MSSNL

PREMIUM FIELD GUIDE

Jesus & Manhood
Field Guide

A guided fieldbook for story, freedom, and faithfulness under Christ.

Ryan D. Eldridge

Tell the truth. Place Jesus at the center. Walk faithfully.

Begin with an honest picture.

Jesus & Manhood is the book. This Field Guide helps you work its message into daily life. Each Guided Practice connects to one chapter in the book. You can read the matching chapter first, use the Field Guide on its own, or walk through it with a brother, small group, church community, trip cohort, or event.

Use It This Way	What To Do
Read and Apply	Read the matching book chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Its Own	Each Guided Practice includes Scripture, a short teaching, guided choices, practical tools, and a simple response. Begin here even without the book.
Walk Through It with Others	Use the Brotherhood prompts with a trusted brother, mentor, leader, or small group. Listen, pray, and follow up.

THE LANGUAGE OF THIS GUIDE

Term	What It Means
Book Chapter	The teaching chapter in Jesus & Manhood.
Guided Practice	The Field Guide section that helps you apply the teaching.
Faithful Response	One honest step you can take in response to what God is showing you.
Brotherhood Conversation	A simple conversation with someone who can listen, pray, ask honest questions, and walk with you.

MOVE THROUGH THE GUIDE THIS WAY

Circle. Check. Write a few words. Pray. Talk honestly. Take one faithful step.
You do not need perfect answers. You need an honest beginning.

Receive. Reflect. Respond.

Every Guided Practice uses the same three movements. The rhythm is simple enough for a man walking alone and strong enough for a group that wants to walk in the light together.

WORD

Receive the truth of Scripture. Ask what it reveals about God, people, and a life under Christ.

WONDER

Slow down and reflect honestly. Notice where the truth meets your story, identity, fear, desire, relationships, and choices.

WALK

Choose one faithful response. Keep it clear and practical. Invite someone to pray, encourage, or follow up.

THE FORMATION PATHWAY

Movement	Guided Practices	What It Forms
Return to Jesus	01 - 03	A centered life, honest storywork, and a clearer view of the structure beneath the story.
Receive Identity	04 - 05	Sonship, holy reverence, courage, and a life under Christ.
Bring It Into the Light	06 - 07	Truth about wound, mask, hidden patterns, confession, and integrity.
Build a Faithful Life	08 - 10	Patience, discipline, a Rule of Life, and trustworthy brotherhood.
Multiply What Lasts	11 - 14	Obedience, work under Christ, legacy, and a thirty-day follow-through plan.

Create a place for truth.

Use this page whenever the Field Guide is used with others. Read it together before storywork or deeper discussion. The goal is a room where men can be known, prayed for, and invited toward faithfulness under Christ.

Commitment	What It Looks Like
Presence	Phones away. Attention given. We remain engaged.
Confidentiality	Stories stay here. Only your own story leaves the room.
No Fixing	We listen to understand. We ask questions. We pray. We do not rush to diagnose or control.
No Comparison	We do not minimize another man’s story or compete with it.
Courage and Grace	We tell the truth with humility and receive one another with care.
Faithful Follow-Through	We ask about the next step and encourage one another toward Jesus.

QUESTIONS THAT HELP

What did you believe in that season? What did you begin doing to survive? What did you stop trusting? Where do you see Jesus now? What would a faithful response look like?

Choose where to begin.

This assessment helps you decide where to begin. Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is actually present in your life today. Do not total or average anything here. This is simply an honest starting picture.

HOW TO SCORE

1 = Needs Attention Now. This area feels hidden, inconsistent, avoided, or under pressure.
2 = Needs Support. You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing. This area is becoming healthier and more consistent.
4 = Strong and Steady. This area is clear, supported, and visible in daily life.
A lower score is not failure. It helps you identify where honesty, support, and a faithful next step are needed most.

Guided Practice	Formation Area	Score 1-4	What Stands Out Most?
01	Return to the Center	___	_____
02	The Story Beneath the Story	___	_____
03	The Two Paths	___	_____
04	Sonship Before Strength	___	_____
05	The Fear of the Lord	___	_____
06	The Wound and the Mask	___	_____
07	Integrity in the Hidden Life	___	_____
08	Formation Before Leadership	___	_____
09	Discipline and Desire	___	_____
10	Brotherhood and the Light	___	_____
11	Obedience Over Comfort	___	_____
12	Work Under Christ	___	_____
13	Legacy Through Faithfulness	___	_____
14	Follow Me	___	_____

Decide where to begin.

You do not need to repair every area at once. Choose the place where Jesus is inviting your attention now. It may be the lowest score, the area creating the most pressure, or the place He keeps bringing to mind.

CHOOSE ONE

☐ I will begin with my lowest score.	☐ I will begin with the area creating the most pressure.
☐ I will begin with the area affecting others most.	☐ I will begin with the area Jesus keeps bringing to mind.

My first focus is:

CHOOSE YOUR FIRST RESPONSE

☐ Pray honestly about this area.	☐ Complete the matching Guided Practice.
☐ Read the related Scripture slowly.	☐ Tell one trusted brother what is true.
☐ Ask for prayer or support.	☐ Take one simple action this week.
☐ I will return before the end of today.	☐ I will return within the next two days.
☐ I will return this week.	☐ I will return on this date: _____

OPENING PRAYER

Jesus, show me what is true. Meet me with grace. Give me courage to take one honest step toward You.

Return to the Center

A man becomes steady when Jesus is the center from which every responsibility is carried.

BOOK CONNECTION

INTRODUCTION: RETURN TO THE CENTER

PRIMARY SCRIPTURE

John chapter 15, verses 1 through 11.

WHY THIS PRACTICE MATTERS

Recognize what has been shaping your decisions and establish a simple daily return to Jesus.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 45-60 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Return to the Center

Every man lives from a center. Something receives his deepest trust, attention, and affection. Responsibility can take the center. Fear can take the center. Approval, comfort, success, and control can each become the place from which a man interprets the day.

Jesus calls His followers to remain in Him. The work of this guided practice is to notice what has crowded that relationship and create a simple rhythm of return. This is where formation begins: not with pressure, but with connection.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Center	Notice what has been receiving the deepest trust and attention.
02 Connection	Receive life from Jesus rather than trying to carry the day alone.
03 Margin	Create enough quiet to hear what Christ is saying beneath the noise.
04 Return	Choose one repeatable practice that brings you back when pressure rises.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: John chapter 15, verses 1 through 11.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ My responsibilities	☐ My phone or constant noise
☐ Fear about the future	☐ The need for approval
☐ Comfort or escape	☐ Trying to control outcomes

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I begin my days by returning my attention to Jesus.	1	2	3	4
I can recognize what has crowded the center of my life.	1	2	3	4
I have a simple rhythm that helps me remain close to Christ.	1	2	3	4
I carry responsibility from dependence on Jesus rather than self-reliance.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The center may be crowded by responsibility, anxiety, or activity. Begin with one small daily return to Jesus.	You see the need for a centered life, but the rhythm may still be easy to displace. Protect one recurring time with Scripture and prayer.	Jesus is shaping the way you carry responsibility. Guard the practices that keep you close to Him as demands increase.

