

Legacy



31 DAYS TO A VALIANT PURPOSE

Legacy: 31 Days to a Valiant Purpose

By Ben Corley

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Dedication:

To my wife:

Your love steadied my hands and strengthened my heart. Your belief in me called forth a man I might never have become without you. This work bears your imprint, and whatever fruit it bears, it is as much yours as mine.

To my mentors and elders:

You taught me that true strength is forged in both battle and tenderness. You showed me the way when I could barely see the road. Thank you for giving me the tools, and the scars, that built this foundation.

To the heroes, fallen and otherwise, I may never be able to thank properly:

You planted trees you would never sit under.

Today, I plant, as well... and it's in your honor.

May this work be a seed that bears shade and shelter after we're all long gone.

Acknowledgments

This work is not the product of one man's effort. It stands on the backs of many faithful warriors, guides, and brothers who poured into my life when they didn't have to.

To the men who served as early readers, editors, and brutal proofers; thank you for refusing to let me settle for "good enough." Your sharp eyes and sharper honesty made this work tighter, stronger, and truer.

To the men who tested these challenges before they ever hit the page; you are the real architects behind the structure. Your victories, your stumbles, your feedback, and your grit shaped this into something real, something that holds up in the field, not just on paper.

To every man who took a risk, made a change, and gave this process a chance:
You are proof that God still raises up sons, brothers, and kings in a world trying to neuter them.

And finally: to the readers who will pick this up, wrestle through it, and pass it on:
May you go further than we have.
May you build stronger than we built.
May you plant deeper than we planted.
And may you always, always plant trees for men you'll never meet.

All to the glory of the King.

Preface / Author's Note

To the average layman, the Bible can sometimes be... confusing.

You don't need a seminary degree to realize some parts of Scripture read like a fortune cookie wrapped in a riddle and served up on a scroll in a forgotten cave. You pause mid-read, furrow your brow, and silently wonder what in the world the transcribers—and occasionally even the Author—meant.

Luther wrestled with them. Calvin did too.

More recently, guys from Michael Heiser to Tim Keller have waived the same white flag in interpretive confusion. echoed the same struggle.

And let's be honest: it gets especially heavy when the weird stuff is printed in red. When Jesus says something cryptic, we don't just scratch our heads—we feel a little guilty about scratching them at all.

Case in point:

“From the days of John the Baptist until now the kingdom of heaven has suffered violence, and the violent take it by force.” (*Matthew 11:12, ESV*)

...Thanks? I think?

What am I supposed to *do* with that?

Now, before I took a deep dive into seminary en route to a master's degree in counseling, I wasn't exactly passionate about Greek verb tenses or ancient codices. But at some point I stumbled across names like *Codex Sinaiticus*, *Textus Receptus*, and *Alexandrinus*—and realized we're not all reading from the same manuscripts. That's not heresy; that's history.

Some translations hold fairly tight to the original sources (ESV, KJV/NKJV, NASB, CSB, NIV '84—you get the idea).

Others, well... not so much (looking at you, *Passion Translation*).

But every once in a while, a lesser-known translation catches you off guard and actually helps. Take the **Jubilee Bible**, for instance. Here's how it renders that same verse:

“From the days of John the Baptist until now, life is given unto the kingdom of the heavens, and the valiant take hold of it.”
— Matthew 11:12 (JUB)

Now that... that's something a man can work with.

Valiant.

Not just *violent*, not just *aggressive*—but *valiant*.

Courageous. Noble. Strong. Self-controlled. Dangerous and disciplined. A man who doesn't just swing wildly but builds wisely, fights rightly, and stands firmly.

It became a core word for me. Especially in working with men.

Because let's face it—most of us live tired, quiet lives.

Some of us are surrounded—wives, kids, coworkers, church friends—but still stuck at arm's length from everything that matters. We stay safe. Numb. Distracted. Functional but not fully alive.

We don't risk joy. We don't risk brotherhood.

We sure as heck don't risk purpose.

But **John 10:10** tells us Jesus came that we may have life “to the full.”

Not a safe life. Not a beige life.

A valiant one.

That's the shift I want you to make over the next 31 days.

I'm not promising a burning bush or a business plan from heaven.

But if you show up, dig deep, and give this challenge the weight it deserves—something will move.

You will start to shake off the passive fog and pick up the tools God meant for you to carry.

This starts with time. It deepens with repetition. And it sharpens with fire.

Let's get after it.

Here with you in the trenches,

Ben Corley

Denver, CO

2025

Introduction: Get Your House in Order

Let's be clear from the jump: this isn't a devotional for nice guys trying to feel better about themselves. This is a war manual for men who are ready to take responsibility: for their lives, their households, their legacy, for the state of their souls, and for the character of the man who shows up for others in life.

The modern world doesn't want men strong. It wants them soft, silenced, and neutered. Passive in church. Loud on social media. Addicted to screens. Afraid of confrontation. Confused about their calling. Spiritually sedated.

You were not made for that.

You were made to *rule and subdue* (Genesis 1:28), to *guard and keep* (Genesis 2:15), to *stand firm in the faith, act like men, and be strong* (1 Corinthians 16:13). But if you're going to do that in the world we live in today, you're going to need a reset. A recalibration. A recommissioning.

That's what this book is.

Send in the Clowns

"Heard a joke once: Man goes to doctor. Says he's depressed. Says life seems harsh and cruel. Says he feels all alone in a threatening world where what lies ahead is vague and uncertain. Doctor says, 'Treatment is simple. The great clown Pagliacci is in town tonight. Go and see him. That should pick you up.' Man bursts into tears. Says, 'But doctor...I am Pagliacci.'

Good joke. Everybody laughs. Roll on snare drum. Curtains."

Before we move forward, let's talk about me for a second. I wrote this for a specific type of man; the ones who know how to walk a razor-thin line. You need a sense of **humor** and a sense of **seriousness**—*both*.

Too serious? You'll take every challenge and bit of push-back like a personal insult. You'll fold because your ego bruised too easily and your pride couldn't take the medicine. Lighten up, I'm poking you in the chest because I know you can do what I'm asking you to do and I'm confident you believe it too.

Not serious enough? Life is going to treat you like Pagliacci; folks only show up to laugh at you. No one follows a joke.

The sweet spot is in the tension. You've got to be able to laugh at yourself while taking your calling with a deadly seriousness. You've got to be able to absorb sarcasm and edge without

throwing a fit. Why? Because real men don't need everything sanded down to participate. They show up, get uncomfortable, and do the work anyway.

This journey will hit nerves. It's meant to.

It'll mock passivity. Why? Look around... we need you in the fight.

It'll call out excuses. Why? It was the best thing that my mentors and elders ever did for me.

If you lean in instead of tapping out, it'll also make you stronger, clearer, and more dangerous to the kingdom of darkness than you've ever been.

"And—which is more—you'll be a Man, my son."

So here's the deal:

- Take **your growth** seriously: your family, your future, and your faith depend on it.
 - Take **God's glory** seriously: this is about becoming the man He created you to be.
 - But don't take **your ego** so seriously. You're not that special, and **you're not that fragile.**
-

What This Is

Legacy: 31 Days to Valiant Purpose is a straight-shooting field guide. Each day, you'll get:

- A Proverb to train your mind in Godly wisdom
 - A Bible verse to anchor your soul in truth
 - A quote from a soldier, statesman, or Stoic to remind you that you're not here to coast
 - A hard-hitting teaching (no fluff, no filler)
 - A **real-world challenge**—something you will do today, not just think about
 - A **journaling drill**—because clarity is a weapon, and your journal is your war log
-

You Need a Journal. No, Seriously.

Buy a real journal. A man's journal. One that's going to get scuffed, inked up, and filled with conviction, confession, and strategy.

Here's how you're going to use it:

- **Morning Entry:** Every morning, before your phone, before the news, before the chaos... you read the day's chapter, read the Proverb, and journal your response. This is your *mental weapons check*. It sets your posture for the day.
- **Evening Entry** – Before bed, you return to that journal. You process the day. What hit you emotionally? Where did you win? Where did you lose? What needs repentance?

What needs reinforcement? This habit will sharpen your discernment and calm your mind so you can sleep like a man at peace with God.

bUt i dON't neED To jOURNAl My EmoTIONS. tHat's giRL STUFF...

For those over the age of 30, or who are not chronically internet addicted and are curious why my editors' all seem to have had a stroke and missed the line above... allow me to introduce you to "Sticky Caps". It's the internet font for sarcasm. If Paul knew about StickyCaps, just imagine how Galatians would have ended up... and the treat to be found in 3rd, 4th, and 5th Corinthians. I digress, back to the point, yes... I'm mocking the perspective that treating emotions like chick stuff is a manly virtue. It's not, in fact virtuous; it's the apex predator of smooth-brain takes.

Here's why:

Part of being able to deal with life is having a good night's sleep. Your *mind* is what typically is getting in the way of you getting that good night's sleep. Ask literally every active duty and veteran of the military... they'll tell you they learn to sleep in places that don't sport the newest in sleep technology. I know the days when I am the least able to get a decent night's sleep are the days when I'm so spun up from life that my mind will be racing and I can't shut it down. Journaling gives you the chance to, essentially, show the inner control freak that all of us have (yes, all of us) that ***we are*** taking stock of what's going on, and ***we are not*** leaving anything unnoticed and so it can, if you please, shut up for 6 – 8 hours so we can rest.

The rest of the benefits and processing will be more fully fleshed out in dreams, which is where most emotional processing is going to happen. Getting to a dream level of sleep is very important (equally important is how you get there so talk to a professional if you're heaping pills and booze on yourself to get to sleep... those don't help in the long run... yes, that includes habitual use of melatonin at high levels). With your day unspun on paper, your mind can be unspun in the ephemeral. You want better mornings? Start with better nights. You want better days? Start with better discipline.

i'm a SoUL mADe oF sTeeL AnD DON't fEeL aNything beCAUSE i'M tOO COol For tHat

Sure.

For the actual statistical outlier in numbers of people with a diagnosable emotional disorder, that will be true. Those people know who they are and what's more, they didn't download this book. The rest of us need to start looking at emotions as something more than that messy part of life that you need to avoid outside of weddings, funerals, sports, and the Grand Canyon. The whole world is built around emotions, and advertising, most especially social media, is built on emotional manipulation. If you don't know how to read your own emotions and check them when necessary, there is a list of predators a mile long who want nothing more than for you remain ignorant and unequipped. The internet is built around this idea.

