



# RISE

## A 30-DAY CHALLENGE

### Brotherhood Guide

*“So it came about when Moses held his hand up, that Israel prevailed, and when he let his hand down, Amalek prevailed. But Moses’ hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. Thus his hands were steady until the sun set. So Joshua overwhelmed Amalek and his people with the edge of the sword...”*

—Exodus 17:11-13

RISE is a 30-day challenge for all men. You’ll be encouraged to look deep inside to see where change needs to occur, and you’ll come out the other side a better man. But none of us can walk this path alone. Like Moses on the mountain, overlooking the battlefield where Israel fought the Amalekites, we need the supporting arms of a brother or two in this interior battle.

So we encourage you in the RISE Challenge to find at least one other brother and commit to this journey together. Below are a few steps to guide you in that daily accountability.

*“Iron is made sharp with iron, and one man is made sharp by a friend.”*

—Proverbs 27:17

#### Choosing a Brother

You’ll first need to decide prayerfully a brother in your life who would be willing to take the RISE challenge with you. It could be an actual brother, a friend, a colleague from work, someone from your parish Bible study or men’s group, a Knights of Columbus, or your Holy Name Society. Really take this to prayer before asking him. The RISE Challenge is a serious one. This man should be one you’re comfortable with in discussing faith and life. And you should each not be afraid to “sharpen” one another in the challenge and keep each other focused on the daily meditations.

Discern the time of day (preferably later in the evening) when you’ll check-in with each other (details below). If you’re taking the RISE Challenge as part of a parish or men’s group, this daily check in is also advised in addition to whatever time the group meets during the week.

## The Deal

As a RISE “brother” you’re committing to the following:

1. You’ll check in daily for at least 5 min.
  - a. At first this could feel awkward. We’re not used to sharing from our hearts as men. But, you’ll soon see that you’ll be looking forward these daily touch-bases as the two of you share a common mission... to become better men to all those around you.
2. You’ll have your brother’s back through the 30-days.
  - a. This means that if your brother’s struggling, you’ll support him as you can, and find him the help he needs if it’s outside of your abilities.
3. You’ll pray for your brother
  - a. And you’ll know that you’ve got a brother praying for you every day.
  - b. Here’s a sample prayer that you could offer for him:

Dear Father, I lift up \_\_\_\_\_ to You in prayer today. Please give him the courage, strength, and perseverance he needs to live as a man fully alive. Please also grant him peace and comfort in the midst of the daily demands of life. May he, and all those dear to him, fulfill your will for this life, and be with you in the next. In Christ name I pray. Amen.

## The Daily Check In

On your phone call:

1. **DISCUSS** the following:
  - a. **TOUCH BASE** - Ask a sincere “how are you doing?” We encourage you to really share the successes/failures of the day.
  - b. **INSPIRATION** - What struck you about the message today? In other words, what gave you hope, conviction, courage?
  - c. **CHALLENGE** - What challenged you about the message today? In other words, what has given you pause, questions, or difficulties?
  - d. **APPLICATION** - What was your daily challenge? How’d it go?
2. **PRAY** at the end of the check in. Alternate who leads. Keep it as simple as you like, e.g. “Father, keep us on the path of a true man. Forgive our failings, encourage our efforts, direct our desires, strengthen our hearts, bless our families, give us new joy. In Jesus name we pray.”

If you commit to this daily sharing and support for each other, you’ll quickly find that you’re developing a friendship founded on the solid Rock of Christ. These are the friendships that last a lifetime.