



DAY 1

The Bold Command

In 1 Corinthians 16:13-14 the bible commands "Be on your guard, stand firm in the faith, act like men, be strong. Let all that you do be done in love". This bold command translates into statements of courage, bravery, strength, and boldness. The traits used in these verses are how we often describe heroic acts, war heroes and characters from our favorite movies . Most Christian men reserve themselves to standing firm in their faith, leaving the other traits for men enlisted in the military or other Alpha personality men. We miss the mark when we don't live out taking courageous steps and fulfilling the assertiveness that our leadership demands. We paint the picture of masculine success with paintbrushes of what we drive, the woman we have sex with and how much we can bench. Our generation of men compare success trophies only to leave collateral damage as they pursue a new trophy. These trophies are things we acquire, titles we obtain, power, perception, women we conquer .

These things fade shortly after we get our hands on them, and the cycle restarts. Even as believers we can get caught up pursuing ministry and can miss the mark in the ministry of our home. True Christian Masculinity cultivates not only a man worthy to be King but a kingdom that honors God in everything that he does. In the next five days we will explore the traits of Christian Masculinity. **Self-Mastery** : the pursuit of not being mastered by money, sex, vainness or our wounds. **Engaged** : being fully present where your feet are, fighting passivity and engaging those in your sphere of influence. **Lover** : not only a lover of his wife but of intimacy with God. **Servant leadership**: leading with transparency and servanthood to help those you lead thrive in their gifts. All four traits are continual; they look vastly different during different seasons of life but are necessary to be the men that God has called us to be and the men our families need.

True Christian Masculinity cultivates not only a man worthy to be King but a kingdom that honors God in everything that he does.

Proverbs 25:28 28

Like a city that is broken down and without walls [leaving it unprotected] Is a man who has no self-control over his spirit [and sets himself up for trouble].

1 Corinthians 16:13-14

"Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love."

Philippians 2:3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

ACTION STEP

Which one of these traits Self-Mastery, Engaged, Lover, Servant Leader immediately stood out to you? Reflect on why.

Prayer

Lord, we come as your sons, asking that you would soften us in order to strengthen us. Open our eyes to the areas that we are missing the mark in and help us have the courage to leave perception and reputation behind.

Father God prompt us to walk in the fullness of who you say we are and who you have called us to be. Amen.

DAY 2

Self-Mastery (The Internal)

Self-Mastery: the pursuit of not being mastered by money, sex, vanity or your wounds. Self-mastery, a never-ending pursuit of the best version of yourself. The version of yourself that needs no mask, no facade, remains transparent and connected to his identity. We are mastered by many things, for some it's the need to acquire more, for some it's the need to be the hero, and for many of us our lust for this beautiful thing called the female body. Let me hit a couple more at you, our wounds. The wounds of our failures, divorce, heartbreak, lack of affirmation from our father's, chasing the sixpack of abs and beer. The hold of what masters us is deep but the freedom we will find in pursuing self-mastery is deeper. Therefore, we will have two days to dive into self-mastery.

I want to immediately speak to your triggers. At the root of every argument, angry response and timid reaction is a wound that you have lived from for far too long. This wound dictates what you believe you are capable of, and makes others pay the price of a wound they didn't cause.

As true masculine faith filled men it is our duty to search ourselves and analyze what these roots are for us. Ask the Lord to search your heart and reveal what these things are in your life (Psalm 139:23-24). You can ask your wife as well to help identify where your triggers might surface. Identifying this wound, bringing it to the feet of Jesus and remaining aware of situations and conversations that will attempt to access that wound is a blueprint to pursuing freedom from that root issue. It is not a one and done process, it is a continual awareness to master your response system, to master how you process situations and decisions. Mastering the wound so you can be free and operate fully in your vision and purpose.

My self-mastery checkpoints have been many, but one of the constant areas for me is navigating what I didn't receive from my father. My father was a provider, worked many hours and did his best to be physically present but wasn't emotionally available. Growing up skill lessons were few, and emotional conversations were nonexistent. My father is an amazing man with tons of admirable traits but there was a lot that as a grown man I walk around wishing he would have taught me. So, like many men, I answered the question "Do I have what it takes" by chasing women and buying stuff.