Don't be that guy. I'm not saying you need to touch your inner feminine or some other godless pagan garbage. I'm saying you need to recognize what pushes your buttons and how to delay that fuse. This book will help with that mission. It's like Krav Maga against gaslighting and narcissism... you know... social media and Madison Avenue.

In sum: You have emotions. Everyone knows you do. They know how to push your buttons and get you to do things. If you don't know how to defend against it, we're the puppet no matter how cool we think we are. Also, fun fact, having more ownership of your emotional awareness leads to better sleep.

Now... go buy a journal.

Experiential Resources

There have been many men who have journeyed alongside me in the last decade to help make this book possible. They've poured into my story and helped me with dark subjects and parts of my past (and subsequently my future) that I didn't have answers for.

Of the many organizations that I have worked with or digested material from in that time, three have stood the test of time in such a way that I will recommend them as readily now as I would have from the first day that their path crossed mine. These are in no particular order, and that is because they are each excellent and stand as peers to one another; complementing methods and praxis as brothers who, shoulder to shoulder, make the perilous journey to the Celestial City. I recommend each of them, and hope that in this small way they will know that their work is beyond the price of gold.

The Crucible Project

This ministry exists to call Christian men out of self-deception and into Christ-honoring authenticity through radical honesty and grace. It offers intense retreats and soul groups designed to smash through our masks, confront sin, and be remade as men devoted to God's purposes in community. Men, as well as women on their own weekends, can experience the sanctifying influence of God's Holy Spirit as challenges (inside and out) draw participants out of their comfort zones so that they may arise with a renewed sense of their place in Christ and his mission in the world.

Website: thecrucibleproject.org

Restoration Project

Dedicated to forming restorative men who live as beloved sons, faithful brothers, and reckonable fathers under God's glory. It fuses experiential, story-driven adventures with gospel-rich resources to help men uncover their wounds, be known in brotherhood, and learn to co-labor with God in restoration. This is not moralistic rule-following—it's reclaiming identity, healing brokenness, and being sent anew in the gospel. May every man who walks this journey catch a vision of what God intended for frail, redeemed masculinity. They likewise give experiential weekends and retreats so that fathers can build memories that last a lifetime with their children side by side.

Website: restorationproject.net

Wild at Heart Ministries

This ministry helps men recover their true identity in Christ—casting off false 'taming' and rediscovering the fierce, God-given heart set free for Kingdom purpose. Through retreats, small-group 'Fires,' video series, and devotional tools, it equips men to lay down lies and embrace their calling as Christ-like warriors and lovers. This isn't therapy by default; it's gospel wilderness training that roots a man in grace while unleashing his God-implanted passion. May every man emerge knowing that his wildness, tamed by Jesus, is a tool for glory.

Website: wildatheart.org

One Day at a Time

Don't binge this book.

One more time for the cool kids in the back.

Don't. Binge. This. Book.

Don't skim it. Don't skip sections. Don't just answer the questions to check it off the list. The only person that you're short-changing is you; which means by proxy you're also shorting everyone who counts on you. Take this seriously and take it one day at a time. Show up, do the work, and write it down. You don't need perfection; you need *repentance and momentum*.

Repentance was the first thing that Jesus preached after he went to war with Devil Inc. in the desert. To be crystal clear this isn't telling you to look back over your life and identify every mistake you've made since kindergarten and then flog yourself while chanting "mea culpa, mea culpa, mea maxima culpa." The Greek reflects a call to change your perspective, to change your mind, to rethink things and adjust accordingly. The Father, God Most High, will send his Counselor to do that with you, and if you take these pages seriously, the momentum gained from successive days will yield change by the end.

You already know who God is calling you to be.

It's time to stop talking about it and start becoming it.

Let's go.

Day 01: Define Your Code

Proverbs Reading: Proverbs 1

Bible Verse: *"But as for me and my house, we will serve the Lord."* —Joshua 24:15 (ESV)

Quote of the Day: *"A man without a code is a weak man, easily controlled."* —Douglas Wilson

If you don't know what you stand for, the world will gladly hand you a script. You'll spend the rest of your days following it straight to hell with a smile on your face and chains around your throat.

Most men today are confused because they never sat down and decided what they believe, what they will fight for, and what they will *not* tolerate. They have no code. No convictions. Just vibes.

But biblical masculinity doesn't run on vibes. It runs on *truth*. On *standards*. On *lines in the sand*.

Joshua stood before the nation of Israel and said, "You do what you want. Pick your idols. Flip-flop if you like. But *as for me and my house, we will serve the Lord*." That's not up for debate. That's not emotionally flexible. That's a man who wrote his code in stone and lived like it mattered.

You need to do the same.

This book isn't about giving you that code. It's about *forcing you to write your own*—before God, with trembling, with clarity, and with the conviction to actually live it out.

Are you about truth? Then your life better reflect it.

Are you about loyalty? Then stop ghosting your brothers and hiding behind silence.

Are you about courage? Then stop waiting for *comfort* to catch up with *calling*.

Are you about faith? Then your life should look like it's built for war, not retreat.

Your code is how you lead your life when no one is looking. It's what your wife will depend on, what your kids will watch, and what your enemies will try to crack. If you don't define it now, you'll collapse the first time pressure hits.

You're not here to copy another man's code. Learn from others. Yes. Be discipled. Yes. But ultimately, *you* are responsible for the creed by which you live and die.

This isn't poetry. This is preparation.

Today's Action Step: Define Your Code

- Take out a separate piece of paper.
- Write down **5–7 core values** that you are committing to live by from this day forward. (Examples: Truth, Courage, Discipline, Honor, Faithfulness, Justice, Humility, Strength.)
- For each value, write one or two lines that define how you'll actually *live it out*. No fluff. No fantasy. Real life. Real action.
- When you're done, **write this at the bottom of the page:**
"As for me and my house, we will serve the Lord."

Tape that list to your wall. Put it in your wallet. Read it every morning. This is the standard now.

Journaling Drill

Morning:

- Copy the values into your journal on the front page. What values made the cut today—and why?
- What would change in your life if you lived this code without compromise?

Evening:

- Did I live by the code I wrote this morning?
- Where did I fall short, and what will I do differently tomorrow?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 02: Clean Your Room

Proverbs Reading: Proverbs 2

Bible Verse: *"One who is faithful in a very little is also faithful in much."* —Luke 16:10 (ESV)

Quote of the Day: *"If you can't even clean your room, who the hell are you to change the world?"* — Dr. Jordan B. Peterson

Some men fantasize about saving civilization, but can't find their socks. They talk big about leadership, legacy, and spiritual warfare and live like slobs in their own domain.

Let's cut through the nonsense: *Your room is your kingdom test*. If you can't bring order to your own environment, you're not ready to lead anything bigger. Not your family. Not your church. Not your calling.

The Bible is loaded with this principle: faithfulness in small things *is* the proving ground for greater responsibility. You don't wake up and, by accident, get handed whatever command role you have in the battle at hand. You're trusted with one because you've shown you can steward what you already have.

So, what does your room look like?

And don't spiritualize it. Don't say, "God looks at the heart." Yes, He does. And He also sees your floor, your sink, and your underwear pile. Because how you manage your external world *always reveals* the state of your internal world.

This isn't about minimalism or aesthetics; it's about *the dominion mandate*. God gave Adam a garden to cultivate and keep. Not a war zone to trip over. That principle still applies: your space is a test of your readiness for spiritual authority. If you can't rule a bedroom, you're not going to rule a nation.

You need clarity? Clean your environment. You need momentum? Start with what's in front of you. Want to fix your marriage, your mind, your mission? Start by fixing the stuff *you already control*.

A clean space builds self-respect. It trains you to live like a man who shows up with intention. No more waiting on someone else to lead. No more blaming your mom, your wife, or your landlord.

This is your post. Own it.

Today's Action Step: Clean Your Room

- Take one hour and clean your entire room or personal space.
 - Throw away trash.
 - Donate what you don't regularly use (with seasonally appropriate considerations; i.e. don't pitch the Christmas lights just because it's July and you're not hanging them for another 4 months. Coil them up and put them in their proper place).
 - Organize your gear.
 - Make your bed.
 - Set up a place for your Bible and your journal.
- Don't do it halfway. Do it like a man reclaiming territory.

This isn't about impressing anyone. This is about training your soul for order. God is a God of order. His men should reflect that and it that starts with where they sleep and wake.

Journaling Drill

Morning:

- What does the current state of my room reveal about how I'm living?
- How is this connected to discipline, focus, or spiritual growth?

Evening:

- How did it feel to clean and reclaim my space today?
- What's one new habit I'll keep to maintain it?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 03: Wake Up Earlier

Proverbs Reading: Proverbs 3

Bible Verse: *"She rises while it is yet night and provides food for her household and portions for her maidens."* —Proverbs 31:15 (ESV)

Quote of the Day: *"You will never **always** be motivated. You must learn to be disciplined."*—Jocko Willink

Men who win the day tend to own the morning.

Waking up early isn't about becoming a "morning person." It's about declaring war on chaos, excuses, and comfort the minute your feet hit the ground.

When you roll out of bed before the world demands it, you're training your soul to lead. You're rejecting the lazy, emotional voice that says, *"Hit snooze. You deserve more rest."* No. What you deserve is discipline. What you *need* is obedience to God, not your flesh.

The Proverbs 31 woman gets more respect from most Christian men than they give themselves—and for good reason. That woman was a *weapon*. And what does Scripture say about her? *She gets up while it's still dark and gets to work*. If that's the standard for a woman of God, what excuse does a man of God have?

Most men stay stuck in cycles of defeat because they never *own their mornings*. They wake up late, reactive, foggy, and spiritually soft. And then they wonder why the rest of the day gets away from them.

Here's the brutal truth: the battle for your life is usually won before 9:00 a.m.

When you wake up before your flesh wants to, and you put your mind and body in submission to the Spirit. That's a battle already won. You've punched passivity in the mouth before your first cup of coffee. And now, you're operating from clarity, not catch-up.

Want more time with God? Wake up earlier.

Want time to journal, train, think, and plan? Wake up earlier.

Want to stop constantly feeling behind? Wake up earlier.

Stop telling yourself you're "not a morning person." Start telling yourself the truth: *You're a man. And men rise early to handle their business.*

Today's Action Step: Wake Up Earlier

- Set your alarm **30 minutes earlier** than usual tonight. No excuses. No negotiations.
- When it goes off tomorrow morning, **get up immediately**.
- Use that extra time to:
 - Read your Proverb
 - Pray (out loud if possible)
 - Journal your morning entry
 - Physically move your body
 - Stretch, walk, hit the gym, move the muscles to wake them up.

