: [Name your plan.]

I know I'll stumble. When I do, help me confess quickly and get back up. No shame spirals.

Freedom is possible. I believe that. Help my unbelief.

In Jesus' name, Amen."\*

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## **DAY 39: TAKING INVENTORY (PREPARING FOR AMENDS)**

### **Opening Prayer**

*"Father, show me where I've caused harm. Help me take honest inventory. Give me courage to make amends. Amen."*

### **Scripture Reading: Matthew 7:3-5 (NASB)**

*"Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Let me take the speck out of your eye,' and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."*

### **Additional Scripture: Matthew 5:23-24 (NASB)**

*"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."*

### **Additional Scripture: Luke 19:8 (NASB) - Zacchaeus**

*"Zacchaeus stopped and said to the Lord, 'Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much.'"*

### **Theological Reflection**

**Alcoholics Anonymous Step 8:** *"Made a list of all persons we had harmed, and became willing to make amends to them all."*

**Step 9:** *"Made direct amends to such people wherever possible, except when to do so would injure them or others."*

**Dietrich Bonhoeffer on confession:** *"In confession the break-through to community takes place. Sin demands to have a man by himself. It withdraws him from the community. The more isolated a person is, the more destructive will be the power of sin over him."*  
— *Life Together*

**Henri Nouwen on healing:** *"Forgiveness is the name of love practiced among people who love poorly. The hard truth is that all people love poorly. We need to forgive and be forgiven every day, every hour increasingly."*  
— *Bread for the Journey*

**Richard Rohr on repair:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking. Making amends changes us more than it changes them."*  
— *Breathing Under Water*

### Reflection Questions

1. **Matthew 7:5 says "first take the log out of your own eye." What's the log in your eye?**

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2. **Jesus says leave your offering and go be reconciled. What offering are you bringing to God while avoiding reconciliation?**

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3. **Who has something against you? Who have you harmed?**

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4. **What's stopping you from making amends?**

☐ Fear of rejection ☐ Shame ☐ Pride ☐ "It's too late" ☐ "They don't deserve it" ☐ Don't know how ☐ Other: \_\_\_\_\_

5. **Zacchaeus made restitution (gave back 4x what he stole). What restitution might you need to make?**
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**Today's Practice: Amends Inventory**

**COMPLETE AMENDS LIST:**

This is preparation for making actual amends. Be thorough.

Person	What I Did (Specific Harm)	What I Need to Say	When I'll Do It	Restitution Needed?
Wife	Porn use, emotional distance	Confess, apologize, commit	This week	Counseling, rebuild trust
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**CATEGORIES OF HARM:**

**Sexual/Relational:**

- Spouse (porn, emotional affairs, sexual selfishness): \_\_\_\_\_
- Past relationships: \_\_\_\_\_

**Family:**

- Children (absence, anger, criticism): \_\_\_\_\_
- Parents: \_\_\_\_\_
- Siblings: \_\_\_\_\_

**Financial:**

- Who did I cheat, steal from, or owe money to?: \_\_\_\_\_

**Other:**

- Friends: \_\_\_\_\_
- Colleagues: \_\_\_\_\_
- Church community: \_\_\_\_\_

**WHEN NOT TO MAKE AMENDS:**

Some amends should NOT be made because they would cause more harm:

☐ Disclosing an affair to spouse without professional guidance ☐ Contacting someone from the past when they've moved on ☐ Making amends that would hurt a third party ☐ Revealing something that would traumatize

**If you're unsure, talk to your triad or facilitator first.**

**AMENDS SCRIPT:**

For each person on your list, prepare what you'll say:

**Person:** \_\_\_\_\_

**What I'll say:**

*"I need to talk to you about something I've done wrong. I [specific action]. That was wrong. It hurt you. I'm sorry. Will you forgive me?"*

*"Going forward, I commit to [specific change]."*

**Write your scripts:**

**Person 1:** \_\_\_\_\_

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**Person 2:** \_\_\_\_\_

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**Person 3:** \_\_\_\_\_

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**FIRST AMEND THIS WEEK:**

This week, I will make an amend to: \_\_\_\_\_

**Date/time:** \_\_\_\_\_

**What I'll say (practice it):**

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**Accountability:** I'll tell my triad: ☐ Before I do it ☐ After I do it

**Closing Prayer**

\*"Lord, I've caused harm. I've hurt people. I've sinned against You and others.

Show me everyone I need to make amends to. Give me courage to do it.

I commit to make my first amend this week to: [Name.]

Humble me. Help me own my part without excuses. Help me repair what I've broken.

Reconciliation is Your heart. Help me pursue it.

In Jesus' name, Amen."\*

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**DAY 40: THE ART OF APOLOGY AND AMENDS****Opening Prayer**

*"Father, teach me to apologize well. Not defensively, not with excuses, but with humility and sincerity. Amen."*

**Scripture Reading: James 5:16 (NASB)**

*"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."*

**Additional Scripture: 2 Corinthians 7:10 (NASB)**

*"For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death."*

**Additional Scripture: Psalm 51:17 (NASB)**

*"The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise."*

### **Theological Reflection**

**Harriet Lerner on apology:** *"A good apology is a skill. It requires courage, humility, and the willingness to be vulnerable. Most people don't know how to apologize well."*

— *Why Won't You Apologize?*

**Gary Chapman on apology:** *"A sincere apology requires three elements: regret, responsibility, and restitution. Without all three, the apology is incomplete."*

— *The Five Languages of Apology*

**Ken Sande on peacemaking:** *"The difference between godly sorrow and worldly sorrow is this: Godly sorrow focuses on the wrong done and the harm caused. Worldly sorrow focuses on getting caught and suffering consequences."*

— *The Peacemaker*

**Dietrich Bonhoeffer:** *"God loves us in our sin, but He loves us too much to leave us there. Confession is the doorway to transformation."*

— *Life Together*

### **Reflection Questions**

1. **What makes a good apology? What makes a bad apology?**

**Good apology:** \_\_\_\_\_

**Bad apology:** \_\_\_\_\_

2. **2 Corinthians 7:10 - What's the difference between godly sorrow and worldly sorrow?**

**Godly sorrow:** \_\_\_\_\_

**Worldly sorrow:** \_\_\_\_\_

3. **When have you received a good apology? What made it good?**

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4. **When have you given a bad apology? What made it bad?**

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## 5. What's the difference between an apology and an amend?

**Apology:** \_\_\_\_\_

**Amend:** \_\_\_\_\_

### Today's Practice: Apology and Amends Framework

#### THE 6-PART APOLOGY:

A complete apology includes:

##### 1. ACKNOWLEDGE THE WRONG "I [specific action]. That was wrong."

NOT: "Mistakes were made" (passive)

NOT: "If I hurt you..." (conditional)

BUT: "I lied to you. That was wrong."

##### 2. EXPRESS REGRET "I'm sorry. I hurt you."

NOT: "I'm sorry you felt that way" (blaming their response)

NOT: "I'm sorry, but..." (excuse)

BUT: "I'm sorry. I know I hurt you."

##### 3. TAKE RESPONSIBILITY "This is on me. No excuses."

NOT: "You made me..." (blame-shifting)

NOT: "I was stressed..." (justification)

BUT: "This is my fault. I take full responsibility."

##### 4. EXPLAIN (BRIEFLY) "I did this because [brief, honest explanation]."

NOT: Long defensive explanation

NOT: Blame others

BUT: "I used porn because I was medicating stress. That's not an excuse, just the truth."

##### 5. COMMIT TO CHANGE "Going forward, I will [specific action]."

NOT: Vague promise ("I'll try harder")

NOT: No follow-through

BUT: "I'm installing accountability software and meeting weekly with a counselor."

##### 6. ASK FOR FORGIVENESS "Will you forgive me?"

Give them agency. They don't have to forgive immediately.

## **PRACTICE:**

Write a complete 6-part apology to someone:

**Person:** \_\_\_\_\_

**1. Acknowledge:** \_\_\_\_\_

**2. Regret:** \_\_\_\_\_

**3. Responsibility:** \_\_\_\_\_

**4. Explain:** \_\_\_\_\_

**5. Commit:** \_\_\_\_\_

**6. Ask:** \_\_\_\_\_

## **WHAT MAKES AN AMEND:**

An amend goes beyond apology—it includes repair action.

**Apology:** "I'm sorry I spent all our savings gambling."

**Amend:** "I'm sorry I spent all our savings gambling. I'm joining Gamblers Anonymous, giving you access to all accounts, and working extra to rebuild our savings."

**AMENDS = Apology + Restitution + Changed Behavior**

## **YOUR AMEND:**

Who needs an amend (not just an apology)?

**Person:** \_\_\_\_\_

**What I did:** \_\_\_\_\_

**Apology:** \_\_\_\_\_

**Restitution:** (What I'll do to repair) \_\_\_\_\_

**Changed behavior:** (Specific commitments) \_\_\_\_\_

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## **Closing Prayer**

\*"Lord, I've apologized poorly in the past. I've made excuses. I've blamed others. I've said 'I'm sorry' without changing.

Teach me to apologize well. Teach me to make amends.



Give me a broken and contrite heart (Ps 51:17).

This week, I'm making an amend to: [Name person.]

Give me humility. Give me courage. Help me repair what I've broken.

In Jesus' name, Amen."\*

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## **DAY 41: FORGIVENESS GIVEN AND RECEIVED**

### **Opening Prayer**

*"Father, I need to forgive. And I need to be forgiven. Teach me both. Free me from bitterness and shame. Amen."*

### **Scripture Reading: Matthew 6:14-15 (NASB)**

*"For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions."*

### **Additional Scripture: Ephesians 4:31-32 (NASB)**

*"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."*

### **Additional Scripture: Colossians 3:13 (NASB)**

*"Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you."*

### **Theological Reflection**

**C.S. Lewis on forgiveness:** *"Everyone says forgiveness is a lovely idea, until they have something to forgive."*

— *Mere Christianity*

**Lewis Smedes on forgiveness:** *"To forgive is to set a prisoner free and discover that the prisoner was you."*

— *Forgive and Forget*

**Henri Nouwen on forgiveness:** *"Forgiveness is the name of love practiced among people who love poorly. The hard truth is that all people love poorly. We need to forgive and be forgiven every day, every hour."*

— *Bread for the Journey*

**Corrie ten Boom on forgiving the unforgivable:** *"Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."*  
— *The Hiding Place*

### Reflection Questions

1. **Jesus says if you don't forgive, you won't be forgiven. Why is forgiveness so critical?**

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2. **Who do you need to forgive?**

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3. **What's stopping you from forgiving them?**

☐ The hurt is too deep ☐ They haven't apologized ☐ They don't deserve it ☐ I'm afraid of being hurt again ☐ I don't know how ☐ Other: \_\_\_\_\_

4. **Ephesians 4:32 - "Forgive each other just as God in Christ forgave you." How did God forgive you?**

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5. **Who do you need forgiveness from?**

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6. **Can you forgive yourself?**

☐ Yes ☐ I'm working on it ☐ No, I can't

### Today's Practice: Forgiveness Work

#### FORGIVING OTHERS:

List people you need to forgive:

Person	What They Did	Impact on Me	Ready to Forgive?
_____	_____	_____	Yes / Not Yet
_____	_____	_____	Yes / Not Yet
_____	_____	_____	Yes / Not Yet

### **FORGIVENESS DECLARATION:**

For each person, pray this (even if you don't feel it yet):

*"I choose to forgive [Name] for [What they did]. I release them from the debt they owe me. I will not hold this against them anymore. I trust You, God, to be their judge—not me. I release bitterness. I choose freedom. Help me forgive like You forgave me."*

### **FORGIVING YOURSELF:**

This is often harder than forgiving others.

**What do you need to forgive yourself for?**

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### **SELF-FORGIVENESS DECLARATION:**

*"Father, You have forgiven me for [Name sin]. Your Word says there is NO condemnation (Rom 8:1). Today, I receive Your forgiveness. Today, I forgive myself. I release shame. I release self-hatred. I am Your beloved son. Redeemed. Forgiven. Free."*

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **RECEIVING FORGIVENESS FROM OTHERS:**

When you make amends, some people will forgive you. Some won't. That's okay.

**Remember:**

- You can't control their response
- Forgiveness is a gift, not a right
- Some people need time
- Some may never forgive

- Make the amend anyway
- Your freedom doesn't depend on their forgiveness

### **WHEN THEY DON'T FORGIVE:**

If someone doesn't forgive you after you've made amends:

1. **Respect their boundary** - Don't force it
2. **Give them time** - Healing is a process
3. **Keep your commitment** - Change behavior anyway
4. **Release to God** - You did your part
5. **Move forward** - Don't get stuck in guilt

### **Closing Prayer**

\*"Father, forgiveness is hard. Both giving it and receiving it.

I choose to forgive: [Name people.]

I receive Your forgiveness for: [Name sins.]

I forgive myself for: [Name what you're releasing.]

Free me from bitterness. Free me from shame. Free me from unforgiveness.

Help me live as a forgiven and forgiving person.

In Jesus' name, Amen."\*

## **DAY 42: WEEK 6 INTEGRATION & SABBATH**

### **Opening Prayer**

*"Holy Spirit, show me what You've accomplished this week. Confirm the work You've begun. Prepare me for the mid-program retreat. Amen."*

### **Weekly Review: Looking Back**

**This was the HARDEST week. Before anything else, acknowledge that:**

*I brought my sexual struggles into the light. I confessed pornography, lust, sexual sin. I made a covenant with my eyes. I prepared amends. I practiced apology. I worked on forgiveness. This took maximum courage.*

**1. The most vulnerable disclosure from Week 6:**

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**2. The amend I'm most afraid to make:**

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**3. Daily Examen + Sexual Integrity tracking:**

**Day Examen? Porn-Free? Triggers Identified? Accountability Check-In?**

Mon	Y / N	Y / N	_____	Y / N
Tue	Y / N	Y / N	_____	Y / N
Wed	Y / N	Y / N	_____	Y / N
Thu	Y / N	Y / N	_____	Y / N
Fri	Y / N	Y / N	_____	Y / N
Sat	Y / N	Y / N	_____	Y / N
Sun	Y / N	Y / N	_____	Y / N

**Days porn-free this week:** \_\_\_\_\_

**4. Accountability established:**

☐ Installed Covenant Eyes or similar ☐ Told my triad about struggles ☐ Have weekly accountability check-in ☐ Confessed to spouse (if married) ☐ Got professional help (CSAT) ☐ Other: \_\_\_\_\_

**5. Amends made this week:**

Did I make at least one amend?

☐ Yes (To whom: \_\_\_\_\_ How did it go: \_\_\_\_\_) ☐ No, but I'm prepared to ☐ I'm too afraid ☐ I need help

**Integration Exercise: Sexual Integrity Covenant**

**FINAL COVENANT:**

I, \_\_\_\_\_ (name), commit to sexual integrity.

*I confess I have struggled with: [Name specific struggles]*

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*I bring this into the light. No more secrecy.*

*I commit to these boundaries:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*I have accountability with:*

- Partner: \_\_\_\_\_
- Triad: \_\_\_\_\_
- Counselor (if needed): \_\_\_\_\_

*When tempted, I will:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*I make a covenant with my eyes (Job 31:1).*

*I will flee sexual immorality (1 Cor 6:18).*

*I will walk by the Spirit (Gal 5:16).*

*I am not my sexual sin. I am God's beloved son. Redeemed. Forgiven. Free.*

*Signed: \_\_\_\_\_ Date: \_\_\_\_\_*

*Witnessed by (triad member): \_\_\_\_\_ Date: \_\_\_\_\_*

### **Amends Commitment**

#### **AMENDS I'M MAKING THIS MONTH:**

Person	What I'll Say	When	Accountability
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_____	_____	_____	_____
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Person	What I'll Say	When	Accountability
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_____	_____	_____	_____
_____	_____	_____	_____

### First amend completed?

☐ Yes (Reflection: \_\_\_\_\_) ☐ This week (Scheduled for: \_\_\_\_\_) ☐ Need help/guidance

### Accountability Triad Check-In

#### This week, share with your triad:

1. Your sexual integrity covenant (read it to them)
2. Accountability protocol (how often, what questions)
3. First amend (how it went or when you'll do it)
4. Prayer request for Week 7 (Mid-Program Retreat)

### Sabbath Practice: Rest from Shame

#### Today, practice rest from shame:

Choose 2-3:

☐ Worship without guilt (you're forgiven) ☐ Silence and solitude (no striving) ☐ Celebrate freedom (name victories) ☐ Physical rest (nap without guilt) ☐ Play (joy is not irresponsible) ☐ Gratitude practice (what God has done) ☐ Communion (remember you're forgiven)

#### Sabbath Reflection:

What does freedom from sexual shame feel like?

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### Preparation for Week 7

**Next Week:** MID-PROGRAM RETREAT (Saturday, 8am-5pm)

**Location:** \_\_\_\_\_

**What to bring:**

- This workbook (Weeks 1-6)
- Journal
- Bible
- Water bottle
- Lunch (provided or bring your own)
- Comfortable clothes
- Expectant heart

**What's Ahead:**

- Consolidation of Weeks 1-6
- Extended time in prayer/silence
- Confession circles (safe, voluntary)
- Brotherhood deepening
- Vision for Weeks 8-12
- Recommitment

**Prepare by:**

- Reviewing Weeks 1-6 workbook
- Identifying biggest transformation so far
- Writing questions/struggles to process
- Praying for breakthrough

**What I'm taking into Week 7:**

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**What I'm leaving behind:**

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**Closing Blessing for Integration Phase**

*"May you walk in sexual integrity. May shame die in the light. May you make amends with courage. May forgiveness flow both ways. May the bondage break. May freedom be yours."*



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## **MILESTONE: INTEGRATION PHASE COMPLETE**

**CONGRATULATIONS!** You've completed the INTEGRATION phase (Weeks 4-6):

**Week 4:** Emotional Wholeness - You learned to feel

**Week 5:** Relational Repair - You addressed relationships

**Week 6:** Sexual Integration - You brought sexuality into the light

**This is MASSIVE:**

- You can name emotions
- You're repairing relationships
- You've confessed sexual struggles
- You're making amends
- You have accountability
- You're walking toward freedom

**PHASES COMPLETE:** ✓ **Awakening (Weeks 1-3):** Identity, True Self, Ragamuffin

✓ **Integration (Weeks 4-6):** Emotions, Relationships, Sexuality

**AHEAD:** → **Week 7:** Mid-Program Retreat (Consolidation)

→ **Authority (Weeks 8-9):** Spiritual Authority, Vocational Calling

→ **Mission (Weeks 10-12):** Mature Masculinity, Brotherhood, Commissioning

**You're halfway through. Don't quit now.**

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## **END OF WEEK 6 WORKBOOK**

**This was the most vulnerable week. You brought sexual struggles into the light. You confessed. You created accountability. You began making amends.**

**Sexual freedom is possible. Keep fighting. Keep confessing. Keep showing up.**

**Next week: Mid-Program Retreat. A full day to consolidate, deepen, and prepare for the final phase.**

**You're not the same man you were 6 weeks ago. Keep becoming.**

**See you at the retreat!**

## EVERY MAN COMPLETE

### WEEK 7 PARTICIPANT WORKBOOK

#### Spiritual Authority & Biblical Masculinity

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#### WEEK 7 OVERVIEW

**Core Question:** What does biblical masculinity really look like?

**Memory Verse:** *"Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil."* - Ephesians 6:10-11 (NASB)

**This Week's Journey:** You've spent six weeks becoming whole (identity, emotions, relationships, sexuality). Now you step into spiritual authority. You'll discover that biblical masculinity is not toxic, not passive, but servant leadership empowered by God. You'll learn to wear the armor, engage in spiritual warfare, and intercede for others.

**NEW PHASE:** Welcome to AUTHORITY (Weeks 7-9). Integration is complete. Now you learn to lead from wholeness—in your family, your calling, and God's kingdom.

**Weekly Practice:** Daily Examen + Armor of God Prayer (daily)

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#### ENTERING THE AUTHORITY PHASE

##### WEEKS 1-6: FOUNDATION COMPLETE

##### Awakening (Weeks 1-3):

- You discovered your True Self (beloved, not performance-based)
- You healed father wounds
- You embraced ragamuffin identity

##### Integration (Weeks 4-6):

- You learned emotional wholeness
- You addressed relational damage
- You brought sexuality into the light

##### WEEKS 7-9: AUTHORITY

Now you step into:

- Week 7: Spiritual Authority & Biblical Masculinity
- Week 8: Vocational Calling & Kingdom Purpose
- Week 9: Mature Masculinity & Sustainable Practices

**This is where wholeness becomes mission.**

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## OPENING MEDITATION

*"Be strong in the Lord and in the strength of His might." - Ephesians 6:10*

Notice: Not strong in yourself. Strong **in the Lord**.

Biblical masculinity is not toxic aggression. Not passive abdication. But servant leadership empowered by God's Spirit.

You are not a bully. You are not a coward. You are a **gentle warrior**—strong enough to be tender, secure enough to serve.

*"Father, teach me what biblical masculinity looks like. Not cultural masculinity. Not toxic masculinity. But kingdom masculinity—servant leadership, spiritual authority, gentle strength. Make me the man You created me to be. Amen."*

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## DAY 43: BIBLICAL MASCULINITY REDEFINED

### Opening Prayer

*"Lord Jesus, You are the perfect man. Show me what true masculinity looks like. Not the world's version, but Yours. Amen."*

### Scripture Reading: Philippians 2:3-8 (NASB)

*"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross."*

### **Additional Scripture: Mark 10:43-45 (NASB)**

*"But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."*

### **Additional Scripture: 1 Corinthians 16:13-14 (NASB)**

*"Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love."*

### **Theological Reflection**

**Richard Rohr on biblical masculinity:** *"The man Jesus calls 'blessed' is the one who is poor in spirit, who mourns, who is meek, who hungers for righteousness, who shows mercy, who has a pure heart, who makes peace, and who is willing to be persecuted for justice. This is a very different picture of masculinity than our culture presents."*

— *From Wild Man to Wise Man*

**John Eldredge on masculine heart:** *"A man needs a battle to fight, an adventure to live, and a beauty to rescue. But notice: it's not to prove his masculinity. It's because he already has masculinity and these are how it expresses itself."*

— *Wild at Heart*

**Dan Allender on servant leadership:** *"The servant leader is not a doormat. He is a man so secure in his identity that he can wash feet without losing himself."*

— *Leading with a Limp*

**Brennan Manning on Jesus's masculinity:** *"Jesus was the most balanced and perhaps the most blessed person who ever lived. He was a gentle yet passionate man, a courageous yet tender man."*

— *Lion and Lamb*

### **Reflection Questions**

1. **What messages about masculinity did you receive growing up?** (Check all that apply)

☐ Real men don't cry ☐ Be tough/aggressive ☐ Never show weakness ☐ Dominate/win at all costs ☐ Provide and protect (only those things) ☐ Don't be like women ☐ Sex is conquest ☐ Emotions are feminine ☐ Work defines your worth ☐ Healthy, biblical teaching ☐ Other:

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2. **Philippians 2:3-8 describes Jesus as humble, servant-hearted, obedient to death. Is this your picture of masculinity?**

☐ Yes ☐ No, this sounds weak ☐ I'm learning to see it differently ☐ I struggle with this

3. **What's the difference between:**

**Toxic masculinity:** \_\_\_\_\_

**Passive masculinity:** \_\_\_\_\_

**Biblical masculinity:** \_\_\_\_\_

4. **Jesus says "whoever wishes to become great shall be your servant." How does this conflict with cultural masculinity?**

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5. **1 Corinthians 16:13-14 says "Act like men, be strong" AND "Let all you do be done in love." How do strength and love combine?**

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6. **Complete this: "A biblical man is..."**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Today's Practice: Masculinity Assessment**

#### **CULTURAL MASCULINITY vs. BIBLICAL MASCULINITY**

<b>Cultural Masculinity</b>	<b>Biblical Masculinity</b>
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Aggressive	Assertive but gentle
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Dominate	Serve
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Never show weakness	Vulnerable in safe relationships
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Sex as conquest	Sex as covenant
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## **Cultural Masculinity    Biblical Masculinity**

Anger as power                      Anger managed with self-control

Work = worth                      Identity in Christ

Provider only                      Provider AND present

Independent                      Interdependent (brotherhood)

Emotions = weakness    Emotional wholeness

Win at all costs                      Integrity over victory

### **Where do I fall?**

Rate yourself (1-10, 1 = cultural, 10 = biblical):

☐ Strength AND gentleness: \_\_\_\_\_ ☐ Servant leadership: \_\_\_\_\_ ☐ Emotional health: \_\_\_\_\_  
☐ Sexual integrity: \_\_\_\_\_ ☐ Humility: \_\_\_\_\_ ☐ Presence with family: \_\_\_\_\_ ☐  
Brotherhood: \_\_\_\_\_ ☐ Spiritual authority: \_\_\_\_\_

### **JESUS AS PERFECT MAN:**

Look at Jesus's life. He was:

#### **Strong:**

- Confronted Pharisees
- Cleared temple
- Faced crucifixion without backing down

#### **Gentle:**

- Let children come to Him
- Washed disciples' feet
- Forgave woman caught in adultery

#### **Emotional:**

- Wept at Lazarus's death
- Anguished in Gethsemane
- Angry at injustice

**Servant:**

- "Did not come to be served, but to serve"
- Gave His life
- Humbled Himself

**THIS IS MASCULINITY:** Strong enough to be gentle. Secure enough to serve.

**What I'm learning about biblical masculinity:**

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**One way I need to change:**

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**Closing Prayer**

\*"Lord Jesus, You are the perfect man. You were strong and gentle. Powerful and humble. Courageous and tender.