Forgetting about the skills that I didn't possess like being handy or being able to work on my car and just looking for easy roads. It has only been the last five years that I am fully comfortable being uncomfortable. Attempting repairs and projects that I would normally run from, giving the boy inside me some grace and learning by trying. (YouTube walkthroughs for the win).

1 Tim 6: 11-12 Tells us to run and resist evil things, the things that sprout up anger, jealousy and lust. We are commanded to pursue righteousness and faith, along with perseverance. As we bring today to a close, I want to focus on perseverance. To persevere is to endure and overcome something hard. To persevere is to be refined, to become stronger, to become a better version of yourself. Take on the hard, search yourself, ask the Lord to reveal and when he does take it head on; don't bury it but discuss it, pray about it bring it to those closest to you. Loosen its grip on you day by day until you have complete freedom from it.

Be the version of yourself that is mastered by nothing

Psalm 139:23-24

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

1 Corinthians 6:12

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

1 Timothy 6:11-12

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith.

ACTION STEP

What wound, habit, or buried emotion is mastering you? Ask the Lord to show you. Have a conversation with someone close to you today to begin breaking its power by speaking it out loud.

Prayer

Father God, Reveal the wounds we have buried, for we desire freedom. Freedom to be men mastered by nothing and led by your spirit. Help us understand that freedom from these things is not just for our benefit but for the benefit of our loved ones and the people you will bring for us to speak life into. In Jesus name, Amen.

DAY 3

Self-Mastery (The Temple)

When we think of masculinity, or at least the toxic version of it, we think of strength, muscles, intimidation and abuse of power. A large trait of being a Christian masculine man is the pursuit of a physically stronger you. As men we are called to lead, lead in every area, including our physical ability. Let me be clear how much you bench isn't important; can your body hold up while helping someone move? Are you able to enjoy a hike on vacation? Our duty is to train our bodies to do the heavy lifting, to be prepared to physically defend, to be an example on how take care of this bodily temple God has given us.

As we age our mindset should be more about what our body can do, than what we look like. Self-mastery in this area is not being controlled by how y balance. We need wellness habits that prioritize our health and the pursuit of physical challenges

As we age our mindset should be more about what our body can do, than what we look like. Self-mastery in this area is not being controlled by how you look, strict diets, or the need to be affirmed by your muscles. Not pursuing a stronger you can also lead to being mastered by complacency. The complacency of living with pain, being overweight, lack of adventure and a laundry list of health issues that will leave the masculine man within you dormant. Truth, is we need balance. We need wellness habits that prioritize our health and the pursuit of physical challenges.

Self control, discipline, consistency.

Habits that produce a physically better version of ourselves. Not based on what we look like, but what our bodies can do; what your body can endure.

Physical challenges open a spiritual side of physical exertion; there is something about beating your body into submission that creates an intimate opportunity to cry out to God. Once again, we find perseverance bringing forth a refinement of our mind and body as you do hard things. Now before you go sign up for a 5k, create habits over selecting a straight path to an achievement, because ultimately the purpose is a pursuit of the best version of yourself and not a gold-plated finisher medal. 1 Timothy 4:8 Physical training is of some value but training in Godliness has value in this life and the next. Make your health a priority, just not your number one priority. Pursue physical improvement, don't miss an adventure or an opportunity to make memories due to your physical state.

1 Timothy 4:8

For physical training is of some value, but training in godliness has value for all things, holding promise for both the present life and the life to come.

1 Corinthians 9:27

"I discipline my body like an athlete, training it to do what it should.

Otherwise, I fear that after preaching to others I myself might be disqualified."

1 Corinthians 6:19-20

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

ACTION STEP

What is something physical that you have always wanted to pursue? Don't settle for the mindset "this is just the way I am". Take on the uncomfortable, it's not too late, in fact it's time!