This isn't about punishing yourself; it's about taking back territory.

Journaling Drill

Morning:

- What does my current morning routine say about my priorities?
- What would change in my life if I made rising early a daily habit?

Evening:

- How did waking up early change the way I carried myself today?
- What did I learn about myself by rejecting comfort this morning?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 04: Turn Off the Noise

Proverbs Reading: Proverbs 4

Bible Verse: *"Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure."* —Proverbs 4:25–26 (ESV)

Quote of the Day: *"All men's miseries derive from not being able to sit in a quiet room alone."*
—Blaise Pascal

Most men live distracted, not defeated. And that's worse.

Because when you're defeated, at least you *know* you're in a fight. But when you're distracted? You don't even realize you're bleeding out—spiritually, mentally, emotionally—one scroll, one podcast, one notification at a time.

The enemy doesn't need you to become evil. He just needs you to become numb.

We live in the loudest, most over-stimulated period in human history. You wake up to a glowing screen. You drive with noise. You work with background chatter. You “relax” by drowning in dopamine. And then you wonder why your thoughts are foggy, your emotions are fried, and your spirit feels far from God.

You were not made for constant input. You were made to reflect. To listen. To *ponder the path of your feet*. But you can't do that when every idle moment is hijacked by noise.

The Bible is blunt about this: clarity comes from silence. Wisdom is found when we shut up long enough to hear it. Jesus Himself *regularly withdrew to desolate places to pray* (Luke 5:16). The Son of God, the Word of God made flesh, made time for silence because he needed it to hear from God the Father. What's your excuse?

You've got two options:

1. Be a man who leads his thoughts.
2. Be a man whose thoughts are led.

If you want to hear God clearly, you've got to get quiet enough to listen. You've got to create space in your life where the noise isn't disciplining you.

Today, we take that space back.

Today's Action Step: Turn Off the Noise

- **Digital Fast for the next 24 hours.**
 - No music.
 - No social media.
 - No podcasts.
 - No background noise. No TV, YouTube, sports talk, political rants.
- Make room for silence. Let it get uncomfortable. That's where the clarity lives.

During this fast, replace noise with **stillness, Scripture, and solitude**. Go for a walk without headphones. Drive in silence. Let God speak. Let your mind rewire.

Journaling Drill

Morning:

- What role does noise play in my daily life? What am I using it to avoid?
- When was the last time I truly sat in silence with God?

Evening:

- What did I notice today when I removed the constant input?
- Did any thoughts, emotions, or convictions rise up that I usually drown out?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 05: Sweat Today

Proverbs Reading: Proverbs 5

Bible Verse: *"I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."* —1 Corinthians 9:27 (ESV)

Quote of the Day: *"A nation is born stoic, and dies epicurean."* —Will Durant

Soft men are easy to control. They fold when pressured. They negotiate with their flesh. They hide behind spiritual excuses while their bodies decay and their minds grow dull. The modern man is spiritually malnourished and physically fragile, and he wonders why he feels powerless.

God made you out of dirt, but He breathed life into your lungs. That breath was a *commission*. You are called to be a *living weapon*; body, soul, and spirit all brought together under the rule of Christ.

But let's be honest: most Christian men treat their bodies like rental cars. Fast food. Porn. Couch. Repeat. Then they wonder why their sleep sucks, their drive is gone, and their emotional fuse is three inches long.

Paul says he *disciplines* his body. He doesn't worship it. But he doesn't ignore it either. He puts it in submission so that when it's time to act, he's ready. Your body is not just a machine; it's a battlefield. And the war begins with sweat. Physical exertion reorders your chaos. It teaches you how to breathe under pressure. It punishes passivity. It burns off the sluggishness that creeps in when you're living too safe. You don't need to become a bodybuilder. You just need to stop being comfortable with being weak.

Train like your body is the temple of the Holy Spirit—because it is. Steward it like a soldier—not for vanity, but for **readiness**. You can't serve your family well when you're winded walking stairs. You can't stand your post when your body is always crashing.

The church is full of men who are theologically brilliant and physically useless.

That stops with you.

Today's Action Step: Sweat Today

- Do something *today* that makes you break a sweat.
 - Lift heavy things
 - Do push-ups or bodyweight circuits
 - Run, ruck, sprint, shovel, swing a sledgehammer
 - Fight a heavy bag

- **Minimum: 20 minutes.** Maximum: Up to you.

No gym? No problem. You have a floor and gravity. Start there.

Don't overthink it. Don't try to program it. Just move hard. And do it like a man training for battle.

Journaling Drill

Morning:

- What excuses have I made about my physical health or strength?
- How does my current physical state reflect my level of spiritual discipline?

Evening:

- How did sweating today impact my mood, focus, or confidence?
- What small, consistent habit can I commit to physically from this day forward?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 06: Write Your Non-Negotiables

Proverbs Reading: Proverbs 6

Bible Verse: *"Be watchful, stand firm in the faith, act like men, be strong."* —1 Corinthians 16:13 (ESV)

Quote of the Day: *"If you don't stand for something, you'll fall for anything."* —Alexander Hamilton

There comes a time in every man's life when he has to decide what hill he's willing to die on. If you haven't done that, you're still playing dress-up.

The world loves 'flexible' men; guys who are "open-minded," "understanding," and "evolving." Translation? Weak men with no spine and no standard. Men who talk about values but crumble when those values **cost** them something.

Not you.

You're not here to be agreeable. You're here to be *faithful*. And faithful men draw lines, and don't cross them.

Jesus didn't get nailed to a cross for being nice. He got crucified because He refused to back down from truth. The apostles didn't die martyrs because they were chill guys with open perspectives. They were *immovable*. And they paid for it with blood.

That same spirit lives in you, if Christ does.

But let's make it practical: what are the lines you will not cross? What behaviors, attitudes, compromises, or pressures will you *not entertain*, no matter the cost?

This isn't theory. This is your standard. This is the fence around your soul. And if you haven't built that fence, don't be shocked when sin and stupidity trample everything you love, and take everyone you love as the prize of war.

Most men don't fall all at once. They drift. Inch by inch. Compromise by compromise. Because they never decided *before* the pressure came what their answer would be.

So decide now.

Write your code. Write your boundaries. Write the convictions you will not betray even if it costs you your job, your reputation, or your life.

Don't just be a good man. Be a *dangerous* man with your soul anchored to heaven and your boots planted on holy ground.

Today's Action Step: Write Your Non-Negotiables

- In your journal, write out **3–5 personal, spiritual, or moral boundaries** you *refuse* to cross; **ever**.
- These are your *lines in the sand*. Think:
 - “I will not lie to protect myself.”
 - “I will not tolerate pornography in my home.”
 - “I will not allow work to take priority over discipling my children.”
 - “I will not abandon prayer when life gets chaotic.”
- Keep this list close. Revisit it often. Add to it. Defend it.

If you don't draw your lines now, the world will draw them for you, and drag you over them later.

Journaling Drill

Morning:

- Where in my life have I been “flexible” when God called me to be firm?
- What temptations or cultural pressures test my convictions the most?

Evening:

- Did I face any compromise or pressure today? How did I respond?
- How can I reinforce my non-negotiables moving forward?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 07: Practice Silence

Proverbs Reading: Proverbs 7

Bible Verse: *"Be still, and know that I am God."*—Psalm 46:10 (ESV)

Quote of the Day: *"Let silence be your general rule; or say only what is necessary and beneficial to others."*—Epictetus

Noise is easy. Stillness is war.

Most men today live in constant stimulation. If there's a moment of quiet, they reach for their phones like it's a nervous tick. That awkward moment between topics in conversation or, God forbid, when the internet and power go out terrifies these guys because in the silence, you have to face what's really going on inside your head and heart.

But if you can't sit alone with God in silence, *you are not ready for battle.*

God doesn't shout over the noise. He whispers into the quiet. He's not going to compete with your Spotify playlist, your podcast queue, or your TikTok algorithm. And guess what? Neither will wisdom.

Proverbs 7 is a warning about seduction. About distraction. About the voice of temptation calling to foolish men through the window. But if you don't slow down... if you don't make space for quiet... you'll never even realize you're being seduced.

Silence isn't just peaceful. It's *revealing*. It exposes your mental habits. It shows you what you're afraid to think about. It surfaces the things you've been stuffing down with entertainment, work, noise, and caffeine.

That's why most guys avoid it.

But a man of God isn't afraid of reflection. He leans into it. He craves it. He *needs* time to sit still, shut up, and listen... not just to his own thoughts, but to the voice of his King.

You don't need more information. You need more stillness. You don't need another hot take. You need the fire of conviction that comes from being alone with the God of the universe.

It's time to stop being scared of the silence. That's where God builds warriors.

Today's Action Step: Practice Silence

- Set a timer for **20 minutes** and sit in complete silence.

- No phone. No music. No background noise. No books. Just you, God, and the quiet.
- Focus your breathing. Keep your body still. When your mind drifts, gently return to the silence.
- If needed, begin by praying this simple phrase: “*Speak, Lord, your servant is listening.*”

This isn’t passive. This is *training*. This is learning to hear God in a world that’s allergic to quiet.

Journaling Drill

Morning:

- When was the last time I was truly still before God?
- What am I afraid might surface when I sit in silence?

Evening:

- What thoughts or emotions rose up during my time in silence today?
- Did I sense God impressing anything on my heart?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you’ll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 08: Reach Out to a Brother

Proverbs Reading: Proverbs 8

Bible Verse: *"Iron sharpens iron, and one man sharpens another."* —Proverbs 27:17 (ESV)

Quote of the Day: *"If a man does not make new friendships as he advances through life, he will soon find himself alone."* —Seneca

Lone wolf masculinity is a lie, and frankly it's a stupid one at that. It's meant to be romantic and cinematic, and cool on a t-shirt or as the main character in a video game. But in real life? The lone wolf dies early; and usually in the dark surrounded by a pack of jackals.

You were not made to fight alone. You were forged for *brotherhood*. Real brotherhood. Not group texts filled with memes and surface-level banter. Not "checking in" once every three months. Not tolerating guys you've known since high school who drag you down spiritually, or worse... actively antagonize you because of your faith. This isn't about bailing on those circles; it's about making sure that you do have a cohort that will rally around you when the enemy is closing in on all sides; it's about having a shield wall with a man guarding you to your left, and you guarding to someone else's left.

