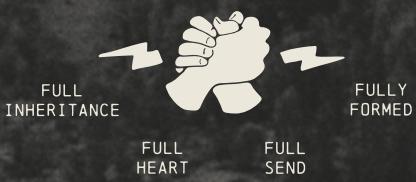


FORMING  
MEN

# MAN YEAR PLAYBOOK

> Mental Module Workbook:  
MONTH ONE

F O R M I N G  
M E N



FULL  
INHERITANCE

FULL  
HEART

FULL  
SEND

FULLY  
FORMED

--- TABLE OF CONTENTS ---

> Module at a Glance	PG 1
> Welcome Letter	PG 2
> Week 1	PG 3
> Prayer of Examen	PG 8
> Habit Tracker	PG 9
> Week 2	PG 11
> Week 3	PG 21
> Week 4	PG 31

--- MENTAL MODULE CHALLENGES AT A GLANCE ---

- > You will pray the prayer of examen at least 5 nights a week for 12 weeks.
- > You will memorize an entire chapter or ‘large passage’ of scripture (and recite it) by the end of the 12 weeks.
- > You will establish sustainable tech boundaries and rhythms (such as notifications off, grayscale, app deletions, daily “no phone” windows, and weekly 24-hour phone Sabbaths) within an actionable and written-down game plan.

## LETTER FROM JON & JEFFERSON

**Fellas,**

We're fired up to welcome you into the fourth core domain and module of Man Year—your mental formation. This is the finish line, and we believe it will tie together everything that has come before. This module isn't about IQ, outsmarting the world, or becoming a walking theology textbook. So much of our physical, emotional, and spiritual self is routed through the mind. This module is about attention, focus, and becoming the kind of man whose thoughts align with God's. It's about clarity, sobriety, wisdom, and truth in a world filled with digital noise, distraction, and disorientation.

If we're honest, most of us don't realize how deeply our thinking has been shaped—formed not by Christ, but by culture, apps, half-truths, and headlines. This 12-week journey is going to help you reclaim your mental real estate. And it's not just about "clearing your mind"—it's about renewing it. Scripture tells us the transformation of our lives happens through the renewing of our minds (Romans 12:2). It also says in 1st Corinthians 2 that you have the very mind of Christ! This module will help you do just that—through intentional, daily, consistent work.

You'll be memorizing an entire chapter (or large passage) of Scripture. You'll be fasting from your phone and breaking the habits that have hijacked your mental space. You'll take every thought captive, and you'll set a new trajectory for what it means to love God with all your mind.

You're not doing this alone. Thousands of other men are also walking this journey. More importantly, the Holy Spirit will meet you right where you're at.

Let's do this,

*—JEFF & JON*

--- WEEK ONE ---

**RENEWING THE MIND**

*Scripture: Romans 12:2*

--- WEEK ONE ESSAY ---

Romans 12:2 is one of the most urgent, clear, and defining commands in all of Scripture for what it means to grow into mature manhood in Christ. Paul writes, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” This is the backbone of this module—the spiritual, theological, and practical hinge on which our thought life turns. For the next twelve weeks, we will take it seriously. Because here’s the truth: your mind is the frontline of the war for your life, and you clearly can have a mind that’s conformed to the wrong pattern!

Let’s be honest: most men do not actively manage their mental world. They live at the mercy of their environment. If a worry enters, it stays. If a headline breaks, it dominates. If temptation or lust whispers, they follow. If a distraction presents itself, they click. The result? A mind fragmented, disoriented, anxious, and reactive.

But what if you could flip the switch? What if you could train your mind to be clear, focused, intentional, and at peace? What if the atmosphere inside your head became a place of strength rather than weakness, of stability rather than chaos? That’s not a dream. It’s a biblical promise. But it requires a total overhaul. Not a tweak or a tune-up. A renewal. A renovation.

...and it starts this week.

Renewing the mind isn’t about thinking “better thoughts.” It’s about exchanging lies for truth. It’s about learning to think God’s thoughts after Him. It’s about demolishing strongholds of pride, fear, anger, shame, lust, and insecurity, and replacing them with a mental life built on Scripture, filled with the Spirit, and ruled by peace.

That’s why this week kicks off three core practices that will stretch and change you:

**1. Scripture Memorization:** You're going to choose a full chapter (or large passage) of the Bible to memorize over 12 weeks. Not a verse. Not a quote. A whole chapter. Why? Because you need weapons for the war. When Jesus was tempted in the wilderness, He didn't quote a motivational poster. He quoted Deuteronomy. He quoted scripture. He knew the Word because He had hidden it in His heart. We need to do the same.