I confess I've believed lies about masculinity:

- [Name specific cultural messages you've believed]

Teach me biblical masculinity. Make me a servant leader. Give me strength that serves, power that protects, courage that loves.

I want to be a man after Your own heart.

In Your name, Amen."\*

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**DAY 44: SERVANT LEADERSHIP****Opening Prayer**

*"Father, Jesus said 'whoever wants to be first must be slave of all.' Teach me to lead by serving. Amen."*

**Scripture Reading: Mark 10:42-45 (NASB)**

*"Calling them to Himself, Jesus said to them, 'You know that those who are recognized as rulers of the Gentiles lord it over them; and their great men exercise authority over them. But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.'"*

**Additional Scripture: John 13:12-17 (NASB) - Foot Washing**

*"So when He had washed their feet, and taken His garments and reclined at the table again, He said to them, 'Do you know what I have done to you? You call Me Teacher and Lord; and you are right, for so I am. If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. For I gave you an example that you also should do as I did to you. Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, you are blessed if you do them.'"*

**Additional Scripture: 1 Peter 5:2-3 (NASB)**

*"Shepherd the flock of God among you, exercising oversight not under compulsion, but voluntarily, according to the will of God; and not for sordid gain, but with eagerness; nor yet as lording it over those allotted to your charge, but proving to be examples to the flock."*

**Theological Reflection**

**Robert Greenleaf on servant leadership:** *"The servant-leader is servant first. It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead."*

— *Servant Leadership*

**Eugene Peterson on leadership:** *"The word authority comes from the word 'author.' An author is someone who creates, who brings something into being. A servant leader creates space for others to become who God created them to be."*

— *The Contemplative Pastor*

**Henri Nouwen on leading from weakness:** *"The way of the Christian leader is not the way of upward mobility in which our world has invested so much, but the way of downward mobility ending on the cross."*

— *In the Name of Jesus*

**Dan Allender:** *"A leader is not someone who is always right or always strong. A leader is someone who keeps getting back up and inviting others to join the journey."*

— *Leading with a Limp*



## Reflection Questions

1. **What's your default leadership style?** (Check one)

☐ Authoritarian ("Do it because I said so") ☐ Passive ("Whatever you want") ☐ Servant ("How can I help you succeed?") ☐ Controlling ("My way or nothing") ☐ Abdicating ("I'm not leading")

2. **Jesus washed His disciples' feet—a slave's job. What does this teach about leadership?**

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3. **1 Peter 5:3 says not to "lord it over" people. Where have you done this?**

**At home:** \_\_\_\_\_

**At work:** \_\_\_\_\_

**At church:** \_\_\_\_\_

4. **Complete this: "Servant leadership means..."**

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5. **Where do you need to serve instead of control?**

**In my marriage:** \_\_\_\_\_

**With my kids:** \_\_\_\_\_

**In my calling:** \_\_\_\_\_

6. **What's the difference between serving and being a doormat?**

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## Today's Practice: Servant Leadership Assessment

### WHERE I LEAD:

List the areas where you have leadership responsibility:

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### HOW I LEAD:

For each area, assess your leadership style:

Area	Current Style	Servant Leadership Action Needed
Marriage	_____	_____
Fatherhood	_____	_____
Work/Career	_____	_____
Ministry/Church	_____	_____
Other	_____	_____

### SERVANT LEADERSHIP CHARACTERISTICS:

Rate yourself (1-10):

☐ **Listen first** (before telling): \_\_\_\_\_
 ☐ **Empower others** (not control): \_\_\_\_\_
 ☐ **Serve their good** (not my agenda): \_\_\_\_\_
 ☐ **Lead by example** (not just words): \_\_\_\_\_
 ☐ **Humble** (not prideful): \_\_\_\_\_
 ☐ **Build others up** (not tear down): \_\_\_\_\_
 ☐ **Take responsibility** (not blame): \_\_\_\_\_
 ☐ **Seek wisdom** (not always have answers): \_\_\_\_\_

### FOOT-WASHING EXERCISE:

This week, do one act of service that's "beneath you" in each area of leadership:

**At home:** \_\_\_\_\_

**At work:** \_\_\_\_\_

**In ministry:** \_\_\_\_\_

### SERVANT LEADERSHIP COMMITMENT:

This week, I will lead by serving in this specific way:

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## **Closing Prayer**

\*"Lord Jesus, You washed Your disciples' feet. You served. You led by example.

I confess I've tried to lead through control, not service. I've lorded it over people. I've demanded rather than served.

Teach me servant leadership. Help me wash feet—literally and figuratively. Help me empower others, not control them.

Make me a servant leader like You.

In Your name, Amen."\*

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## **DAY 45: SPIRITUAL WARFARE**

### **Opening Prayer**

*"Father, I'm in a battle. Give me eyes to see the real enemy. Teach me to fight spiritually. Amen."*

### **Scripture Reading: Ephesians 6:10-18 (NASB)**

*"Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints."*

### **Additional Scripture: 2 Corinthians 10:3-5 (NASB)**

*"For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."*

### **Additional Scripture: 1 Peter 5:8-9 (NASB)**

*"Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith."*

### **Theological Reflection**

**C.S. Lewis on spiritual warfare:** *"There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors."*

— *The Screwtape Letters*

**Neil T. Anderson on spiritual authority:** *"You don't establish your identity and your position in Christ; they've already been established for you. All you need to do is believe the truth and walk in the light of who you really are as children of God."*

— *The Bondage Breaker*

**John Eldredge on warfare:** *"This is a love story set in the midst of a great war. You were born into a world at war, and you will live all your days in the midst of a great battle."*

— *Waking the Dead*

**Richard Rohr:** *"Spiritual warfare is not primarily about demons. It's about recognizing and resisting the patterns of death, deception, and division that work against God's kingdom."*

— *Breathing Under Water*

### **Reflection Questions**

1. **Ephesians 6:12 says our struggle is not against flesh and blood. Who have you been fighting that you shouldn't?**

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2. **Have you experienced spiritual warfare? What did it look like?**

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3. **What "flaming arrows" does the enemy shoot at you most often? (Check all that apply)**

☐ Shame ☐ Lust/sexual temptation ☐ Anger/rage ☐ Depression/despair ☐ Lies about identity ☐ Division in relationships ☐ Addiction ☐ Doubt/unbelief ☐ Other:

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4. **How prepared are you for spiritual battle?** (1-10): \_\_\_\_\_

5. **Which piece of armor do you most need right now?**

☐ Belt of truth ☐ Breastplate of righteousness ☐ Shoes of peace ☐ Shield of faith ☐ Helmet of salvation ☐ Sword of the Spirit

6. **2 Corinthians 10:5 says to "take every thought captive." What thoughts do you need to capture?**

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**Today's Practice: Armor of God Prayer**

### **THE ARMOR OF GOD - DAILY PRAYER**

Starting today, pray this every morning. Make it your practice.

#### **ARMOR OF GOD PRAYER:**

*"Father, I put on the full armor of God today.*

#### **Belt of Truth** (Eph 6:14)

*I put on the belt of truth. Help me walk in truth today. Expose lies. Reveal deception. I stand on Your Word as truth.*

**What lie do I need to reject today?** \_\_\_\_\_

#### **Breastplate of Righteousness** (Eph 6:14)

*I put on the breastplate of righteousness. Not my own righteousness, but Christ's righteousness covering me. Protect my heart from condemnation and shame.*

**What shame attack do I expect today?** \_\_\_\_\_

#### **Shoes of Peace** (Eph 6:15)

*I put on the shoes of peace. I will walk in peace today. I will be a peacemaker. I will not react in fear or anger but in peace.*

**Where do I need peace today?** \_\_\_\_\_

**Shield of Faith** (Eph 6:16)

*I take up the shield of faith. I will block the enemy's fiery arrows—shame, lust, anger, despair, lies. I trust You, God, more than I trust my feelings.*

**What attack am I preparing for?** \_\_\_\_\_

**Helmet of Salvation** (Eph 6:17)

*I put on the helmet of salvation. My mind is protected. I am saved. I am secure. My identity is in Christ. I reject lies about my identity.*

**What identity lie needs to be rejected?** \_\_\_\_\_

**Sword of the Spirit** (Eph 6:17)

*I take the sword of the Spirit—the Word of God. This is my offensive weapon. I speak Your Word over my life, my family, my calling.*

**What Scripture do I need today?** \_\_\_\_\_

**Prayer in the Spirit** (Eph 6:18)

*I commit to pray throughout this day. I will be alert. I will persevere. I will pray for my brothers.*

**Who needs my intercession today?** \_\_\_\_\_

*In Jesus' mighty name, Amen."*

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**DAILY COMMITMENT:**

☐ I will pray this armor prayer every morning ☐ I will memorize Ephesians 6:10-11 ☐ I will be alert to spiritual attack ☐ I will fight with spiritual weapons, not flesh

**Closing Prayer**

\*"Lord, I'm in a battle. The enemy is real. His schemes are real. But You are greater.

Help me see the real enemy—not my wife, not my kids, not my boss, but the spiritual forces of wickedness.

Teach me to fight spiritually. Teach me to wear the armor daily. Teach me to take thoughts captive.

Make me a warrior for Your kingdom.

In Jesus' name, Amen."\*

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## **DAY 46: INTERCESSION - STANDING IN THE GAP**

### **Opening Prayer**

*"Father, teach me to intercede. To stand in the gap. To fight for others in prayer. Amen."*

### **Scripture Reading: Ezekiel 22:30 (NASB)**

*"I searched for a man among them who would build up the wall and stand in the gap before Me for the land, so that I would not destroy it; but I found no one."*

### **Additional Scripture: 1 Samuel 12:23 (NASB)**

*"Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you; but I will instruct you in the good and right way."*

### **Additional Scripture: James 5:16 (NASB)**

*"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."*

### **Additional Scripture: 1 Timothy 2:1-2 (NASB)**

*"First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity."*

### **Theological Reflection**

**E.M. Bounds on intercession:** *"The men who have done the most for God in this world have been early on their knees. He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking Him the rest of the day."*

— *Power Through Prayer*

**Richard Foster on intercessory prayer:** *"To pray for another is to see them through Christ's eyes. It is to stand before God on their behalf and plead their case."*

— *Prayer: Finding the Heart's True Home*

**Andrew Murray on intercession:** *"Intercession is the most perfect form of prayer. It is the prayer Christ is praying on the throne. It is the prayer that always prevails."*

— *With Christ in the School of Prayer*

**John Piper:** *"Prayer is the walkie-talkie on the battlefield of the world. It calls in the heavy artillery of God's power."*

— *Let the Nations Be Glad*

### Reflection Questions

1. **Ezekiel 22:30 - God looked for someone to "stand in the gap." What does that mean?**

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2. **1 Samuel 12:23 says ceasing to pray for others is sin. Do you pray for others regularly?**

☐ Yes, daily ☐ Sometimes ☐ Rarely ☐ Never

3. **Who has stood in the gap for you—prayed for you consistently?**

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4. **Who are you standing in the gap for?**

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5. **James 5:16 - "The effective prayer of a righteous man can accomplish much." Do you believe your prayers matter?**

☐ Yes ☐ I want to believe it ☐ I struggle to believe it ☐ I don't believe it

6. **What keeps you from interceding for others?**

☐ Don't know how ☐ Too busy ☐ Don't think it matters ☐ Focused on my own needs ☐

Other: \_\_\_\_\_

### Today's Practice: Intercession List

#### WHO NEEDS YOU TO STAND IN THE GAP?

##### Family:

- Wife: \_\_\_\_\_
- Children (by name): \_\_\_\_\_
- Parents: \_\_\_\_\_



- Siblings: \_\_\_\_\_

**Brotherhood:**

- Accountability triad: \_\_\_\_\_
- Other brothers in this program: \_\_\_\_\_

**Ministry/Church:**

- Pastor: \_\_\_\_\_
- Church leaders: \_\_\_\_\_
- Specific needs: \_\_\_\_\_

**Work:**

- Boss/colleagues: \_\_\_\_\_
- Clients/customers: \_\_\_\_\_

**Nation:**

- President: \_\_\_\_\_
- Government leaders: \_\_\_\_\_
- Military: \_\_\_\_\_

**Other:**

- \_\_\_\_\_
- \_\_\_\_\_

**DAILY INTERCESSION PRACTICE:**

Starting today, I will pray for:

**Every morning:** My wife and children (by name)

**Every evening:** My accountability triad

**Weekly:** (Choose a day) \_\_\_\_\_ - Extended intercession time (30+ minutes)

**INTERCESSION PRAYER:**

*Father, I stand in the gap for:*

**[Name]** - *I pray for [specific need]. Protect them. Provide for them. Give them breakthrough.*

**[Name]** - *I pray for [specific need]. Strengthen them. Encourage them. Use them for Your glory.*

**[Name]** - *I pray for [specific need]. Heal them. Deliver them. Draw them close to You.*

*Lord, hear my prayer for these people. I stand before You on their behalf. Do what only You can do.*

*In Jesus' name, Amen.*

### **COMMITMENT:**

☐ I will pray for my family daily ☐ I will pray for my triad weekly ☐ I will stand in the gap faithfully ☐ I will not cease to pray (1 Sam 12:23)

### **Closing Prayer**

\*"Father, forgive me for not interceding. Forgive me for being so focused on my own needs that I haven't stood in the gap for others.

Teach me to pray. Teach me to intercede. Give me a burden for those You've placed in my life.

I commit to stand in the gap for: [Name specific people.]

Make me a man of prayer. A warrior in the prayer closet.

In Jesus' name, Amen."\*

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## **DAY 47: AUTHORITY THROUGH SUBMISSION**

### **Opening Prayer**

*"Lord, teach me that true authority comes from submission—to You first, then to others. Amen."*

### **Scripture Reading: Luke 7:1-10 (NASB) - The Centurion**

*"When He had completed all His discourse in the hearing of the people, He went to Capernaum. And a centurion's slave, who was highly regarded by him, was sick and about to die. When he heard about Jesus, he sent some Jewish elders asking Him to come and save the life of his slave. When they came to Jesus, they earnestly implored Him, saying,*

*'He is worthy for You to grant this to him; for he loves our nation and it was he who built us our synagogue.' Now Jesus started on His way with them; and when He was not far from the house, the centurion sent friends, saying to Him, 'Lord, do not trouble Yourself further, for I am not worthy for You to come under my roof; for this reason I did not even consider myself worthy to come to You, but just say the word, and my servant will be healed. For I also am a man placed under authority, with soldiers under me; and I say to this one, "Go!" and he goes, and to another, "Come!" and he comes, and to my slave, "Do this!" and he does it.' Now when Jesus heard this, He marveled at him, and turned and said to the crowd that was following Him, 'I say to you, not even in Israel have I found such great faith.'"*

**Additional Scripture: James 4:7 (NASB)**

*"Submit therefore to God. Resist the devil and he will flee from you."*

**Additional Scripture: Ephesians 5:21 (NASB)**

*"Be subject to one another in the fear of Christ."*

**Theological Reflection**

**Watchman Nee on spiritual authority:** *"Authority is not something we claim; it is something others recognize in us because we are under authority ourselves."*

— *Spiritual Authority*

**Dallas Willard:** *"The most important thing about us is what we think about God. The second most important is who we are under authority to."*

— *The Divine Conspiracy*

**Eugene Peterson:** *"Leadership in the Christian community is not gained by promotion but by demotion—the deliberate embrace of servanthood."*

— *The Contemplative Pastor*

**Richard Rohr:** *"Spiritual authority flows from our submission to God and to one another. It's never about power over, but power under."*

— *From Wild Man to Wise Man*

**Reflection Questions**

1. **The centurion said, "I am a man under authority." How did this give him authority?**

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2. Who are you under authority to?

Spiritually: \_\_\_\_\_

In marriage: \_\_\_\_\_

At work: \_\_\_\_\_

In church: \_\_\_\_\_

3. James 4:7 - Submit to God, resist the devil. Why is submission to God necessary first?

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4. Ephesians 5:21 - "Be subject to one another." What does mutual submission look like?

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5. Where do you resist authority?

☐ God's authority ☐ Church leadership ☐ Employer ☐ Government ☐ Accountability ☐

Other: \_\_\_\_\_

6. How can you have authority if you're submitted to others?

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Today's Practice: Submission Assessment

WHO I'M UNDER:

Authority	Am I Submitted?	Where I Resist	What Needs to Change
God	Yes / No / Partially	_____	_____
Scripture	Yes / No / Partially	_____	_____
Church leaders	Yes / No / Partially	_____	_____
Employer	Yes / No / Partially	_____	_____

<b>Authority</b>	<b>Am I Submitted? Where I Resist</b>	<b>What Needs to Change</b>
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Accountability Yes / No / Partially \_\_\_\_\_

Wife (mutual) Yes / No / Partially \_\_\_\_\_

### THE CENTURION'S AUTHORITY:

The centurion had authority because:

1. He was under authority (submitted to Rome)
2. He recognized Jesus's authority (humble)
3. He served those under him (loved his slave)
4. He understood how authority works (spiritual principle)

### My authority comes from:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WHERE I HAVE AUTHORITY:

Area	Source of Authority	How I Exercise It
Marriage	Mutual submission, servant leadership	_____
Fatherhood	God-given stewardship	_____
Work	Positional/earned	_____
Ministry	Calling + character	_____

### AUTHORITY THROUGH SUBMISSION:

*True authority is not demanded. It's recognized by others because I'm under authority myself.*

This week, I will submit to:

**God:** (Specific area) \_\_\_\_\_

**Accountability:** (Specific vulnerability) \_\_\_\_\_

**Church:** (Specific obedience) \_\_\_\_\_

**Work:** (Specific submission) \_\_\_\_\_

### **Closing Prayer**

\*"Lord, I confess I've wanted authority without submission. I've resisted Your authority. I've resisted others' authority.

Teach me that real authority comes from submission—to You first, then to others.

Help me submit to: [Name specific authorities.]

Like the centurion, help me understand spiritual authority. Give me authority that comes from humility, not pride.

In Jesus' name, Amen."\*

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## **DAY 48: THE GENTLE WARRIOR**

### **Opening Prayer**

*"Father, make me both gentle and strong. A warrior with a tender heart. Amen."*

### **Scripture Reading: Psalm 18:35 (NASB)**

*"You have also given me the shield of Your salvation, and Your right hand upholds me; and Your gentleness makes me great."*

### **Additional Scripture: 2 Timothy 2:24-25 (NASB)**

*"The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth."*

### **Additional Scripture: Matthew 11:28-30 (NASB)**

*"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."*

### **Theological Reflection**

**G.K. Chesterton on paradox:** *"The Christian ideal has not been tried and found wanting. It has been found difficult and left untried. Christianity is a sword which separates and sets*

*out a man for peace. It is a battle-axe for peace."*

— *What's Wrong with the World*

**John Eldredge:** *"The Gentle Warrior is a man who is so strong he can be tender, so secure he can be vulnerable, so fierce he can be kind. This is the paradox of biblical masculinity."*

— *Wild at Heart*

**Dan Allender:** *"Strength is not the absence of gentleness. True strength makes space for tenderness. A man who cannot be tender is not strong—he's brittle."*

— *Bold Love*

**Richard Rohr:** *"The mature masculine holds opposites together: Strong AND gentle. Fierce AND tender. Warrior AND lover. This is the sign of spiritual maturity."*

— *From Wild Man to Wise Man*

### Reflection Questions

1. **Psalm 18:35 - "Your gentleness makes me great." How does gentleness make someone great?**

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2. **Can you be both a warrior and gentle? Or are they opposites?**

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3. **Where do you struggle with gentleness?**

☐ With my wife ☐ With my kids ☐ At work ☐ In conflict ☐ With myself ☐ Other:

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4. **2 Timothy 2:24-25 describes a gentle warrior: not quarrelsome, kind, patient, correcting with gentleness. Rate yourself (1-10): \_\_\_\_\_**

5. **Jesus said "I am gentle and humble in heart." Is this your picture of Jesus?**

☐ Yes ☐ No, I picture Him as always fierce ☐ I'm learning to see both

6. **Complete this: "Being a gentle warrior means..."**

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## **Today's Practice: Gentle Warrior Assessment**

### **STRONG vs. BRITTLE:**

#### **Brittle masculinity:**

- Can't show emotion
- Can't admit weakness
- Can't apologize
- Can't be tender
- Always has to win
- Needs to control
- Defensive

#### **Strong masculinity:**

- Secure enough to be vulnerable
- Humble enough to apologize
- Tender when needed
- Fierce when necessary
- Secure in identity
- Releases control
- Open to feedback

#### **Where am I brittle instead of strong?**

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## **THE GENTLE WARRIOR IN ACTION:**

#### **Fierce when:**

- Protecting family
- Standing for truth
- Fighting spiritual battle



- Confronting injustice
- Defending the weak

**Gentle when:**

- Comforting those who hurt
- Correcting those who err
- Teaching those who don't know
- Listening to those who need heard
- Loving those who are broken

**This week, I need to be:**

**Fierce:** (Specific situation) \_\_\_\_\_

**Gentle:** (Specific situation) \_\_\_\_\_

**GENTLENESS PRACTICE:**

Choose one area where you're typically harsh and practice gentleness:

**With my wife:** \_\_\_\_\_

**With my kids:** \_\_\_\_\_

**At work:** \_\_\_\_\_

**With myself:** \_\_\_\_\_

**JESUS AS GENTLE WARRIOR:**

He was:

- **Fierce:** Cleared temple, confronted Pharisees, faced crucifixion
- **Gentle:** Let children come, washed feet, forgave adulterer, wept at Lazarus's tomb

**I want to be like Him:**

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**Closing Prayer**

\*"Lord Jesus, You are the Gentle Warrior. Fierce in battle. Tender with the broken. Strong enough to be gentle.

I confess I've been either too harsh or too soft. Either aggressive or passive. Not both strong and gentle.

Make me a gentle warrior. Give me Your strength. Give me Your tenderness. Help me know when to be fierce and when to be gentle.

Teach me the paradox of biblical masculinity: Strong enough to be tender. Secure enough to be vulnerable.