Prayer

Father God thank you for calling us strong, thank you for making us in your image, thank you for making us warriors. God, we aim to create balance and pursue physical improvement over physical appearance. Grant us discipline to begin new wellness habits and perseverance to take on a hard challenge. Unlock our complacent mindset to get off the couch, drop the controller and move; knowing that you will be with us in the middle of the sweat, struggle and the hard. In Jesus name, Amen.

DAY 4

Engaged(WhereYour Feet Are)

Being engaged means being fully present where your feet are. Many of us wear many hats, work multiple jobs, are fixers and planners; these traits are wonderful but easily can distract us from being engaged because our minds are elsewhere. Pastor Steven Furtick said "You cannot win everywhere at once"; it hit home for me, I was working two jobs, raising four kids, training for the Murph challenge and oh yeah, being a husband, son, and friend. "Winning where your feet are" means you are fully available where you are standing, emotionally, spiritually and physically. It doesn't mean you have all the answers, you are just willing to assist in finding them.

Being engaged is being more than present. Don't get me wrong, being in the room does go a long way but we don't want to settle for good things, we want to give the best things.

So, engage, that means ask questions, follow up, spend quality time with those closest to you.

I use the phrase “date your kids”. People get a little taken back by it, but the word dating is the only word I can think of to get men highly engaged in spending quality time with their kids.

Hear me, when you dated your wife, you were highly attentive to her interests, valued her preferences and when you were together you were off your phone because she was all that mattered when she was in your presence. This type of engagement is how we need to approach quality time with our kids. Quality time paves the way for hard conversations and the transferring of the best traits we want to pass along.

Kill the passivity

The opposite of passive would be assertive. Assertive men refuse to be passive about things that involve their loved ones. Is your teenager arguing with your wife? Have a say, don't just be a referee. How can you help with the little things like homework, building Legos, shooting a basketball; to build a foundation so they come to you for the big things and not just "Dad I need money".

Being assertive doesn't end in the driveway, it also means being engaged in public, men have stopped holding doors, carrying groceries for strangers let alone intervening in when there is a clear victim. We fear inconvenience and being sued more than doing the right thing.

Apply assertiveness to building a brotherhood with other men. We say nothing of value when we gather with other men, therefore we don't see the value of building a village of men. Don't settle for "what do you do for work" questions or "did you see the game" be bold and dive deeper.

So, let's raise our engagement level, what conversation are you avoiding? What makes you stay at work longer? What keeps you on the toilet scrolling? Take small steps of engagement, take distractions hostage and be fully present. Engage with your village of men, beyond the surface questions. Know the condition of your flock and spend quality time with them, pour into them, value their interests. If nice guys finish last, then passive men get divorced. Passivity will eat away at your courage and authority, so engage, be assertive and push back against what is comfortable.

Stand for what is right, stand in the gap for those you love and win where your feet are.

Proverbs 27:23

"Be sure you know the condition of your flocks, give careful attention to your herds."

Philippians 2:4

not looking to your own interests but each of you to the interests of the others.

Ephesians 4:15

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

ACTION STEP

Engage in the next conversation, or situation that immediately sends the mental message “how fast can I get out of this”. Don’t miss impact by being passive, don’t miss completion by being complacent.

Prayer

Father God, we approach your throne to learn from you, to learn how to be fully engaged with those closest to us. Lord help us crush passivity and be bold and gracious to speak life over situations and people. Holy spirit give us the words to say when the time comes, that we would remain aware that we need your spirit to lead in every conversation and encounter. Thank you for the wisdom that you have supplied us with and will continue to pour out over us as we lead. Grant us courage in the hard, for you are with us. In Jesus name, Amen.

DAY 5

The Lover

To be a lover, we must first know the love of Christ. The type of love that gives his life for another, the type of love not tied to conditions, the type of love that is forged through action. The lover is not constrained to loving a woman, that is only a third of who he is.

Loving the Lord with all your heart, with all your soul and with all your mind is the first pillar of the lover. How do we do this? Yes, receiving Jesus as our Lord and Rescuer opens your heart to the relationship but what are the next steps? Cultivate an intimate relationship filled with devotion and connection with Jesus. Pursuit of his word, his voice and his creation. Intimacy with God shapes a lover like no other.