WHAT TO DO NEXT

Choose one daily practice that returns your attention to Jesus before the day tells you what matters.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Center of Life Audit

Make the present center visible. Then name the rhythm that will help you return to Jesus this week.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Area	What Has Been Taking Center?	What Belongs Under Christ?	One Return Practice
Attention	*Write here*	*Write here*	*Write here*
Time	*Write here*	*Write here*	*Write here*
Responsibility	*Write here*	*Write here*	*Write here*
Relationships	*Write here*	*Write here*	*Write here*

FORMATION NOTE

A man does not return to Jesus once. He returns again and again, especially when pressure rises.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

The Story Beneath the Story

Every man has a visible story, an inner story, and a place inside God's greater story.

BOOK CONNECTION

BOOK CHAPTER 1

PRIMARY SCRIPTURE

Luke chapter 24, verses 13 through 35.

WHY THIS PRACTICE MATTERS

Name one chapter of your life, the belief it formed, and the invitation Jesus is giving you now.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

The Story Beneath the Story

A man can carry a story for years without naming the belief that formed beneath it. He remembers what happened, but he may not see how the event shaped his instincts, relationships, work, fears, or view of God.

Jesus met the disciples on the road to Emmaus inside a story they misunderstood. He did not dismiss their disappointment. He helped them see the larger story of God. This guided practice helps you bring one part of your life into that same light.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Visible Story	What people could see: choices, work, relationships, achievements, loss, and seasons.
02 Inner Story	What was happening beneath: fear, desire, shame, belief, wounds, and coping.
03 God's Story	Where Jesus has been present, what He has revealed, and what He is redeeming.
04 Shared Story	Bring one truthful part of the story into a trusted relationship.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Luke chapter 24, verses 13 through 35.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ A family relationship	☐ A disappointment or loss
☐ A betrayal or rejection	☐ A failure I still carry
☐ A season I never processed	☐ A pattern that keeps repeating

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can name a story or experience that still shapes my present life.	1	2	3	4
I can recognize the belief or conclusion that formed beneath that story.	1	2	3	4
I am bringing my story into the light of God's larger story.	1	2	3	4
I have a trusted person with whom I can share honestly.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Past experiences may still shape the present without being named. Start with one chapter, not your entire life.	You can see parts of the story, though the beliefs beneath it may need more honesty, Scripture, and prayer.	You are bringing your story into the light with courage. Continue letting Jesus reframe what has been lost, feared, or misunderstood.

WHAT TO DO NEXT

Name one event, one belief it formed, and one person with whom you can share it honestly.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Three Stories Map

Bring one part of your story into view. Keep it simple. Name what happened, what formed inside you, and where Jesus is meeting you now.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Story Layer	What Happened or Is True?	What It Formed in Me	Where Jesus Is Meeting Me
Visible Story	*Write here*	*Write here*	*Write here*
Inner Story	*Write here*	*Write here*	*Write here*
God's Story	*Write here*	*Write here*	*Write here*

FORMATION NOTE

You do not need perfect language. You need truthful language. The Storywork Guide later in this field guide gives you a deeper process when you are ready.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

The Two Paths

Every man's story forms a structure that moves him toward fear and self-rule or toward trust and surrender under Christ.

BOOK CONNECTION

BOOK CHAPTER 2

PRIMARY SCRIPTURE

Proverbs chapter 3, verses 5 and 6.

WHY THIS PRACTICE MATTERS

Identify the belief and pattern shaping one current area of pressure, then practice a trust-filled response.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 75-90 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

The Two Paths

Belief does not remain hidden. It becomes a structure. It shapes how a man responds when he feels pressure, disappointment, rejection, loss, conflict, or uncertainty. A pattern of fear can look like control, distance, performance, resentment, shame, or self-reliance.

The Two Paths give language for the movement beneath the surface. The fallen structure begins when fear convinces a man that he must protect himself. The godly structure grows as he receives God's goodness, practices surrender, and learns obedience under Christ.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Belief	What do I believe about God, myself, and people in this place?
02 Structure	How does that belief shape habits, relationships, and decisions?
03 Response	Where does fear, control, shame, or self-protection appear?
04 Return	What truth and practice move me toward trust and surrender?

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Proverbs chapter 3, verses 5 and 6.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ I try to control outcomes	☐ I expect people to secure me
☐ I withdraw or become defensive	☐ I become angry or resentful
☐ I carry shame and self-criticism	☐ I act as though I must handle it alone

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
When life hurts, I bring my fear to God rather than withdrawing into self-protection.	1	2	3	4
I am learning to receive from God instead of asking people to secure what I fear losing.	1	2	3	4
I can name when resentment, shame, or control is shaping my responses.	1	2	3	4
I practice surrender and repentance when old patterns are exposed.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Fear or self-rule may be quietly directing the path. Begin by naming the decision or relationship where control feels strongest.	You can see the tension between fear and trust, but a more surrendered response may need support and repetition.	Trust is becoming a visible path in your life. Continue bringing decisions before God before pressure chooses for you.

WHAT TO DO NEXT

Identify one area of fear and write the trust-filled response you want to practice this week.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Two Paths Inventory

Use this page to name the pattern beneath one current area of pressure. The goal is clarity, not self-condemnation.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Current Area	Fallen Pattern Showing Up	Truthful Godly Response	One Practice of Trust
Relationships	*Write here*	*Write here*	*Write here*
Work / Leadership	*Write here*	*Write here*	*Write here*
Private Life	*Write here*	*Write here*	*Write here*
Future / Decision	*Write here*	*Write here*	*Write here*

FORMATION NOTE

The five stages of the Two Paths are not labels to place on other people. They help a man recognize what fear or trust is forming in his own heart.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Sonship Before Strength

A man receives identity from the Father before he carries assignment, responsibility, or strength.

BOOK CONNECTION

BOOK CHAPTER 3

PRIMARY SCRIPTURE

Matthew chapter 3, verses 13 through 17.

WHY THIS PRACTICE MATTERS

Identify where you seek approval and write a Scripture-shaped identity statement grounded in sonship.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Sonship Before Strength

Before Jesus began His public ministry, the Father declared Him beloved. That declaration came before the teaching, miracles, opposition, and cross. Identity came before assignment. The same order gives a man steadiness when he feels pressure to prove himself.

A man can work hard, lead responsibly, and serve faithfully while still trying to earn approval. Sonship invites him to receive what God has spoken. From that secure place, strength becomes more patient, humble, present, and free.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Receive	Let the Father's love name you before your work, role, or performance does.
02 Recognize	Notice where weakness, criticism, or failure triggers the need to prove yourself.
03 Replace	Answer the old message with the truth of what God has said in Christ.
04 Respond	Practice obedience from gratitude and belonging.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Matthew chapter 3, verses 13 through 17.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Work or achievement	☐ Approval from people
☐ Being needed	☐ Looking strong
☐ Avoiding failure	☐ Managing everyone else

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I receive God's love as a starting place rather than a reward for performance.	1	2	3	4
I can recognize when approval, achievement, or control is shaping my identity.	1	2	3	4
I respond to correction without believing I have lost my place with God.	1	2	3	4
I work, lead, and serve from gratitude rather than striving.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Identity may still be tied to performance, approval, or control. Begin with one truthful statement of what God has said about you in Christ.	You understand the truth of sonship, but the old reflex to prove yourself may return under pressure. Practice receiving before responding.	Sonship is creating a steadier form of strength. Protect it by returning to Scripture when criticism, disappointment, or failure comes.