We're talking about *iron sharpening iron*. Men who call out your blind spots. Men who challenge you on your habitual sin patterns. Men who pray for you, bleed with you, and hold the line beside you when hell opens its mouth.

If you don't have that, *build it*. Stop whining about not having "community" and start being the kind of brother that other men can count on. You don't find strong brotherhood by accident; you forge it in fire. You make the first move. You pursue it like your life depends on it, because it does.

Too many Christian men are isolated, spiritually starved, and dying inside, but won't admit it because pride has them handcuffed to silence. Enough of that. Today, we change it.

Today's Action Step: Reach Out to a Brother

- Pick one man in your life right now; someone you respect, or someone you know needs a hand... and **text or call him today**.
- Keep it simple, but be real:
 - "How's your soul?"
 - "What's one thing I can pray over you this week?"
 - "Let's grab coffee and talk real life soon."
- If no one comes to mind, pray and ask God to show you who you should connect with, and then reach out in faith.

Don't overthink it. Just move. Initiate the bond. Sharpen someone, or ask to be sharpened. That's how real brotherhood begins.

Journaling Drill

Morning:

- Who are the men in my life who sharpen me. or dull me?
- What kind of brother have I been to the men around me?

Evening:

- What happened when I reached out today? How did it feel?
- What's one intentional step I can take to build brotherhood this week?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 09: Apologize

Proverbs Reading: Proverbs 9

Bible Verse: *"Confess your sins to one another and pray for one another, that you may be healed."* —James 5:16 (ESV)

Quote of the Day: *"Never ruin an apology with an excuse."* —Benjamin Franklin

Here's a truth few men will admit: sometimes the most courageous thing you can do is *own your sin*; out loud, to another human being. Not just to God in your prayer closet. Not in vague language like "I've made mistakes." But in clear, direct, humbling words: *"I (did thing). (Thing was wrong). (Thing hurt you). I'm sorry."*

Most men don't do this. They either pretend it didn't happen, minimize it, or deflect responsibility with half-hearted apologies:

- "I'm sorry if you were hurt."
- "I didn't mean it like that."
- "I was just having a bad day."

That's not an apology. That's cowardice in the shape of a fake olive branch.

Real men repent without excuse. They take the hit. They bleed if they must. They value *restoration* more than reputation.

Jesus didn't die on a cross so you could keep pretending you're the good guy. He died to pay for the real sins you actually committed: sins against your wife, your kids, your friends, your brothers, your past. And the road to healing often begins with the words *"I'm sorry."*

Not because it erases the damage. But because it reopens the door to restoration.

And guess what? Apologizing doesn't make you weak... it makes you *dangerous to the enemy*. Because once you've faced your failure and repented, shame loses its grip on you. You become a man with nothing to hide—and that man is free.

Today's Action Step: Apologize

- Identify one person you've wronged, recently or years ago, someone you've hurt, betrayed, ignored, or disappointed.
- Call them or speak in person **if possible**. Text if you must. But speak/use the words:
 - "I was wrong."
 - "I'm sorry for ____."

- “Will you forgive me?”
- Don’t justify. Don’t explain. Don’t defend. **Just own it.**

Even if they don’t forgive you, you’ve done what’s right before God. And that matters more than your pride.

Journaling Drill

Morning:

- Who do I need to apologize to, but haven’t? What’s been holding me back?
- What would change in me if I humbled myself today?

Evening:

- What happened when I apologized?
- Did I feel more free, more clear, or more convicted afterward?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you’ll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 10: Write a Letter to a Father or Son

Proverbs Reading: Proverbs 10

Bible Verse: *"And he will turn the hearts of fathers to their children and the hearts of children to their fathers."* —Malachi 4:6 (ESV)

Quote of the Day: *"My father didn't tell me how to live; he lived, and let me watch him do it."*
—Clarence Budington Kelland

Every man is shaped by his father. Even the ones who say they weren't.

Your relationship with your father... present or absent, strong or fractured, godly or destructive... left a mark. It either gave you strength or created a vacuum you've been filling ever since.

And if you're a father now? You're leaving your own mark. Every word, every silence, every absence, every sacrifice; you're building a legacy, whether you mean to or not.

Today is about pausing to *look both directions*: backward toward your father, and forward toward your sons; whether biological, spiritual, or future.

You may need to forgive a man who didn't show up the way you needed. Or maybe you need to honor a man who did, but you've never told him. Maybe you need to ask *your* son for forgiveness. Or write the kind of letter you *wish* your father had written to you.

Words matter. And sometimes a letter speaks louder than a conversation. It gives you space to bleed truth onto the page; uninterrupted, unfiltered, unflinching.

God turns the hearts of fathers and sons when men drop the pride, write the truth, and speak life or repentance with a pen.

It's time to write.

Today's Action Step: Write a Letter to a Father or Son

- Choose one:
 - Your father
 - Your son (or future son)
 - A spiritual father or son
- In your journal or on paper, write a full letter. Include:
 - What you're thankful for
 - What hurt you (if needed)

- What you regret (if you're a father)
- What you long to see restored or passed on

You don't have to send it today. You don't even have to send it at all. But write it. Get it out. God may use it to break chains in your family line.

Journaling Drill

Morning:

- How has my father (or lack of one) shaped the man I've become?
- If I'm a father, what kind of legacy am I leaving behind?

Evening:

- What emotions came up while writing today's letter?
 - What would it take to fully forgive, honor, or reconcile?
 - Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, process more from your day, and be better prepared for the day to come.
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Day 11: Encourage a Young Man

Proverbs Reading: Proverbs 11

Bible Verse: *"Do not let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity."* —1 Timothy 4:12 (ESV)

Quote of the Day: *"The function of freedom is to free someone else."* —Toni Morrison

There's a young man out there who needs to hear *your voice*.

Maybe he's 13 and angry. Maybe he's 19 and directionless. Maybe he's 25 and coasting through life with no fire, no fight, and no one challenging him to rise.

He doesn't need a lecture. He doesn't need a sermon. He needs a man to *see him*... and say something that wakes him up.

You remember what it was like. You remember what you needed at that age. Someone to believe in you. Someone to call you out. Someone to hand you a vision bigger than video games, porn, and comfort.

Encouragement isn't soft. It's strategic. It reminds a man-in-process of who he *could become* if he quit screwing around and walked in God's purpose. And you don't need to be perfect to give it; you just need to be *intentional*.

This is how legacies are built. One conversation at a time. One shoulder grab, one coffee meeting, one hard but hopeful word to a young man who's about to drift into darkness unless someone throws him a rope.

Don't overthink it. Don't wait for the perfect time. Just step in and speak up.

Today's Action Step: Encourage a Young Man

- Identify one younger man in your circle; teenager, college guy, young husband, new dad, coworker.
- Reach out *today*:
 - Text, call, voice message, or tell him face-to-face:
 - "I see strength in you."
 - "You're called to more."
 - "Don't give up. God has something for you."
 - "You're not alone. I've got your back."
- Bonus: offer to meet up, pray for him, or ask how you can walk with him for a season.

Don't underestimate how much power there is in a single, well-timed word from a godly man.

Journaling Drill

Morning:

- Who is a young man God has placed in my path that I've been ignoring or underestimating?
- What did I need to hear at that age that could change someone else now?

Evening:

- What happened when I reached out today?
- What kind of older man do I want to be in the lives of the next generation?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 12: Plan & Lead a Meaningful Date

Proverbs Reading: Proverbs 12

Bible Verse: "*Husbands, love your wives, as Christ loved the church and gave himself up for her.*" —Ephesians 5:25 (ESV)

Quote of the Day: "*A real man never stops pursuing the woman he loves.*" —Unknown

Masculine leadership doesn't stop at the front door. It starts there.

If you're married or dating, you've been entrusted with someone's heart; a heart you're called to *pursue*, *lead*, and *nourish*. Not once. Not when you feel like it. But continually. Intentionally. With strength and tenderness side by side.

Too many Christian men think "being a good husband" just means not cheating, showing up to work, and maybe praying before dinner. That's the *bare minimum*. That's not leadership. That's survival mode.

Your wife doesn't need a roommate. She needs a man who *leads with love*. She doesn't need roses on Valentine's Day; she needs a plan on a Tuesday.

If you're single? This is your training ground. You don't become a godly husband *after* you get the girl. You become one *before*. And it starts by practicing intentionality now; learning to lead, plan, communicate, and bless.

Because if you can't plan a simple date with honor and confidence, why would God trust you with a covenant?

Whether you're married, dating, or preparing for a future wife; you are called to *pursue like Christ pursues His bride*. Sacrificial. Thoughtful. Consistent. Intentional.

It doesn't have to be expensive. But it *does* have to be meaningful.

Today's Action Step: Plan & Lead a Meaningful Date

- **If you're married or dating:**
 - Plan a date this week and *lead the entire thing*.
 - Choose the time, place, and purpose.
 - Make the reservation. Arrange the sitter. Do the prep.
 - Show up well-groomed, present, and prayed up.
 - Ask her questions. Pursue her heart. Don't talk about work or the kids all night.

- If childcare is part of the equation, do not forget this in your prep work. A trusted couple can offset costs and build community at the same time.
- **If you're single:**
 - Reach out to a godly woman and invite her on a simple, clear, honorable outing.
 - No “hanging out.” No vague open-ended plans. Be specific, respectful, and confident.
 - If no one is in your life right now, plan a solo outing where you read, pray, and ask God to grow you into the kind of man a strong woman can trust and follow.

Don't let culture dictate how men date. Lead like a man under orders from the King.

Journaling Drill

Morning:

- How have I led (or failed to lead) in my current or past relationships?
- What would change if I approached dating and marriage like a spiritual mission?

Evening:

- How did I feel while planning and leading today's action?
- What did I learn about myself, and what will I do differently moving forward?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 13: Pray Over Someone in Person

Proverbs Reading: Proverbs 13

Bible Verse: *"The prayer of a righteous man has great power as it is working."* —James 5:16 (ESV)

Quote of the Day: *"Men, if you don't pray out loud, don't be surprised when your wife or your kids don't think you believe what you say you believe."* —Mark Driscoll (paraphrased)

There's something powerful about a man who knows how to fight. This counts double when we're talking about spiritual warfare.

You weren't just created to work, provide, and protect. You were created to *intercede*. To stand between heaven and the people God has entrusted to you. That's not optional. That's your priestly duty.

But let's be honest; most men avoid it. They'll lead a meeting, fix a truck, crush a workout... but freeze up the moment someone says, "Can you pray for me?"