In Your name, Amen."\*

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## DAY 49: WEEK 7 INTEGRATION & SABBATH

### Opening Prayer

*"Holy Spirit, show me what You've taught me about spiritual authority and biblical masculinity this week. Confirm the work. Amen."*

### Weekly Review: Looking Back

#### 1. Biggest insight from Week 7:

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#### 2. How I'm redefining masculinity:

Old definition: \_\_\_\_\_

New definition: \_\_\_\_\_

#### 3. Daily Examen + Armor of God Prayer tracking:

**Day Examen? Armor Prayer? Spiritual Battle? Interceded for Others?**

Mon	Y / N	Y / N	Y / N	_____
Tue	Y / N	Y / N	Y / N	_____
Wed	Y / N	Y / N	Y / N	_____
Thu	Y / N	Y / N	Y / N	_____
Fri	Y / N	Y / N	Y / N	_____

**Day Examen? Armor Prayer? Spiritual Battle? Interceded for Others?**

Sat Y / N      Y / N      Y / N      \_\_\_\_\_

Sun Y / N      Y / N      Y / N      \_\_\_\_\_

**Days praying Armor of God:** \_\_\_\_\_ out of 7

**4. Servant leadership in action:**

**Where I served this week:** \_\_\_\_\_

**How people responded:** \_\_\_\_\_

**5. Spiritual warfare reality:**

**Attacks I faced:** \_\_\_\_\_

**How I resisted:** \_\_\_\_\_

**Victory:** \_\_\_\_\_

**Integration Exercise: Biblical Masculinity Manifesto**

**MY MANIFESTO AS A BIBLICAL MAN:**

*I am a man after God's own heart.*

**I RENOUNCE:**

- Toxic masculinity:  
\_\_\_\_\_
- Passive masculinity:  
\_\_\_\_\_
- Cultural definitions:  
\_\_\_\_\_

**I EMBRACE:**

- Biblical masculinity:  
\_\_\_\_\_
- Servant leadership:  
\_\_\_\_\_

- Spiritual authority:

\_\_\_\_\_

#### **I AM:**

- A gentle warrior:

\_\_\_\_\_

- A servant leader:

\_\_\_\_\_

- A man under authority:

\_\_\_\_\_

- An intercessor:

\_\_\_\_\_

#### **I WILL:**

- Put on armor daily:

\_\_\_\_\_

- Lead by serving:

\_\_\_\_\_

- Fight spiritually: \_\_\_\_\_

- Stand in the gap: \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

#### **Spiritual Authority Commitments**

##### **DAILY PRACTICES:**

☐ Morning: Armor of God Prayer ☐ Evening: Daily Examen ☐ Intercession for family/brothers ☐ Scripture meditation

##### **WEEKLY PRACTICES:**

☐ Servant leadership action (specific): \_\_\_\_\_ ☐

Extended intercession time (30+ minutes) ☐ Accountability check-in ☐ Sabbath rest

##### **ONGOING:**

☐ Biblical masculinity, not cultural ☐ Strength AND gentleness ☐ Authority through submission ☐ Fight spiritual battles, not flesh

## Accountability Triad Check-In

**This week, share with your triad:**

1. One way you practiced servant leadership
2. One spiritual battle you faced
3. Your biblical masculinity manifesto
4. Prayer request for Week 8 (Vocational Calling)

## Sabbath Practice: Rest in Authority

**Today, practice resting in God's authority:**

Choose 2-3:

☐ No fighting today (spiritual or physical) ☐ Worship without striving ☐ Play with family (be present) ☐ Silence and solitude (listen to God) ☐ Nature walk (see God's authority in creation) ☐ Pray blessings over family ☐ Read Psalms (learn to pray like David)

## Sabbath Reflection:

What does it mean to rest in God's authority?

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## Preparation for Week 8

**Next Week's Theme:** Vocational Calling & Kingdom Purpose

**Next Week's Memory Verse:** *"Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called."* - Ephesians 4:1 (NASB)

## What's Ahead:

- Week 8: Discovering your vocational calling and kingdom purpose
- Week 9: Mature masculinity and sustainable practices
- Week 10: Brotherhood covenant and legacy
- Week 11-12: Commissioning and being sent

**What I'm taking into Week 8:**

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**What I'm leaving behind:**

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### **Closing Blessing**

*"May you walk in spiritual authority. May you lead by serving. May you be a gentle warrior—strong enough to be tender, secure enough to be vulnerable. May you wear the armor daily. May you stand in the gap. May you live as a biblical man. Amen."*

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### **END OF WEEK 7 WORKBOOK**

**You've entered the AUTHORITY phase. You're learning what biblical masculinity looks like—not cultural toxicity, not passive abdication, but servant leadership empowered by God.**

**You're wearing the armor. You're fighting spiritually. You're standing in the gap. You're leading by serving.**

**Next week: Vocational Calling. Discovering your unique kingdom purpose.**

**You're becoming. Keep going, warrior.**

**See you at the Week 8 group session!**

## EVERY MAN COMPLETE

### WEEK 8 PARTICIPANT WORKBOOK

#### Vocational Calling & Kingdom Purpose

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#### WEEK 8 OVERVIEW

**Core Question:** What is God calling me to do with my life?

**Memory Verse:** *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."* - Ephesians 2:10 (NASB)

**This Week's Journey:** You've discovered who you are (Awakening), integrated wholeness (Integration), and stepped into spiritual authority (Week 7). Now you discern your unique calling. What has God prepared for you to do? How does your work matter to Him? What legacy will you leave?

**This is not about finding a dream job. This is about discovering your kingdom assignment and living it faithfully.**

**Weekly Practice:** Daily Examen + Time/Talent/Treasure Audit

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#### OPENING MEDITATION

*"We are His workmanship, created in Christ Jesus for good works, which God prepared beforehand."* - Ephesians 2:10

Before the foundation of the world, God prepared specific good works for you. Your life is not random. Your gifts are not accidental. Your calling is not unclear.

You were created for a purpose. This week, you discover what that is.

*"Father, show me what You've called me to do. Not what culture says. Not what I think I should do. But what You've prepared for me. Give me clarity. Give me courage. Amen."*

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#### DAY 50: WORK AS WORSHIP

##### Opening Prayer

*"Lord, I've seen work as a paycheck, a burden, or just something I have to do. Teach me that work is worship. Amen."*

**Scripture Reading: Colossians 3:23-24 (NASB)**

*"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."*

**Additional Scripture: 1 Corinthians 10:31 (NASB)**

*"Whether, then, you eat or drink or whatever you do, do all to the glory of God."*

**Additional Scripture: Genesis 2:15 (NASB)**

*"Then the Lord God took the man and put him into the garden of Eden to cultivate it and keep it."*

**Theological Reflection**

**Dorothy Sayers on work:** *"Work is not primarily a thing one does to live, but the thing one lives to do. It is the full expression of the worker's faculties, the thing in which he finds spiritual, mental, and bodily satisfaction."*

— *Why Work?*

**Tim Keller on calling:** *"A job is a vocation only if someone else calls you to do it for them rather than you choosing it for yourself. And so our work can be a calling only if it is reimagined as a mission of service to something beyond merely our own interests."*

— *Every Good Endeavor*

**Martin Luther on vocation:** *"The maid who sweeps her kitchen is doing the will of God just as much as the monk who prays—not because she may sing a Christian hymn as she sweeps but because God loves clean floors."*

— *The Estate of Marriage*

**Dallas Willard:** *"What you do with your body matters spiritually. Your work is not secular—it's ministry."*

— *The Spirit of the Disciplines*

**Reflection Questions**

1. **Colossians 3:23** says work "as for the Lord." How does this change how you view your job?

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2. **What's your current view of work?** (Check all that apply)



☐ Just a paycheck ☐ Burden I endure ☐ Identity (I am what I do) ☐ Calling/ministry ☐ Necessary evil ☐ Opportunity to serve ☐ Worship ☐ Other: \_\_\_\_\_

3. **1 Corinthians 10:31 - "Whatever you do, do all to the glory of God." Can your current work glorify God?**

☐ Yes ☐ No ☐ I'm not sure ☐ It could if I changed my perspective

4. **Genesis 2:15 - God put Adam in the garden "to cultivate it and keep it." Work existed before the fall. What does this teach about work?**

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5. **How would your work change if you truly saw it as worship?**

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6. **What keeps you from seeing work as worship?**

☐ I hate my job ☐ It's just survival ☐ It feels meaningless ☐ I'm good at it but don't love it ☐ It's unethical/compromising ☐ Other: \_\_\_\_\_

**Today's Practice: Work as Worship Inventory**

**MY CURRENT WORK:**

**Job title/role:** \_\_\_\_\_

**What I do (specifically):** \_\_\_\_\_

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**How I feel about it:**

☐ Fulfilled ☐ Frustrated ☐ Bored ☐ Overwhelmed ☐ Grateful ☐ Resentful ☐ Confused ☐ Other: \_\_\_\_\_

**WORK AS WORSHIP ASSESSMENT:**

Rate each area (1-10):

☐ **Attitude:** Do I work "as for the Lord"? \_\_\_\_\_ ☐ **Excellence:** Do I give my best? \_\_\_\_\_ ☐  
**Integrity:** Do I work honestly? \_\_\_\_\_ ☐ **Service:** Do I serve others through my work?

\_\_\_\_\_ ☐ **Stewardship:** Do I use resources well? \_\_\_\_\_ ☐ **Purpose:** Do I see kingdom purpose in my work? \_\_\_\_\_ ☐ **Glorify God:** Does my work bring Him glory? \_\_\_\_\_

### **MAKING WORK WORSHIP:**

**What needs to change in how I approach work:**

**Attitude shift:** \_\_\_\_\_

**Quality improvement:** \_\_\_\_\_

**Relationship change:** \_\_\_\_\_

**Purpose perspective:** \_\_\_\_\_

### **WORK AS MINISTRY:**

How can my work serve others?

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### **WORK WORSHIP COMMITMENT:**

This week, I will work "as for the Lord" by:

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### **IF YOUR WORK IS UNETHICAL OR SOUL-CRUSHING:**

Sometimes the issue isn't perspective—it's the job itself.

#### **Questions to ask:**

- Is this job requiring me to compromise my integrity?
- Is it destroying my soul/family?
- Am I stuck or called elsewhere?
- What's my next step? (Talk to triad, seek counsel, explore options)

### **Closing Prayer**

\*"Lord, I confess I've seen work as just a paycheck or a burden. Forgive me.

Teach me that work is worship. Help me see my job as ministry—an opportunity to serve You and others.

Whatever I do—whether exciting or mundane—help me do it for Your glory.

This week, I commit to work as worship by: [Name specific commitment.]

In Jesus' name, Amen."\*

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## **DAY 51: MONEY AND GENEROSITY**

### **Opening Prayer**

*"Father, You own it all. Teach me to be a faithful steward, not a hoarder. Make me generous. Amen."*

### **Scripture Reading: Malachi 3:10 (NASB)**

*"Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the Lord of hosts, 'if I will not open for you the windows of heaven and pour out for you a blessing until it overflows.'"*

### **Additional Scripture: 2 Corinthians 9:6-8 (NASB)**

*"Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed."*

### **Additional Scripture: Matthew 6:24 (NASB)**

*"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth."*

### **Theological Reflection**

**Randy Alcorn on money:** *"God prospers me not to raise my standard of living, but to raise my standard of giving."*

— *The Treasure Principle*

**John Wesley on wealth:** *"Earn all you can, save all you can, give all you can."*

— *The Use of Money*

**Tim Keller on generosity:** *"If our expenditure on comforts, luxuries, amusements, etc., is up to the standard common among those with the same income as our own, we are*

*probably giving away too little."*

— *Generous Justice*

**Richard Foster on money:** *"Money is a spiritual issue. What we do with it reveals what we worship."*

— *Money, Sex & Power*

## Reflection Questions

### 1. What's your relationship with money?

☐ Security/safety ☐ Identity (I am what I earn) ☐ Tool for kingdom ☐ Never enough ☐ Source of anxiety ☐ Neutral resource ☐ Other: \_\_\_\_\_

### 2. Malachi 3:10 - Do you tithe (give 10%)? Why or why not?

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### 3. 2 Corinthians 9:7 - Are you a "cheerful giver" or do you give grudgingly?

☐ Cheerful ☐ Grudgingly ☐ Under compulsion ☐ I don't give ☐ I want to be cheerful but struggle

### 4. Matthew 6:24 - "You cannot serve God and wealth." Which are you serving?

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### 5. What money wounds are you carrying? (Check all that apply)

☐ Grew up poor (scarcity mindset) ☐ Grew up wealthy (entitlement) ☐ Parents fought about money ☐ Financial trauma (bankruptcy, loss) ☐ Debt shame ☐ Comparison/envy ☐ Other:

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### 6. Complete this: "If I had unlimited money, I would..."

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## Today's Practice: Money and Generosity Audit

### CURRENT FINANCIAL REALITY:

Annual income (approximate): \$\_\_\_\_\_

**Monthly giving:**

- Tithe (10%): \$\_\_\_\_\_
- Offerings/extra: \$\_\_\_\_\_
- Total giving: \$\_\_\_\_\_ (\_\_\_\_% of income)

**Monthly expenses:**

- Housing: \$\_\_\_\_\_
- Food: \$\_\_\_\_\_
- Transportation: \$\_\_\_\_\_
- Debt payments: \$\_\_\_\_\_
- Entertainment: \$\_\_\_\_\_
- Other: \$\_\_\_\_\_

**Savings:** \$\_\_\_\_\_

**Debt:** \$\_\_\_\_\_

**MONEY WOUNDS:**

What messages did you receive about money growing up?

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How have these shaped your relationship with money?

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**GENEROSITY ASSESSMENT:**

Rate yourself (1-10):

☐ **Cheerful giving:** \_\_\_\_\_ ☐ **Percentage of income given:** \_\_\_\_\_ ☐ **Trust in God's provision:** \_\_\_\_\_ ☐ **Contentment with what I have:** \_\_\_\_\_ ☐ **Freedom from debt:** \_\_\_\_\_ ☐ **Wise stewardship:** \_\_\_\_\_

**OBSTACLES TO GENEROSITY:**

What keeps you from giving more?

☐ Fear (won't have enough) ☐ Debt ☐ Lifestyle expectations ☐ Don't trust God ☐  
Comparison to others ☐ Other: \_\_\_\_\_

### **GENEROSITY COMMITMENT:**

**Current giving:** \_\_\_\_% of income

**Goal:** \_\_\_\_% of income

**To get there, I need to:**

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### **This month, I will:**

☐ Start tithing (10%) ☐ Increase giving by \_\_\_\_% ☐ Pay off debt to increase capacity to give ☐  
Give sacrificially to: \_\_\_\_\_ ☐ Downsize lifestyle to free up resources

### **TREASURE AUDIT:**

Where is your treasure?

☐ Savings account ☐ Retirement ☐ Possessions ☐ Kingdom investment ☐  
People/relationships

**Matthew 6:21:** "Where your treasure is, there your heart will be also."

Where do you want your heart to be?

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### **Closing Prayer**

\*"Father, You own it all. I'm just a steward. Forgive me for hoarding, for fear, for serving money instead of You.

I confess my money wounds: [Name them.]

Heal my relationship with money. Make me generous. Help me trust You.

I commit to: [Name specific financial commitment.]

Use my resources for Your kingdom.

In Jesus' name, Amen."\*

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## DAY 52: PLATFORM AND INFLUENCE

### Opening Prayer

*"Lord, You've given me a platform—big or small. Teach me to use it for Your glory. Amen."*

### Scripture Reading: Micah 6:8 (NASB)

*"He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"*

### Additional Scripture: Luke 12:48 (NASB)

*"From everyone who has been given much, much will be required; and to whom they entrusted much, of them they will ask all the more."*

### Additional Scripture: Matthew 5:14-16 (NASB)

*"You are the light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."*

### Theological Reflection

**Andy Crouch on influence:** *"The only way to change culture is to create more of it. You can't just critique from the sidelines—you have to make something."*

— *Culture Making*

**Eugene Peterson on faithfulness:** *"Pastors are not the only ones called to faithfulness—every person has a sphere of influence where they're called to be faithful."*

— *The Contemplative Pastor*

**Dallas Willard:** *"You don't have to have a big platform to have big impact. Faithfulness in small things is what God honors."*

— *The Great Omission*

**Dietrich Bonhoeffer:** *"We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself."*

— *Ethics*

### Reflection Questions

1. **What's your platform?** (Where do you have influence?)

☐ Family ☐ Workplace ☐ Church ☐ Neighborhood ☐ Social media ☐ Hobby/interest community ☐ Profession ☐ Other: \_\_\_\_\_

2. **Micah 6:8 - "Do justice, love kindness, walk humbly." How are you doing in each?**

**Justice:** \_\_\_\_\_

**Kindness:** \_\_\_\_\_

**Humility:** \_\_\_\_\_

3. **Luke 12:48 - "To whom much is given, much is required." What's been given to you?**

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4. **How are you using your influence?**

☐ For God's glory ☐ For personal gain ☐ Not using it ☐ Don't think I have influence ☐ Mixed/unclear

5. **Matthew 5:14-16 - Are you letting your light shine or hiding it?**

☐ Shining ☐ Hiding ☐ Inconsistent ☐ Not sure what my light is

6. **What injustice has God placed on your heart?**

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### Today's Practice: Platform and Influence Inventory

#### MY SPHERES OF INFLUENCE:

List every area where you have influence (don't minimize):

Sphere	Number of People		Current Impact (1-10)	Potential Impact
Family	_____	_____	_____	_____
Work	_____	_____	_____	_____
Church	_____	_____	_____	_____



**Sphere                      Number of People   Current Impact (1-10)   Potential Impact**

Neighborhood \_\_\_\_\_

Online \_\_\_\_\_

\_\_\_\_\_

**STEWARDING INFLUENCE:**

**Where I'm using influence well:**

\_\_\_\_\_

**Where I'm wasting influence:**

\_\_\_\_\_

**Where I'm hiding my light:**

\_\_\_\_\_

**DOING JUSTICE:**

What injustice am I positioned to address?

☐ Poverty ☐ Racial injustice ☐ Human trafficking ☐ Orphans/foster care ☐ Abortion/life issues ☐ Other: \_\_\_\_\_

**How can I use my platform to address this?**

\_\_\_\_\_

\_\_\_\_\_

**LOVING KINDNESS:**

Who in my sphere of influence needs kindness?

\_\_\_\_\_

**What practical kindness can I show them this week?**

\_\_\_\_\_

**WALKING HUMBLY:**

Where am I using influence for personal glory instead of God's?

\_\_\_\_\_

**PLATFORM COMMITMENT:**

This week, I will use my influence to:

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**LEGACY QUESTION:**

If I stewarded my influence well, what would be different in 10 years?

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**Closing Prayer**

\*"Lord, You've given me a platform—relationships, position, resources, gifts. I've either wasted it or used it for myself.

Forgive me. Teach me to steward influence for Your glory.

I commit to use my influence to: [Name specific action.]

Do justice. Love kindness. Walk humbly.

In Jesus' name, Amen."\*

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**DAY 53: LEGACY THINKING****Opening Prayer**

*"Father, my life is short. Help me live for what lasts. Teach me to build a legacy that outlives me. Amen."*

**Scripture Reading: Psalm 78:4-7 (NASB)**

*"We will not conceal them from their children, but tell to the generation to come the praises of the Lord, and His strength and His wondrous works that He has done. For He established a testimony in Jacob and appointed a law in Israel, which He commanded our fathers that they should teach them to their children, that the generation to come might know, even the children yet to be born, that they may arise and tell them to their children, that they should put their confidence in God and not forget the works of God, but keep His commandments."*

**Additional Scripture: Deuteronomy 6:6-7 (NASB)**

*"These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up."*

**Additional Scripture: 2 Timothy 2:2 (NASB)**

*"The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also."*

**Theological Reflection**

**Stephen Covey on legacy:** *"Begin with the end in mind. What do you want said at your funeral?"*

— *The 7 Habits of Highly Effective People*

**John Piper on legacy:** *"Don't waste your life. Make your life count for eternity."*

— *Don't Waste Your Life*

**Eugene Peterson:** *"A long obedience in the same direction is what shapes a legacy, not short bursts of intensity."*

— *A Long Obedience in the Same Direction*

**Richard Rohr:** *"The second half of life is about legacy, not achievement. It's about what you pass on, not what you accumulate."*

— *Falling Upward*

**Reflection Questions**

1. **Psalm 78:4-7 - What are you passing to the next generation?**

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2. **If you died today, what would people say at your funeral?**

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3. **What do you WANT them to say? (What legacy do you want to leave?)**

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4. What's the gap between what they'd say now vs. what you want?

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5. Who are you investing in? Who are you discipling?

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6. 2 Timothy 2:2 - "Entrust to faithful men who will teach others." Are you multiplying yourself?

☐ Yes ☐ No ☐ Starting to ☐ Don't know how

**Today's Practice: Legacy Vision**

**LEGACY ASSESSMENT:**

**What will outlast you?**

☐ Children (character you've built in them) ☐ Disciples (people you've invested in) ☐ Kingdom work (ministry/mission) ☐ Financial giving (generosity impact) ☐ Changed lives (people you've served) ☐ Written legacy (wisdom captured) ☐ Other:

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**CURRENT LEGACY:**

If you died today, your legacy would be:

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**DESIRED LEGACY:**

When you die, you want to be remembered as:

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**THE GAP:**

What needs to change?

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**LEGACY BUILDERS:**

What actions build the legacy you want?

**Daily:** \_\_\_\_\_

**Weekly:** \_\_\_\_\_

**Monthly:** \_\_\_\_\_

**Annually:** \_\_\_\_\_

**GENERATIONAL IMPACT:**

**Children:** What character qualities are you building in your kids?

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What faith practices are you modeling?

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**Spiritual children:** Who are you discipling/mentoring?

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**FUNERAL VISION:**

Write what you want said at your funeral:

*"[Your name] was a man who..."*

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*"He invested his life in..."*

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*"Because of him..."*

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### **LEGACY COMMITMENTS:**

To build the legacy I want, this year I will:

1. 

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2. 

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3. 

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### **WHAT I'M LEAVING BEHIND:**

What do I need to stop doing to focus on legacy?

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### **Closing Prayer**

\*"Lord, my life is a vapor. It's short. I don't want to waste it.

Show me what will outlast me. Help me invest in eternity—people, kingdom work, generational impact.

I want to be remembered as: [Name your desired legacy.]

Give me wisdom to build that legacy starting today.

In Jesus' name, Amen."\*

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## **DAY 54: DISCERNING YOUR CALLING**

### **Opening Prayer**

*"Father, what have You called me to do? Show me. Give me clarity. Amen."*

### **Scripture Reading: Romans 12:3-8 (NASB)**

*"For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith. For just as we have many members in one body and all*

*the members do not have the same function, so we, who are many, are one body in Christ, and individually members one of another. Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; if service, in his serving; or he who teaches, in his teaching; or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness."*

**Additional Scripture: Ephesians 2:10 (NASB)**

*"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."*

**Additional Scripture: 1 Peter 4:10 (NASB)**

*"As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God."*

**Theological Reflection**

**Frederick Buechner on calling:** *"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."*

— *Wishful Thinking*

**Os Guinness on calling:** *"Calling is the truth that God calls us to himself so decisively that everything we are, everything we do, and everything we have is invested with a special devotion, dynamism, and direction lived out as a response to his summons and service."*

— *The Call*

**Tim Keller:** *"If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose."*

— *Every Good Endeavor*

**Parker Palmer:** *"Before you tell your life what you intend to do with it, listen for what it intends to do with you."*

— *Let Your Life Speak*

**Reflection Questions**

1. **Romans 12:6-8 lists spiritual gifts. Which do you have?** (Check all that apply)

☐ Prophecy (speaking truth) ☐ Service (helping/serving) ☐ Teaching ☐ Exhortation (encouragement) ☐ Giving (generosity) ☐ Leadership ☐ Mercy (compassion) ☐ Other:

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2. Ephesians 2:10 - God "prepared beforehand" good works for you. What might those be?

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3. Buechner's calling definition: Where does your deep gladness meet the world's deep hunger?

My deep gladness (what I love): \_\_\_\_\_

World's deep hunger (needs I see): \_\_\_\_\_

Where they meet (my calling): \_\_\_\_\_

4. What are you naturally good at?

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5. What do others affirm in you?

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6. What breaks your heart? (Often a clue to calling)

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Today's Practice: Calling Discernment

**GIFTS INVENTORY:**

**Natural abilities:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Spiritual gifts:**

- \_\_\_\_\_
- \_\_\_\_\_



- \_\_\_\_\_

**Skills/training:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**PASSION INVENTORY:**

**What energizes you?**

\_\_\_\_\_

**What do you lose track of time doing?**

\_\_\_\_\_

**If money wasn't an issue, what would you do?**

\_\_\_\_\_

**NEED INVENTORY:**

**What problems bother you?**

\_\_\_\_\_

**Who do you care about serving?**

\_\_\_\_\_

**What injustice moves you?**

\_\_\_\_\_

**CALLING CONVERGENCE:**

[Draw three overlapping circles or list:]

**Circle 1 - GIFTS:** What I'm good at

**Circle 2 - PASSION:** What I love

**Circle 3 - NEED:** What the world needs

**Where all three overlap = MY CALLING**

\_\_\_\_\_

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## CONFIRMATION:

Ask yourself:

1. **Is this biblical?** (Aligns with Scripture)
2. **Is this needed?** (Serves others)
3. **Am I gifted for it?** (Natural/spiritual gifts)
4. **Do others affirm it?** (Community confirmation)
5. **Does it glorify God?** (Kingdom purpose)

If yes to all five, you're on the right track.