WHAT TO DO NEXT

Write a short identity statement rooted in Scripture and read it before work each day this week.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Identity and Approval Inventory

Name the places where you look for confirmation, then write the truth you want to receive from the Father.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Area	Where I Look for Approval	What That Pressure Says	Truth I Will Receive
Work / Achievement	*Write here*	*Write here*	*Write here*
Relationships	*Write here*	*Write here*	*Write here*
Leadership / Influence	*Write here*	*Write here*	*Write here*
Failure / Weakness	*Write here*	*Write here*	*Write here*

FORMATION NOTE

An identity statement is not a slogan. It is an agreement with the Father about what is true because of Jesus.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

The Fear of the Lord

Holy reverence frees a man from the smaller fears that shape compromise and self-rule.

BOOK CONNECTION

BOOK CHAPTER 4

PRIMARY SCRIPTURE

Proverbs chapter 9, verse 10.

WHY THIS PRACTICE MATTERS

Identify the opinion, comfort, or outcome that is shaping a decision and choose faithful obedience under God.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

The Fear of the Lord

The fear of the Lord brings a man back to reality. God is God. His Word carries authority. His presence gives weight to choices, desires, words, and leadership. Reverence does not make a man timid. It gives him courage to obey when approval or comfort pulls in another direction.

Fear of people can make a man perform, hide, delay, or compromise. Fear of God helps him stand with humility. This guided practice invites you to name the lesser fear that has been shaping one decision and bring it under the authority of Christ.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Reverence	See God’s holiness, authority, goodness, and weight clearly.
02 Discernment	Bring daily decisions into the light of God’s Word.
03 Courage	Choose obedience even when approval, comfort, or outcomes are uncertain.
04 Humility	Receive correction quickly and return when you drift.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Proverbs chapter 9, verse 10.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Fear of disappointing people	☐ Fear of loss
☐ Fear of conflict	☐ Fear of being exposed
☐ Fear of missing an opportunity	☐ Fear of not being enough

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I bring important decisions under the authority of God's Word.	1	2	3	4
I can recognize when fear of people is shaping my choices.	1	2	3	4
I receive correction and conviction as invitations to return to God.	1	2	3	4
I choose obedience even when it costs comfort, approval, or ease.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Lesser fears may be directing more than you realize. Begin by naming the opinion or outcome you have been trying to protect.	You see the pull between reverence and people-pleasing, but a clear practice of obedience is needed. Invite a trusted person into the decision.	The fear of the Lord is helping you live with clarity and courage. Continue letting reverence keep your decisions humble and steady.

WHAT TO DO NEXT

Name one place where fear of people has shaped you, then choose one obedient response under Christ.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Allegiance and Decision Filter

Bring one decision into the light. Name the fears around it and the faithful response God is inviting.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Decision	What I Fear Losing	Whose Opinion Feels Heavy?	Faithful Response
Current decision	*Write here*	*Write here*	*Write here*
Relationship	*Write here*	*Write here*	*Write here*
Work / leadership	*Write here*	*Write here*	*Write here*
Private obedience	*Write here*	*Write here*	*Write here*

FORMATION NOTE

Holy fear does not remove tenderness. It helps a man love God enough to obey Him with humility and courage.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

The Wound and the Mask

A wound can become a lens. A mask can become a strategy. Jesus invites a man to tell the truth and receive freedom.

BOOK CONNECTION

BOOK CHAPTER 5

PRIMARY SCRIPTURE

Psalm chapter 139, verses 23 and 24.

WHY THIS PRACTICE MATTERS

Name a wound, the mask it formed, the belief beneath it, and the truthful response Jesus is inviting.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 90 minutes or two sittings. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

The Wound and the Mask

When a man feels exposed, he often learns to cover. He may become controlling, humorous, driven, angry, quiet, pleasing, perfect, distant, or busy. The mask once felt like protection. Over time, it can keep him from being known, loved, and free.

Jesus does not shame a man for the ways he learned to survive. He invites him to stop hiding. This guided practice begins the deeper Storywork process. Move slowly. Tell the truth. Do not dramatize it. Do not minimize it. Bring what you find before Christ.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Wound	Name the place where pain, loss, rejection, fear, or shame took hold.
02 Mask	Identify the strategy you use when you feel unsafe, unseen, or exposed.
03 Belief	Bring the conclusion you began to live from into the light.
04 Return	Receive the truth of Jesus and practice a small act of honesty.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Psalm chapter 139, verses 23 and 24.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Control	☐ Humor
☐ Performance	☐ Anger
☐ Withdrawal	☐ Busyness
☐ Pleasing	☐ Silence

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can name a wound or loss that has shaped how I protect myself.	1	2	3	4
I recognize the mask I tend to wear under pressure.	1	2	3	4
I can identify the belief or inner vow beneath that pattern.	1	2	3	4
I have brought this part of my story before Jesus and a trusted person.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The wound and mask may still be difficult to name. Begin with curiosity and compassion. Use the Storywork Guide slowly.	You can see the pattern, but it may still feel unsafe to be known. Choose one trusted person and one honest sentence.	You are bringing your story into the light with courage. Continue replacing secrecy with truth, support, and faithful practice.

WHAT TO DO NEXT

Name one wound, one mask, and one truthful sentence you can share with someone safe this week.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Wound, Mask, Belief, and Vow Exercise

Use this page as a first step. The expanded Storywork Guide gives you more room to continue when you are ready.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Wound or Repeating Pain	Mask or Strategy	Belief / Inner Vow	Truth and Faithful Response
	Write here	*Write here*	*Write here*
	Write here	*Write here*	*Write here*
	Write here	*Write here*	*Write here*

FORMATION NOTE

A coping strategy is not the whole of who you are. It may have protected you for a season. Jesus can teach you a truer way to live.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Integrity in the Hidden Life

Wholeness grows when a man’s private life, public life, and confession begin to agree.

BOOK CONNECTION

BOOK CHAPTER 6

PRIMARY SCRIPTURE

First John chapter 1, verses 5 through 9.

WHY THIS PRACTICE MATTERS

Identify one place of secrecy, create a clear boundary, and invite truthful accountability.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Integrity in the Hidden Life

Integrity is not the appearance of a clean life. It is wholeness. A man becomes more whole when his inner convictions, private choices, public words, and relationships begin to agree. The freedom of integrity grows through confession, repentance, and a life lived before God.

Secrecy gives fear room to grow. Walking in the light brings fellowship, forgiveness, and healing. This guided practice is not an invitation to disclose every detail to every person. It is an invitation to stop carrying hidden places alone.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Visibility	Name the area that is hidden, minimized, or managed in secrecy.
02 Confession	Tell the truth before God and invite the right person into the struggle.
03 Boundary	Create a clear practice that protects integrity before pressure rises.
04 Renewal	Receive forgiveness, make repair where needed, and return quickly when you drift.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: First John chapter 1, verses 5 through 9.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ My thought life	☐ A habit I minimize
☐ A relationship boundary	☐ My phone or media use
☐ Money or work integrity	☐ A hidden fear or shame

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
My private life and public life are becoming more aligned.	1	2	3	4
I bring hidden struggles into the light rather than managing them alone.	1	2	3	4
I have clear boundaries around the places where I am most vulnerable.	1	2	3	4
I can name trusted people who have permission to ask honest questions.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
A hidden area may be creating more pressure than you realize. Begin with confession to God and one clear boundary.	You see the importance of integrity, but support or accountability may still be informal. Create a specific check-in rhythm.	Honesty and accountability are strengthening the hidden life. Protect that work by returning quickly when temptation or drift appears.