Being a lover flows out of being a lover of Jesus, everything will overflow from that intimacy

Getting to a place of solitude with God is vital, whether it's a 5am wake up, a walk outside, or sitting in nature, the key is to remove all distractions. It looks different for all of us, but removing the distractions needs to be constant.

For me it is waking up before the rest of my house awakens, I get the first floor to myself, my mind is not polluted with the rigors of the day, and I can read, write, pray without disruption or distraction. You might say 5am is so early, but isn't the best version of yourself worth it? Pursuing this intimacy creates opportunities for his word to come alive, a time to converse authentically and an opportunity to listen. Allow Jesus to romance you, bring that feeling of excitement, meet in remoteness from everyday life, and go expecting him to meet you with little details that speak to your heart.

The second pillar to the lover is being awakened to beauty. Not blondes or brunettes but what beautiful things capture you? In your pursuit of intimacy with Jesus it is important to be aware of the things that captivate you. For me it's mountains, poetry and pitching (baseball). You may be drawn to music, dance, the beach or using your hands to create. Beauty is in the eye of the beholder rings true, the key is to get around those beautiful things and allow God to speak to you in it and work through you.

Our third pillar of the Lover is the way he loves his wife. Ephesians 5:25 Husbands, love your wives, just as Christ loved the church, in the passion translation it says "you are to demonstrate love for your wives with the same tender devotion". This command to love as Christ is the calling of the husband. For this is how we lead, we lead by being selfless, by giving not just getting, being compassionate and tender.

How do we apply this daily? Are you meeting her needs first? If your mind went to her sexual needs, then yes, the question is do you satisfy her first? Do you know what fills her love bucket? What are her love languages and realize that they change over time. How we lead and desire intimacy with our wives speaks the deepest part of their hearts.

Meeting with Jesus intimately overflows into intimacy with our wives. The romancing that God showers us with is what we must bring to our wives. Romancing outside of daily routines, the little details that matter to her, quality time without distractions, and spending time in the things that they find beautiful. Conversations that are transparent and authentic. To serve her, protect her and take initiative.

Being a lover flows out of being a lover of Jesus, everything will overflow from that intimacy and what you pour out will surely bloom in beauty.

Ephesians 5:25-28

"Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. "

Psalm 27:4

**One thing I ask from the Lord,
this only do I seek:that I may
dwell in the house of the Lord
all the days of my life, to gaze
on the beauty of the Lord and
to seek him in his temple.**

Psalm 63: 1-3

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you.

ACTION STEP

What beauty have you not visited in a while?

How can you get alone with Jesus today?

Where can you take initiative for your wife today? (that means doing it before she asks)

Prayer

Father God, thank you for the example of love you have given us. We thank you for the sacrificial and unconditional love that you shower us with. We ask that you would teach us and prompt us to love those closest to us in the same way. We thank you for creation, and ask that you would open our eyes to the awestruck wonder of what you have created throughout our world. Meet with us during our time of solitude, give us eyes to see you working in the small details, and ears to hear your voice. In Jesus name, amen.

DAY 6

Servant Leadership

Let's begin with the truth that men are called to lead. Men are to be the head of the household and are called to be leaders to the next generation. Being a follower of Jesus, servant leadership is a mandate, no room for ego and pride. Being a leader requires a vision for the future, and this vision overflows with passion not only from the leader but those who follow him. The vision you have as a leader is not for you but for the benefit of those you lead.

Working around young people and children, one thing is for sure, they are always watching and listening. The next generation, whether your own children, nephews or kids in the neighborhood are looking for someone to imitate, someone to subconsciously store mental notes about how to handle life. So, what type of leader do you want to be? I want to be the type of leader that leads with authority and love.

The type of leader that grows the gifts of the people within his sphere of influence. Leading not with an iron fist but hands that serve.

Serving is sending the message that there is no task that the leader is not willing to do. Serving allows us to lead the way by getting our hands dirty, instructing and taking initiative. For married men I summarize initiative as completing a task before the wife asks or puts it on a to do list.