## MY CALLING STATEMENT:

*I believe God has called me to:*

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## NEXT STEPS:

To walk in this calling, I need to:

1. 

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2. 

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3. 

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## OBSTACLES:

What's keeping me from fully living my calling?

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## Closing Prayer

\*"Father, thank You for creating me with purpose. Thank You for preparing good works beforehand.

I believe You've called me to: [Name your calling.]

Give me courage to step into it. Remove obstacles. Provide resources. Open doors.

Help me steward my gifts well. Use me for Your kingdom.

In Jesus' name, Amen."\*

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## **DAY 55: FAITHFULNESS OVER SUCCESS**

### **Opening Prayer**

*"Lord, the world measures success. You measure faithfulness. Teach me Your measure. Amen."*

### **Scripture Reading: Matthew 25:21, 23 (NASB)**

*"His master said to him, 'Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.'"*

### **Additional Scripture: 1 Corinthians 4:2 (NASB)**

*"In this case, moreover, it is required of stewards that one be found trustworthy."*

### **Additional Scripture: Luke 16:10 (NASB)**

*"He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much."*

### **Theological Reflection**

**Eugene Peterson:** *"Ours is a culture that works in superlatives. We make few claims to being good, we have to be best. We disdain the most modest of gifts if we can't exhibit them on a national stage. Scripture doesn't say 'well done good and successful servant' but 'well done good and faithful servant.'"*

— *A Long Obedience in the Same Direction*

**Mother Teresa:** *"God has not called me to be successful. He has called me to be faithful."*

**Dallas Willard:** *"In eternity, you will not be regarded on the basis of what you did, but on the basis of what you did with what you were given."*

— *The Divine Conspiracy*

**Tim Keller:** *"Work becomes a spiritual thing when you do it for God, trusting that he is going to produce the results, not you."*  
— *Every Good Endeavor*

### Reflection Questions

1. **Matthew 25:21** - God says "Well done, **FAITHFUL** servant," not "successful servant." What's the difference?

**Success** (world's measure): \_\_\_\_\_

**Faithfulness** (God's measure): \_\_\_\_\_

2. **How do you currently measure yourself?**

☐ Success (outcomes, results, achievements) ☐ Faithfulness (obedience, consistency, character) ☐ Mixed ☐ Not sure

3. **1 Corinthians 4:2** - "Required of stewards: be found trustworthy." Are you trustworthy in what God has given you?

☐ Yes ☐ No ☐ Sometimes ☐ I want to be

4. **Luke 16:10** - Faithful in little things = faithful in big things. What little things are you handling?

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5. **Where are you chasing success instead of faithfulness?**

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6. **Complete this:** "I'll know I've succeeded when..."

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**Now ask:** Is that God's definition or the world's?

**Today's Practice:** Faithfulness Assessment

**SUCCESS vs. FAITHFULNESS:**

## **World's Success Measures    God's Faithfulness Measures**

Money earned	Stewardship of resources
Title/position	Servant leadership
Recognition/fame	Humility & obedience
Results/outcomes	Character development
Size/growth	Depth & quality
Achievements	Process & journey

**Which column drives your decisions?**

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### **FAITHFULNESS INVENTORY:**

Rate yourself (1-10):

☐ Faithful with little things: \_\_\_\_\_ ☐ Consistent obedience: \_\_\_\_\_ ☐ Stewardship of time: \_\_\_\_\_ ☐ Stewardship of money: \_\_\_\_\_ ☐ Stewardship of gifts: \_\_\_\_\_ ☐ Integrity (same public/private): \_\_\_\_\_ ☐ Long-term perseverance: \_\_\_\_\_

### **WHERE I'M CHASING SUCCESS:**

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### **WHERE I NEED MORE FAITHFULNESS:**

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### **REDEFINING SUCCESS:**

Old definition: \_\_\_\_\_

New definition (biblical): \_\_\_\_\_

### **FAITHFULNESS COMMITMENTS:**

Daily faithfulness: \_\_\_\_\_

Weekly faithfulness: \_\_\_\_\_

Long-term faithfulness: \_\_\_\_\_

### **LITTLE THINGS MATTER:**

What "little things" is God asking you to be faithful in?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### THE "WELL DONE" TEST:

When you stand before Jesus, what do you want to hear?

☐ "You built a big ministry" ☐ "You made a lot of money" ☐ "You were famous" ☐ "Well done, good and faithful servant"

**What needs to change to hear "Well done"?**

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### Closing Prayer

\*"Lord, I confess I've chased success—outcomes, recognition, results.

But You measure faithfulness. You care about character more than achievement.

Teach me to be faithful in little things. Teach me long obedience in the same direction.

I want to hear "Well done, good and faithful servant." That's my goal.

Help me be faithful with: [Name specific areas.]

In Jesus' name, Amen."\*

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### DAY 56: WEEK 8 INTEGRATION & SABBATH

#### Opening Prayer

*"Holy Spirit, show me my calling. Confirm the work You've begun. Give me clarity and courage. Amen."*

#### Weekly Review: Looking Back

**1. Biggest insight from Week 8:**

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## 2. My calling is:

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## 3. Daily Examen + Time/Talent/Treasure tracking:

**Day Examen? Work as Worship? Money/Generosity Decision? Platform Used Well?**

Mon	Y / N	Y / N	_____	_____
Tue	Y / N	Y / N	_____	_____
Wed	Y / N	Y / N	_____	_____
Thu	Y / N	Y / N	_____	_____
Fri	Y / N	Y / N	_____	_____
Sat	Y / N	Y / N	_____	_____
Sun	Y / N	Y / N	_____	_____

**Days working "as for the Lord":** \_\_\_\_\_

## 4. Time/Talent/Treasure audit:

**Time:** Where did I invest most time this week? \_\_\_\_\_

**Talent:** What gifts did I use? \_\_\_\_\_

**Treasure:** How was I generous? \_\_\_\_\_

## 5. Legacy question:

What did I do this week that will outlast me?

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## Integration Exercise: Personal Mission Statement

### CREATING YOUR MISSION STATEMENT:

A mission statement answers: Who am I? What am I called to do? How will I do it?

**Format:** *I am a [identity] called to [action] through [means/method].*

**Examples:**

- *I am a beloved son of God called to serve the broken through counseling and presence.*
- *I am a ragamuffin called to lead men to freedom through vulnerability and brotherhood.*
- *I am a servant called to create beauty through art that glorifies God.*

**YOUR MISSION STATEMENT:**

*I am* \_\_\_\_\_

*called to* \_\_\_\_\_

*through* \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**LIVING YOUR MISSION:**

**Daily actions that align:**

\_\_\_\_\_

**Weekly practices:**

\_\_\_\_\_

**Long-term goals:**

\_\_\_\_\_

**Time/Talent/Treasure Commitments**

**TIME STEWARDSHIP:**

**What I'm saying YES to:**

- \_\_\_\_\_
- \_\_\_\_\_

**What I'm saying NO to:**

- \_\_\_\_\_
- \_\_\_\_\_

**TALENT STEWARDSHIP:**

**Gifts I'm using:**



- \_\_\_\_\_
- \_\_\_\_\_

**Gifts I'm developing:**

- \_\_\_\_\_

**TREASURE STEWARDSHIP:**

**Current giving:** \_\_\_\_% of income

**Goal:** \_\_\_\_% of income

**Specific generosity commitment:**

\_\_\_\_\_

**Legacy Vision**

**IN 10 YEARS:**

Because I lived faithfully, these things will be true:

**My children will:**

\_\_\_\_\_

**My work will have:**

\_\_\_\_\_

**My church/community will:**

\_\_\_\_\_

**People I've disciplined will:**

\_\_\_\_\_

**Accountability Triad Check-In**

**This week, share with your triad:**

1. Your calling statement
2. Your mission statement
3. One area where you're choosing faithfulness over success
4. Prayer request for Week 9 (Mature Masculinity)

## Sabbath Practice: Rest in Calling

### Today, rest from striving:

Choose 2-3:

☐ No work today (Sabbath rest) ☐ Celebrate progress (name wins) ☐ Worship without agenda ☐ Gratitude practice (what God has done) ☐ Delight in gifts (use them for joy, not productivity) ☐ Plan next steps (prayerfully, not frantically) ☐ Serve someone (from overflow, not duty)

### Sabbath Reflection:

How does resting in your calling feel?

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## Preparation for Week 9

**Next Week's Theme:** Mature Masculinity & Sustainable Practices

**Next Week's Memory Verse:** *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."* - Galatians 5:22-23 (NASB)

### What's Ahead:

- Building habits that last
- Self-care and rhythm
- Avoiding burnout
- Wisdom for the long haul
- Character over achievement
- Final weeks before commissioning

### What I'm taking into Week 9:

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### What I'm leaving behind:

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## Closing Blessing

*"May you walk in your calling with clarity and courage. May you work as worship. May you be generous. May you use your platform well. May you build a legacy that outlasts you. May you be faithful, not just successful. Amen."*

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## **END OF WEEK 8 WORKBOOK**

**You've discovered your calling. You know what God has prepared for you to do. Now live it faithfully.**

**Work is worship. Money is stewardship. Platform is opportunity. Legacy is what lasts.**

**Next week: Building sustainable practices so you can run the long race without burning out.**

**You're becoming the man God created you to be. Keep going.**

**See you at the Week 9 group session!**

## EVERY MAN COMPLETE

### WEEK 9 PARTICIPANT WORKBOOK

#### Cultural Engagement & Prophetic Witness

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#### WEEK 9 OVERVIEW

**Core Question:** How do I live faithfully in a divided world?

**Memory Verse:** *"He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"* - Micah 6:8 (NASB)

**This Week's Journey:** You've discovered who you are, integrated wholeness, stepped into spiritual authority, and clarified your calling. Now you engage the world. How do you live as salt and light in a divided culture? How do you pursue justice with humility? How do you speak truth in love? How do you stay present when technology demands your attention?

**This is not about culture wars. This is about prophetic witness—embodying the kingdom in a broken world.**

**Weekly Practice:** Daily Examen + News Fast & Community Presence

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#### OPENING MEDITATION

*"You are the salt of the earth... You are the light of the world."* - Matthew 5:13-14

Salt preserves. Light exposes darkness. Both are present, engaged, transformative.

You are called to engage culture, not retreat from it. But not as a warrior—as a witness. Not with anger—with love. Not with power—with presence.

*"Father, teach me to be salt and light. Help me engage the world without being consumed by it. Give me courage to speak truth and grace to speak it in love. Make me a prophetic witness. Amen."*

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#### DAY 57: MEN IN A DIVIDED WORLD

##### Opening Prayer

*"Lord, the world is divided—politically, racially, culturally. Teach me to be a peacemaker without compromising truth. Amen."*

**Scripture Reading: Matthew 5:13-16 (NASB)**

*"You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men. You are the light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."*

**Additional Scripture: John 17:15-18 (NASB)**

*"I do not ask You to take them out of the world, but to keep them from the evil one. They are not of the world, even as I am not of the world. Sanctify them in the truth; Your word is truth. As You sent Me into the world, I also have sent them into the world."*

**Additional Scripture: Romans 12:2 (NASB)**

*"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."*

**Theological Reflection**

**James Davison Hunter on faithful presence:** *"Christians are called to a 'faithful presence' within every sphere of social life. This means being fully present and engaged, not retreating or dominating, but serving."*

— *To Change the World*

**Andy Crouch on culture making:** *"The only way to change culture is to create more of it. We can't just critique—we must contribute."*

— *Culture Making*

**Richard Niebuhr on Christ and culture:** *"The question is not whether Christians will engage culture, but how. We can retreat, accommodate, dominate, or transform."*

— *Christ and Culture*

**Tim Keller on cultural engagement:** *"Christians are called to live in tension—'in the world but not of it.' We are countercultural but not anti-cultural."*

— *Center Church*

**Reflection Questions**

1. **Matthew 5:13 - You are salt. What does salt do? How does this apply to culture?**

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2. **Matthew 5:14-16 - You are light. What does light do? Are you hiding your light?**

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3. **John 17:15-18 - Jesus says "in the world but not of the world." What does this mean?**

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4. **How do you typically engage culture?** (Check one)

☐ Retreat (avoid, isolate, Christian bubble) ☐ Accommodate (blend in, no distinction) ☐ Dominate (culture war, winning at all costs) ☐ Transform (present, engaged, prophetic)

5. **What cultural issues burden your heart most?** (Check all that apply)

☐ Political division ☐ Racial injustice ☐ Poverty ☐ Abortion/life issues ☐ Sexual ethics ☐ Religious freedom ☐ Immigration ☐ Environment ☐ Technology/AI ☐ Other:

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6. **Romans 12:2 - "Do not be conformed to this world." Where are you being conformed?**

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### Today's Practice: Cultural Engagement Assessment

#### CULTURAL POSTURE:

Rate yourself honestly (1-10):

☐ **Engaged vs. Isolated:** Am I present in culture or hiding? \_\_\_\_\_ ☐ **Distinct vs. Compromised:** Do I look different from the world? \_\_\_\_\_ ☐ **Loving vs. Combative:** Am I known for love or anger? \_\_\_\_\_ ☐ **Listening vs. Preaching:** Do I listen or just speak? \_\_\_\_\_ ☐ **Hopeful vs. Cynical:** Am I bringing hope or despair? \_\_\_\_\_

**WHERE I ENGAGE CULTURE:**

Sphere	Level of Engagement (1-10)	Posture (Retreat/Accommodate/Dominate/Transform)
Politics	_____	_____
Workplace	_____	_____
Neighborhood	_____	_____
Social Media	_____	_____
Church	_____	_____
Hobbies/Interests	_____	_____

**SALT AND LIGHT:**

**As salt, I preserve/influence by:**

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**As light, I expose/illuminate by:**

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**Where I'm hiding my light:**

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**CULTURAL WITNESS:**

**What would neighbors/coworkers say about my faith?**

☐ They don't know I'm a Christian ☐ They know but see no difference in how I live ☐ They know and see me as angry/judgmental ☐ They know and see me as loving/different

**What do you want them to say?**

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**ENGAGEMENT COMMITMENT:**

**This week, I will engage culture by:**

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## Closing Prayer

\*"Lord Jesus, You sent me into the world just as the Father sent You. Help me be salt and light.

I confess I've either retreated or dominated. I've hidden or been combative.

Teach me faithful presence—engaged but distinct, loving but truthful, hopeful but realistic.

Make me a transformative presence in: [Name specific sphere.]

In Your name, Amen."\*

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## DAY 58: JUSTICE AND MERCY

### Opening Prayer

*"Father, You love justice. Teach me to do justice, love mercy, walk humbly. Amen."*

### Scripture Reading: Amos 5:24 (NASB)

*"But let justice roll down like waters and righteousness like an ever-flowing stream."*

### Additional Scripture: Matthew 23:23 (NASB)

*"Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cummin, and have neglected the weightier provisions of the law: justice and mercy and faithfulness; but these are the things you should have done without neglecting the others."*

### Additional Scripture: Micah 6:8 (NASB)

*"He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"*

### Theological Reflection

**Tim Keller on justice:** *"Justice means giving people their due—not just fairness, but actively seeking the flourishing of all, especially the vulnerable."*

— *Generous Justice*

**Cornel West:** *"Justice is what love looks like in public."*

— *The Radical King*



**Dietrich Bonhoeffer on justice:** *"We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself."*  
— *Ethics*

**Bryan Stevenson:** *"The opposite of poverty is not wealth. The opposite of poverty is justice."*  
— *Just Mercy*

### Reflection Questions

1. **Amos 5:24** - "Let justice roll down like waters." What injustice has God shown you?

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2. **Matthew 23:23** - Jesus says don't neglect "justice, mercy, faithfulness." Which do you neglect most?

☐ Justice (pursuing righteousness for others) ☐ Mercy (compassion for those suffering) ☐ Faithfulness (consistency in obedience)

3. **Micah 6:8** - Three requirements: Do justice, love kindness, walk humbly. Rate yourself on each (1-10):

Justice: \_\_\_\_\_ Kindness: \_\_\_\_\_ Humility: \_\_\_\_\_

4. What injustice are you positioned to address?

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5. How do justice and mercy work together?

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6. Where have you prioritized minor things (like the Pharisees with mint/dill) over justice?

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**Today's Practice: Justice and Mercy Inventory**

**INJUSTICE I SEE:**

What injustice breaks your heart?

☐ Poverty ☐ Racism/discrimination ☐ Human trafficking ☐ Abortion ☐ Refugee crisis ☐ Homelessness ☐ Criminal justice inequity ☐ Orphans/foster care ☐ Other:

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**MY PROXIMITY:**

How close am I to the issue?

☐ Directly impacted ☐ Family/friends impacted ☐ See it in my community ☐ Hear about it in news ☐ Distant/abstract

**MY RESPONSE:**

What am I currently doing?

☐ Nothing ☐ Prayer ☐ Financial giving ☐ Volunteering ☐ Advocacy/speaking up ☐ Direct service ☐ Long-term commitment

**DOING JUSTICE:**

Justice requires action, not just belief.

**This month, I will do justice by:**

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**LOVING MERCY:**

Mercy means compassion in action.

**This week, I will show mercy to:**

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**WALKING HUMBLY:**

Humility means recognizing I don't have all the answers.

**Where I need more humility:**

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**JUSTICE WITHOUT HUMILITY = SELF-RIGHTEOUSNESS**

Check yourself: ☐ Am I more interested in being right than doing right? ☐ Do I care about victims or just the issue? ☐ Am I listening to those affected? ☐ Is my justice work about me or them?

### **PRACTICAL JUSTICE:**

Choose one:

☐ Volunteer at homeless shelter this month ☐ Advocate for policy change (write representative) ☐ Mentor someone disadvantaged ☐ Support organization addressing injustice ☐ Use professional skills to serve vulnerable ☐ Other: \_\_\_\_\_

**Scheduled for:** \_\_\_\_\_

### **Closing Prayer**

\*"Lord, You love justice. Forgive me for being comfortable while others suffer.

Open my eyes to injustice. Break my heart for what breaks Yours.

I commit to do justice by: [Name specific action.]

Give me mercy for those suffering. Give me humility in how I engage.

Use me to be Your hands and feet.

In Jesus' name, Amen."\*

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## **DAY 59: TECHNOLOGY AND ATTENTION**

### **Opening Prayer**

*"Father, my attention is fractured. My phone controls me. Teach me to be present. Amen."*

### **Scripture Reading: Psalm 46:10 (NASB)**

*"Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

### **Additional Scripture: Matthew 6:21 (NASB)**

*"For where your treasure is, there your heart will be also."*

### **Additional Scripture: Ephesians 5:15-16 (NASB)**

*"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil."*

## Theological Reflection

**Dallas Willard on hurry:** *"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."*

— *The Spirit of the Disciplines*

**Cal Newport on attention:** *"The ability to concentrate without distraction is becoming increasingly rare and valuable. Your success and satisfaction depend on cultivating this skill."*

— *Deep Work*

**Andy Crouch on technology:** *"Technology is a good servant but a terrible master. The question is not whether to use technology but how to use it wisely."*

— *The Tech-Wise Family*

**Eugene Peterson:** *"Busyness is not a sign of commitment but a betrayal. It's not devotion but defection."*

— *The Contemplative Pastor*

## Reflection Questions

1. **Psalm 46:10 - "Be still and know that I am God." When's the last time you were still?**

- 
2. **How many hours per day do you spend on your phone?**

☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 5+ hours ☐ I don't know (which means it's bad)

3. **What's the first thing you do when you wake up?**

☐ Pray ☐ Check phone ☐ Coffee ☐ Exercise ☐ Other: \_\_\_\_\_

4. **Matthew 6:21 - "Where your treasure is, your heart will be." Where is your treasure (time/attention)?**

- 
5. **Complete this: "I use technology to..."**

☐ Connect meaningfully ☐ Numb out/escape ☐ Work efficiently ☐ Waste time ☐ Stay informed ☐ Feed addiction

**6. Are you present with the people you love, or are you constantly distracted?**

☐ Present ☐ Distracted ☐ Varies ☐ I don't know

**Today's Practice: Technology Audit**

**SCREEN TIME REALITY:**

Average daily phone usage: \_\_\_\_\_ hours (Check your phone's screen time settings)

**Top 3 apps by usage:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Times I check phone:** ☐ First thing in morning ☐ During meals ☐ During family time ☐ In bed before sleep ☐ While driving (dangerous!) ☐ During conversations ☐ During prayer/Bible reading

**ATTENTION ASSESSMENT:**

Rate yourself (1-10):

☐ Presence with family: \_\_\_\_\_ ☐ Ability to focus on one task: \_\_\_\_\_ ☐ Quiet time with God: \_\_\_\_\_ ☐ Deep work/creativity: \_\_\_\_\_ ☐ Sabbath rest: \_\_\_\_\_

**TECHNOLOGY ADDICTION SIGNS:**

Check all that apply:

☐ Can't go 30 minutes without checking phone ☐ Feel anxious when phone is away ☐ Check phone first thing in morning ☐ Use phone during intimate moments (meals, conversations) ☐ Stay up late scrolling ☐ Compare self to others on social media ☐ Anger when interrupted while on phone ☐ Hide phone usage from family

**If you checked 3+, you have a problem.**

**THE COST OF DISTRACTION:**

What am I missing because of phone/technology?

**Family:** \_\_\_\_\_

**God:** \_\_\_\_\_

**Work quality:** \_\_\_\_\_

**Creativity:** \_\_\_\_\_

**Rest:** \_\_\_\_\_

### **TECHNOLOGY BOUNDARIES:**

Starting this week:

☐ **Phone-free mornings** (first hour: prayer/Bible, not phone) ☐ **Phone-free meals** (family time, not screens) ☐ **Phone-free bedroom** (better sleep, better marriage) ☐ **Sabbath from technology** (one day/week fully off) ☐ **App limits** (set time limits on social media) ☐ **Notifications off** (except calls/texts from family) ☐ **Designated phone time** (check only at specific times)

### **NEWS FAST:**

This week: **3-day news fast**

☐ No news websites/apps ☐ No social media news ☐ No cable news ☐ No news podcasts

**Why?** News is designed to make you anxious, angry, addicted.

### **After 3 days, notice:**

- Are you less anxious?
- More present?
- More peaceful?

### **COMMUNITY PRESENCE:**

To replace screen time, I will be present by:

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### **Closing Prayer**

\*"Lord, I'm addicted to my phone. It controls me. My attention is fractured.

Forgive me for being distracted when I should be present—with You, with family, with life.

I commit to these boundaries: [Name specific boundaries.]

Teach me to be still and know You are God. Help me be fully present.

In Jesus' name, Amen."\*

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## DAY 60: COMMUNITY INVESTMENT

### Opening Prayer

*"Father, teach me to love my actual neighbors, not just online ones. Make me present locally. Amen."*

### Scripture Reading: Jeremiah 29:4-7 (NASB)

*"Thus says the Lord of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon, 'Build houses and live in them; and plant gardens and eat their produce. Take wives and become the fathers of sons and daughters, and take wives for your sons and give your daughters to husbands, that they may bear sons and daughters; and multiply there and do not decrease. Seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf; for in its welfare you will have welfare.'"*

### Additional Scripture: Luke 10:27 (NASB)

*"And he answered, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.'"*

### Additional Scripture: Acts 1:8 (NASB)

*"But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."*

### Theological Reflection

**Rod Dreher on Benedict Option:** *"Christians must build thick communities—places of deep connection, mutual care, and shared life. Not to retreat but to be strengthened for mission."*

— *The Benedict Option*

**James Davison Hunter:** *"Change doesn't come from politics or programs but from faithful presence in networks of relationships within communities."*

— *To Change the World*

**Wendell Berry on community:** *"The world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our feet, and learn to be at home."*

— *The Unforeseen Wilderness*

**Eugene Cho:** *"God loves the whole world, but He calls you to love your actual neighbor—the person next door."*  
— *OVERRATED*

### Reflection Questions

1. **Jeremiah 29:7 - "Seek the welfare of the city." Do you seek your city's welfare, or just complain about it?**

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2. **Who are your actual neighbors?** (Can you name them?)