WHAT TO DO NEXT

Choose one boundary and one trusted person who will help you walk in the light this week.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Light and Truth Inventory

Make one hidden area visible enough to take a faithful next step. Use discretion. Write only what is helpful and safe.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Area Needing Light	What Is True?	Boundary or Repair Needed	Who Will Walk With Me?
Thought life	*Write here*	*Write here*	*Write here*
Habit / pattern	*Write here*	*Write here*	*Write here*
Relationship	*Write here*	*Write here*	*Write here*
Work / integrity	*Write here*	*Write here*	*Write here*

FORMATION NOTE

Accountability is protection. It creates a place where truth can be named before fear or temptation becomes stronger.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Formation Before Leadership

God forms a man over time so that responsibility can be carried with humility, patience, and strength.

BOOK CONNECTION

BOOK CHAPTER 7

PRIMARY SCRIPTURE

Romans chapter 8, verse 28.

WHY THIS PRACTICE MATTERS

Name the season you are in, identify what God may be forming, and resist one shortcut.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Formation Before Leadership

Responsibility can reveal a man's formation, but it cannot replace it. God often works slowly through hidden faithfulness, waiting, correction, disappointment, ordinary obedience, and seasons that do not feel impressive.

A man may want clarity, influence, or a larger assignment while God is shaping his character, patience, motives, and capacity. This guided practice helps you honor the season you are in and notice the faithful work that belongs there.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Season	Name the actual season without rushing to label it success or failure.
02 Formation	Notice what pressure, waiting, or responsibility is revealing about the heart.
03 Capacity	Identify the character, wisdom, and rhythms needed to carry future responsibility.
04 Faithfulness	Choose the small obedience that belongs in this season.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Romans chapter 8, verse 28.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Impatience	☐ Comparison
☐ A desire to be noticed	☐ Avoiding the slow work
☐ Resisting correction	☐ Trying to carry too much

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can name the season I am in without rushing or despairing.	1	2	3	4
I look for what God may be forming beneath pressure or delay.	1	2	3	4
I practice small obedience rather than waiting for a larger assignment.	1	2	3	4
I receive correction and patience as part of God's work in me.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The current season may feel unclear or frustrating. Begin by naming what is true today and one small obedience that belongs there.	You can see some of the formation, but impatience or comparison may still pull you away from the work of the season. Create a slower rhythm.	You are learning to trust God's pace. Continue practicing the quiet faithfulness that builds durable character over time.

WHAT TO DO NEXT

Name one small act of faithfulness that belongs in the season you are in now.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Season and Formation Map

Use this map to see the present season more clearly and give your attention to the work that belongs there.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Current Season	What It Is Revealing	What God May Be Forming	Faithful Practice Now
Work / leadership	*Write here*	*Write here*	*Write here*
Home / relationships	*Write here*	*Write here*	*Write here*
Private life	*Write here*	*Write here*	*Write here*
Future / calling	*Write here*	*Write here*	*Write here*

FORMATION NOTE

A season of waiting does not mean nothing is happening. God often prepares a man long before the purpose becomes visible.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Discipline and Desire

Spiritual practices create space for desire, attention, and obedience to be shaped over time.

BOOK CONNECTION

BOOK CHAPTER 8

PRIMARY SCRIPTURE

First Timothy chapter 4, verses 7 and 8.

WHY THIS PRACTICE MATTERS

Build a simple Rule of Life that supports a life near to Jesus without turning formation into performance.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 75-90 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Discipline and Desire

Discipline is training. It helps a man create room for what matters most. A trained life is not a rigid life. It is a life with enough order to hear God, care for the body and soul, honor relationships, and choose obedience when pressure comes.

Desire is shaped by what a man repeatedly gives attention to. The aim is not to manage every minute. The aim is to choose a few life-giving rhythms that make remaining close to Jesus more likely in ordinary life.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Word	Receive Scripture before the day becomes crowded.
02 Wonder	Create quiet space to notice God’s presence, conviction, and invitation.
03 Walk	Choose daily practices that turn truth into action.
04 Rhythm	Build weekly, monthly, quarterly, and annual space for worship, rest, reflection, brotherhood, and renewal.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: First Timothy chapter 4, verses 7 and 8.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ My time	☐ My attention
☐ My body or rest	☐ My phone or media
☐ A recurring temptation	☐ An inconsistent spiritual rhythm

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I have a simple daily rhythm for Scripture, prayer, and quiet attention to Jesus.	1	2	3	4
I make room for worship, rest, and brotherhood each week.	1	2	3	4
My practices help me follow Christ with freedom rather than pressure.	1	2	3	4
I review my life regularly and make wise adjustments for the season I am in.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Your life may feel crowded or reactive. Begin with one daily practice that makes room for Scripture and quiet.	Some rhythms exist, but they may not yet be stable or connected to your actual season. Simplify and choose fewer practices.	Your rhythms are helping you remain near to Christ. Keep them flexible, honest, and rooted in grace rather than performance.

WHAT TO DO NEXT

Choose one daily rhythm and one weekly rhythm that you will practice for the next thirty days.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Rule of Life Builder

Build a personal rhythm that fits your season. Do not try to fill every box today. Choose practices you can hold with faithfulness.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Rhythm	Question	My Practice	Review Rhythm
Daily Word	How will I receive Scripture?	*Write here*	*Write here*
Daily Wonder	How will I slow down enough to listen?	*Write here*	*Write here*
Daily Walk	What practice will help me live what I am learning?	*Write here*	*Write here*
Weekly Worship / Rest / Brotherhood	How will I gather, rest, and be known?	*Write here*	*Write here*

FORMATION NOTE

A Rule of Life is a trellis, not a weight. It creates space for formation. The expanded Rule of Life Builder appears later in this guide.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Brotherhood and the Light

Men are formed in truthful community where confession, encouragement, correction, and prayer are practiced with grace.

BOOK CONNECTION

BOOK CHAPTER 9

PRIMARY SCRIPTURE

Ecclesiastes chapter 4, verses 9 through 12.

WHY THIS PRACTICE MATTERS

Identify the people who know your real story and establish a simple rhythm of honest brotherhood.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Brotherhood and the Light

Isolation can make fear, shame, and temptation louder. Brotherhood creates a place where a man can be known, corrected, encouraged, and prayed for. It is not built around perfect answers. It is built around truthful presence.