That ends here.

If you can't pray out loud, why not? If you can't pray with your wife, your kids, or your brothers... guys, let's stop kidding ourselves, that's not providing protection, that's leaving them exposed. And if your faith only lives in silence, it might not be faith at all.

You don't need seminary training. You don't need flowery language. You just need *bold obedience*.

A short, Spirit-filled prayer is more powerful than a thousand quiet thoughts. It realigns the heart. It drives out fear. It makes demons tremble.

You want to change the atmosphere in your home, your workplace, your friendships? Start praying out loud. Start right now.

Today's Action Step: Pray Over Someone in Person

- Identify one person in your life who could use encouragement, clarity, or strength today.
- Ask this simple question:
 - "Can I pray for you—right now, real quick?"
- Then do it. Out loud. With faith.
- Don't worry about impressing anyone. Just speak to God like a son to a Father.
- If they say no? Pray anyway—on your own. But *ask* first.

This one action alone can reshape a relationship forever.

Journaling Drill

Morning:

- Why have I avoided praying out loud in the past?
- What's been holding back my voice in spiritual leadership?

Evening:

- What happened when I prayed over someone today?
- What did I feel, learn, or experience during that moment?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 14: Speak Boldly

Proverbs Reading: Proverbs 14

Bible Verse: *"Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy."* —Proverbs 31:8–9 (ESV)

Quote of the Day: *"Truth sounds like hate to those who hate the truth."* —Steve Deace

At some point, every man comes face to face with a decision:

Will I speak truth, or will I stay silent and safe?

And make no mistake; *there is no neutral*. The world isn't just pushing lies... it's daring you to stay quiet while it burns everything you love to the ground all around you.

That's not to say that cowardice isn't wearing it's Sunday best when it shows up to do, well, absolutely nothing in the face of demonic horrors and trashworld culture. It all sounds *very reasonable*.

It says, "I don't want to rock the boat."

It says, "That's not my place."

It says, "I'll just pray about it quietly."

Meanwhile, sin destroys families, deceives children, mocks God, and calls it *progress*.

Where are the men who will speak?

Biblical men didn't play nice with deception.

They opened their mouths and *proclaimed* truth with conviction, even if it meant prison, rejection, exile... or a cross.

You're not here to parrot culture. You're not here to win approval.

You're here to say what must be said, when it must be said, in the tone it demands—*with grace, but without apology*.

This doesn't mean ranting like a fool or starting pointless arguments.

It means speaking clearly, boldly, and unflinchingly when the moment comes.

- When your friend is wrecking his marriage.
- When your workplace pushes insanity.
- When your kids ask hard questions.
- When you're the only one willing to say the hard thing.

That moment is your test. Not just of *courage*, but of *love*... because real love tells the truth, even when it costs.

Today's Action Step: Speak Boldly

- Think back over the last month. Identify *one situation* where you bit your tongue out of fear...not wisdom.
- Today, make it right.
 - Call the brother who needed correction.
 - Go back to the coworker and clarify the truth.
 - Sit your kids down and speak plainly.
 - Post the truth with Scripture; not for likes, but for clarity.
- Speak the truth in love; but **don't stay silent** when God calls you to speak.

This world is not going to be saved by polite men. It's going to be saved by *faithful* ones.

Journaling Drill

Morning:

- Where have I chosen silence over truth in the name of comfort or fear?
- Who needs to hear something honest from me today?

Evening:

- What happened when I chose to speak today?
- What did it reveal about my calling, my fear, or my heart?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

Day 15: List Your Gifts and Skills

Proverbs Reading: Proverbs 15

Bible Verse: *"As each has received a gift, use it to serve one another, as good stewards of God's varied grace."* —1 Peter 4:10 (ESV)

Quote of the Day: *"The man who knows how will always have a job. The man who knows why will always be his boss."*—Ralph Waldo Emerson

You weren't made to exist.
You were made to *build*.

God gave you gifts. Skills. Talents. Strengths. Not to hoard. Not to bury. But to *deploy*.

Most Christian guys are sitting on a goldmine of potential... and doing nothing with it. They've been taught that humility means self-doubt, and "calling" means waiting on a sign from heaven. Meanwhile, their time, tools, and energy are gathering dust.

Here's the truth: God didn't give you gifts to make you feel special. He gave you gifts so you could *serve like a warrior and build like a king*.

You are responsible for what's been placed in your hands. Whether it's preaching or plumbing, leading teams or lifting loads, creating art or crunching numbers; it all matters when it's laid on the altar for God's glory.

But first, you need to *name it*.

You can't grow what you haven't defined. You can't aim at a target you haven't set. This is about stewardship. About *owning your tools* before trying to use them for something bigger.

Stop saying you don't know what your purpose is. Start by identifying what you already know how to do... and what lights a fire in you when you do it.

God's mission in your life will always include your gifting, but it will never stop there. The skill is the starting point. The sacrifice is the path. The Kingdom is the goal.

Today's Action Step: List Your Gifts and Skills

- In your journal, make two lists:
 1. **Natural Talents:** The things that have always come easy to you:
 - Speaking, writing, repairing, leading, analyzing, coaching, creating, defending, teaching, connecting.

- **2. Learned Skills:** The things you've built through training or work:
 - Carpentry, programming, welding, sales, counseling, marketing, physical fitness, etc.
- Then ask:
 - What do I love doing?
 - What do others say I'm good at?
 - Where has God already given me favor?

This is not ego... it's clarity. It's time to name your weapons.

Journaling Drill

Morning:

- What have I downplayed or ignored when it comes to my gifting?
- Where am I failing to steward what God has already given me?

Evening:

- What stood out to me as I wrote out my talents and skills today?
- How might God want to use these tools for something greater than myself?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction. As you do this with regularity, you'll be able to remember more from your day, processes more from your day, and be better prepared for the day to come.

And also...

We're half way into this, so... nice work. 2 weeks of dedication is something to give yourself the high sign in the mirror about... I'm proud of you for getting this far. For those of you who have been skipping over the journaling in the evening because you're too tired and you don't want to... I want to take this time to kick you in the ass a little bit and tell you to go sit back down and do it.

After that, have a nice night.

Day 16: Track Every Dollar for 24 Hours

Proverbs Reading: Proverbs 16

Bible Verse: *"Know well the condition of your flocks, and give attention to your herds, for riches do not last forever."* —Proverbs 27:23–24 (ESV)

Quote of the Day: *"A budget is telling your money where to go instead of wondering where it went."* —Dave Ramsey

If you can't manage your money, don't talk about being a leader.

Jesus said *where your treasure is, there your heart will be also* (Matt. 6:21). That means your money is a map. It reveals your priorities. Your values. Your gods.

So let's ask the hard question: where is your money *actually* going?

Not where you think it's going. Not where you "meant" to send it. But where it *really* went this week.

You don't need to be rich to be a steward. You just need to be *intentional*. God doesn't demand you hit a certain income level; He demands faithfulness with *whatever's in your hands*. That means knowing *what's* in your hands.

Too many men are throwing their paycheck into a black hole. They've got Amazon packages on the porch, monthly subscriptions they forgot about, and a growing pile of debt they pretend isn't there. Meanwhile, they tell themselves they'll be generous "someday."

Wrong.

If you're not stewarding well with \$50, you won't steward well with \$5,000. It's not about how much you make, it's about how well you *rule what you've got*.

Tracking every dollar is an act of dominion. It's a refusal to live blind. It's saying, "This matters. I will not be a slave to debt, delay, or dumb spending."

God doesn't bless chaos. He blesses order, clarity, and obedience. So today, we build that order.

Today's Action Step: Track Every Dollar for 24 Hours

- For the next 24 hours, **write down every single dollar you spend**. Every swipe. Every tap. Every "small" expense.
- Use your journal, a notes app, or a budgeting app, whatever works.

- At the end of the day, *add it all up*. Then ask:
 - Was this wise?
 - Was this waste?
 - What does this say about my mindset, my mission, and my maturity?

You can't fix what you won't face. And today, we face it.

Journaling Drill

Morning:

- How would I describe my current relationship with money: fearful, reckless, passive, strategic?
- What would financial clarity change in my life right now?

Evening:

- What did I learn from tracking my money today?
- What spending habits need to die? What discipline needs to replace them?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 17: Plan One Day with Zero Waste

Proverbs Reading: Proverbs 17

Bible Verse: *"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil."* —Ephesians 5:15–16 (ESV)

Quote of the Day: *"You will never change your life until you change something you do daily."*
—John C. Maxwell

Wasted time is the invisible assassin of purpose.

Most men don't fall to some big moral failure. They die slowly; hour by hour, scroll by scroll, delay by delay. They talk about vision but live on autopilot. They nod through sermons and then binge YouTube. They say they're too busy, but their calendars are wide open for distraction.

You don't drift into greatness. You *plan* for it.

And planning doesn't mean rigidity. It means *intentionality*. It means *discipline with direction*. The world wants your attention. The enemy wants your time. The flesh wants your comfort. And they'll all get it; unless you decide who runs your schedule.

When Paul said, *"Make the best use of the time,"* he wasn't giving motivational advice. He was issuing a wartime command. The days are evil. The clock is ticking. Your wife, your kids, your brothers, your church, your calling; they don't need you *someday*. They need you *today*, fully engaged and fully present.

And that starts by *planning your hours like they matter*; because they do.

Today's Action Step: Plan One Day with Zero Waste

- Grab your journal or calendar and map out **your entire day tomorrow**.
 - From the moment you wake up to when you go to bed.
 - Schedule blocks for:
 - Time with God
 - Work
 - Meals
 - Exercise
 - Family
 - Rest and sleep
- Include buffers, but no *dead* zones. No defaulting to TV, mindless scrolling, or killing time.
- Then *follow it*. Hour by hour. As closely as possible.

This is your reset. Your test. Your declaration: *I will no longer waste what God has given me.*

Journaling Drill

Morning:

- What would it look like to live a full day with zero waste?
- Where do I most often lose time, energy, or focus?

Evening:

- How did it feel to live on purpose today?
- What adjustments will I make to keep building disciplined days?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 18: Fix Something with Your Hands

Proverbs Reading: Proverbs 18

Bible Verse: *"Whatever your hand finds to do, do it with your might."* —Ecclesiastes 9:10 (ESV)

Quote of the Day: *"Labor, if it were not necessary for existence, would be indispensable for the happiness of man."* —Samuel Johnson

Modern life has disconnected most men from creation.