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3. **Luke 10:27 - "Love your neighbor as yourself." How are you loving neighbors?**

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4. **Acts 1:8 - Start in Jerusalem (your city). Are you witnessing locally or just globally?**

☐ Focused locally ☐ Focused globally ☐ Both ☐ Neither

5. **Complete this: "I spend more time on social media than I do with my actual neighbors."**

☐ True ☐ False

6. **What would change if you invested in your local community the way you invest online?**

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### Today's Practice: Community Investment Inventory

#### MY COMMUNITY:

City/town: \_\_\_\_\_

Neighborhood: \_\_\_\_\_



**Years living here:** \_\_\_\_\_

**MY NEIGHBORS:**

List neighbors by name (at least 5):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What I know about them:**

Neighbor	What I Know	Last Meaningful Interaction
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_____	_____	_____
_____	_____	_____
_____	_____	_____

**COMMUNITY ENGAGEMENT:**

Rate yourself (1-10):

☐ Know neighbors' names: \_\_\_\_\_ ☐ Regular conversations: \_\_\_\_\_ ☐ Serve neighbors: \_\_\_\_\_ ☐ Pray for neighbors: \_\_\_\_\_ ☐ Hospitality (invite neighbors in): \_\_\_\_\_

**WHERE I INVEST LOCALLY:**

Time spent per week:

☐ Local church: \_\_\_\_\_ hours ☐ Neighborhood relationships: \_\_\_\_\_ hours ☐ Community volunteering: \_\_\_\_\_ hours ☐ Local businesses: \_\_\_\_\_ hours ☐ Online/social media: \_\_\_\_\_ hours

**The online hours should not exceed local hours.**

**SEEKING THE CITY'S WELFARE:**

What does my city need?

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How am I contributing to that need?

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### **COMMUNITY INVESTMENT COMMITMENTS:**

**This month:**

☐ Learn 5 neighbors' names ☐ Invite neighbor(s) for dinner ☐ Volunteer in local organization ☐ Attend city council/school board meeting ☐ Support local business instead of Amazon ☐ Join neighborhood group ☐ Other: \_\_\_\_\_

**Specific action this week:**

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### **HOSPITALITY:**

Who will I invite into my home this month?

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### **PRAYER FOR NEIGHBORS:**

I commit to pray for these neighbors daily:

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### **LONG-TERM PRESENCE:**

Am I planning to stay in this community long-term, or am I transient?

☐ Staying ☐ Transient ☐ Unsure

**Jeremiah 29:5 - "Build houses, plant gardens." This is long-term investment.**

### **Closing Prayer**

\*"Lord, forgive me for being more engaged online than locally. Forgive me for not knowing my neighbors.

Teach me to seek the welfare of this city. Help me be present here—in this neighborhood, this church, this community.

This week, I will invest locally by: [Name specific action.]

Make me Your witness in Jerusalem first—right here, right now.

In Jesus' name, Amen."\*

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## DAY 61: PROPHETIC WITNESS

### Opening Prayer

*"Father, give me prophetic imagination. Help me see what could be and work toward it. Amen."*

### Scripture Reading: Acts 1:8 (NASB)

*"But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."*

### Additional Scripture: Isaiah 58:6-7 (NASB)

*"Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? Is it not to divide your bread with the hungry and bring the homeless poor into the house; when you see the naked, to cover him; and not to hide yourself from your own flesh?"*

### Additional Scripture: Matthew 5:9 (NASB)

*"Blessed are the peacemakers, for they shall be called sons of God."*

### Theological Reflection

**Walter Brueggemann on prophetic imagination:** *"The task of prophetic ministry is to nurture, nourish, and evoke a consciousness and perception alternative to the consciousness and perception of the dominant culture."*

— *The Prophetic Imagination*

**Martin Luther King Jr.:** *"True peace is not merely the absence of tension; it is the presence of justice."*

— *Letter from Birmingham Jail*

**Lesslie Newbigin on witness:** *"The Church does not have a mission. The mission has a Church. We exist to bear witness to God's kingdom."*

— *The Gospel in a Pluralist Society*

**N.T. Wright:** *"We are called to be people through whom God's future is breaking into the present."*

— *Surprised by Hope*

### Reflection Questions

1. **Acts 1:8 - You are a witness. What are you witnessing to?**

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2. **Isaiah 58:6-7 - This is the fast God chooses: loosening bonds, freeing oppressed, feeding hungry. Are you doing this?**

☐ Yes ☐ No ☐ Starting to ☐ Don't know how

3. **What does "prophetic witness" mean?**

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4. **Matthew 5:9 - "Blessed are the peacemakers." Are you a peacemaker or a divider?**

☐ Peacemaker ☐ Divider ☐ Passive observer

5. **What alternative reality (kingdom of God) are you living into?**

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6. **Complete this: "If people watched my life, they would see..."**

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### **Today's Practice: Prophetic Witness Assessment**

#### **WITNESS INVENTORY:**

**What am I witnessing to?**

In my life, people see:

☐ Gospel of grace ☐ Kingdom values ☐ Cultural Christianity ☐ Political ideology ☐  
Consumer materialism ☐ No distinction

#### **PROPHETIC IMAGINATION:**

**Prophetic imagination = seeing what could be and working toward it.**

**In my community, what could be different?**

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**What role could I play in that change?**

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**ISAIAH 58 FAST:**

Am I doing what God requires?

☐ **Loosening bonds of wickedness:** Fighting injustice ☐ **Freeing oppressed:** Advocating for vulnerable ☐ **Feeding hungry:** Addressing poverty ☐ **Housing homeless:** Caring for poor ☐ **Clothing naked:** Meeting basic needs

**Honestly, I'm doing:** \_\_\_ out of 5

**PEACEMAKING:**

**Where is there division in my life?**

☐ Family ☐ Church ☐ Workplace ☐ Politics ☐ Race relations ☐ Other:

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**How can I be a peacemaker there?**

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**WITNESS IN WORD:**

**When's the last time you shared your faith story?**

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**Who needs to hear your story?**

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**WITNESS IN DEED:**

**What good works point people to God?**

This month, I will:

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**PROPHETIC WITNESS COMMITMENT:**

To be a prophetic witness, I will:

**EMBODY:** (What kingdom value will I live?) \_\_\_\_\_

**SPEAK:** (What truth will I speak?) \_\_\_\_\_

**ACT:** (What action will I take?) \_\_\_\_\_

### **Closing Prayer**

\*"Lord, make me a prophetic witness. Give me imagination to see what could be—Your kingdom breaking into the present.

Help me embody gospel, speak truth, and act justly.

I commit to witness by: [Name specific commitment.]

Use me to point people to You.

In Jesus' name, Amen."\*

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## **DAY 62: SPEAKING TRUTH IN LOVE**

### **Opening Prayer**

*"Father, I speak truth without love or love without truth. Teach me both. Amen."*

### **Scripture Reading: Ephesians 4:15 (NASB)**

*"But speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ."*

### **Additional Scripture: Colossians 4:6 (NASB)**

*"Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person."*

### **Additional Scripture: 1 Peter 3:15 (NASB)**

*"But sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence."*

### **Theological Reflection**

**Tim Keller on truth and love:** *"Truth without love is brutality. Love without truth is sentimentality. We need both."*

— *The Reason for God*

**Dietrich Bonhoeffer:** *"Nothing that we despise in other men is inherently absent from ourselves. We must learn to regard people less in the light of what they do or don't do, and more in light of what they suffer."*

— *Life Together*

**Eugene Peterson:** *"The world is full of people who want to give advice, but very few who will listen. Listening is more important than speaking."*

— *The Contemplative Pastor*

**Richard Mouw on civility:** *"Convicted civility means holding convictions strongly while treating those who disagree with respect and kindness."*

— *Uncommon Decency*

### Reflection Questions

**1. Ephesians 4:15 - "Speaking truth in love." Which do you tend toward?**

☐ Truth without love (harsh, judgmental) ☐ Love without truth (compromising, soft) ☐ Both truth and love (balance) ☐ Neither (avoid difficult conversations)

**2. Colossians 4:6 - "Speech with grace, seasoned with salt." Is your speech gracious or salty?**

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**3. 1 Peter 3:15 - Ready to give defense "with gentleness and reverence." Can you defend your faith gently?**

☐ Yes ☐ No, I'm defensive/aggressive ☐ I avoid these conversations ☐ I'm learning

**4. When have you spoken truth without love? What happened?**

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**5. When have you loved without speaking truth? What was the result?**

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**6. Do you listen more than you speak?**

☐ Yes ☐ No ☐ Depends on topic

**Today's Practice: Speaking Truth in Love Assessment**

## COMMUNICATION PATTERNS:

Rate yourself (1-10):

☐ Listen before speaking: \_\_\_\_\_ ☐ Ask questions before asserting: \_\_\_\_\_ ☐ Assume best intent: \_\_\_\_\_ ☐ Speak with gentleness: \_\_\_\_\_ ☐ Speak with courage (don't avoid truth): \_\_\_\_\_ ☐ Balance conviction and compassion: \_\_\_\_\_

## WHERE I FAIL:

Check all that apply:

☐ Speak before listening ☐ Interrupt ☐ Get defensive ☐ Attack person instead of idea ☐ Avoid difficult conversations ☐ Compromise truth to avoid conflict ☐ Judgmental/harsh tone ☐ Win argument more than win person

## DIFFICULT CONVERSATIONS:

Topics I avoid:

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Why I avoid them:

☐ Fear of conflict ☐ Don't know what to say ☐ Afraid of losing relationship ☐ Don't care enough ☐ Other: \_\_\_\_\_

## TRUTH + LOVE FRAMEWORK:

Before speaking, ask:

1. **Is it true?** (Based on Scripture, not just opinion)
2. **Is it loving?** (For their good, not just to be right)
3. **Is it necessary?** (Needs to be said, not just venting)
4. **Is it gracious?** (Tone matters as much as content)
5. **Have I listened?** (Understood their perspective first)

If no to any, reconsider speaking.

## CONVICTED CIVILITY:

On controversial topics, I can:



☐ Hold convictions strongly ☐ Treat those who disagree with respect ☐ Listen to understand, not just respond ☐ Find common ground where possible ☐ Disagree without demonizing

### **PRACTICE:**

This week, I will have one difficult conversation with:

**Person:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

**My goal:** (Truth + love, not just winning)

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### **LISTENING COMMITMENT:**

In conversations this week, I will:

☐ Ask 3 questions before making 1 statement ☐ Listen without interrupting ☐ Repeat back what I heard ☐ Ask "Tell me more" instead of arguing

### **Closing Prayer**

\*"Lord, I've spoken truth without love and loved without speaking truth. Forgive me.

Teach me balance. Give me courage to speak and wisdom to listen. Make my speech gracious, seasoned with salt.

This week, help me have this difficult conversation: [Name it.]

Give me gentleness and reverence. Let truth and love both be present.

In Jesus' name, Amen."\*

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## **DAY 63: WEEK 9 INTEGRATION & SABBATH**

### **Opening Prayer**

*"Holy Spirit, show me how You've been shaping me as salt and light. Confirm the work. Amen."*

### **Weekly Review: Looking Back**

#### **1. Biggest insight from Week 9:**

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**2. How I'm engaging culture differently:**

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**3. Daily Examen + News Fast & Community Presence tracking:**

**Day Examen? News Fast? Technology Boundaries? Community Investment?**

Mon	Y / N	Y / N	_____	_____
Tue	Y / N	Y / N	_____	_____
Wed	Y / N	Y / N	_____	_____
Thu	Y / N	Y / N	_____	_____
Fri	Y / N	Y / N	_____	_____
Sat	Y / N	Y / N	_____	_____
Sun	Y / N	Y / N	_____	_____

**Days with news fast:** \_\_\_\_\_

**4. Technology audit results:**

**Average daily phone usage:** \_\_\_\_\_ hours (Start of week) → \_\_\_\_\_ hours (End of week)

**Boundaries implemented:**

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**5. Community investment:**

**Neighbors I talked to this week:**

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**Local action taken:**

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**Integration Exercise: Prophetic Witness Statement**

**MY WITNESS:**

*In a divided world, I will bear witness to God's kingdom by:*

**EMBODYING:** (What I live)

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**SPEAKING:** (What I say)

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**ACTING:** (What I do)

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**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Cultural Engagement Commitments**

**ONGOING PRACTICES:**

☐ **Salt and light** (engaged but distinct) ☐ **Justice and mercy** (doing, not just believing) ☐

**Technology boundaries** (phone-free times/spaces) ☐ **Community presence** (local investment) ☐ **Speaking truth in love** (both conviction and compassion)

**SPECIFIC ACTIONS THIS MONTH:**

**Justice commitment:** \_\_\_\_\_

**Community investment:** \_\_\_\_\_

**Difficult conversation:** \_\_\_\_\_

**Technology boundary:** \_\_\_\_\_

**Prophetic Imagination**

**WHAT COULD BE:**

If God's kingdom fully came in my community, what would change?

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**MY ROLE:**

How can I participate in bringing that reality?

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## Accountability Triad Check-In

**This week, share with your triad:**

1. Your prophetic witness statement
2. One cultural engagement commitment
3. One technology boundary you're implementing
4. Prayer request for Week 10 (Brotherhood Covenant)

## Sabbath Practice: Rest from Outrage

**Today, practice rest from:**

☐ News (complete fast) ☐ Social media (all platforms) ☐ Political arguments ☐ Phone  
(Sabbath from technology) ☐ Outrage/anger

**Today, practice:**

☐ Worship without agenda ☐ Gratitude for what God is doing ☐ Delight in creation ☐  
Community (gather with believers) ☐ Service (quiet acts of love)

## Sabbath Reflection:

What happens when you stop consuming and start creating/serving?

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## Preparation for Week 10

**Next Week's Theme:** Brotherhood Covenant & Legacy

**Next Week's Memory Verse:** *"Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion."* - Ecclesiastes 4:9-10 (NASB)

**What's Ahead:**

- Deepening brotherhood bonds
- Creating ongoing accountability structures
- Building legacy

- Commissioning preparation
- Final weeks before completion

**What I'm taking into Week 10:**

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**What I'm leaving behind:**

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### **Closing Blessing**

*"May you be salt and light. May you do justice, love mercy, walk humbly. May you be present—with God, with people, in your community. May you speak truth in love. May you bear prophetic witness to God's kingdom. Amen."*

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### **MILESTONE: END OF AUTHORITY PHASE**

**CONGRATULATIONS!** You've completed the AUTHORITY phase (Weeks 7-9):

**Week 7:** Spiritual Authority & Biblical Masculinity - Gentle warrior, armor daily

**Week 8:** Vocational Calling & Kingdom Purpose - Mission statement, faithful stewardship

**Week 9:** Cultural Engagement & Prophetic Witness - Salt and light, justice and mercy

**This is MASSIVE:**

- You're wearing armor daily
- You know your calling
- You're engaging culture faithfully
- You're present locally
- You speak truth in love

**PHASES COMPLETE:** ✓ **Awakening (Weeks 1-3):** Identity, True Self, Ragamuffin

✓ **Integration (Weeks 4-6):** Emotions, Relationships, Sexuality

✓ **Authority (Weeks 7-9):** Biblical Masculinity, Calling, Cultural Engagement

**FINAL PHASE AHEAD:** → **Mission (Weeks 10-12):** Brotherhood, Legacy, Commissioning

**You're 75% complete (9 of 12 weeks). Three weeks left. Finish strong.**

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## **END OF WEEK 9 WORKBOOK**

**You are salt and light. You do justice and love mercy. You're present, engaged, faithful.**

**Next week: Brotherhood Covenant—deepening the bonds that will carry you forward.**

**You're becoming the man God created you to be. Keep going, witness.**

**See you at the Week 10 group session!**

## EVERY MAN COMPLETE

### WEEK 10 PARTICIPANT WORKBOOK

#### Mature Masculinity & Sustainable Practices

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#### WEEK 10 OVERVIEW

**Core Question:** How do I sustain transformation long-term?

**Memory Verse:** *"I press on toward the goal for the prize of the upward call of God in Christ Jesus."* - Philippians 3:14 (NASB)

**This Week's Journey:** You've spent nine weeks building a foundation: identity, wholeness, authority, calling, cultural engagement. Now you learn sustainability. How do you maintain transformation after the program ends? How do you create rhythms that last? How do you handle crisis? How do you keep growing? How do you pass it on?

**This is not the end—it's the beginning of a long obedience in the same direction.**

**Weekly Practice:** Daily Examen + Rule of Life Creation

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#### ENTERING THE MISSION PHASE

##### WEEKS 1-9: FOUNDATION COMPLETE

You've built:

- **Awakening (1-3):** Identity as beloved, ragamuffin
- **Integration (4-6):** Emotional health, relational repair, sexual integrity
- **Authority (7-9):** Biblical masculinity, vocational calling, cultural engagement

##### WEEKS 10-12: MISSION

Now you:

- **Week 10:** Build sustainable practices (Rule of Life)
- **Week 11:** Deepen brotherhood, build legacy
- **Week 12:** Commission and send out

**This is preparation for life after EVERY MAN COMPLETE.**

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## OPENING MEDITATION

*"He who began a good work in you will perfect it until the day of Christ Jesus." - Philippians 1:6*

Transformation is not an event—it's a process. God started this work in you. He will continue it. Your job is cooperation—showing up, practicing disciplines, staying in community.

Eugene Peterson: *"A long obedience in the same direction."*

*"Father, You've been transforming me for nine weeks. Don't let me lose what I've gained. Teach me sustainability. Give me rhythms that last. Help me keep pressing on. Amen."*

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## DAY 64: THE INTEGRATED MAN

### Opening Prayer

*"Lord, You've been forming me. Help me see the progress. Show me who I'm becoming. Amen."*

### Scripture Reading: Philippians 3:12-14 (NASB)

*"Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

### Additional Scripture: Ephesians 4:13 (NASB)

*"Until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ."*

### Additional Scripture: Philippians 1:6 (NASB)

*"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

### Theological Reflection

**Dallas Willard on transformation:** *"Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action. Grace means you can put forth effort*



*without trying to earn your salvation."*

— *The Great Omission*

**Eugene Peterson:** *"The Christian life is not a sprint but a marathon. It's a long obedience in the same direction."*

— *A Long Obedience in the Same Direction*

**Richard Foster:** *"Superficiality is the curse of our age. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people."*

— *Celebration of Discipline*

**Thomas Merton:** *"The spiritual life is not a matter of success but of faithfulness."*

— *New Seeds of Contemplation*

### Reflection Questions

1. Looking back at Weeks 1-9, what's your biggest transformation?

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2. Philippians 3:13 - Paul says "forget what lies behind." What do you need to let go of?

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3. What does "pressing on" look like for you?

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4. Ephesians 4:13 - "A mature man." Are you more mature now than 10 weeks ago?

☐ Yes ☐ No ☐ In some ways

5. What areas still need growth?

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6. Philippians 1:6 - God will perfect what He started. Do you believe this?

☐ Yes ☐ No ☐ I want to believe it

## Today's Practice: Integration Assessment

### WEEKS 1-9 REVIEW:

#### AWAKENING (Weeks 1-3):

☐ **Week 1:** Performance trap - Do I know I'm beloved? \_\_\_\_/10 ☐ **Week 2:** True Self - Am I living from True Self or False Self? \_\_\_\_/10 ☐ **Week 3:** Father wounds - Have I grieved/forgiven? \_\_\_\_/10

#### INTEGRATION (Weeks 4-6):

☐ **Week 4:** Emotions - Can I name and process feelings? \_\_\_\_/10 ☐ **Week 5:** Relationships - Am I repairing damage? \_\_\_\_/10 ☐ **Week 6:** Sexuality - Do I have accountability/freedom? \_\_\_\_/10

#### AUTHORITY (Weeks 7-9):

☐ **Week 7:** Biblical masculinity - Am I a gentle warrior? \_\_\_\_/10 ☐ **Week 8:** Calling - Do I know my calling? \_\_\_\_/10 ☐ **Week 9:** Cultural engagement - Am I salt and light? \_\_\_\_/10

### WHAT'S STICKING:

Which practices have become habits?

☐ Daily Examen ☐ Armor of God prayer ☐ Weekly accountability ☐ Sexual integrity practices ☐ Work as worship ☐ Emotional awareness ☐ Servant leadership ☐ Community investment ☐ Other: \_\_\_\_\_

### WHAT'S NOT STICKING:

What am I still struggling with?

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### THE INTEGRATED MAN:

An integrated man has:

- **Identity rooted in Christ** (not performance)
- **Emotional wholeness** (can feel without shame)
- **Relational health** (present, repairing, connected)

- **Sexual integrity** (freedom from bondage)
- **Spiritual authority** (wearing armor, fighting spiritually)
- **Clear calling** (knows his mission)
- **Cultural engagement** (salt and light)

**Where am I integrated?**

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**Where am I still fragmenting?**

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### **PRESSING ON:**

To continue growing, I need to:

1. 

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2. 

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3. 

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### **Closing Prayer**

\*"Lord, You've been transforming me for nine weeks. I'm not the same man I was.

Thank You for: [Name specific changes.]

I still struggle with: [Name specific areas.]

But I'm pressing on. I'm not giving up. I believe You'll complete what You started.

Help me sustain transformation. Give me rhythms that last.

In Jesus' name, Amen."\*

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## **DAY 65: RHYTHM OF LIFE - RULE OF LIFE**

### **Opening Prayer**

*"Father, teach me to create rhythms that sustain me. Give me structure without legalism. Amen."*

**Scripture Reading: Psalm 1:1-3 (NASB)**

*"How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the Lord, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers."*

**Additional Scripture: Psalm 90:12 (NASB)**

*"So teach us to number our days, that we may present to You a heart of wisdom."*

**Additional Scripture: Ecclesiastes 3:1 (NASB)**

*"There is an appointed time for everything. And there is a time for every event under heaven."*

**Theological Reflection**

**Richard Foster on Rule of Life:** *"A Rule of Life is a pattern of spiritual disciplines that provides structure and direction for growth in holiness. It's not legalism—it's freedom."*  
— *Celebration of Discipline*

**John Mark Comer:** *"A Rule of Life is basically a schedule and set of practices and relational rhythms that help us create space in our busy lives for spiritual activities that are life-giving."*  
— *The Ruthless Elimination of Hurry*

**Benedict of Nursia:** *"Let all things be done at the proper time."*  
— *The Rule of St. Benedict*

**Dallas Willard:** *"We don't drift toward discipline. We must be intentional about creating sustainable rhythms."*  
— *The Spirit of the Disciplines*

**Reflection Questions**

1. **Psalm 1:3 - Blessed man is "like a tree firmly planted." Are you planted or drifting?**

- 
2. **What spiritual practices are you currently doing consistently?**

- 
3. **What practices have you tried but can't sustain?**

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4. **Psalm 90:12 - "Teach us to number our days." How are you stewarding your time?**

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5. **What does "rhythm" mean? How is it different from "discipline"?**

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6. **Do you have a Rule of Life? If not, why?**

☐ Yes ☐ No - never heard of it ☐ No - seems legalistic ☐ No - too busy ☐ No - don't know how

### **Today's Practice: Creating Your Rule of Life**

#### **WHAT IS A RULE OF LIFE?**

A Rule of Life is a framework of spiritual practices organized by rhythm:

- **Daily:** What you do every day
- **Weekly:** What you do weekly
- **Monthly:** What you do monthly
- **Yearly:** What you do annually

**It's not legalism. It's intentionality.**

#### **YOUR RULE OF LIFE:**

##### **DAILY PRACTICES:**

**Morning:** ☐ Armor of God prayer (5 min) ☐ Bible reading (10 min) ☐ Prayer/silence (10 min)  
☐ Other: \_\_\_\_\_

**Evening:** ☐ Daily Examen (10 min) ☐ Family time (phone away) ☐ Gratitude practice ☐  
Other: \_\_\_\_\_

**Throughout Day:** ☐ Work as worship ☐ Phone-free meals ☐ Active listening ☐ Other:  
\_\_\_\_\_

**WEEKLY PRACTICES:**

☐ Sabbath (24 hours rest) ☐ Church gathering ☐ Accountability triad meeting ☐ Date with spouse (if married) ☐ One-on-one with each child ☐ Extended prayer/reading (1+ hour) ☐ Physical exercise (3+ times) ☐ Other: \_\_\_\_\_

**MONTHLY PRACTICES:**

☐ Extended solitude (half day) ☐ Financial review/giving ☐ Marriage check-in ☐ Fatherhood assessment ☐ Service project ☐ Mentoring meeting ☐ Other: \_\_\_\_\_

**YEARLY PRACTICES:**

☐ Silent retreat (24-48 hours) ☐ Spiritual direction ☐ Marriage getaway ☐ Father-child trips ☐ Financial stewardship review ☐ Calling/mission review ☐ Other: \_\_\_\_\_

**START SMALL:**

Don't try to do everything. Pick:

- 2-3 daily practices
- 2-3 weekly practices
- 1 monthly practice
- 1 yearly practice

**MY RULE OF LIFE (Version 1.0):**

**Daily:** \_\_\_\_\_

**Weekly:** \_\_\_\_\_

**Monthly:** \_\_\_\_\_

**Yearly:** \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**THIS IS A LIVING DOCUMENT. REVISE AS NEEDED.**

**Closing Prayer**

\*"Lord, I need structure, not legalism. I need rhythm, not rigidity.