A strong brotherhood protects confidentiality, refuses comparison, and resists the urge to fix every person immediately. It listens. It asks honest questions. It points one another toward Jesus and invites real follow-through.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Presence	Show up consistently enough to be known.
02 Truth	Share what is actually happening beneath the surface.
03 Grace	Listen without shame, minimizing, or quick fixes.
04 Faithfulness	Ask about the next step and pray for one another.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Ecclesiastes chapter 4, verses 9 through 12.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ I do not have a trusted brother	☐ I keep things vague
☐ I avoid asking for help	☐ I want to be seen as strong
☐ I have not followed through	☐ I need a healthier group or mentor

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I have one or more brothers who know what is actually happening in my life.	1	2	3	4
I can share a struggle without hiding behind humor, competence, or vague answers.	1	2	3	4
I receive correction and encouragement without becoming defensive or withdrawn.	1	2	3	4
I have a regular rhythm of honest conversation, prayer, and follow-through.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
You may be carrying too much alone. Begin by choosing one trusted brother and sharing one honest part of your story.	You have relationships, but the conversation may remain surface-level or irregular. Establish a recurring time to be known.	Brotherhood is becoming a source of strength and faithfulness. Keep protecting confidentiality, presence, and honest follow-up.

WHAT TO DO NEXT

Reach out to one brother this week and establish a simple rhythm of conversation, honesty, and prayer.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Brotherhood Map

Name the relationships that can support your faithfulness. Then decide what kind of conversation each one is suited to hold.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Person	What They Know	What I Need From Them	Next Conversation Date
Brother / friend	*Write here*	*Write here*	*Write here*
Mentor / pastor	*Write here*	*Write here*	*Write here*
Spouse / family member	*Write here*	*Write here*	*Write here*
Group / church community	*Write here*	*Write here*	*Write here*

FORMATION NOTE

Brotherhood does not mean everyone receives every detail. It means no part of your life is left completely alone.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Obedience Over Comfort

Faithfulness becomes visible when a man follows Jesus before the outcome, comfort, or approval is certain.

BOOK CONNECTION

BOOK CHAPTER 10

PRIMARY SCRIPTURE

Luke chapter 9, verses 23 and 24.

WHY THIS PRACTICE MATTERS

Identify a delayed obedience, count the cost honestly, and take one clear next step.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Obedience Over Comfort

Obedience often reveals what a man truly trusts. He may know what God is asking, but fear of loss, rejection, discomfort, change, or uncertainty can delay the response. The invitation of Jesus remains clear: follow Me.

A faithful step may be quiet. It may be a confession, apology, boundary, conversation, act of service, decision, or habit. The point is not intensity. The point is a life that responds to God with trust.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Clarity	Name what God has made clear through Scripture, conviction, and wise counsel.
02 Cost	Acknowledge what obedience may require or change.
03 Courage	Bring fear before Jesus instead of waiting for it to disappear.
04 Practice	Take the next clear step and invite accountability.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Luke chapter 9, verses 23 and 24.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ A needed conversation	☐ A confession
☐ An apology or repair	☐ A boundary
☐ A decision I keep delaying	☐ An act of courage or service

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can recognize the difference between delay and faithful discernment.	1	2	3	4
I name the cost and fear attached to obedience rather than avoiding it.	1	2	3	4
I take small steps of obedience before I have every outcome guaranteed.	1	2	3	4
I invite accountability when I know I am tempted to postpone what God has made clear.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Comfort or fear may be delaying a clear response. Begin by naming the one step you already know belongs in front of you.	You see the next step, but the cost still feels heavy. Invite a brother or mentor into the decision and choose a date.	Obedience is becoming a steady rhythm in your life. Continue choosing faithfulness before comfort when pressure rises.

WHAT TO DO NEXT

Choose one obedience you have delayed, write the first action, and share it with someone who can follow up.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

The Next Faithful Step Plan

Turn a vague intention into a clear, prayerful response that can be completed and reviewed.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

What God Is Making Clear	What It May Cost	First Faithful Action	Date / Support Needed
	Write here	*Write here*	*Write here*
	Write here	*Write here*	*Write here*
	Write here	*Write here*	*Write here*

FORMATION NOTE

You do not have to see the whole path. Obedience often makes the next part of the path clearer.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Work Under Christ

Work becomes worship when it is carried under Jesus with integrity, rest, service, and trust.

BOOK CONNECTION

BOOK CHAPTER 11

PRIMARY SCRIPTURE

Colossians chapter 3, verses 23 and 24.

WHY THIS PRACTICE MATTERS

Examine what drives your work and choose one practice that turns labor into worship and stewardship.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 60-75 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Work Under Christ

Work is a gift and responsibility. It can provide, serve, build, protect, and bless. It can also become a false source of identity, security, approval, or control. A man needs a way to work diligently without letting work become the center.

Work under Christ gives effort a different posture. It is service. It is worship. It is stewardship. It includes rest, integrity, care for people, and trust that provision comes from God even while a man labors faithfully.

WHAT TO CARRY FORWARD

As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Purpose	Name the work and responsibility God has entrusted to you.
02 Motive	Notice whether fear, approval, security, service, or worship is driving the work.
03 Integrity	Carry the work with honesty, diligence, fairness, and care.
04 Rest	Create limits that remind you God is Provider and Lord.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Colossians chapter 3, verses 23 and 24.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Work pressure	☐ Money or provision
☐ Approval through performance	☐ Difficulty resting
☐ A leadership responsibility	☐ A boundary at home or work

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can name the responsibility God has entrusted to me in my work.	1	2	3	4
I recognize when fear, approval, or security is becoming the driver of my work.	1	2	3	4
I practice integrity, fairness, diligence, and care in the way I work.	1	2	3	4
I create rhythms of rest that remind me God is my Provider.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Work may be carrying more identity or pressure than it was meant to carry. Begin by naming what you are trying to prove or secure.	You see the connection between work and worship, but rest, boundaries, or motive may still need attention. Choose one practice this week.	Work is becoming a place of worship and stewardship. Continue protecting integrity, rest, and a clear order of love.

WHAT TO DO NEXT

Choose one practice that places your work under Christ: offering, integrity, rest, service, or a healthy boundary.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Work, Worship, and Calling Audit

See the relationship between responsibility, motive, integrity, and rest. Identify the one area where work needs a clearer order.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Work Area	What Drives Me Here?	What Must Be Protected?	One Practice Under Christ
Daily work	*Write here*	*Write here*	*Write here*
Leadership / authority	*Write here*	*Write here*	*Write here*
Money / provision	*Write here*	*Write here*	*Write here*
Rest / family / presence	*Write here*	*Write here*	*Write here*

FORMATION NOTE

Your work matters. It is not ultimate. Jesus gives work its proper place and frees a man to labor with faithfulness instead of fear.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Legacy Through Faithfulness

A faithful life teaches, strengthens, and multiplies what future generations and spiritual brothers will carry forward.

BOOK CONNECTION

BOOK CHAPTER 12

PRIMARY SCRIPTURE

Second Timothy chapter 2, verse 2.

WHY THIS PRACTICE MATTERS

Identify what your life is passing on and choose one person or relationship to invest in with intention.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 75-90 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Legacy Through Faithfulness

Legacy is built through ordinary faithfulness. It appears in what a man normalizes, practices, repairs, forgives, teaches, and protects. Children, friends, coworkers, church communities, and younger men often learn more from a life than from a speech.