We push buttons. We swipe screens. We order food, stream content, drive cars we can't fix, live in houses we don't understand, and panic when something breaks.

That's not how a man was meant to live.

God formed man from the *dust*... with His hands... and then placed him in a garden to "work it and keep it." That was the first job. That was the first mission. *Hands in the dirt. Tools in the belt. Sweat on the brow.*

But somewhere along the way, men traded creation for consumption. We forgot the thrill of doing something real. The joy of fixing what's broken. The clarity that comes from hammering, tightening, cutting, lifting, rebuilding.

This isn't about being a mechanic or a craftsman. This is about *reconnecting your hands to your calling*.

Because there's something deeply masculine... and deeply spiritual... about solving a problem with the body God gave you.

You learn patience. Precision. Persistence. You learn to be *useful*. And in a world where passive men are a dime a dozen, usefulness is a spiritual weapon.

So today, you're going to fix something. Not because it's broken; but because *you* are a builder. A restorer. A man of dominion. And dominion starts with what's in front of you.

Today's Action Step: Fix Something with Your Hands

- Choose one small project, repair, or upgrade to complete *today*.
 - Fix the broken drawer.
 - Replace a light fixture.
 - Patch a wall.

- Sharpen your knife.
 - Clean and oil your tools.
 - Assemble, build, repair, or restore something physical.
- No job is too small. The point is *engagement*. Focus. Completion.

Don't delegate. Don't Google a shortcut. *Do it yourself*. Sweat if you can. Get your hands back in the game.

Journaling Drill

Morning:

- What is my relationship with manual work? Avoidance? Pride? Insecurity?
- What does it stir in me to create, repair, or build something with my hands?

Evening:

- What did I learn today by fixing something on my own?
- How could I make manual skill or tactile problem-solving a regular part of my rhythm?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 19: Fast from Food or Comfort

Proverbs Reading: Proverbs 19

Bible Verse: *"Man shall not live by bread alone, but by every word that comes from the mouth of God."* —Matthew 4:4 (ESV)

Quote of the Day: *"He who cannot obey himself will be commanded by others."* —Friedrich Nietzsche

Your flesh is not your friend.

It wants ease. It wants pleasure. It wants full bellies, soft beds, endless comfort, and zero resistance. The problem is, comfort makes you *weak*... and a weak man is no threat to the enemy.

That's why fasting is more than a spiritual exercise... it's warfare. It's *training*. It's a declaration to your body: *You are not in charge. The Spirit is.*

Jesus fasted before launching His ministry. Paul fasted to gain clarity. The early church fasted before making major decisions. Why? Because fasting is a spiritual sledgehammer that breaks the idol of comfort and makes space for conviction.

Real talk; most men today are slaves to their appetites. Food. Entertainment. Sexual gratification. Dopamine on demand. If it feels good, they chase it. And then they wonder why they feel numb to God, exhausted by life, and weak in temptation.

If you can't say no to a snack, how are you going to say no to sin?
If you can't miss a meal, how are you going to carry a cross?

Fasting isn't about impressing God. It's about *submitting to Him*; with your whole self, including your body. It clears the static. It exposes the cravings. It retrains your desires.

So today, we break the cycle. You're not doing this for guilt. You're doing it for growth. You're not punishing your body. You're preparing it for obedience.

Today's Action Step: Fast from Food or Comfort

Choose *one of the following* and fast for a full 24 hours:

Option 1: Food Fast

- No food (just water) for 24 hours.
- Begin after your last meal tonight, and break the fast at the same time tomorrow.

- Obligatory medical disclaimer: If there is a concern about doing a fast that will effect your health, you know this better than I do. Consult your doctor or pivot to the comfort fast. Do not take this as medical advice.

Option 2: Comfort Fast

- Pick one comfort you run to for control (social media, caffeine, video games, sugar, alcohol, unnecessary screen time) and eliminate it for 24 hours.
- Every time the craving rises, pray: *“Not by bread alone.”*

Either way...don't fill the space with noise. Fill it with the Word. Let your hunger drive you to prayer. Let the ache remind you who you really belong to.

Journaling Drill

Morning:

- What comfort have I let rule me recently?
- Why is fasting hard for me? What does that reveal?

Evening:

- What did I notice physically, emotionally, or spiritually during this fast?
- What temporary craving do I need to keep crucifying to walk in freedom?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 20: Write a Personal Mission Statement

Proverbs Reading: Proverbs 20

Bible Verse: *"I press on toward the goal for the prize of the upward call of God in Christ Jesus."* —Philippians 3:14 (ESV)

Quote of the Day: *"The mass of men lead lives of quiet desperation."* —Henry David Thoreau

The average man is busy, tired, and distracted...and has *no idea why*.

He's reactive instead of strategic. He puts out fires, checks boxes, survives the week... and calls that leadership. But behind the motion is confusion. No target. No telos. No battle cry. Just drift.

Men without mission don't just waste time. They waste *lives*. Their own. Their family's. Their legacy's.

You weren't made for that.

You were made for *purpose*. On purpose. You were saved to serve. Called to conquer. Positioned to lead. But here's the catch: until you define your direction, you'll keep circling the same desert, wondering why you're exhausted.

Paul pressed toward a *goal*. Jesus set His face like flint toward *Jerusalem*. David ran toward *Goliath*. Joshua marched toward *Canaan*. Nehemiah built the wall *with a sword in one hand and a trowel in the other*.

You? You need a *mission*. Not someone else's. Yours.

And that mission must be:

- **Rooted in the Word**
- **Fueled by grace**
- **Bigger than you**
- **Clear enough to obey**
- **Uncompromising under pressure**

You don't need it to be cute. You need it to be *true*. This is the compass by which you will measure your days and decisions. Write it like a man who means it.

Today's Action Step: Write a Personal Mission Statement

In your journal, write a **one- to three-sentence statement** that defines your life's direction under God's authority. Use this structure to guide you:

“I exist to [action/verb] [who/what] through [means/values], so that [eternal purpose].”

Here are a few rough examples:

- *“I exist to raise strong sons and defend the truth through courageous leadership, so that God is glorified in my bloodline and my work.”*
- *“I exist to build and disciple men through writing, speaking, and brotherhood, so that they live out their calling and crush passivity.”*

Take time. Pray. Write. Rewrite. Speak it out loud. Make it your charge.

Journaling Drill

Morning:

- What has kept me from living with a clear sense of mission?
- What lies or fears do I need to reject to write this in boldness?

Evening:

- How does my mission statement feel when I say it out loud?
- What needs to change in my life to align more fully with that mission?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 21: Speak Life at Work

Proverbs Reading: Proverbs 21

Bible Verse: *"Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."* —Matthew 5:16 (ESV)

Quote of the Day: *"The world doesn't need more Christian bumper stickers. It needs more Christians who grind, lead, build, and bless in silence—and speak up when it counts."* —The Author

Work is not just a paycheck. It's a platform.

The mission doesn't pause when you clock in. If you belong to Jesus, then *every* square inch of your life belongs to Him; including your cubicle, your jobsite, your truck, your Zoom calls, your break room.

But too many Christian men live with a divided mindset:

- Church is where they talk about Jesus.
- Home is where they try to apply it.
- Work is where they pretend they're neutral.

Let's kill that lie.

You're not just working for a boss. You're *working for the King*. That means your character, your conversations, your effort, your presence; it all preaches. Even if you never open your mouth, your life is a message.

But sometimes, silence isn't strength. It's fear. And if the people you work with don't know you belong to Christ...that's not humility. That's *hiding*.

Today, it changes.

Speaking life at work doesn't mean being preachy or weird. It means:

- Calling out potential in a younger guy who's drifting.
- Thanking the overlooked worker who's crushing it.
- Praying for someone on the spot when they're struggling.
- Sharing Scripture when the time is right.
- Refusing to gossip, slander, or join the toxic noise and walking away if folks keep running their mouth.

You're not there by accident. You're a man on assignment.

Today's Action Step: Speak Life at Work

Today, choose **one** of the following (or do all of them if you're about it):

1. **Encourage someone** at work in a meaningful way. Be specific. Be direct.
2. **Offer to pray** for someone who's struggling—out loud, right there.
3. **Share truth**—a verse, a story, or a conviction—with someone who needs it.
4. **Speak life over your work**—out loud before the day starts:
 - “God, I do this job for You. Make me sharp, excellent, and a witness here today.”

You don't have to be weird to be bold. You just have to *open your mouth*.

Journaling Drill

Morning:

- How have I been passive or silent about my faith at work?
- What one way can I bring clarity, life, or light into my job today?

Evening:

- What happened when I spoke life at work today?
- How can I carry this into my rhythm without losing the fire?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 22: Write Your Eulogy

Proverbs Reading: Proverbs 22

Bible Verse: *"So teach us to number our days that we may get a heart of wisdom."* —Psalm 90:12 (ESV)

"You die twice—once when your heart stops, and once when they stop speaking your name." —Banksy

One day, your name will be read out loud while people sit in rows wearing black. Some will cry. Some will remember. Some will scroll their phones and think about lunch.

And then they'll start to talk about you.

They'll talk about who you were. What you stood for. What you gave. What you took. Whether your presence brought weight or weariness. Whether your absence leaves a hole; or a sigh of relief.

They won't read your résumé. They'll remember your *character*.

What you *built* will speak.

What you *sacrificed* will echo.

What you *said when it counted* will linger in the air.

Here's the brutal truth: *You are already writing your eulogy...one day at a time.*

The way you live *today* is crafting what will be said *then*. Your calendar, your tone, your habits, your integrity...*they're all evidence*. The only question is: Will the man they describe be someone worth remembering?

Scripture doesn't tell us to obsess over death. But it *does* tell us to number our days; to live like men who know that time is short, eternity is real, and our legacy isn't something we leave *later*, it's something we build *now*.

So today, you face it. You sit in the back row of your own funeral and listen to what's said. Then you ask the hard question:

Do I like the man they're describing?

Today's Action Step: Write Your Eulogy

- Get some separate pieces of paper.

- Write what you *hope* would be said about you at your funeral—from the people who knew you best.
 - Your wife.
 - Your kids.
 - Your closest brother in Christ.
 - The guy you disciplined.
 - The lost man you witnessed to.
- Be honest. Be bold. Be specific.

If it feels fake or generic, scrap it and go again. Don't write the life you *wish* you had; write the life you *must* live starting now. When you get it exactly right, write it down in your journal and find a bookmark to keep in there so you'll remember it and never take that bookmark out. When you're gone, it naturally be the first thing that your closest loved one will open to when they find your journal.