Take time this week to choose a chapter that speaks directly to your biggest battlefield. Where do you struggle most?

- > If it's fear or condemnation, memorize Romans 8.
- > If it's distraction or hunger for God, memorize Psalm 1.
- > If it's identity or intimacy, memorize John 15.
- > If it's perseverance or action, memorize James 1.

Let this be personal. Pray about it. Ask the brothers in the group and make this a discussion for week one, focusing on picking a chapter. (In week 2, we will begin to provide you with tips on how to do it—but for now, spend this whole week discussing and praying about which passage you'd like to commit to.) Ask the Lord: What truth do I need stored in me for battle?

**2. Digital Detox:** You will also begin your digital fast this week. Not a full unplug yet—that's coming—but the first steps. Turn off all non-essential notifications. Move apps that suck your attention off your home screen. Set up "screen time" tracking. Then, begin to notice your impulses. When do you reach for your phone? Why? What's the emotion underneath that?

**3. Prayer of Examen:** Each evening this week, you'll end the day with a short (10–15 minute) but powerful practice: the Prayer of Examen. It's a time to quietly review your thoughts, choices, and emotions with God, asking two simple questions: Where did I move toward Him today, and where did I drift away? This helps train your mind to recognize patterns, take thoughts captive, and become more aware of the Spirit's leading. Over time, this daily reflection builds spiritual alertness and mental clarity. It's not about guilt; it's about growth.

Most of us are so overstimulated that silence feels like suffering, and stillness feels like boredom. But that's exactly why we must push through the discomfort and reclaim attention. Because your attention is your life. You become what you consistently behold, and most men are beholding noise, doomscrolling, and distraction more than God's Word.

So here's what you'll do this week:

**SCRIPTURE CHALLENGE:**

- > Choose your chapter by the end of the week.
- > Sit in quiet reflection around this text and perhaps two to three others you may want to memorize over the next seven days.
- > Discuss with your brothers, either in person or via text, which texts you are wrestling with choosing and why.

**DIGITAL CHALLENGE:**

- > Turn off all notifications (except calls/texts).
- > Move social apps off your home screen.
- > Begin tracking screen time, and share in your group's text thread your screen time from the day or week before each new week begins.
- > Create a "phone home" starting tonight—a place where your phone sleeps every night for the next 12 weeks, that is not your bedroom.

**SELF-AUDIT QUESTIONS:**

- > What thoughts dominate my mind each day?

---

---

---

- > If someone was in my mind most days, what would they feel, or think, or be surprised about?

---

---

---

- > When do I feel most distracted or mentally scattered? A time of day? A recurring situation or circumstance each day?

---

---

---

> What do I believe would happen if I slowed down and focused?

---

---

---

> What would it look like for my mind to be governed by the Spirit instead of the flesh?

---

---

---

**For the end of the week:**

- > What chapter did you choose for memorization and why?
- > What did you notice about your digital habits this week?
- > What would a renewed mind actually look and feel like in your day-to-day life?

This week is about awakening. It's about stepping back and realizing that your mind—this incredible, God-designed instrument—has been under the influence of algorithms, anxieties, and unexamined assumptions for far too long. Now, in Jesus, you have the power to take it back.

The renewing of your mind is not a passive process.

It's a fight.  
A practice.  
A formation.

...and it begins now.

Let's go.

## PRAYER OF EXAMEN CARD

Below are the five steps of the classic **Prayer of Examen**. The Prayer of Examen was developed by St. **Ignatius of Loyola**, a 16th-century Spanish soldier-turned-priest who founded the Jesuits. He believed that God could be found in all things—even our thoughts and feelings—and that reviewing our day with God could train us to become more spiritually awake, discerning, and disciplined. (Jeff here—I've had a tiny little cutout card that lists these steps below that I've had folded in my bible for years, and I've found endless power and communion with God by using it as my nightly prayer routine). It should take only 10-15 minutes total. You can do it in prayer or journal through it as well. You want to see the prayer almost like a 'car wash' where you gently place yourself on the tire clamps, and allow yourself to gently pass through the process with imagination and the Spirit's power. After a while, you'll have the five steps memorized and the process will feel instinctual.

### 1. Become aware of God's presence

Begin by quieting yourself and acknowledging God's presence in your life today, as well as in the room with you right now. Where was He today? Where did you acknowledge or see Him today?

### 3. Review the Day

What did you feel today? How did the day go? Where did you experience joy, peace, or goodness, pain, hurt, or frustration? Walk through your day in your mind. Where did you feel close to God? Where did you drift or miss the mark?

### 5. Look toward tomorrow

Consider what you learned from the day and what you can do to better collaborate with God's plan for the following day. Ask God for strength, wisdom, and clarity for tomorrow. What mindset do you want to carry into the next day?