A man does not need a large platform to multiply faith. He needs a surrendered life and a willingness to invest in people. This guided practice helps you name what is being passed on and choose one relationship that deserves intentional attention.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Receive	Recognize the faithful and broken patterns you have inherited.
02 Examine	Notice what your own life is teaching through habits, words, and relationships.
03 Repair	Choose one pattern that needs repentance, reconciliation, or a new practice.
04 Multiply	Invest intentionally in one person who can be strengthened by your faithfulness.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: Second Timothy chapter 2, verse 2.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ A family pattern	☐ How I handle conflict
☐ My relationship with work	☐ My example to younger people
☐ A relationship that needs repair	☐ A person I should encourage

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I can name the patterns and values I have inherited.	1	2	3	4
I recognize what my daily life is teaching the people around me.	1	2	3	4
I repair mistakes through repentance, apology, and changed practice.	1	2	3	4
I am intentionally investing in at least one person beyond myself.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Legacy may feel distant, but your life is already teaching. Begin by naming one pattern you want to strengthen or change.	You see the importance of legacy, but investment in people may still be informal. Choose one relationship and set a date.	Faithfulness is multiplying through your life. Continue investing in people and practicing the humble repair that makes legacy trustworthy.

WHAT TO DO NEXT

Choose one person to invest in this month and one pattern you want to pass on with greater faithfulness.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Legacy and Multiplication Map

Look at what you have received, what you are passing on, and where one intentional investment can begin.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Legacy Area	What I Received	What I Am Passing On	Faithful Next Step
Faith / relationship with Jesus	*Write here*	*Write here*	*Write here*
Family / close relationships	*Write here*	*Write here*	*Write here*
Work / leadership	*Write here*	*Write here*	*Write here*
One person to invest in	*Write here*	*Write here*	*Write here*

FORMATION NOTE

Legacy is not about looking impressive. It is about living faithfully enough that people around you can see what trust in Jesus looks like.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

4. NAME WHAT YOU HOPE GOD WILL GROW

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

Jesus, I trust You with: _____
I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

Follow Me

The journey continues through daily return, honest brotherhood, and the next faithful step under Jesus.

BOOK CONNECTION

CONCLUSION: FOLLOW ME

PRIMARY SCRIPTURE

John chapter 21, verses 15 through 22.

WHY THIS PRACTICE MATTERS

Create a thirty-day follow-through plan that keeps the work of this guide connected to ordinary life.

CHOOSE HOW YOU ARE USING THIS PRACTICE

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a brother, group, or leader.

HOW TO USE THIS PRACTICE

1. Read the Scripture and short teaching slowly.
2. Circle or check the responses that feel most true.
3. Write only where a few words help you name what matters.
4. Choose one faithful response before moving on.
5. Invite another person into the work where support would help.

Suggested time: 45-60 minutes. You do not need to solve your whole story today. Stay with what feels most important. Tell the truth. Receive grace. Take the next faithful step.

Follow Me

Formation continues after the final guided practice. A man does not become faithful because he completed a guide. He becomes faithful through ordinary return: Scripture, prayer, honest relationships, repentance, small acts of obedience, and steady trust in Jesus.

The final work is to choose a few rhythms that help the truth remain close. Keep it simple. One Scripture rhythm. One brotherhood rhythm. One act of obedience or repair. One person to invest in. One date to review what God is forming.

> **WHAT TO CARRY FORWARD**
>
> As you complete this guided practice, look for one clear truth, one honest place in your life, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty.

WHAT YOU WILL WORK THROUGH

Movement	What It Helps You Notice
01 Return	Come back to Jesus daily when you drift, hurry, hide, or become discouraged.
02 Remain	Keep Scripture and prayer close enough to shape the ordinary week.
03 Repair	Practice confession, forgiveness, and obedience without delay.
04 Multiply	Walk with a brother and invest in one person beyond yourself.

Receive and reflect.

Begin with Scripture. Then circle or check the responses that feel most true. Use the short writing spaces only where a few words help you name what matters. This page is designed for the writer and the man who would rather begin with a simple choice.

WORD

Reading: John chapter 21, verses 15 through 22.
Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

What stood out most from the Scripture? Check one or two, then add a few words only if helpful.

☐ Something I need to receive from God.	☐ A place where I need to trust Him.
☐ A habit or pattern that needs honesty.	☐ A promise, command, or invitation to carry forward.

One phrase or truth I want to carry forward:

WONDER

Choose the responses that fit your current season. Check one or two. Then write a few words only if you need to make the choice more specific.

☐ Daily Scripture and prayer	☐ A relationship needing honesty
☐ One act of obedience	☐ A boundary or habit
☐ A brotherhood rhythm	☐ One person I can invest in

The one area I want to bring honestly before Jesus is:

Use a name, short phrase, pattern, or recent moment. You do not need to explain the whole story here.

What do I believe about God, myself, or other people in this place?

Finish a simple sentence: "I often believe..." or "I have been acting as though..."

What truth from Jesus do I need to receive?

Use the Scripture reading, a short prayer, or one sentence of truth.

See the present condition.

Score the statements honestly. This is not a grade or a verdict. It simply helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Circle the number that is most true, not the number you wish were true. Choose the lower number when the practice depends on a good week, a calm season, or someone else carrying it for you.

Statement	1	2	3	4
I have a simple plan for returning to Jesus when I drift.	1	2	3	4
I am practicing the rhythms that help me remain close to Christ.	1	2	3	4
I have people who know my next step and can follow up with me.	1	2	3	4
I am carrying the work of this guide into daily obedience and relationship.	1	2	3	4

My total: _____ / 16

1 = Needs Attention Now This area feels hidden, inconsistent, avoided, or under pressure.	**2 = Needs Support** You can see the issue, but you need clearer practice, conversation, or help.
3 = Growing This area is becoming healthier and more consistent.	**4 = Strong and Steady** This area is clear, supported, and visible in daily life.

READ YOUR RESULT

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The next season may feel unclear. Begin with one daily return to Jesus and one conversation with a trusted brother.	You have some rhythms in place, but follow-through may need a clearer plan. Use the thirty-day pages and schedule the review.	The work is moving into ordinary life. Keep choosing simple, repeatable faithfulness and invite others to walk with you.

WHAT TO DO NEXT

Complete the thirty-day plan, tell someone your first step, and schedule the date when you will review the journey.

Write only a few words. You do not need a complete plan.

My next step:

I may bring this to:

PRACTICAL TOOL

Thirty-Day Faithfulness Plan

Choose only the practices you can carry with honesty. The goal is a faithful next month, not a perfect future.

HOW TO USE THIS TOOL

Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see your current season more clearly.

You can write a few words, complete only one row, or talk the table through with a brother and have him help you name the response.

Formation Area	My Thirty-Day Practice	Person / Support	Review Date
Word	*Write here*	*Write here*	*Write here*
Wonder	*Write here*	*Write here*	*Write here*
Walk / obedience	*Write here*	*Write here*	*Write here*
Brotherhood / investment	*Write here*	*Write here*	*Write here*

FORMATION NOTE

The invitation of Jesus remains the same: Follow Me. Return to Him when you drift. Walk with others. Practice the next faithful step.

Take the next honest step.

You do not need to repair every part of your life today. Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. NAME WHAT YOU ARE RESPONDING TO

☐ A wound from my past	☐ A false belief I have been carrying
☐ A pattern that keeps repeating	☐ A relationship that needs attention
☐ A hidden struggle	☐ A decision I have delayed
☐ A habit that needs to change	☐ Another area: _____

2. CHOOSE ONE FAITHFUL RESPONSE

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell one trusted brother what is true.	☐ Ask someone to pray with me.
☐ Confess something I have kept hidden.	☐ Ask forgiveness or begin a repair conversation.
☐ Set one clear boundary.	☐ Replace one unhealthy habit with a better rhythm.
☐ Ask for guidance from a pastor, mentor, counselor, or leader.	☐ Take one action I have been avoiding.