Help me create a Rule of Life that sustains me. Give me practices I can maintain for the long haul.

I commit to these rhythms: [Name specific practices.]

When I fail to keep them, give me grace to start again.

In Jesus' name, Amen."\*

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## **DAY 66: SPIRITUAL DISCIPLINES**

### **Opening Prayer**

*"Father, discipline sounds burdensome. Show me it's freedom. Train me in godliness. Amen."*

### **Scripture Reading: 1 Timothy 4:7-8 (NASB)**

*"But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."*

### **Additional Scripture: Hebrews 12:11 (NASB)**

*"All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness."*

### **Additional Scripture: 1 Corinthians 9:24-27 (NASB)**

*"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified."*

### **Theological Reflection**

**Richard Foster on disciplines:** *"The Spiritual Disciplines are God's way of getting us into the ground; they put us where he can work within us and transform us."*

— *Celebration of Discipline*

**Dallas Willard:** *"The disciplines are activities of mind and body purposefully undertaken to bring our personality and total being into effective cooperation with the divine order."*

— *The Spirit of the Disciplines*

**John Owen:** *"Be killing sin or it will be killing you."*

— *On the Mortification of Sin*

**C.S. Lewis:** *"No man knows how bad he is until he has tried to be good. There is a silly idea about that good people don't know what temptation means."*

— *Mere Christianity*

### Reflection Questions

1. **1 Timothy 4:7 - "Discipline yourself for godliness." Why is discipline necessary?**

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2. **What spiritual disciplines are you currently practicing?**

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3. **Which disciplines have been most transformative for you?**

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4. **Hebrews 12:11 - Discipline is "sorrowful" but yields "peaceful fruit." Have you experienced this?**

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5. **1 Corinthians 9:25 - Athletes exercise self-control. Are you training spiritually like athletes train physically?**

☐ Yes ☐ No ☐ Sometimes

6. **What discipline do you most need to develop?**

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### Today's Practice: Spiritual Disciplines Assessment

#### CLASSIC SPIRITUAL DISCIPLINES:

#### DISCIPLINES OF ABSTINENCE: (Saying NO)



☐ **Solitude** - Time alone with God ☐ **Silence** - No noise, no words ☐ **Fasting** - Abstaining from food/media ☐ **Frugality** - Living simply ☐ **Chastity** - Sexual purity ☐ **Secrecy** - Doing good without recognition ☐ **Sacrifice** - Giving up rights/comforts

**DISCIPLINES OF ENGAGEMENT:** (Saying YES)

☐ **Study** - Scripture, theology, formation ☐ **Prayer** - Communication with God ☐ **Worship** - Corporate and personal ☐ **Celebration** - Joyful gratitude ☐ **Service** - Serving others ☐ **Fellowship** - Christian community ☐ **Confession** - Admitting sin to God and others ☐ **Submission** - Yielding to authority

**WHICH DISCIPLINES ARE YOU PRACTICING?**

**Currently doing:**

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**Need to add:**

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**SUSTAINABLE DISCIPLINES:**

Don't overwhelm yourself. Focus on:

**1. DAILY BIBLE READING** (15 minutes)

- Not just checkbox, but meditation
- Read slowly, pray through it

**2. DAILY PRAYER** (15 minutes minimum)

- Not just asking, but listening
- Include: praise, confession, thanksgiving, intercession

**3. WEEKLY SABBATH** (24 hours)

- Complete rest from work
- Worship, family, joy, no productivity

**4. WEEKLY ACCOUNTABILITY** (1 hour)

- Triad meeting
- Confession, prayer, support

## 5. MONTHLY SOLITUDE (Half day)

- Alone with God
- No agenda, just presence

### DISCIPLINE COMMITMENTS:

This month, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### GRACE FOR FAILURE:

When I fail to keep disciplines (and I will), I will:

☐ Get back up immediately ☐ Not spiral into shame ☐ Remember grace is not opposed to effort ☐ Start again the next day

### Closing Prayer

\*"Lord, train me in godliness. Discipline me.

I commit to these spiritual practices: [Name specific disciplines.]

When I fail, remind me of Your grace. Help me get back up.

Make me a man who trains spiritually like athletes train physically.

In Jesus' name, Amen."\*

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## DAY 67: CRISIS MANAGEMENT

### Opening Prayer

*"Father, I will fall. I will fail. I will face crisis. Teach me how to respond. Amen."*

### Scripture Reading: James 1:2-4 (NASB)

*"Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing."*

### Additional Scripture: Proverbs 24:16 (NASB)

*"For a righteous man falls seven times, and rises again, but the wicked stumble in time of calamity."*

**Additional Scripture: 2 Corinthians 12:9 (NASB)**

*"And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.' Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me."*

**Theological Reflection**

**Dietrich Bonhoeffer on failure:** *"It is the characteristic excellence of the strong man that he can bring momentous issues to the fore and make a decision about them. The weak are always forced to decide between alternatives they have not chosen themselves."*

— *Letters and Papers from Prison*

**Richard Rohr on falling:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking. And that usually happens by falling and getting back up."*

— *Falling Upward*

**Brennan Manning:** *"I believe that the real difference in the American church is not between conservatives and liberals, fundamentalists and charismatics, nor between Republicans and Democrats. The real difference is between the aware and the unaware."*

— *The Ragamuffin Gospel*

**Dallas Willard:** *"The greatest issue facing the world today, with all its heartbreaking needs, is whether those who, by profession or culture, are identified as 'Christians' will become disciples—students, apprentices, practitioners—of Jesus Christ, steadily learning from him how to live the life of the Kingdom of the Heavens into every corner of human existence."*

— *The Great Omission*

**Reflection Questions**

1. **James 1:2 - "Consider it all joy when you encounter trials." How is that possible?**

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2. **Proverbs 24:16 - Righteous man falls seven times, rises again. What's the difference between righteous and wicked?**

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**3. What crisis or failure have you experienced during this program?**

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**4. How did you respond?**

☐ Got back up immediately ☐ Spiraled into shame ☐ Isolated ☐ Confessed to triad ☐ Gave up temporarily

**5. 2 Corinthians 12:9 - God's power perfected in weakness. Do you believe this?**

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**6. What crisis are you most afraid of?**

☐ Sexual relapse ☐ Marriage failure ☐ Work loss ☐ Spiritual dryness ☐ Health crisis ☐

Other: \_\_\_\_\_

**Today's Practice: Crisis Management Plan**

**TYPES OF CRISIS:**

**SPIRITUAL CRISIS:**

- Doubt, dryness, felt absence of God
- Loss of faith/hope
- Spiritual warfare attack

**RELATIONAL CRISIS:**

- Marriage conflict/separation
- Child rebellion
- Friend betrayal
- Church hurt

**MORAL CRISIS:**

- Sexual sin (porn, affair)
- Addiction relapse
- Integrity failure
- Major sin

## **CIRCUMSTANTIAL CRISIS:**

- Job loss
- Health diagnosis
- Financial collapse
- Death of loved one

## **WHEN CRISIS HITS:**

### **IMMEDIATE RESPONSE (First 24 Hours):**

1. **Don't hide** - Isolation makes it worse
2. **Call someone** - Triad, accountability partner, pastor
3. **Confess if needed** - If moral failure, confess immediately
4. **Stop the bleeding** - Take action to prevent further damage
5. **Get help** - Counselor, pastor, professional if needed

### **SHORT-TERM (First Week):**

1. **Process with triad** - Don't carry alone
2. **Double down on basics** - Prayer, Scripture, accountability
3. **Avoid shame spiral** - Grace for yourself
4. **Make amends if needed** - Repair damage caused
5. **Learn the lesson** - What triggered this?

### **LONG-TERM (Ongoing):**

1. **Build safeguards** - What boundaries prevent recurrence?
2. **Stay connected** - Don't isolate
3. **Keep pressing on** - Don't give up
4. **Grow from it** - Crisis can produce character
5. **Help others** - Your failure can help others avoid it

## **MY CRISIS MANAGEMENT PLAN:**

**When I fall/fail/face crisis, I will:**

**First call:** \_\_\_\_\_

**Confession:** (Who I'll confess to) \_\_\_\_\_

**Help I'll seek:** \_\_\_\_\_

**Boundaries I'll reinforce:** \_\_\_\_\_

**Grace I'll remember:** \_\_\_\_\_

**ACCOUNTABILITY:**

**Give this plan to your triad. Tell them:**

*"If I fall or face crisis, here's what I need you to do: [Specific actions.]"*

**RELAPSE PREVENTION:**

**My biggest triggers:** \_\_\_\_\_

**When triggered, I will:** \_\_\_\_\_

**Who to call:** \_\_\_\_\_

**Closing Prayer**

\*"Lord, I will fall. I will fail. I will face crisis.

When that happens, help me respond well. Don't let me hide, spiral, or give up.

I've given this plan to my triad: [Name them.]

When I'm weak, Your power is perfected. I trust that.

In Jesus' name, Amen."\*

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**DAY 68: ONGOING FORMATION**

**Opening Prayer**

*"Father, transformation is lifelong. Keep forming me. Don't let me plateau. Amen."*

**Scripture Reading: Philippians 1:6 (NASB)**

*"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

**Additional Scripture: 2 Corinthians 3:18 (NASB)**

*"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."*

**Additional Scripture: Romans 12:2 (NASB)**

*"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."*

**Theological Reflection**

**Eugene Peterson:** *"Christian discipleship is a process of paying more and more attention to God's righteousness and less and less attention to our own; finding the meaning of our lives not by probing our moods and motives and morals but by believing in God's will and purposes."*

— *A Long Obedience in the Same Direction*

**Dallas Willard:** *"The greatest need you and I have—the greatest need of collective humanity—is renovation of our heart."*

— *Renovation of the Heart*

**Richard Rohr:** *"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking."*

— *The Universal Christ*

**Henri Nouwen:** *"Spiritual formation is not about doing more but about being more. It's about allowing God to shape us into who He created us to be."*

— *Spiritual Formation*

**Reflection Questions**

1. **Philippians 1:6** - God will perfect what He started. What does "perfect" mean?

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2. **2 Corinthians 3:18** - "Transformed from glory to glory." Is transformation gradual or instant?

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3. What formation practices will you continue after this program ends?

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4. **Romans 12:2 - "Transformed by renewing of mind." How is your mind being renewed?**

- 
5. **Where have you plateaued spiritually?**

- 
6. **What's your next step in formation?**
- 

**Today's Practice: Ongoing Formation Plan**

**POST-PROGRAM FORMATION:**

This program ends in two weeks. What then?

**ONGOING PRACTICES:**

**Daily:** ☐ Continue Daily Examen ☐ Continue Armor of God prayer ☐ Bible reading/meditation ☐ Other: \_\_\_\_\_

**Weekly:** ☐ Continue triad meetings ☐ Sabbath ☐ Church ☐ Other: \_\_\_\_\_

**ONGOING LEARNING:**

**Books to read:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Podcasts/resources:**

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**Classes/conferences:**

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**ONGOING COMMUNITY:**

**Triad commitment:**



- ☐ We're continuing weekly meetings ☐ We're meeting monthly ☐ We're staying connected  
☐ Frequency: \_\_\_\_\_

**Church involvement:**

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**ONGOING ACCOUNTABILITY:**

**Sexual integrity:**

- ☐ Continue Covenant Eyes ☐ Continue weekly check-ins ☐ Continue confession

**Other areas:**

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**NEXT LEVEL FORMATION:**

**What's next for me?**

- ☐ Spiritual direction (monthly meetings with director) ☐ Counseling/therapy (specific issues) ☐ Silent retreat (extended time with God) ☐ Seminary/theological study ☐ Mentoring (being mentored by someone) ☐ Other: \_\_\_\_\_

**FORMATION MILESTONES:**

**6 Months:** \_\_\_\_\_

**1 Year:** \_\_\_\_\_

**5 Years:** \_\_\_\_\_

**MY FORMATION COMMITMENT:**

*I commit to ongoing formation. I will not plateau. I will keep pressing on.*

*My next steps:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Closing Prayer**

\*"Lord, don't let me plateau. Keep forming me.

This program ends in two weeks, but my formation continues for life.

I commit to: [Name ongoing practices.]

Transform me from glory to glory. Don't stop the work You started.

In Jesus' name, Amen."\*

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## **DAY 69: MENTORING OTHERS**

### **Opening Prayer**

*"Father, You've transformed me. Now use me to help others. Make me a mentor. Amen."*

### **Scripture Reading: 2 Timothy 2:2 (NASB)**

*"The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also."*

### **Additional Scripture: Proverbs 27:17 (NASB)**

*"Iron sharpens iron, so one man sharpens another."*

### **Additional Scripture: Titus 2:6-8 (NASB)**

*"Likewise urge the young men to be sensible; in all things show yourself to be an example of good deeds, with purity in doctrine, dignified, sound in speech which is beyond reproach, so that the opponent will be put to shame, having nothing bad to say about us."*

### **Theological Reflection**

**Paul Stanley & Robert Clinton:** *"Mentoring is a relational experience through which one person empowers another by sharing God-given resources."*

— *Connecting: The Mentoring Relationships You Need to Succeed*

**Dallas Willard:** *"The greatest need of the church today is for those who have been disciples to make disciples."*

— *The Great Omission*

**Dietrich Bonhoeffer:** *"Christianity means community through Jesus Christ and in Jesus Christ."*

— *Life Together*

**Eugene Peterson:** *"Pastors, and all Christians, are called not to be spiritual entrepreneurs, building their own kingdoms, but to be gardeners, cultivating what God plants."*  
— *The Contemplative Pastor*

### Reflection Questions

1. **2 Timothy 2:2 - "Entrust to faithful men who will teach others." Are you ready to pass this on?**

☐ Yes ☐ No, I need more time ☐ I want to but don't know how ☐ I'm not qualified

2. **Who has mentored you (formally or informally)?**

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3. **Who could you mentor?**

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4. **Proverbs 27:17 - "Iron sharpens iron." Who is sharpening you? Who are you sharpening?**

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5. **What would you share with someone walking through what you've walked through?**

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6. **What keeps you from mentoring others?**

☐ Don't feel qualified ☐ Too busy ☐ Don't know how ☐ Haven't been asked ☐ Other:

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### Today's Practice: Mentoring Readiness Assessment

#### MENTORING IS NOT:

- Having it all together
- Being perfect
- Being older (necessarily)
- Formal program only

## **MENTORING IS:**

- Sharing what God's taught you
- Walking alongside someone
- Modeling faithfulness
- Multiplying disciples (2 Tim 2:2)

## **MENTORING READINESS:**

### **Am I ready to mentor?**

☐ I've experienced transformation (not perfection) ☐ I'm walking faithfully (not flawlessly) ☐  
I have something to share ☐ I'm willing to invest time ☐ I'm accountable myself

**If you checked 3+, you're ready.**

## **WHO COULD I MENTOR?**

### **Potential mentees:**

- Younger man in your church
- New believer
- Man starting this program
- Son (or daughter)
- Colleague
- Friend who's struggling

### **List 2-3 names:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **WHAT WOULD MENTORING LOOK LIKE?**

**Frequency:** Monthly coffee? Weekly check-in?

**Content:** Walk through this workbook? Discuss specific issues?

**Commitment:** 3 months? 6 months? Ongoing?

## WHAT I'D SHARE:

From this program, I'd most want to share:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MENTORING OTHERS THROUGH THIS PROGRAM:

**Would you be willing to facilitate EVERY MAN COMPLETE for another group?**

☐ Yes, I'd consider it ☐ Yes, but I need training ☐ No, not yet ☐ No, that's not my calling

**If yes:** Talk to your facilitator about apprenticing.

## MULTIPLICATION:

**2 Timothy 2:2 chain:**

Paul → Timothy → Faithful men → Others also

**Your chain:**

[Your name] → [Who you'll mentor] → [Who they'll mentor] → Others

## MENTORING COMMITMENT:

This year, I will:

☐ Reach out to [name] about mentoring ☐ Apprentice as facilitator ☐ Mentor my own children more intentionally ☐ Other: \_\_\_\_\_

**Specific action:** \_\_\_\_\_

**Timeline:** \_\_\_\_\_

## Closing Prayer

\*"Lord, You've invested in me. Now use me to invest in others.

I commit to mentor: [Name person(s).]

Give me wisdom. Make me faithful. Help me multiply disciples.

In Jesus' name, Amen."\*

## DAY 70: WEEK 10 INTEGRATION & SABBATH

### Opening Prayer

*"Holy Spirit, confirm the sustainable practices You're building in me. Prepare me for the final two weeks. Amen."*

### Weekly Review: Looking Back

#### 1. Biggest insight from Week 10:

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#### 2. Progress from Weeks 1-10:

I was: \_\_\_\_\_

I am: \_\_\_\_\_

I'm becoming: \_\_\_\_\_

#### 3. Daily Examen + Rule of Life Creation tracking:

**Day Examen? Rule of Life Work? Spiritual Discipline? Crisis Plan Created?**

Mon	Y / N	Y / N	_____	_____
Tue	Y / N	Y / N	_____	_____
Wed	Y / N	Y / N	_____	_____
Thu	Y / N	Y / N	_____	_____
Fri	Y / N	Y / N	_____	_____
Sat	Y / N	Y / N	_____	_____
Sun	Y / N	Y / N	_____	_____

#### 4. My Rule of Life (Summary):

Daily: \_\_\_\_\_

Weekly: \_\_\_\_\_

Monthly: \_\_\_\_\_

Yearly: \_\_\_\_\_

**5. Who I'm mentoring/will mentor:**

\_\_\_\_\_

**Integration Exercise: Sustainability Assessment**

**WHAT'S STICKING:**

From Weeks 1-10, these practices have become habits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**WHAT'S NOT STICKING:**

I'm still struggling with:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**TO MAKE IT STICK:**

I need to:

\_\_\_\_\_  
\_\_\_\_\_

**LONG-TERM SUSTAINABILITY COMMITMENTS:**

**Post-program (after Week 12):**

☐ Continue triad meetings (frequency: \_\_\_\_\_) ☐ Continue Daily Examen ☐  
Continue Armor of God prayer ☐ Continue sexual integrity accountability ☐ Establish Rule  
of Life rhythms ☐ Find mentor OR mentor others ☐ Stay involved in church ☐ Read  
formation books ☐ Other: \_\_\_\_\_

**Final Program Weeks Preparation**

**WEEKS 11-12:**

**Week 11:** Brotherhood Covenant & Legacy - Deepening bonds, building legacy

**Week 12:** Commissioning & Community Service - Service project, celebration, being sent

**What I'm anticipating:**

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**What I'm nervous about:**

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**What I'm excited about:**

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### **Accountability Triad Check-In**

**This week, share with your triad:**

1. Your Rule of Life (daily/weekly/monthly/yearly)
2. What practices are sticking vs. struggling
3. Who you might mentor
4. Commitment to continue triad post-program
5. Prayer request for final two weeks

### **Sabbath Practice: Rest in Rhythm**

**Today, practice rest within rhythm:**

☐ No work (Sabbath) ☐ Review Rule of Life (is it sustainable?) ☐ Celebrate progress (name wins from 10 weeks) ☐ Gratitude practice (what God has done) ☐ Plan next steps (prayerfully) ☐ Rest without guilt ☐ Worship with joy

### **Sabbath Reflection:**

What does sustainable transformation feel like?

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### **Preparation for Week 11**

**Next Week's Theme:** Brotherhood Covenant & Legacy



**Next Week's Memory Verse:** *"Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion."* - Ecclesiastes 4:9-10 (NASB)

**What's Ahead:**

- Deepening brotherhood
- Creating ongoing covenant
- Building legacy
- Preparing for commissioning

**What I'm taking into Week 11:**

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**What I'm leaving behind:**

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**Closing Blessing**

*"May you sustain transformation long-term. May your Rule of Life give you rhythm, not rigidity. May you press on toward the goal. May you handle crisis with grace. May you mentor others. May you keep growing from glory to glory. Amen."*

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**END OF WEEK 10 WORKBOOK**

**You've learned sustainability. You have a Rule of Life. You have a crisis plan. You're prepared for ongoing formation. You're ready to mentor others.**

**Two weeks left. Final phase: Brotherhood Covenant, Legacy, Commissioning.**

**Keep pressing on, warrior.**

**See you at the Week 11 group session!**

## EVERY MAN COMPLETE

### WEEK 11 PARTICIPANT WORKBOOK

#### Brotherhood Covenant & Legacy Living

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#### WEEK 11 OVERVIEW

**Core Question:** What commitment am I making to these brothers?

**Memory Verse:** *"A friend loves at all times, and a brother is born for adversity."* - Proverbs 17:17 (NASB)

**This Week's Journey:** You're 11 weeks in. One week left. This is where you formalize your commitment to these brothers. You create a covenant that will outlast this program. You prepare your testimony. You celebrate transformation. You prepare to pass on what you've received.

**This is not goodbye—it's the beginning of a brotherhood that lasts.**

**Weekly Practice:** Daily Examen + Brotherhood Covenant Drafting

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#### FINAL WEEK APPROACH

##### ONE WEEK LEFT

You've built:

- Identity as beloved (Awakening)
- Emotional, relational, sexual wholeness (Integration)
- Spiritual authority, calling, cultural engagement (Authority)
- Sustainable practices (Mission Week 1)

**This week:** Brotherhood Covenant **Next week:** Commissioning & Service

**This is preparation for being sent.**

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#### OPENING MEDITATION

*"Jonathan made a covenant with David because he loved him as himself."* - 1 Samuel 18:3

True brotherhood is covenantal, not casual. You don't just meet—you commit. You don't just share struggles—you share life. You don't just finish a program—you walk together for the long haul.

This week, you make covenant with these brothers. Not because you're perfect, but because you're committed to fighting for each other.