### 2. Give Thanks

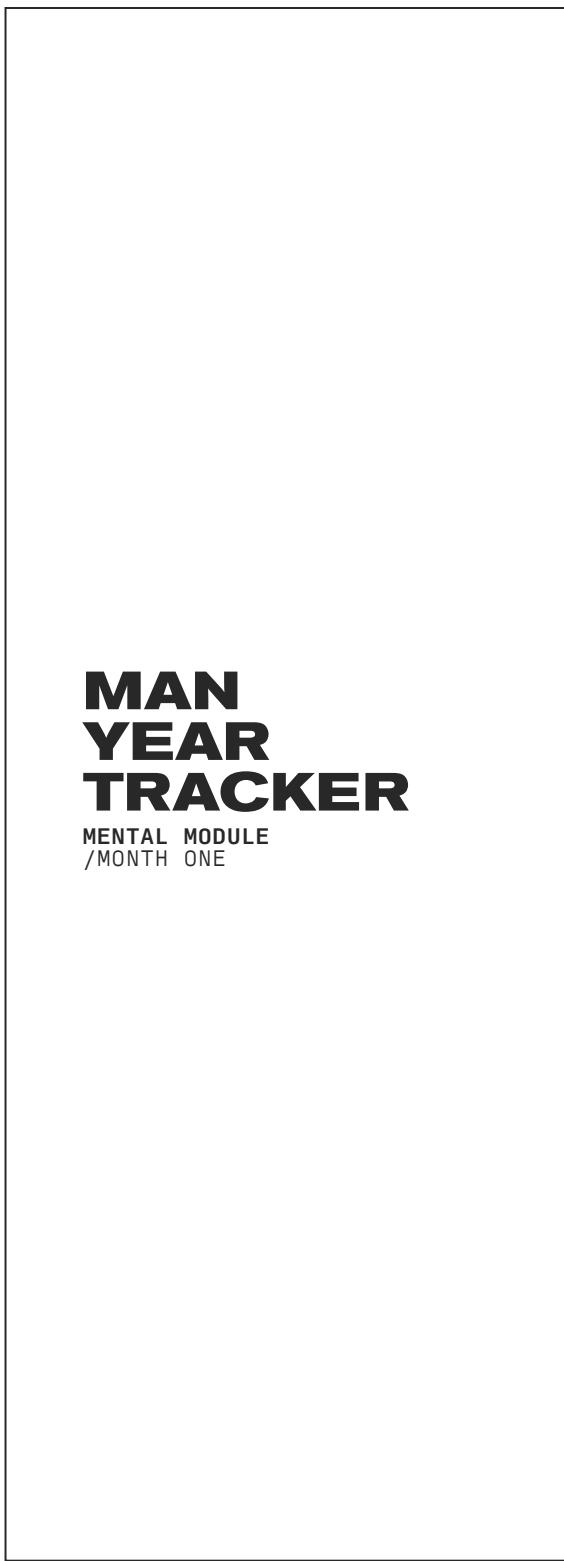
Reflect on the day, noticing both the positive and negative aspects, and be grateful for the blessings you've received. Begin to list off all the things you were grateful for today from God.

### 4. Face the strongest moment

Now, select a specific moment or experience and reflect on it, asking for God's guidance and grace. Be honest about where you fell short—anger, lust, distraction, pride—and bring it to God without shame. Receive His grace.

Scan QR code or click [this link](#) for PDF printout





WEEK 1		Daily Prayer of Examen	Sent Screen Time to Group	Digital Challenges	Scripture Memorization
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 2		MON	TUE	WED	THU
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 3		MON	TUE	WED	THU
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 4		MON	TUE	WED	THU
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

**Group Discussion Questions**

> What patterns of the world have you most conformed to mentally, and how do you sense God inviting you to be transformed?

---

---

---

> When you reflect on your current thought life, what words come to mind—peaceful, chaotic, anxious, sharp, numb?

---

---

---

> How does your phone or digital environment shape your thoughts and emotions in ways you didn't realize before?

---

---

---

> What passage of Scripture are you considering for memorization, and why does it feel personal or necessary?

---

---

---

> What would it look like for your mind to be a place of strength instead of weakness, and what might that change in your daily life?

---

---

---

--- WEEK TWO ---

**TAKING EVERY THOUGHT CAPTIVE**

*Scripture: 2 Corinthians 10:5*

--- WEEK 2 ESSAY ---

If Romans 12:2 is the mission, then 2 Corinthians 10:5 is the tactic: "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take every thought captive to make it obedient to Christ."