3. MAKE IT SIMPLE ENOUGH TO FOLLOW THROUGH

My first step is:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me is:

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☐ Honesty	☐ Peace
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☐ Humility	☐ Self-control
☐ Repair	☐ A stronger habit
☐ Brotherhood	☐ Clarity

MY PRAYER

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I will take one faithful step in response to what You have shown me.

Do not carry it alone.

Use this page when you need someone to know the story, ask honest questions, pray with you, or help you follow through. You do not need to explain everything. Share what is most important.

WHAT KIND OF SUPPORT DO YOU NEED?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	

SHARE IN THREE SIMPLE PARTS

Part	What To Say
1. What is happening?	Name the situation, pressure, habit, relationship, or struggle.
2. What have I been believing or doing?	Name the fear, false belief, coping pattern, response, or mask.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, or faithful step.

QUESTIONS YOUR BROTHER CAN ASK

☐ What feels most true right now?	☐ Where do you think this began?
☐ What have you been carrying alone?	☐ What do you believe about God in this area?
☐ What pattern keeps showing up?	☐ What would bring this into the light?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

BEFORE YOU END THE CONVERSATION

The one thing I will do next: _____
The person who will follow up with me: _____
We will reconnect: ☐ within two days ☐ this week ☐ next week ☐ on this date: _____

See the structure beneath the story.

Use these pages after Guided Practice 03 or whenever fear, control, resentment, shame, or self-reliance becomes visible. Read the two structures slowly. Ask where the old path has shaped you and what Jesus is forming instead.

Stage	Fallen Structure	Godly Structure
1. The Seeker	Wounded Seeker Belief: God did not protect me. Response: fear and rage.	Trusting Seeker Belief: God is working for my good. Response: peace and surrender.
2. The Believer	Demanding Believer Belief: people must protect me. Response: control and expectations.	Loving Believer Belief: I want to give, not get. Response: freedom in relationships.
3. The Disciple	Conflicted Disciple Belief: you failed me, and now I hate you. Response: turmoil and passive aggression.	Confident Disciple Belief: I accept you because God accepted me. Response: intimacy without stipulation.
4. The Leader	Angry Leader Belief: I must be the problem. Response: shame, control, harshness.	Servant Leader Belief: when I fail to love, I repent. Response: joyful responsibility.
5. The Sage	Arrogant Sage Belief: I will get what I want myself. Response: pride and disconnection.	Humble Sage Belief: I cannot be perfect, but I will obey. Response: dependence and worship.

HOW TO USE THIS MAP

Choose one current area of pressure. Ask: What am I believing about God here? How is that belief shaping my response? What would trust and surrender look like in one faithful action?

Bring your story into the light.

The Storywork Guide is a personal, unhurried way to examine the layers of your story and bring them before Jesus. Use one page per day, work through it with a trusted brother, or set aside a longer block of time. You do not need perfect words. You need truthful words.

MOVE SLOWLY

Write slowly. Do not judge what you find. Do not dramatize or minimize your story. Name what is true. When the work becomes too heavy to hold alone, invite wise pastoral care and qualified professional support into the process.

Layer	What It Helps You Name
Visible Story	What people could see: work, relationships, choices, loss, achievement, what you built, what you carried, and what you hid.
Inner Story	What was happening underneath: need, fear, wound, desire, shame, anger, false belief, coping, and inner vow.
God's Story	Where Jesus has been present: grace received, truth revealed, people sent, redemption unfolding, and the invitation now.

Before You Knew You Had to Protect Yourself

Think about early years, teenage years, and young adult years. Where were you repeatedly let down, overlooked, wounded, afraid, or pressured? Look for the repeating feeling, not only the details.

HOW TO USE THIS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

What happened more than once?

What did those moments seem to prove?

What repeating sentence formed in me? “It always ends with...” “It always feels like...” “It always proves...”

Write only what helps you tell the truth. Short phrases are enough.

The Moment That Shaped You

Name one moment that still carries weight. Tell it in plain words. Notice what you needed that you did not receive.

HOW TO USE THIS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

What happened?

Who was there?

What did I need that I did not receive?

I was… I felt… I learned…

Write only what helps you tell the truth. Short phrases are enough.

The False Belief

A wound can form a sentence that becomes a way of living. Bring the sentence into the light. Jesus does not shame you for the belief. He invites you to replace it with truth.

HOW TO USE THIDS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

I have to _____ to be safe.

I have to _____ to be loved.

People always _____.

God will not _____.

The belief I began living from is...

Write only what helps you tell the truth. Short phrases are enough.

The Coping Pattern

Coping was often a form of protection. Name what you actually did when you felt unsafe, unseen, or exposed.

HOW TO USE THIDS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

When I felt threatened, I tended to: ☐ control ☐ perform ☐ withdraw ☐ get angry ☐ please ☐ stay busy ☐ hide ☐ numb out

The pattern still appears when...

Write only what helps you tell the truth. Short phrases are enough.

The Inner Vow

Many men make an inner promise that once felt strong but has become a chain. Name it honestly. Then bring it under the care of Jesus.

HOW TO USE THIS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

I will never _____ again.

I will always _____.

I cannot _____.

What has this vow protected me from?

What has it cost me?

Write only what helps you tell the truth. Short phrases are enough.

The Pattern Today

Notice where the old belief still drives you in relationships, work, family, leadership, rest, or faith.

HOW TO USE THIS PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

When I feel _____, I usually _____.

The person most affected is...

A faithful response would look like...

Write only what helps you tell the truth. Short phrases are enough.

Rescue and Return

Name where Jesus has already met you and what He is inviting you to receive now. Do not force this page. Tell the truth about what has changed and what still needs healing.

HOW TO USE THIDE PAGE

Read the prompt slowly. Circle or underline what fits. Write short, honest phrases. You do not need to explain every detail. Name what matters.

☐ I can name this clearly right now.	☐ I need more time with this.
☐ I want to talk through this with a trusted brother.	☐ I need pastoral or professional support as I continue.

BRING IT INTO THE LIGHT

Where have I seen Jesus meet me?

What truth is He inviting me to receive?

Who can walk with me as I keep returning to the light?

Write only what helps you tell the truth. Short phrases are enough.

Build a rhythm that keeps you near.

A Rule of Life is a simple pattern for ordering your life around what matters most. It does not create spiritual maturity. God does that. A Rule of Life helps you create space to remain close to Him and practice the faithfulness He is forming.

KEEP IT PERSONAL AND SEASONAL

Choose practices that fit your actual season. Begin small. The aim is faithfulness, not a spiritual task list. Review the rhythm regularly and adjust it when life changes.

Word • Wonder • Walk

Use these daily rhythms to remain close to Jesus in ordinary life.

HOW TO USE THIS PAGE

Write only the practice you are willing to carry in this season. Make it specific. Add a day, time, place, or person whenever that will help. Use the return point to come back before the practice becomes vague or disappears.