Instruction takes on many forms throughout the seasons of life. How we instruct our children after they make mistakes can catapult them into learning or imprint a wound. Instructing with grace and taking the time to assist them in not repeating the same mistake breeds life into those we lead.

Psalm 78:4 4 We will not hide these truths from our children; we will tell the next generation, about the glorious deeds of the Lord, about his power and his mighty wonders. We are to share what God has taught us and done in our lives to others, just like Jesus did with his disciples. We are to be the example, in prayer, teaching, and sharing.

Lastly, are you willing to invest in those who may one day replace you? Masculinity is not governed by title, power or position but the security in who you are. The willingness to grow your potential successor speaks volumes of who you are as a man and a leader. True leadership doesn't withhold information or hold back anything of value; they are responsible in ensuring those in their sphere thrive towards their purpose.

We are to be the example, in prayer, teaching, and sharing.

Psalm 78:4

"We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders."

Mathew 20:25-28

Jesus called them together and said, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave, just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

ACTION STEP

Check-in with someone in your sphere of influence. Call them, text them, no agenda except desiring to know how they are truly doing and when they answer, invest with love not problem-solving tactics.

Prayer

Father God, we want to be more like you. Align our desires to your desires. Lord help us serve and lead without grumbling. Father God help us keep our pride and ego in check, that we would do all things in humility. We pray that our leadership will honor you in how we treat those in our sphere of influence. Lord, that we pray we would never get tired of sharing what you have done in our lives and all the promises you have kept. In Jesus name, Amen.

DAY 7

The Final Charge

I trust the last six days were challenging and drew you closer to the masculine man God has called you to be. The traits we have discussed are all continual, we never fully arrive but continue to grow. As I mentioned in the previous days, we won't win in every area all the time and it will look different in seasons of life. Assess yourself often, be transparent and ask God to reveal areas that need attention, including the areas that you secretly avoid.

Christian masculinity is not having it all figured out but living from the perspective that you have been rescued by Christ and now pursue intimacy with him that overflows into every area of your life. We discipline ourselves to be mastered by nothing, digging up the root of every action and thought that is not obedient to the word of God.

We are engaged in the spiritual battle and the physical battle of pursuing the best version of ourselves; being more than just present but available. We are lovers like Christ loves the church, putting others first and find restoration in the things that our hearts find beautiful.

Being in tuned with beauty is as masculine as it gets. The security of a warrior who writes poetry, a man who enjoys the canvas of sunset skies, who listens to melodies from the trees first thing in the morning is a man who is constantly restored.

Remaining connected to the beauty that our Creator has created does more than refill our cups but restores parts of our souls that can only be accessed through creation. We are created to create, we are blessed to bless, we are workmanships to be worked through. So, find the beautiful things that awaken you and create through them.

Once this is a rhythm of your life, take your wife there, take your son there. Unplugged, undistracted, unfiltered, and unmastered is the life of a masculine man.

We are servant leaders, instructing in love and leading with the best interests of others. We invest in the younger generation to set an example, sharing what our heavenly father has blessed us with.

As masculine Christian men we reign as leaders and Kings over the sphere of influence God has trusted us with. We have what it takes, remain confident, remain strong and courageous for God has selected you to lead these people. Know the status of your flock as you provide vision towards a greater purpose. And lastly, stay connected to God for that is where true strength, wisdom, healing, vision, and peace come from; for we will accomplish much when are led by his spirit.

Joshua 1:6

"Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them."

John 14:26

But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you.

1 John 2:14

I write to you, dear children, because you know the Father. I write to you, fathers, because you know him who is from the beginning. I write to you, young men, because you are strong, and the word of God lives in you, and you have overcome the evil one.

Prayer

Father God thank you for being with us every step of the way. Thank you for equipping us with the Holy Spirit. We ask that your Holy Spirit would lead us, lead our words, and our actions. I pray that in every conversation and action we make we would be surrendered to your spirit. We hunger for your word and presence. We hunger to meet with you, to be better men, fathers, sons, husbands, friends, and leaders. Protect us from feeling like we have arrived, and reveal the areas that need attention and your touch. We praise you God for everything you have done and will continue to do. In the mighty name of Jesus, Amen.