*"Father, bind us together as brothers. Not just for 12 weeks, but for life. Make us iron that sharpens iron. Give us covenant love. Amen."*

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## **DAY 71: THE LONG OBEDIENCE**

### **Opening Prayer**

*"Lord, I don't want short-term intensity. I want long-term faithfulness. Teach me endurance. Amen."*

### **Scripture Reading: Hebrews 12:1-2 (NASB)**

*"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."*

### **Additional Scripture: Galatians 6:9 (NASB)**

*"Let us not lose heart in doing good, for in due time we will reap if we do not grow weary."*

### **Additional Scripture: 1 Corinthians 15:58 (NASB)**

*"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord."*

### **Theological Reflection**

**Eugene Peterson:** *"The Christian life is not a sprint, not even a marathon—it's a long obedience in the same direction."*

— *A Long Obedience in the Same Direction*

**Dallas Willard:** *"The biggest hindrance to spiritual transformation is not sin, but lack of endurance. We give up too quickly."*

— *The Great Omission*

**Dietrich Bonhoeffer:** *"It is only when we are driven to our extremity that we discover God's adequacy."*

— *Life Together*

**Richard Rohr:** *"The path of descent often precedes the path of ascent. Spiritual maturity comes through long obedience, not quick fixes."*

— *Falling Upward*

### Reflection Questions

1. **Hebrews 12:1 - "Run with endurance." Are you built for sprints or marathons?**

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2. **What "encumbrances" do you need to lay aside?**

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3. **Hebrews 12:2 - "Fixing our eyes on Jesus." Where are your eyes fixed?**

☐ Jesus ☐ Self ☐ Others' opinions ☐ Results/outcomes ☐ Unclear

4. **Galatians 6:9 - "Do not grow weary." Where are you tempted to give up?**

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5. **Have you ever quit something spiritual too soon?**

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6. **1 Corinthians 15:58 - "Be steadfast, immovable." What does this look like practically?**

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### Today's Practice: Endurance Assessment

#### LONG OBEDIENCE ASSESSMENT:

Rate yourself (1-10):

☐ **Consistency:** Do I show up daily? \_\_\_\_\_ ☐ **Perseverance:** Do I keep going when hard? \_\_\_\_\_  
☐ **Focus:** Eyes on Jesus vs. distractions? \_\_\_\_\_ ☐ **Community:** Do I stay connected? \_\_\_\_\_  
☐ **Hope:** Do I believe long obedience matters? \_\_\_\_\_

### WHERE I'M TEMPTED TO QUIT:

☐ Daily Examen (too routine) ☐ Accountability (too vulnerable) ☐ Sexual integrity (too hard)  
☐ Marriage work (not seeing results) ☐ Community investment (no immediate payoff) ☐  
Spiritual disciplines (feel dry) ☐ Other: \_\_\_\_\_

### WHY I QUIT:

Check all that apply: ☐ Don't see immediate results ☐ It's uncomfortable ☐ Feels like work  
☐ Others aren't doing it ☐ I plateau spiritually ☐ Life gets busy ☐ I give up when I fail

### WHAT SUSTAINS ENDURANCE:

What helps you keep going?

☐ Brothers who encourage ☐ Small wins add up ☐ Remember why I started ☐ Fix eyes on Jesus, not results  
☐ Grace for failure ☐ Long-term vision ☐ Other: \_\_\_\_\_

### LONG OBEDIENCE COMMITMENT:

For the next year, I commit to long obedience in:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### When I'm tempted to quit:

I will: \_\_\_\_\_

Who I'll call: \_\_\_\_\_

### Closing Prayer

\*"Lord, give me endurance. I don't want short-term intensity—I want long-term faithfulness.

Help me lay aside encumbrances. Help me fix my eyes on You. Help me run with endurance.

When I'm tempted to quit, remind me: You're worth it. This brotherhood is worth it. Transformation is worth it.

I commit to long obedience in: [Name specific areas.]

In Jesus' name, Amen."\*

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## **DAY 72: MUTUAL ACCOUNTABILITY**

### **Opening Prayer**

*"Father, I need brothers who sharpen me. Make me iron that sharpens iron. Amen."*

### **Scripture Reading: Proverbs 27:17 (NASB)**

*"Iron sharpens iron, so one man sharpens another."*

### **Additional Scripture: Ecclesiastes 4:9-12 (NASB)**

*"Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up. Furthermore, if two lie down together they keep warm, but how can one be warm alone? And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart."*

### **Additional Scripture: James 5:16 (NASB)**

*"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."*

### **Theological Reflection**

**Dietrich Bonhoeffer:** *"The person who loves their dream of community will destroy community, but the person who loves those around them will create community."*

— *Life Together*

**Larry Crabb:** *"We change best in community. Real transformation requires the kind of relationships where we are fully known and still fully loved."*

— *Connecting*

**Eugene Peterson:** *"American religion is notorious for its absurd plan to save the world apart from a community of disciples."*

— *The Contemplative Pastor*

**C.S. Lewis:** *"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'"*

— *The Four Loves*

## Reflection Questions

1. Proverbs 27:17 - "Iron sharpens iron." How have your brothers sharpened you?

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2. Ecclesiastes 4:9-10 - "If one falls, the other lifts him up." Have you fallen? Who lifted you?

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3. Ecclesiastes 4:12 - "Cord of three strands." Why is your triad stronger than going alone?

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4. James 5:16 - "Confess sins to one another." What have you confessed to your brothers?

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5. What's the hardest thing about being accountable?

☐ Being vulnerable ☐ Being consistent ☐ Being honest ☐ Receiving confrontation ☐  
Following through

6. Are you more accountable now than 11 weeks ago?

☐ Yes ☐ No ☐ Somewhat

## Today's Practice: Accountability Inventory

### MY ACCOUNTABILITY NETWORK:

#### Who holds me accountable?

Person	Area of Accountability	Frequency
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

### AREAS NEEDING ACCOUNTABILITY:

☐ Sexual integrity ☐ Marriage ☐ Fatherhood ☐ Work/calling ☐ Finances ☐ Spiritual disciplines ☐ Technology use ☐ Health/fitness ☐ Anger/conflict ☐ Other:

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### **ACCOUNTABILITY THAT WORKS:**

What makes good accountability?

☐ **Specific questions** (not "How are you?") ☐ **Regular rhythm** (weekly minimum) ☐ **Honest answers** (no hiding) ☐ **Grace + truth** (both, not just one) ☐ **Follow-through** (checking back on commitments) ☐ **Prayer** (not just checking boxes)

### **MY TRIAD:**

**What we've built:**

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**What I need from them:**

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**What I commit to give them:**

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### **IRON SHARPENING IRON:**

How have I grown through accountability?

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How can I sharpen my brothers better?

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### **COVENANT ACCOUNTABILITY:**

After this program, my triad will meet:



☐ Weekly ☐ Bi-weekly ☐ Monthly ☐ Other: \_\_\_\_\_

**Day/Time:** \_\_\_\_\_

**Location/Method:** \_\_\_\_\_

### **Closing Prayer**

\*"Lord, thank You for these brothers. Thank You for accountability that sharpens me.

I confess I've resisted accountability at times. Forgive me.

I commit to my triad: [Name your brothers.]

Make us iron that sharpens iron. Help us lift each other when we fall. Bind us as a cord of three strands.

In Jesus' name, Amen."\*

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## **DAY 73: BROTHERHOOD COVENANT**

### **Opening Prayer**

*"Father, teach me covenant love. Not casual friendship but committed brotherhood. Amen."*

### **Scripture Reading: 1 Samuel 18:1-4 (NASB)**

*"Now it came about when he had finished speaking to Saul, that the soul of Jonathan was knit to the soul of David, and Jonathan loved him as himself. Saul took him that day and did not let him return to his father's house. Then Jonathan made a covenant with David because he loved him as himself. Jonathan stripped himself of the robe that was on him and gave it to David, with his armor, including his sword and his bow and his belt."*

### **Additional Scripture: 1 Samuel 20:42 (NASB)**

*"Jonathan said to David, 'Go in safety, inasmuch as we have sworn to each other in the name of the Lord, saying, 'The Lord will be between me and you, and between my descendants and your descendants forever.'" Then he rose and departed, while Jonathan went into the city."*

### **Additional Scripture: Ruth 1:16-17 (NASB)**

*"But Ruth said, 'Do not urge me to leave you or turn back from following you; for where you go, I will go, and where you lodge, I will lodge. Your people shall be my people, and your*

*God, my God. Where you die, I will die, and there I will be buried. Thus may the Lord do to me, and worse, if anything but death parts you and me."*

### **Theological Reflection**

**Wesley Hill on covenant friendship:** *"Friendship is not a mere accessory to the Christian life. It is, rather, integral to Christian discipleship and sanctification."*

— *Spiritual Friendship*

**Jonathan Sacks:** *"The test of faith is whether I can make space for difference. Can I recognize God's image in someone who is not in my image?"*

— *The Dignity of Difference*

**Dietrich Bonhoeffer:** *"Christian brotherhood is not an ideal which we must realize; it is rather a reality created by God in Christ in which we may participate."*

— *Life Together*

**C.S. Lewis:** *"Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things which give value to survival."*

— *The Four Loves*

### **Reflection Questions**

1. **1 Samuel 18:3 - Jonathan made covenant with David "because he loved him as himself." What is covenant love?**

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2. **1 Samuel 18:4 - Jonathan gave David his armor, sword, bow, belt. What does this symbolize?**

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3. **Have you ever made covenant with anyone (besides marriage)?**

☐ Yes ☐ No

4. **1 Samuel 20:42 - Their covenant extended to descendants. What does generational covenant mean?**

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5. **Ruth 1:16-17 - Ruth's covenant with Naomi: "Where you go, I will go." What commitment is she making?**

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**6. What would a brotherhood covenant with your triad look like?**

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**Today's Practice: Drafting Brotherhood Covenant**

**WHAT IS BROTHERHOOD COVENANT?**

A covenant is not:

- Casual friendship
- Program attendance
- Occasional check-ins

A covenant is:

- Committed relationship
- Mutual accountability
- Lifelong investment
- "I'm in this with you"

**ELEMENTS OF COVENANT:**

- 1. COMMITMENT:** We're not walking away
- 2. ACCOUNTABILITY:** We speak truth in love
- 3. AVAILABILITY:** We're there when needed
- 4. CONFIDENTIALITY:** What's shared stays shared
- 5. PRAYER:** We intercede for each other
- 6. CELEBRATION:** We celebrate wins together
- 7. PERSEVERANCE:** We don't quit on each other

**DRAFTING YOUR COVENANT:**

Answer these questions (you'll use these at group session):

**WHY are we making covenant?**

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**WHAT are we committing to?**

☐ Weekly meetings (frequency: \_\_\_\_\_) ☐ Accountability (specific areas: \_\_\_\_\_) ☐ Availability (when one calls, we respond) ☐ Confidentiality (absolute) ☐ Prayer (daily for each other) ☐ Celebration (victories together) ☐ Long-term (not just post-program, but years)

**HOW will we keep covenant?**

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**WHAT happens when one of us fails/falls?**

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**COVENANT LANGUAGE (Draft):**

*We, [Names], make covenant as brothers in Christ.*

*We commit to:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*We will not:*

- \_\_\_\_\_
- \_\_\_\_\_

*When one of us falls, we will:*

- \_\_\_\_\_

*This covenant is made before God and these witnesses, binding us as brothers.*

**Bring this draft to Week 11 group session. You'll create final covenant together.**

## Closing Prayer

\*"Lord, I'm making covenant with these brothers: [Name them.]

Not casual friendship but committed brotherhood. Not just for 12 weeks but for life.

Help us keep covenant. When we fail each other, give us grace. When we're tempted to quit, remind us of our commitment.

Bind us together as David and Jonathan. As Ruth and Naomi. As brothers born for adversity.

In Jesus' name, Amen."\*

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## DAY 74: LIVING A LEGACY

### Opening Prayer

*"Father, my life is short. Help me leave something that lasts. Teach me to live a legacy. Amen."*

### Scripture Reading: Psalm 78:4-7 (NASB)

*"We will not conceal them from their children, but tell to the generation to come the praises of the Lord, and His strength and His wondrous works that He has done. For He established a testimony in Jacob and appointed a law in Israel, which He commanded our fathers that they should teach them to their children, that the generation to come might know, even the children yet to be born, that they may arise and tell them to their children, that they should put their confidence in God and not forget the works of God, but keep His commandments."*

### Additional Scripture: Psalm 71:18 (NASB)

*"And even when I am old and gray, O God, do not forsake me, until I declare Your strength to this generation, Your power to all who are to come."*

### Additional Scripture: 2 Timothy 2:2 (NASB)

*"The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also."*

## Theological Reflection

**John Piper:** *"Don't waste your life. Make your life count for eternity."*

— *Don't Waste Your Life*

**Reggie McNeal:** *"Legacy is not leaving something for people. It's leaving something in people."*

— *A Work of Heart*

**Tim Keller:** *"A life lived for God is not a life that seeks to be remembered, but a life that seeks to make God remembered."*

— *Every Good Endeavor*

**Eugene Peterson:** *"The way we live our lives is the curriculum we teach to the next generation."*

— *The Contemplative Pastor*

### Reflection Questions

1. **Psalm 78:4 - "Tell to the generation to come the praises of the Lord." What are you telling the next generation?**

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2. **What legacy are you currently living?**

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3. **Psalm 71:18 - "Declare Your strength to this generation." How are you declaring it?**

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4. **If you died today, what would people say you lived for?**

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5. **2 Timothy 2:2 - Four generations: Paul → Timothy → Faithful men → Others. Where are you in this chain?**

☐ Being discipled ☐ Discipling others ☐ Both ☐ Neither

6. **What do you want your legacy to be?**

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## Today's Practice: Legacy Inventory

### MY CURRENT LEGACY:

#### What I'm leaving in people:

Person	What I'm Investing	Legacy Being Built
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Spouse	_____	_____
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Children	_____	_____
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Brothers	_____	_____
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Others	_____	_____
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### LEGACY GAP:

Current legacy: \_\_\_\_\_

Desired legacy: \_\_\_\_\_

Gap: \_\_\_\_\_

### BUILDING LEGACY:

#### In my family:

☐ What am I teaching my children? ☐ What marriage am I modeling? ☐ What faith am I passing on?

#### In my community:

☐ Who am I serving? ☐ What needs am I addressing? ☐ What difference am I making?

#### In my church:

☐ Am I making disciples? ☐ Am I using my gifts? ☐ Am I investing in the next generation?

### LEGACY BUILDERS:

What actions build the legacy I want?

Daily: \_\_\_\_\_

Weekly: \_\_\_\_\_

Monthly: \_\_\_\_\_

Yearly: \_\_\_\_\_

## **PASSING IT ON:**

**What from this program will I pass on?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Who will I pass it to?**

\_\_\_\_\_

## **LEGACY STATEMENT:**

*I want to be remembered as a man who:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**To build that legacy, starting today I will:**

\_\_\_\_\_  
\_\_\_\_\_

## **Closing Prayer**

\*"Lord, my life is a vapor. Short. Fleeting. But I can leave something that lasts.

Help me live a legacy worth leaving. Help me invest in people, not just things. Help me pass on what You've taught me.

I want to be remembered as: [Name desired legacy.]

Use my life to point people to You for generations to come.

In Jesus' name, Amen."\*

\_\_\_\_\_

## **DAY 75: GENERATIONAL IMPACT**

### **Opening Prayer**

*"Father, teach me to invest in my children. Help me pass on faith, not just facts. Amen."*



### **Scripture Reading: Deuteronomy 6:4-9 (NASB)**

*"Hear, O Israel! The Lord is our God, the Lord is one! You shall love the Lord your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates."*

### **Additional Scripture: Psalm 145:4 (NASB)**

*"One generation shall praise Your works to another, and shall declare Your mighty acts."*

### **Additional Scripture: Joel 1:3 (NASB)**

*"Tell your sons about it, and let your sons tell their sons, and their sons the next generation."*

### **Theological Reflection**

**James Dobson:** *"The first priority of every Christian father should be to pass his faith to the next generation."*

— *Bringing Up Boys*

**Tim Kimmel:** *"We're not raising children. We're raising adults. And that requires intentionality."*

— *Raising a Modern-Day Knight*

**Tedd Tripp:** *"The goal of parenting is not behavior modification but heart transformation."*

— *Shepherding a Child's Heart*

**Richard Rohr:** *"Our job is not to teach our children everything, but to teach them how to learn everything."*

— *From Wild Man to Wise Man*

### **Reflection Questions**

1. **Deuteronomy 6:5 - "Love the Lord with all your heart." Are you modeling this for your children?**

☐ Yes ☐ No ☐ Sometimes ☐ I don't have children

2. **Deuteronomy 6:7 - "Teach them diligently." How are you teaching your children about God?**

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3. "When you sit, walk, lie down, rise up." This is all the time. Are you teaching constantly or occasionally?

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4. What faith practices are you modeling for your children?

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5. Psalm 145:4 - "One generation praises to another." What are you praising to the next generation?

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6. What from this program will you teach your children?

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### Today's Practice: Generational Investment Plan

**MY CHILDREN:** (If you don't have children, apply to spiritual children/mentees)

**Child   Age   Needs   What I'm Teaching   What I Need to Teach**

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

### WHAT I'M PASSING ON:

**Faith:** ☐ Do my children see me pray? ☐ Do they see me read Scripture? ☐ Do they hear me talk about God naturally? ☐ Do they see me worship?

**Character:** ☐ What character qualities am I modeling? ☐ What vices am I modeling (be honest)?

**Skills:** ☐ What life skills am I teaching? ☐ What work ethic am I modeling?

### GENERATIONAL INVESTMENT:

**With each child, I will:**

**Daily:** \_\_\_\_\_

**Weekly:** \_\_\_\_\_

**Monthly:** \_\_\_\_\_

**Rites of Passage:** (Milestones to mark)

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**WHAT I'M TEACHING FROM THIS PROGRAM:**

**For my sons:**

1. You are beloved (not performance-based)

2. \_\_\_\_\_

3. \_\_\_\_\_

**For my daughters:**

1. This is what biblical manhood looks like

2. \_\_\_\_\_

3. \_\_\_\_\_

**BREAKING GENERATIONAL PATTERNS:**

**What patterns do I NOT want to pass on?**

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**What patterns DO I want to establish?**

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**SPIRITUAL CHILDREN:**

If you don't have biological children, who are your spiritual children?

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## Closing Prayer

\*"Lord, help me invest in the next generation. Give me wisdom to pass on faith, not just facts. Help me model what I'm teaching.

Break the unhealthy patterns in my family line. Start healthy patterns through me.

I commit to teach my children: [Name specific things.]

Make me a faithful father/spiritual father.

In Jesus' name, Amen."\*

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## DAY 76: CELEBRATION AND TESTIMONY

### Opening Prayer

*"Father, You've transformed me. Help me tell the story. Give me words to testify. Amen."*

### Scripture Reading: Psalm 103:1-5 (NASB)

*"Bless the Lord, O my soul, and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget none of His benefits; who pardons all your iniquities, who heals all your diseases; who redeems your life from the pit, who crowns you with lovingkindness and compassion; who satisfies your years with good things, so that your youth is renewed like the eagle."*

### Additional Scripture: Revelation 12:11 (NASB)

*"And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death."*

### Additional Scripture: 1 Peter 3:15 (NASB)

*"But sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence."*

## Theological Reflection

**Frederick Buechner:** *"Your story is the story of the long and brutal assault on your heart by the one who knows what you could be and is determined to destroy it."*

— *Telling Secrets*

**Brennan Manning:** *"Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion."*

— *Abba's Child*

**Brene Brown:** *"When we deny our stories, they define us. When we own our stories, we get to write the ending."*

— *The Gifts of Imperfection*

**John Piper:** *"God is most glorified in us when we are most satisfied in Him."*

— *Desiring God*

### Reflection Questions

1. **Psalm 103:2 - "Forget none of His benefits." What benefits of God have you experienced in 11 weeks?**

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2. **Revelation 12:11 - "They overcame by the word of their testimony." Why is testimony powerful?**

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3. **What's your story of transformation?**

**Before this program:** \_\_\_\_\_

**During this program:** \_\_\_\_\_

**Now:** \_\_\_\_\_

4. **1 Peter 3:15 - Ready to give account for the hope in you. What hope do you have now that you didn't 11 weeks ago?**

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5. **Who needs to hear your story?**

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6. **What are you celebrating?**

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## Today's Practice: Preparing Your Testimony

### TESTIMONY FRAMEWORK:

#### 3-Minute Testimony (For Week 11 Group Session):

##### 1. BEFORE (30 seconds):

- Who I was 11 weeks ago
- What I was struggling with
- Why I came to this program

*Before this program, I was...*

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##### 2. DURING (90 seconds):

- Key moments of transformation
- Specific weeks that impacted me
- What God did
- How brothers helped

*During these 11 weeks, God...*

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##### 3. NOW (60 seconds):

- Who I am now
- What's changed
- What I'm committed to
- Where I'm going

*Now, I am...*

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**WRITE YOUR FULL TESTIMONY:**

*My name is \_\_\_\_\_. 11 weeks ago, I was...*

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*God transformed me by...*

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*Now I am...*

**PRACTICE THIS.** You'll share it at Week 11 group session.

**CELEBRATION LIST:**

What are you celebrating after 11 weeks?

- ☐ Emotional health ☐ Marriage restoration ☐ Sexual freedom ☐ Fatherhood improvement  
☐ Vocational clarity ☐ Spiritual disciplines ☐ Brotherhood ☐ Other:

**Most grateful for:**

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**Closing Prayer**

\*"Lord, thank You. You've transformed me.

Thank You for: [Name specific changes.]

Help me tell this story. Use my testimony to bring others hope. Let them know transformation is possible.

I celebrate what You've done. I'm not the same man I was 11 weeks ago.

In Jesus' name, Amen."\*

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**DAY 77: WEEK 11 INTEGRATION & SABBATH**

**Opening Prayer**

*"Holy Spirit, one week left. Prepare me for commissioning. Confirm the covenant. Seal the brotherhood. Amen."*

**Weekly Review: Looking Back**

**1. Biggest insight from Week 11:**

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**2. My commitment to these brothers:**

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**3. Daily Examen + Brotherhood Covenant work tracking:**

**Day Examen? Covenant Drafting? Legacy Work? Testimony Prep?**

Mon Y / N      Y / N      \_\_\_\_\_

Tue Y / N      Y / N      \_\_\_\_\_



Day	Examen?	Covenant Drafting?	Legacy Work?	Testimony Prep?
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Wed	Y / N	Y / N	_____	_____
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Thu	Y / N	Y / N	_____	_____
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Fri	Y / N	Y / N	_____	_____
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Sat	Y / N	Y / N	_____	_____
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Sun	Y / N	Y / N	_____	_____
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#### 4. Brotherhood Covenant (Draft Summary):

*We commit to:*

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#### 5. My 3-minute testimony (Summary):

**Before:** \_\_\_\_\_

**During:** \_\_\_\_\_

**Now:** \_\_\_\_\_

#### Integration Exercise: 11-Week Transformation Review

**WHO I WAS (Week 1):**

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**WHO I AM (Week 11):**

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**WHO I'M BECOMING:**

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**KEY TRANSFORMATIONS:**

**Identity:** \_\_\_\_\_

**Emotions:** \_\_\_\_\_

**Relationships:** \_\_\_\_\_

**Sexuality:** \_\_\_\_\_

**Spirituality:** \_\_\_\_\_

**Calling:** \_\_\_\_\_

**Legacy:** \_\_\_\_\_

### **Final Week Preparation**

#### **WEEK 12: COMMISSIONING & COMMUNITY SERVICE**

**Saturday Morning:** Community Service Project (4 hours)

**Group Session:** Commissioning Ceremony, Celebration, Being Sent

**What I'm anticipating:**

\_\_\_\_\_

**What I'm nervous about:**

\_\_\_\_\_

**What I'm excited about:**

\_\_\_\_\_

### **Accountability Triad Check-In**

**This week, share with your triad:**

1. Your Brotherhood Covenant draft
2. Your 3-minute testimony (practice together)
3. Your commitment to continue post-program
4. Legacy you're building
5. Prayer request for final week

### **Sabbath Practice: Celebration Sabbath**

**Today, practice celebration:**

☐ No work (Sabbath) ☐ Worship with joy ☐ Celebrate 11 weeks of transformation ☐  
Gratitude practice (list 20+ blessings) ☐ Fellowship (gather with believers) ☐ Anticipate  
commissioning ☐ Rest without guilt

### **Sabbath Reflection:**

What does it feel like to be 11 weeks into transformation?