Rhythm	Question	My Practice	Return Point
Word	How will I receive Scripture each day?	*Write here*	*Write here*
Wonder	How will I slow down enough to listen?	*Write here*	*Write here*
Walk	What practice will help me live what I am learning?	*Write here*	*Write here*

Worship • Rest • Brotherhood

A week needs gathered worship, a practice of rest, and a place where you are known.

HOW TO USE THIS PAGE

Write only the practice you are willing to carry in this season. Make it specific. Add a day, time, place, or person whenever that will help. Use the return point to come back before the practice becomes vague or disappears.

Rhythm	Question	My Practice	Return Point
Worship	How will I gather with God's people?	*Write here*	*Write here*
Rest	How will I practice Sabbath and trust God with what remains unfinished?	*Write here*	*Write here*
Brotherhood	Who knows the real me and has permission to ask honest questions?	*Write here*	*Write here*

Reflection • Service

Once a month, pause long enough to notice what God is forming and where you are called to serve.

HOW TO USE THIS PAGE

Write only the practice you are willing to carry in this season. Make it specific. Add a day, time, place, or person whenever that will help. Use the return point to come back before the practice becomes vague or disappears.

Rhythm	Question	My Practice	Return Point
Reflection	Where have I seen God at work? Where have I drifted? What needs attention?	*Write here*	*Write here*
Service	How will I serve, encourage, or invest in others?	*Write here*	*Write here*

Retreat • Review

Set aside a morning, afternoon, or day to listen, renew, and make wise adjustments.

HOW TO USE THIS PAGE

Write only the practice you are willing to carry in this season. Make it specific. Add a day, time, place, or person whenever that will help. Use the return point to come back before the practice becomes vague or disappears.

Rhythm	Question	My Practice	Return Point
Retreat	When will I step away with God and His Word?	*Write here*	*Write here*
Review	What is being formed in me? Which habits are helping? Which habits are hurting?	*Write here*	*Write here*

Remember • Renew

Create space to look back with gratitude and look forward with clarity.

HOW TO USE THIS PAGE

Write only the practice you are willing to carry in this season. Make it specific. Add a day, time, place, or person whenever that will help. Use the return point to come back before the practice becomes vague or disappears.

Rhythm	Question	My Practice	Return Point
Remember	When will I intentionally remember God's faithfulness?	*Write here*	*Write here*
Renew	When will I review my priorities, commitments, relationships, and direction for the coming year?	*Write here*	*Write here*

Choose faithfulness.

Because Jesus is at the center of my life, I commit to pursuing a life shaped by His presence, His Word, His people, and His mission.

I will not pursue perfection.

I will pursue faithfulness.

I will return when I drift.

I will listen when He speaks.

I will obey what He reveals.

I will follow Jesus one day at a time.

Signature: _____

Date: _____

Walk in the light together.

Use these pages with one trusted brother or a small group. The point is not to solve every problem in one conversation. The point is to tell the truth, receive prayer, name one faithful response, and return to one another before drift grows stronger.

Conversation Movement	Suggested Question
Begin with Scripture	What did the reading reveal about Jesus, trust, or a life under Christ?
Tell the truth	What is actually happening beneath the surface right now?
Name the pattern	What belief, fear, mask, or habit is shaping this response?
Receive grace	Where do you see Jesus meeting you? What truth do you need to receive?
Choose the response	What is one act of obedience, repair, boundary, or conversation that belongs next?
Pray and follow up	How can we pray? When will we ask one another about this again?

BROTHERHOOD COVENANT

We listen fully. We protect confidentiality. We ask questions before giving advice. We tell the truth with grace. We point one another toward Jesus. We pray before we leave.

Carry the work into the next month.

The journey continues after the final Guided Practice. Use this plan to keep the work connected to Scripture, brotherhood, obedience, repair, and mission. Choose small practices that fit your real life.

HOW TO USE THIS PAGE

Choose one simple practice for each week. You may complete the page alone or with a brother. The aim is not intensity. It is a life that keeps returning to Jesus.

Week	Focus	My Practice	Brother / Support	Return Point
Week 1	Return to Jesus	*Write here*	*Write here*	*Write here*
Week 2	Bring It Into the Light	*Write here*	*Write here*	*Write here*
Week 3	Practice One Faithful Step	*Write here*	*Write here*	*Write here*
Week 4	Invest in Someone Else	*Write here*	*Write here*	*Write here*

SIMPLE DAILY RHYTHM

One Scripture. One honest prayer. One act of faithfulness. One moment of gratitude. The goal is not intensity. It is a life that keeps returning to Jesus.

Notice what has changed.

At the end of thirty days, return to the questions below. Bring this page to a conversation with a brother, mentor, pastor, group, or spouse.

Review Prompt	My Notes
What did God make clear?	*Write here*
Where did I practice faithfulness?	*Write here*
Where did I drift or hide?	*Write here*
What relationship became more honest?	*Write here*
What repair, boundary, or next response remains?	*Write here*
What do I want to carry into the next thirty days?	*Write here*

Review what has changed.

Use this page after you have worked through the Guided Practices most relevant to your current season, or after you have spent about thirty days using the Field Guide. This is not a final grade. It is a simple way to notice what has become clearer, more honest, more practiced, or more supported.

HOW TO COMPLETE THIS PAGE

1. Look back at the opening Baseline Assessment and the Guided Practice scorecards.
2. For each Guided Practice, choose one closing score from 1 to 4 based on the last thirty days. Use the same scale: 1 = Needs Attention Now, 2 = Needs Support, 3 = Growing, 4 = Strong and Steady.
3. In the final column, write only a short phrase about what needs attention next. Examples: prayer rhythm, ask for help, repair conversation, better boundary, keep practicing.
4. Leave a row blank if you have not worked through that practice yet. You can return when the time is right.

One closing score per Guided Practice. Keep the final note short and specific.

Guided Practice	Formation Area	Closing Score (1-4)	What Needs Attention Next?
01	Return to the Center	___	_____
02	The Story Beneath the Story	___	_____
03	The Two Paths	___	_____
04	Sonship Before Strength	___	_____
05	The Fear of the Lord	___	_____
06	The Wound and the Mask	___	_____
07	Integrity in the Hidden Life	___	_____
08	Formation Before Leadership	___	_____
09	Discipline and Desire	___	_____
10	Brotherhood and the Light	___	_____
11	Obedience Over Comfort	___	_____
12	Work Under Christ	___	_____
13	Legacy Through Faithfulness	___	_____
14	Follow Me	___	_____

NEXT SEASON REFLECTION

CHOOSE ONE FOCUS

Choose what belongs next.

After you complete the review, use these questions to choose one area or rhythm to carry forward. You can check a response, write a short phrase, or talk it through with a brother. The goal is one clear focus for the next season.

Reflection	Your Answer
What strengthened?	*Write here*
What became clearer?	*Write here*
What pressure remains?	*Write here*
What habit must continue?	*Write here*
What is the next thirty-day priority?	*Write here*
Who needs to be part of the next season?	*Write here*

FINAL INVITATION

Return to the center. Tell the truth. Receive the grace of Jesus. Walk in the light. Practice the next faithful response. Then help another man do the same.

Notes, prayer, conversation, and review.

Use these pages for personal reflection, group notes, prayer requests, coaching conversations, Scripture observations, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

Notes, prayer, conversation, reflection, and next steps.

Use the space.

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