That should give you reason to start living today like they will eventually find the list and be thankful that you did part of a hard task for them.

Journaling Drill

Morning:

- If I died today, what would be said about me—and what would be left unsaid out of awkward silence or unspoken regret?
- What kind of man do I *want* to be remembered as?

Evening:

- What did writing my eulogy reveal about my current direction?
- What one change must I make immediately to start living the story I want told?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 23: Memorize a Psalm

Proverbs Reading: Proverbs 23

Bible Verse: *"I have stored up your word in my heart, that I might not sin against you."*
—Psalm 119:11 (ESV)

Quote of the Day: *"The Bible that's falling apart usually belongs to someone who isn't."*
—Charles Spurgeon

You can't fight what you can't name.
And you can't win a spiritual war with empty hands.

If the only time you encounter God's Word is when someone else reads it to you... you're already outgunned.
If you can quote your favorite podcast but not Scripture... your foundation is sand.
If you've got verses tattooed on your arm but not carved into your mind and spirit... you're posturing, not preparing.

The enemy doesn't flinch at your opinions. He doesn't care about your vibes.
But the Word of God? That's a weapon. A *sword*... and you've been commanded to wield it.

Jesus didn't beat Satan in the wilderness with clever arguments. He used Scripture. Memorized. Internalized. Spoken with clarity and authority.

You want to stand when temptation comes?
You want peace in the middle of chaos?
You want to train your thoughts for war?

Then get the Word inside you. Deep.

One Psalm. One memorized line at a time. Start small, start now. No excuses.

Today's Action Step: Memorize a Psalm

- Choose **one Psalm** from the following list:
 - Psalm 1 — The way of the righteous
 - Psalm 23 — The Lord is my shepherd
 - Psalm 27 — The Lord is my light and my salvation
 - Psalm 121 — My help comes from the Lord
- Write it out by hand in your journal.
- Begin memorizing it—**one verse at a time**.

- Recite it out loud throughout the day: when you wake up, during your commute, before bed. Lock it in.

Don't just *read* the Word. *Wield* it.

Journaling Drill

Morning:

- How much Scripture do I actually carry inside me; ready to fight with?
- Which Psalm do I feel most drawn to today, and why?

Evening:

- How did speaking Scripture throughout my day affect my mindset, actions, or emotions?
- What's one new habit I can build to keep memorizing Scripture as a warrior discipline?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 24: Plan a Sabbath

Proverbs Reading: Proverbs 24

Bible Verse: *"Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest."* —Exodus 34:21 (ESV)

Quote of the Day: *"If you can't rest, you're not in charge—your work is."* —John Mark Comer

There's a reason God rested after six days of creation. And here's a clue; it wasn't because He was tired.

God *modeled something for us*: rhythm, restraint, and reverence. He didn't need the break; but we do.

Sabbath isn't weakness. It's *warfare*. It's your way of saying, "I'm not God. The world doesn't fall apart when I step away. I trust my King more than I trust my productivity."

But most men don't rest. They collapse. And there's a big difference.

Collapsing is what happens when you burn yourself to the ground, then numb out with screens, food, and noise. Sabbath is *intentional*. It's not passive. It's not laziness. It's a *holy pause*. A boundary. A reset. A sacred rhythm of joy and worship.

Hustle culture hates Sabbath. Demons hate Sabbath. Your flesh hates Sabbath. Because in Sabbath, you remember who you are; and who you are not.

God doesn't bless nonstop motion. He blesses obedience. And resting when He says to rest *is obedience*.

So today, you're going to plan a Sabbath; not just talk about it. You're going to make space in your week for sacred rest.

Today's Action Step: Plan a Sabbath

- Look at your calendar right now and pick a 24-hour window in the next 7 days.
- Mark it off. No work. No hustle. No catching up. No email.
- Fill it with things that restore your soul and re-center your spirit:
 - Worship
 - Time in nature
 - Time with family
 - A nap
 - A good meal

- Laughter
- Scripture
- Silence
- Rejoicing in the goodness of God

Plan it. Protect it. Practice it. Don't make it legalistic; make it *holy*.

Journaling Drill

Morning:

- How do I typically view rest; weakness or worship?
- What's keeping me from fully embracing Sabbath as God commands it?

Evening:

- What did I notice as I planned out my Sabbath?
- How can I build a rhythm of sacred rest into my life for the long haul?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 25: Teach Something to Someone

Proverbs Reading: Proverbs 25

Bible Verse: *"What you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also."* —2 Timothy 2:2 (ESV)

Quote of the Day: *"If you can't explain it simply, you don't understand it well enough."* — Albert Einstein

If you've grown, you've got something to give.
If you've learned, you've got something to teach.
And if you're still alive, your job isn't finished.

Too many men act like discipleship is someone else's job. Like only pastors or "qualified" leaders should speak truth, share wisdom, or offer guidance. That's garbage.

Every man of God is called to *reproduce*. Spiritually. Mentally. Emotionally. Practically. You don't need a platform. You need *a person*. Someone to pour into. Someone who could walk taller because of what you've learned.

You don't need a seminary degree to pass on wisdom. You just need *conviction, clarity, and courage*.

You've been through some stuff. You've come out stronger. You've fought battles and learned lessons the hard way. So why would you keep that to yourself?

Today, we flip the script. Today, you teach.

It could be something simple or something profound:

- A younger man who needs advice.
- A son who needs perspective.
- A coworker who needs direction.
- A brother in Christ who's stuck in the same loop you broke out of.

Speak. Train. Bless. Build. Pass it on.

Today's Action Step: Teach Something to Someone

- Identify one person in your life who could benefit from something you've learned.
- Reach out to them today and *share one clear insight or skill*; something that helped you grow.

- Could be spiritual: “Here’s a verse that carried me through ____.”
- Could be practical: “Let me show you how I manage my time / fix this / lift properly / build a budget.”
- Could be relational: “Here’s something that’s helped me love my wife / lead my kids / forgive my father.”
- Don’t make it awkward. Just *show up and give it*; like a brother passing a sword.

You never know what God will multiply through a moment of faithful instruction.

Journaling Drill

Morning:

- What have I learned the hard way that could save another man from pain?
- Who in my life might be waiting for me to step into a mentoring or teaching role?

Evening:

- How did it feel to pass something on today?
- What do I want to keep multiplying in the lives of others moving forward?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 26: Visit a Grave or Historical Site

Proverbs Reading: Proverbs 26

Bible Verse: *"It is better to go to the house of mourning than to go to the house of feasting, for this is the end of all mankind, and the living will lay it to heart."* —Ecclesiastes 7:2 (ESV)

Quote of the Day: *"Every graveyard is an exclusive club whose only entry requirement is to think you had more time."* —The Author

There's something sacred about walking through a graveyard.

The names. The dates. The dash in between. Some men lived long. Some barely got started. All of them have something in common: *they're done. Their time is up. Their story is sealed.*

But yours isn't.
Not yet.

Every tombstone is a sermon. Some are warnings. Some are reminders. Some whisper, *"You're wasting it."* Others shout, *"Make it count."*

Scripture says it's better to walk through a cemetery than a party. Why? Because the graveyard forces you to think clearly. To feel the weight. To remember you're not immortal. You're not guaranteed 70 years. You're not owed another sunrise.

Most men live like they've got all the time in the world. They don't. Neither do you.

This isn't about being morbid. It's about being *awake*. You've been given breath, strength, time, and a mission. You will answer for how you used it. So today, you walk among the dead; not to fear death, but to *fear wasting life*.

Let it sober you. Let it ignite you. Let it push you to live so well that your eulogy (remember Day 22?) practically writes itself.

Today's Action Step: Visit a Grave or Historical Site

- Find a cemetery, war memorial, historical battlefield, or old churchyard—*any place that reminds you of mortality and legacy.*
- Walk it. Read the names. Pray. Reflect.
- If you're visiting a grave of someone you knew:
 - Speak truth out loud.
 - Thank God for what you learned.
 - Forgive if needed.

- Make a vow to carry the baton well.
- If you can't leave your house today, look up a historical figure who lived and died well in Christ; and journal what you can learn from them.

This is perspective you can't get from a podcast. This is *eternal weight*. Don't rush it.

Journaling Drill

Morning:

- What emotions or thoughts come up when I think about my own death?
- If I only had one year left to live, what would change *today*?

Evening:

- What stood out to me during today's visit?
- What lie about time or legacy do I need to kill after facing death head-on?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 27: Write a Letter to Your Future Self

Proverbs Reading: Proverbs 27

Bible Verse: *"The prudent sees danger and hides himself, but the simple go on and suffer for it."*
—Proverbs 27:12 (ESV)

Quote of the Day: *"Live in such a way that if someone spoke badly of you, no one would believe it."* —John Wooden

You are shaping the man you'll be a year from now.

Every decision. Every habit. Every compromise. Every act of faith. It's not just affecting your today; it's forging your *tomorrow*.

So let's step forward. Let's meet your future self; and let him hear from the man you are right now.

This isn't a journal prompt. This is a letter. A personal, honest, no-B.S. address to the version of you who's just lived another 12 months.

Will he be stronger? Softer? Sharper? Fatter? More dialed in; or more distracted?
Will he be more surrendered to Christ; or more numb and cynical?
Will he be carrying forward the disciplines you're building now; or scraping together the pieces of another wasted season?

You choose.

Today's letter is an anchor. It's a snapshot. It's your current self-reaching into time to challenge, encourage, and confront your future self with clarity.

And one day... *exactly one year from now*... you'll open it and find out what kind of man you became.

Today's Action Step: Write a Letter to Your Future Self

- Open your journal and write: **"To the man I'll be one year from today..."**
- Write with honesty, grit, and hope. Speak to your future self like a commander to a soldier:
 - What do you hope he's built?
 - What do you pray he's killed off?
 - What warnings does he need to remember?
 - What victories do you want him to carry?

- What lines must *not* be crossed in the next year?

When you're finished:

- Sign it with your name.
- Write today's date.
- Seal it in an envelope or tuck it into a page of your journal.
- Set a calendar reminder for exactly **1 year from now** to read it.

This is accountability. This is legacy in motion.

Journaling Drill

Morning:

- What do I fear or hope about the man I'll become over the next year?
- If I stayed on my current trajectory, what would that future version look like?