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### **Preparation for Week 12**

**Next Week's Theme:** Commissioning & Community Service

**Next Week's Memory Verse:** *"Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called."* - Ephesians 4:1 (NASB)

### **What's Ahead:**

- Community service project (morning)
- Testimonies shared (group session)
- Brotherhood Covenant signed
- Commissioning ceremony
- Celebration
- Being sent as disciples who make disciples

### **What I'm taking into Week 12:**

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### **What I'm leaving behind:**

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### **Closing Blessing**

*"May your brotherhood last beyond this program. May your covenant be strong. May your legacy outlive you. May your testimony bring others hope. May you celebrate transformation. May you be commissioned and sent. Amen."*

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## **END OF WEEK 11 WORKBOOK**

**You've prepared your covenant. You've drafted your testimony. You've assessed your legacy. You've celebrated transformation.**

**One week left. Final commissioning. You're ready.**

**See you at the Week 11 group session for covenant signing and testimonies!**

## EVERY MAN COMPLETE

### WEEK 12 PARTICIPANT WORKBOOK

#### Commissioning & Being Sent

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#### WEEK 12 OVERVIEW

**Core Question:** What am I being sent to do?

**Memory Verse:** *"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."* - Matthew 28:19 (NASB)

**This Week's Journey:** You've arrived. Twelve weeks of transformation. Now you're being sent. Not as perfect men, but as beloved ragamuffins. Not with all answers, but with clear calling. Not alone, but with brothers. Not to hide, but to make disciples.

**This is not an ending. This is a commissioning.**

**Weekly Practice:** Daily Examen + Commissioning Preparation

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#### FINAL WEEK

##### THE JOURNEY:

##### Weeks 1-3: AWAKENING

- Identity as beloved
- True Self vs. False Self
- Ragamuffin spirituality

##### Weeks 4-6: INTEGRATION

- Emotional wholeness
- Relational repair
- Sexual integrity

##### Weeks 7-9: AUTHORITY

- Biblical masculinity
- Vocational calling

- Cultural engagement

### **Weeks 10-11: MISSION**

- Sustainable practices
- Brotherhood covenant

### **Week 12: COMMISSIONING**

- Being sent

**You are ready.**

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### **OPENING MEDITATION**

*"As the Father has sent Me, I also send you." - John 20:21*

Jesus sends ragamuffins. Broken fishermen. Doubting disciples. Imperfect followers.

He sends you. Not because you're perfect, but because you're beloved. Not because you have it all together, but because He equips those He calls.

You are being sent. Into your marriage. Into your family. Into your workplace. Into your neighborhood. Into the world.

*"Father, I'm not perfect, but I'm willing. Send me. Use me. Make me a disciple who makes disciples. Amen."*

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### **DAY 78: EVERY MAN COMPLETE**

#### **Opening Prayer**

*"Lord, complete what You started. Finish the work. Make me whole in Christ. Amen."*

#### **Scripture Reading: Colossians 2:9-10 (NASB)**

*"For in Him all the fullness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority."*

#### **Additional Scripture: Ephesians 3:19 (NASB)**

*"And to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."*

### **Additional Scripture: James 1:4 (NASB)**

*"And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing."*

### **Theological Reflection**

**Dallas Willard:** *"The aim of God in history is the creation of an all-inclusive community of loving persons with God himself at the very center of this community as its prime Sustainer and most glorious Inhabitant."*

— *The Divine Conspiracy*

**Henri Nouwen:** *"We are not the healers, we are not the reconcilers, we are not the givers of life. We are sinful, broken, vulnerable people who need as much care as anyone we care for."*

— *The Wounded Healer*

**Brennan Manning:** *"In Love's service, only the wounded soldiers can serve."*

— *The Ragamuffin Gospel*

**Richard Rohr:** *"We don't think ourselves into new ways of living, we live ourselves into new ways of thinking."*

— *The Universal Christ*

### **Reflection Questions**

1. **Colossians 2:10** - "In Him you have been made complete." Are you complete in Christ?

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2. What does "complete" mean? Does it mean perfect?

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3. Looking back at 12 weeks, how are you more complete now?

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4. What areas are still incomplete?

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5. James 1:4 - "Perfect and complete, lacking in nothing." Is this possible this side of eternity?
- 

6. Ephesians 3:19 - "Filled up to all the fullness of God." What does this fullness look like?
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### Today's Practice: Completeness Assessment

#### 12-WEEK TRANSFORMATION REVIEW:

**WEEK 1: IDENTITY** ☐ I know I'm beloved (not performance-based): \_\_\_\_/10

**WEEK 2: TRUE SELF** ☐ I'm living from True Self vs. False Self: \_\_\_\_/10

**WEEK 3: RAGAMUFFIN** ☐ I've embraced ragamuffin spirituality: \_\_\_\_/10

**WEEK 4: EMOTIONS** ☐ I can name and process emotions: \_\_\_\_/10

**WEEK 5: RELATIONSHIPS** ☐ I'm repairing relational damage: \_\_\_\_/10

**WEEK 6: SEXUALITY** ☐ I have sexual integrity/accountability: \_\_\_\_/10

**WEEK 7: BIBLICAL MASCULINITY** ☐ I'm a gentle warrior: \_\_\_\_/10

**WEEK 8: CALLING** ☐ I know my calling and mission: \_\_\_\_/10

**WEEK 9: CULTURAL ENGAGEMENT** ☐ I'm salt and light: \_\_\_\_/10

**WEEK 10: SUSTAINABILITY** ☐ I have Rule of Life: \_\_\_\_/10

**WEEK 11: BROTHERHOOD** ☐ I have covenant brothers: \_\_\_\_/10

**TOTAL:** \_\_\_\_/110

**90+:** You've experienced deep transformation

**70-89:** Solid foundation, keep building

**50-69:** Good start, more work ahead

**<50:** Don't give up, transformation takes time

#### WHAT'S COMPLETE:

What areas feel integrated and whole?



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### **WHAT'S STILL INCOMPLETE:**

What areas need ongoing work?

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### **COMPLETENESS IN CHRIST:**

Complete doesn't mean:

- Perfect
- No struggles
- All answers
- Fully mature

Complete means:

- Whole in Christ
- Integrated, not fragmented
- Growing, not static
- Equipped for mission

### **AM I COMPLETE ENOUGH TO BE SENT?**

☐ Yes - Christ completes me ☐ No - I need more time ☐ I'll never be ready

**Truth: You're ready. Not because you're perfect, but because Christ in you is enough.**

### **Closing Prayer**

\*"Lord, thank You for making me complete in Christ.

I'm not perfect. I still struggle. But I'm whole in You.

Thank You for 12 weeks of transformation. Complete what You started. Finish the work.

I'm ready to be sent. Not because I'm qualified, but because You qualify me.

In Jesus' name, Amen."\*

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## DAY 79: YOUR UNIQUE CALLING

### Opening Prayer

*"Father, remind me of my calling. Give me clarity on my assignment. Send me with purpose. Amen."*

### Scripture Reading: Ephesians 2:10 (NASB)

*"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."*

### Additional Scripture: 2 Timothy 1:9 (NASB)

*"Who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity."*

### Additional Scripture: 1 Peter 2:9 (NASB)

*"But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light."*

### Theological Reflection

**Frederick Buechner:** *"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."*

— *Wishful Thinking*

**Os Guinness:** *"Calling is the truth that God calls us to himself so decisively that everything we are, everything we do, and everything we have is invested with a special devotion, dynamism, and direction lived out as a response to his summons and service."*

— *The Call*

**Parker Palmer:** *"Before you tell your life what you intend to do with it, listen for what it intends to do with you."*

— *Let Your Life Speak*

**Dallas Willard:** *"The greatest issue facing the world today is whether those who are identified as Christians will become disciples."*

— *The Great Omission*

### Reflection Questions

1. **Ephesians 2:10 - God prepared good works "beforehand." What works has He prepared for you?**

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2. **What is YOUR unique calling?** (Review Week 8 if needed)

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3. **2 Timothy 1:9 - "Called us with a holy calling." What makes your calling holy?**

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4. **1 Peter 2:9 - "You are chosen... that you may proclaim." What are you proclaiming?**

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5. **How does your calling connect to your daily life?**

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6. **What would change if you lived fully into your calling this year?**

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**Today's Practice: Calling Confirmation**

**MY CALLING STATEMENT:** (From Week 8)

*I am \_\_\_\_\_ called to \_\_\_\_\_ through \_\_\_\_\_.*

**Is this still accurate?** ☐ Yes ☐ Needs revision

**If revision needed:**

*I am \_\_\_\_\_ called to \_\_\_\_\_ through \_\_\_\_\_.*

## **CALLING ALIGNMENT:**

**How my calling connects to my life:**

<b>Life Area</b>	<b>How Calling Applies</b>
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Marriage	_____
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Fatherhood	_____
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Work	_____
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Church	_____
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Community	_____
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World	_____
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## **BEING SENT INTO MY CALLING:**

**This week, I'm being sent to:**

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**This month, I'm being sent to:**

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**This year, I'm being sent to:**

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## **OBSTACLES TO CALLING:**

What keeps me from fully living my calling?

☐ Fear ☐ Busyness ☐ Distractions ☐ Lack of resources ☐ Others' expectations ☐ Self-doubt ☐ Other: \_\_\_\_\_

**How to overcome:**

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## **CALLING ACCOUNTABILITY:**

Who will hold me accountable to live my calling?

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## **NEXT STEP:**

One concrete action toward my calling this week:

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### **Closing Prayer**

\*"Lord, You've called me. You've prepared good works for me beforehand.

My calling is: [State your calling.]

Send me into this calling. Remove obstacles. Give me courage. Provide resources.

I'm being sent with purpose, not wandering aimlessly.

In Jesus' name, Amen."\*

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## **DAY 80: OBSTACLES AND OPPOSITION**

### **Opening Prayer**

*"Father, I will face obstacles. I will face opposition. Prepare me. Strengthen me. Amen."*

### **Scripture Reading: Acts 14:22 (NASB)**

*"Strengthening the souls of the disciples, encouraging them to continue in the faith, and saying, 'Through many tribulations we must enter the kingdom of God.'"*

### **Additional Scripture: 2 Timothy 3:12 (NASB)**

*"Indeed, all who desire to live godly in Christ Jesus will be persecuted."*

### **Additional Scripture: 1 Peter 5:8-9 (NASB)**

*"Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world."*

### **Theological Reflection**

**Dietrich Bonhoeffer:** *"When Christ calls a man, he bids him come and die."*

— *The Cost of Discipleship*

**Eugene Peterson:** *"The Christian life is not a quiet escape to a garden where I can walk and talk with Jesus, untouched by the troubles of the world. It is a journey of confrontation and*

transformation."

— *A Long Obedience in the Same Direction*

**C.S. Lewis:** "Enemy-occupied territory—that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us all to take part in a great campaign of sabotage."

— *Mere Christianity*

**John Piper:** "Missions is not the ultimate goal of the church. Worship is. Missions exists because worship doesn't."

— *Let the Nations Be Glad*

### Reflection Questions

1. **Acts 14:22** - "Through many tribulations we must enter." Why is suffering guaranteed?

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2. **What obstacles do you anticipate as you're sent?**

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3. **2 Timothy 3:12** - "All who desire to live godly will be persecuted." Have you experienced this?

☐ Yes ☐ No ☐ Not yet

4. **1 Peter 5:8** - The devil prowls like a lion. What's his strategy against you?

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5. **How will you respond when opposition comes?**

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6. **Who will stand with you when you face tribulation?**

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**Today's Practice: Opposition Preparation**

### OBSTACLES YOU'LL FACE:

**External obstacles:** ☐ Persecution/mockery ☐ Cultural opposition ☐ Financial pressure ☐ Time constraints ☐ Family resistance ☐ Church politics ☐ Other:

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**Internal obstacles:** ☐ Self-doubt ☐ Fear ☐ Shame ☐ Pride ☐ Laziness ☐ Distraction ☐

Other: \_\_\_\_\_

**Spiritual obstacles:** ☐ Spiritual warfare ☐ Temptation ☐ Dryness ☐ Doubt ☐ Isolation ☐

Other: \_\_\_\_\_

### MOST LIKELY ATTACK:

Based on your history, how will the enemy attack?

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### PREPARATION:

**When opposition comes, I will:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ARMOR OF GOD (Daily):

☐ I'm still wearing armor daily ☐ I've stopped ☐ I'm inconsistent

### ACCOUNTABILITY:

Who will I call when attacked?

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### SCRIPTURE TO FIGHT WITH:

Three verses for spiritual warfare:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **PERSECUTION RESPONSE:**

When mocked/opposed for faith, I will:

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## **COUNTING THE COST:**

Following Christ will cost me:

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**Am I willing to pay it?** ☐ Yes ☐ No ☐ Uncertain

### **Closing Prayer**

\*"Lord, I will face opposition. I'm not naive about that.

Prepare me. Strengthen me. Give me armor that holds.

When attacked, help me stand. When mocked, give me courage. When tempted, provide a way out.

I'm being sent into enemy territory. But You've already won. I fight from victory, not for it.

In Jesus' name, Amen."\*

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## **DAY 81: FINAL PREPARATIONS**

### **Opening Prayer**

*"Father, I'm almost ready. Do Your final work. Complete my preparation. Send me equipped. Amen."*

### **Scripture Reading: 2 Timothy 4:5 (NASB)**

*"But you, be sober in all things, endure hardship, do the work of an evangelist, fulfill your ministry."*

### **Additional Scripture: Ephesians 4:11-12 (NASB)**

*"And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ."*

### **Additional Scripture: Luke 14:28-30 (NASB)**



*"For which one of you, when he wants to build a tower, does not first sit down and calculate the cost to see if he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who observe it begin to ridicule him, saying, 'This man began to build and was not able to finish.'"*

### **Theological Reflection**

**John Piper:** *"God is most glorified in us when we are most satisfied in him."*

— *Desiring God*

**A.W. Tozer:** *"What comes into our minds when we think about God is the most important thing about us."*

— *The Knowledge of the Holy*

**Oswald Chambers:** *"My duty is to fulfill my calling. God takes care of the rest."*

— *My Utmost for His Highest*

**Dallas Willard:** *"Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action."*

— *The Great Omission*

### **Reflection Questions**

1. **2 Timothy 4:5 - "Fulfill your ministry." What is YOUR ministry?**

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2. **Are you prepared to be sent?**

☐ Yes ☐ No ☐ Almost

3. **What final preparations do you need?**

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4. **Luke 14:28 - "Calculate the cost." What will following Christ cost you?**

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5. **Ephesians 4:12 - You're equipped "for the work of service." What work is yours?**

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## 6. What would failure look like?

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### Today's Practice: Final Checklist

#### READINESS ASSESSMENT:

**Am I ready spiritually?** ☐ Daily prayer life ☐ Bible reading/meditation ☐ Armor of God daily  
☐ Spiritual disciplines

**Am I ready relationally?** ☐ Marriage healthy (or healing) ☐ Fatherhood engaged ☐  
Brotherhood covenant made ☐ Accountability in place

**Am I ready emotionally?** ☐ Can name feelings ☐ Process emotions healthily ☐ Don't  
hide/explode

**Am I ready sexually?** ☐ Covenant Eyes ☐ Weekly accountability ☐ Boundaries in place

**Am I ready vocationally?** ☐ Know my calling ☐ Have mission statement ☐ Clear next steps

#### WHAT'S MISSING:

What final preparation do I need?

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#### POST-PROGRAM PLAN:

**Daily:** ☐ Daily Examen ☐ Armor of God prayer ☐ Bible reading ☐ Other: \_\_\_\_\_

**Weekly:** ☐ Triad meeting ☐ Church ☐ Sabbath ☐ Other: \_\_\_\_\_

**Monthly:** ☐ Extended solitude ☐ Service project ☐ Other: \_\_\_\_\_

#### MY COMMITMENTS:

After commissioning, I commit to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### WHO'S COUNTING ON ME:

Who will I let down if I quit?

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**FINAL OBSTACLES:**

What's still holding me back?

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**How to remove:**

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**Closing Prayer**

\*"Lord, I'm almost ready. Do Your final work in me.

What's missing: [Name it.]

Complete my preparation. Send me equipped. Give me everything I need.

I commit to: [Name commitments.]

Saturday is commissioning. I'm ready to be sent.

In Jesus' name, Amen."\*

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**DAY 82: SENT AS RAGAMUFFINS**

**Opening Prayer**

*"Father, send me as I am. Broken but beloved. Imperfect but equipped. Amen."*

**Scripture Reading: John 20:21 (NASB)**

*"So Jesus said to them again, 'Peace be with you; as the Father has sent Me, I also send you.'"*

**Additional Scripture: 2 Corinthians 12:9-10 (NASB)**

*"And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.' Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong."*

### **Additional Scripture: 1 Corinthians 1:27-29 (NASB)**

*"But God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, and the base things of the world and the despised God has chosen, the things that are not, so that He may nullify the things that are, so that no man may boast before God."*

### **Theological Reflection**

**Brennan Manning:** *"My deepest awareness of myself is that I am deeply loved by Jesus Christ and I have done nothing to earn it or deserve it."*

— *The Ragamuffin Gospel*

**Henri Nouwen:** *"We are not the healers, we are not the reconcilers, we are not the givers of life. We are sinful, broken, vulnerable people who need as much care as anyone we care for. The mystery of ministry is that we have been chosen to make our own limited and very conditional love the gateway for the unlimited and unconditional love of God."*

— *The Wounded Healer*

**Richard Rohr:** *"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking."*

— *The Universal Christ*

**C.S. Lewis:** *"Humility is not thinking less of yourself, it's thinking of yourself less."*

— *Mere Christianity*

### **Reflection Questions**

1. **John 20:21 - "As the Father sent Me, I also send you." How did the Father send Jesus?**

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2. **Are you sent as perfect or as ragamuffin?**

☐ Perfect (I have it all together) ☐ Ragamuffin (broken but beloved) ☐ Somewhere between

3. **2 Corinthians 12:9 - "Power is perfected in weakness." How is your weakness your strength?**

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4. **1 Corinthians 1:27 - God chooses the foolish, weak, base, despised. Why?**

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5. **What weaknesses do you bring to your calling?**

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6. **How does being a ragamuffin make you better equipped to serve?**

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### **Today's Practice: Ragamuffin Commissioning**

#### **I AM A RAGAMUFFIN:**

**My weaknesses:** ☐ Sexual struggle ☐ Emotional mess ☐ Relational brokenness ☐ Past failures ☐ Current struggles ☐ Insecurities ☐ Other: \_\_\_\_\_

#### **I AM BELOVED:**

Despite my weaknesses, I am: ☐ Chosen ☐ Called ☐ Commissioned ☐ Sent ☐ Equipped ☐ Empowered

#### **SENT AS I AM:**

Jesus doesn't send perfect people. He sends:

- Broken fishermen (Peter)
- Doubters (Thomas)
- Deniers (Peter)
- Persecutors (Paul)
- Ragamuffins (me)

#### **I am sent as:**

☐ Broken but beloved ☐ Weak but empowered ☐ Imperfect but equipped ☐ Struggling but faithful

#### **RAGAMUFFIN MINISTRY:**

How does my brokenness make me better equipped?

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Who can I serve because I've struggled?

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**MY RAGAMUFFIN COMMISSIONING:**

*I, \_\_\_\_\_, am a ragamuffin.*

*I'm broken: [Name specific weakness].*

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*But I'm beloved. And I'm being sent.*

*I'm sent to: [Name calling].*

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*Not because I'm perfect, but because Christ in me is enough.*

*I go in weakness. But His power is perfected in my weakness.*

*Signed: \_\_\_\_\_ Date: \_\_\_\_\_*

**Closing Prayer**

\*"Lord, I'm a ragamuffin. Broken. Weak. Imperfect.

But You're sending me anyway.

My weaknesses: [Name them.]

But Your power is perfected in my weakness.

Send me as I am. Use my brokenness for Your glory. Let others see that You use ragamuffins.

In Jesus' name, Amen."\*

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**DAY 83: GRADUATION REFLECTION**

**Opening Prayer**

*"Holy Spirit, help me reflect on 12 weeks. Show me what You've done. Prepare me for commissioning. Amen."*

## **This Is It**

Tomorrow is commissioning. Today is reflection.

Twelve weeks ago, you started this journey. Who were you then? Who are you now?

Today, you reflect. Tomorrow, you're sent.

### **12-Week Reflection**

#### **WHO I WAS (Week 1):**

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#### **WHO I AM (Week 12):**

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#### **WHO I'M BECOMING:**

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### **Transformation Inventory**

#### **IDENTITY:**

- Week 1: Performance trap
- Now: \_\_\_\_\_

#### **EMOTIONS:**

- Week 4: Emotionally shut down
- Now: \_\_\_\_\_

#### **RELATIONSHIPS:**

- Week 5: Broken/distant

- Now: \_\_\_\_\_

**SEXUALITY:**

- Week 6: Bondage
- Now: \_\_\_\_\_

**SPIRITUALITY:**

- Week 7: Spiritual warfare
- Now: \_\_\_\_\_

**CALLING:**

- Week 8: Unclear
- Now: \_\_\_\_\_

**BROTHERHOOD:**

- Week 11: Alone
- Now: \_\_\_\_\_

**What I'm Celebrating****Biggest win:**

---

**Biggest surprise:**

---

**Hardest moment:**

---

**Most grateful for:**

---

**What I'm Taking Forward****Practices I'll keep:**

1. \_\_\_\_\_
2. \_\_\_\_\_



3. \_\_\_\_\_

**Relationships I'll maintain:**

\_\_\_\_\_

**Commitments I've made:**

\_\_\_\_\_

**What I'm Leaving Behind**

**What I'm releasing:**

☐ Performance-based identity ☐ Emotional hiding ☐ Sexual shame ☐ Isolation ☐ Fear ☐

Other: \_\_\_\_\_

**Letter to Future Self**

*Dear [Your name] one year from now,*

*Today you're being commissioned. Twelve weeks of transformation. Don't forget:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Keep going. Stay in community. Live your calling. You're a ragamuffin, but you're beloved.*

*Signed: \_\_\_\_\_ Date: \_\_\_\_\_*

**Gratitude List**

**I'm grateful for:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **Tomorrow: Commissioning**

Tomorrow you'll be:

- Commissioned
- Blessed
- Sent

### **Are you ready?**

☐ Yes ☐ Almost ☐ Nervous but willing

### **Final Prayer Before Commissioning**

\*"Lord, tomorrow I'm commissioned. Twelve weeks brought me here.

Thank You for transformation. Thank You for brothers. Thank You for calling.

Tomorrow, send me. Bless me. Commission me.

I'm ready. Not perfect, but ready.

In Jesus' name, Amen."\*

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## **DAY 84: COMMISSIONING SERVICE**

### **Opening Prayer**

*"Father, this is it. Commission me. Bless me. Send me. Amen."*

### **Today's Schedule**

**MORNING:** Community Service Project (4 hours)

- This is Jeremiah 29:7 in action
- Serving your city together
- Final brotherhood experience

**AFTERNOON/EVENING:** Commissioning Service (3 hours)

- Final teaching
- Covenant renewal
- Commissioning ceremony
- Celebration
- Sending

### **Pre-Service Reflection**

#### **As I prepare for commissioning:**

What I'm feeling:

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What I'm anticipating:

---

What I'm nervous about:

---

What I'm excited about:

---

### **During Service**

Use this space for notes during commissioning:

#### **Final teaching:**

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#### **Covenant renewal:**

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#### **Prayer/blessing received:**

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#### **Commissioning charge:**

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### After Commissioning

**I have been:**

☐ Commissioned ☐ Blessed ☐ Sent

**I am going to:**

---

---

**With these brothers:**

---

**In this calling:**

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### Commissioning Certificate

[Space for certificate to be placed]

*I, \_\_\_\_\_, have completed EVERY MAN COMPLETE.*

*I am beloved. I am called. I am sent.*

*Date: \_\_\_\_\_ Signed: \_\_\_\_\_*

### Final Blessing Received

[Space to write blessing spoken over you]

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### Post-Commissioning Commitment

**Now that I'm commissioned, I commit to:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**I will not:**

\_\_\_\_\_

**I will:**

\_\_\_\_\_

**With God's help and these brothers' support.**

### **Closing Prayer**

\*"Lord, I've been commissioned. I'm sent.

Use me. Empower me. Go with me.

I'm not perfect, but I'm equipped. I'm not alone, I have brothers. I'm not wandering, I have a calling.

Send me into abundant life. Send me to make disciples.

In Jesus' name, Amen."\*

\_\_\_\_\_

### **END OF WEEK 12 WORKBOOK**

**YOU ARE COMMISSIONED. YOU ARE SENT. YOU ARE EVERY MAN COMPLETE IN CHRIST.**

**Go and make disciples. Walk in abundant life. Live your calling.**

**You are beloved. You are ragamuffin. You are sent.**

**Welcome to the rest of your life.**