Evening:

- What did I feel or realize while writing today's letter?
- What's one thing I can do *tomorrow* to stay faithful to the man I want to become?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 28: Tell Your Testimony

Proverbs Reading: Proverbs 28

Bible Verse: *"They have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death."* —Revelation 12:11 (ESV)

Quote of the Day: *"A man who knows his story, and his place in the bigger Story holds a weapon the devil hoped he'd never learn to wield."* — The Author

There are men walking around right now who need to hear what you've lived through.

Not because you're special. Not because your life is polished. But because *your survival is proof that God saves, God heals, and God rebuilds men from the wreckage.*

The devil's plan is simple: shame you into silence. Make you believe your past is too ugly, your present too messy, your words too weak.

"Who are you to speak?"

"No one cares what you've been through."

"Just stay quiet and clean."

That's a lie. And today, we kill it.

Your testimony is *not about you*. It's about Jesus. It's about His mercy. His power. His grip on your life when your own hands had let go.

It's not a highlight reel. It's a *war report*.

And when you tell it? Chains break. Darkness flees. Men wake up. And hell remembers your name.

Today, you tell your story. Not perfectly. Not for applause. But as an act of war.

Today's Action Step: Tell Your Testimony

- Write out your **salvation story** in your journal. Be real. Be raw. Use this simple frame:
 1. **Who were you before Christ?**
 2. **What did God do to interrupt your story?**
 3. **How are you different now?**
- Then tell it to someone—*out loud*:
 - A friend, brother, coworker, wife, son.
 - Or share it publicly (a social post, a video, a podcast, etc.).
- Bonus: offer your story in a way that *invites response*. Ask: "What's your story?" or "Have you ever thought about where you stand with God?"

Don't just carry a testimony. *Use it.*

Journaling Drill

Morning:

- What's been holding me back from sharing my story more boldly?
- Who in my life needs to hear it?

Evening:

- What did I feel as I told my testimony today?
- What fruit came from stepping out in boldness?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 29: Name Your Giants

Proverbs Reading: Proverbs 29

Bible Verse: *"Be sure your sin will find you out."* —Numbers 32:23 (ESV)

Quote of the Day: *"You can't conquer what you're too cowardly to confront."* —Douglas Wilson

You know what it is.

The thing you hide.

The thing you “manage.”

The thing you excuse, rationalize, bury, or blame on your past.

That's your giant.

It's not a mistake. It's not a personality quirk. It's not “just something you struggle with.”

It's a stronghold.

It's an idol.

It's a sin that *wants you dead*.

And if you don't confront it, it will outlive you and infect the next generation.

David didn't pray Goliath away. He *ran at him with a weapon in hand*. And he didn't wait for the perfect moment, the perfect mood, or a group therapy session to do it. He saw evil; and ended it.

So here's the question: **What's your Goliath?**

- Anger that erupts and leaves scars.
- Lust that eats your soul in silence.
- Laziness dressed up as “rest.”
- Pride that isolates you and poisons your relationships.
- Fear that paralyzes your leadership.
- Shame that keeps you from prayer, community, and boldness.
- Control that keeps you from surrendering fully to God.

Whatever it is; *name it*. Drag it into the light. Call it what it is. And prepare to kill it.

The first blow in every spiritual victory is *honest identification*. No more hiding. No more pretending you're “mostly fine.” Name your giant; and make today the last day it goes unchallenged.

Today's Action Step: Name Your Giants

- In your journal, write out your **top 1–2 strongholds**; the sins or patterns that keep showing up and stealing life.
- Don't use soft language. *Name them for what they are.*
- Then write this underneath:
"By the blood of Jesus, I do not belong to this."
- Bonus: Tell a trusted brother. Confess it. Pray with him. *Bring in reinforcements.*

You can't kill what you're still coddling.

Journaling Drill

Morning:

- What have I been excusing, hiding, or calling by the wrong name?
- What would freedom look like if I stood up and fought it today?

Evening:

- How did naming my giant shift my mindset or bring conviction today?
- What steps must I take... starting now... to begin cutting it down?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 30: Destroy One Idol

Proverbs Reading: Proverbs 30

Bible Verse: *"Little children, keep yourselves from idols."* —1 John 5:21 (ESV)

Quote of the Day: *"Anything you can't lay on the altar is your god."* —A.W. Tozer (paraphrased)

You don't have to bow at a golden statue to be an idol worshiper.

An idol is anything that has your attention, your affection, your fear, or your trust *more than God does*.

It can be good things twisted out of order; your job, your fitness, your reputation, your marriage, your kids, your ministry.

Or it can be straight-up poison; porn, porn substitutes, alcohol, money, power, applause, control.

Whatever it is, if it whispers, *"I'll give you peace... just don't let go of me,"*; it's an idol. And God doesn't coexist with idols. He *destroys them*; or He lets them destroy you until you cry out.

The men God uses are *idol destroyers*.

They don't flirt with compromise.

They don't hide their addictions in spiritual language.

They don't compartmentalize and pretend they're "working on it."

They drag their idols out of the shadows and *burn them to the ground*.

So today's the day. Not tomorrow. Not when you "feel ready."

If it's in God's way; it's in *your* way. And it dies now.

Today's Action Step: Destroy One Idol

- Open your journal. Write this at the top of a new page:
"This idol dies today."
- Identify the **one idol** you've protected the most; what you know has your loyalty more than the Lord.
- Then:
 - **Confess it** out loud to God. No sugarcoating.
 - **Write out what it's cost you.** Time. Clarity. Intimacy with God. Energy. Leadership.
 - **Take one concrete action to destroy it.**

- Delete the app
- Smash the object
- Cancel the subscription
- Block the number
- Cut off access
- Give the account to a brother
- Tell your wife the truth
- Make the call
- Burn the bridge

This is your line in the sand. It dies now; or it grows until it owns you. Choose.

Journaling Drill

Morning:

- What have I been afraid to let go of, even though I know God's been pointing at it?
- What lie has this idol been whispering; and what's the truth that crushes it?

Evening:

- What did I destroy today; and what did it feel like to finally do it?
- How do I want to walk differently now that it's no longer my master?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Day 31: Commission Yourself

Proverbs Reading: Proverbs 31

Bible Verse: *"Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love."* —1 Corinthians 16:13–14 (ESV)

Quote of the Day: *"Waste no more time arguing what a good man should be. Be one."* —Marcus Aurelius

You're not the same man who opened this book.

You've faced the mirror. You've looked hell in the eyes. You've ordered your house, burned your idols, made your stand, reclaimed your name, and found your footing again in the truth of Christ.

Now... *you commission yourself.*

Not because you're the source of power, but because you finally know Who is.
Not because you're enough, but because grace has made you strong where you were weak.

God doesn't use perfect men. He uses *ready* men.

Men who don't need applause.
Men who reject passivity.
Men who bleed conviction.
Men who serve with power and lead with love.
Men who are dangerous to darkness and faithful in secret.

And those men don't wait for someone else to give them permission.

They *stand up, step out, and say the words:*

"This is who I am. This is what I've been called to. This is how I will live from this day forward."

No more drifting. No more excuses. No more dead years.

You are a man on mission. And it starts *right now.*

Today's Action Step: Commission Yourself

- Go to a mirror. Look yourself dead in the eye.
- Speak this out loud:

“I am a man of God. I will not be ruled by fear, shame, or comfort.

I reject passivity. I accept responsibility.

I lead with strength. I love with truth.

I build what is good. I fight what is evil.

I answer to my King... Jesus Christ.

I was made for this.

And by His grace, I will finish my race well.”

- Write your own version in your journal. Customize it. Add to it. Make it your war cry.
- Then write the date. Circle it.
- Today is the day you recommissioned your soul.

Journaling Drill

Morning:

- Who am I now? What has changed in me over these 31 days?
- What kind of man is stepping into the next season—and what does he refuse to go back to?

Evening:

- What does it mean to me to be *commissioned* by God?
- How will I live tomorrow differently because of the decision I made today?
- Go back over your day and hit the emotional high points; write out the details to your satisfaction.

Conclusion: The Work Has Just Begun

You made it.

You didn't just read a book; you showed up every day for 31 days and did the work. You wrote your code. You confronted your demons. You led your household. You faced death. You burned idols. You reclaimed time. You picked up your sword.

That's rare.

But don't make the mistake of thinking this finish line is *the* finish line. It's not. It's the trailhead. The gate. The launching point.

If you think the enemy is going to leave you alone now, you're wrong.

If you think old habits won't try to slither back in, you're wrong.

If you think you'll just "coast" from here on into greatness; brother, *you're done before you begin*.

But if you wake up tomorrow with the same mindset that got you this far; *discipline, obedience, ownership, and spiritual fire*—you're going to be a serious problem for the kingdom of darkness.

Here's your challenge from here forward:

1. Repeat the Cycle.

Go back to Day 1 in three months. Do the full challenge again every quarter. Don't just graduate; *retrain*. Recommit. Reload. Recalibrate.

2. Find Brothers to Walk With.

You were never meant to do this alone. Start a men's group. Grab a brother and walk through the 31 days together. Text your accountability. Pray in person. Build your battalion.

3. Become the Man Who Multiplies.

Start teaching what you've learned. Mentor a younger man. Lead a small group. Train your sons. *Make disciples*. That's the final test of growth: not what you've kept—but what you've given away.

This world is starving for godly men. Not nice guys. Not passive pew-warmers. *Warriors of truth*. Men with clean hands, clear minds, and battered shields. Men who kneel before Christ and stand tall everywhere else.

You've begun that journey. Now finish it with your whole life.

Go build. Go lead. Go serve. Go die well.

Back Cover

You Don't Need Therapy. You Need a War Plan.

The world is burning and weak men lit the match.
Passive men. Confused men. Nice guys with no spine, no code, and no king.

You were not made to coast, coddle your emotions, or find yourself.
You were made to *lead yourself*, *rule your house*, and *stand your post* like a man of God.

This book is your 31-day reset. Not a devotional for the faint of heart—but a field manual for the man who's tired of wasting time and ready to get his soul in order.

Inside, you'll get:

- **Straight-shooting daily lessons** rooted in Scripture, sharpened by Proverbs
- **Stoic and warrior quotes** that remind you you're not here to be liked—you're here to *lead*
- **Action steps that hit real life**—from reconciling relationships to fixing what's broken to writing your eulogy
- **Journaling drills** that will help you clear your head, confess your sins, and sleep like a man who made peace with God

No fluff. No cope. No fake vulnerability. Just 31 days of clarity, conviction, and fire.

Buy a real journal.
Wake up early.
Get strong again—in your spirit, your schedule, your spine.

You're a man.
Act like it.