Think of your mind like a battlefield. Every day, you are in a war, but not the kind of war with tanks or rifles. This is a war of ideas, imaginations, impulses, and lies, and it's being fought in your head.

Most of us never stop to consider the constant stream of thoughts we entertain. We assume they're harmless, but some of them are landmines. Some are slow-drip poison or flaming arrows sent by the enemy to derail, discourage, or distract you. If you let those thoughts go unchecked, they shape your beliefs, which shape your behavior, and ultimately shape your life.

This week is about learning to fight back.

Paul tells us to "take every thought captive." That phrase is vivid. In Greek, it's a military phrase. It means to seize a prisoner at spear-point. In other words, don't just notice your thoughts—confront them. Interrogate them. Don't let them squat rent-free in your brain. Go directly to them, pointing a spear. Ask:

- > Is this thought true?
- > Is it good, pure, lovely (Philippians 4:8)?
- > Does it align with Scripture?
- > Does it reflect the mind of Christ?

If not, take it captive. Once it's in custody, replace it. You don't win the battle by just removing a lie. You must speak truth in its place. This is where Scripture comes in. Your memory passage isn't just for reciting; it's for resisting.

When Jesus was tempted in the wilderness, the devil came at Him with distortion, half-truths, and temptation. Jesus didn't argue or reason. He just said, "It is written." He quoted Scripture. That's your model.

This week, when an anxious thought shows up, speak Romans 8:28 or Matthew 6:34. Try doing this out loud, not just reading silently. When you feel tempted to numb out, speak Psalm 16 or 1 Corinthians 10:13. When you feel condemned, speak Romans 8:1.

Also, do it out loud. There's power in speaking truth with your mouth. It shifts the spiritual atmosphere. You're not just thinking new thoughts; you're changing the default operating system of your mind.

## SCRIPTURE CHALLENGE

Ok, let's now really start getting after it and memorizing the passage you chose last week. Each week's section here won't be this long; it'll be just some reminders, tips, exercises, and check-ins, but since this is the first week you'll be doing this, we want to give you everything we've got that can be helpful!

You're not here for spiritual hobbies. You're here to become a weapon. Scripture memory isn't about being religious; it's about being ready. Jesus fought with Scripture. You will too. In Man Year, you're committing to memorize a whole chapter of Scripture—not as a flex, but as fuel for the war you're in.

*"The Word of God is living and active... sharper than any double-edged sword."*  
-Hebrews 4:12

*"Let the Word of Christ dwell in you richly."*  
-Colossians 3:16

### What This Actually Does:

- > Builds a stable mental world when emotions try to hijack your day.
- > Gives you words to pray when you don't know what to say.
- > Changes your reflexes in moments of temptation, fear, or pressure.
- > Reshapes your inner voice to sound more like God's and less like the world's.

> MAKE A GAME PLAN <

#### 1. Break It Into Chunks

Don't tackle the whole thing at once. Think in blocks:

How many verses are there in your passage? Divide those by 10 weeks (week 1 doesn't count, and the final week should be for extra memorization and recitation).

- > Each week, review everything you've done so far.
- > Day 7: Review, tighten it up, and say out loud to someone in the group.

Write the verse, speak it aloud, and mentally rehearse it during transitions (such as driving, brushing teeth, or walking into meetings).

## 2. Use the “Cementing Method”

- > **Write it by hand** – do this daily. Or at least the chunk you need to memorize that week.
- > **Say it aloud** – repetition with intention builds grooves in your brain.
- > **Close your eyes and picture it** – turn phrases into mental images.
- > **Say the first few words from memory** – then try to finish it.
- > **Use “first-letter scaffolding”** – classic memorization trick where you memorize the first letters of words (e.g., T T I N N C... for Romans 8:1).

## 3. Review. Rebuild. Reinforce.

You forget what you don't review. Set a 5-minute daily loop to re-cement old verses. Stack them. Keep them sharp. Make it part of your prayer rhythm.

### > STACK SCRIPTURE ON TRIGGERS <

Pair memory time with something already in your day:

Morning coffee?	→	Recite your verse before you drink
Walking to car?	→	Say it out loud
Bathroom breaks?	→	Mental review
Waiting in line?	→	Close your eyes, rehearse the paragraph

Turn idle time into formation time.

You're not memorizing to impress someone; you're memorizing to make war on the lies that have shaped your life. You're taking back ground, one verse at a time. You will be tempted to quit—don't. You're building a mind like Christ. That takes repetition, resilience, and grit.

*“The man who delights in God’s law and meditates on it day and night... is like a tree planted by water.”*

—Psalm 1

## DIGITAL CHALLENGE THIS WEEK

Begin a morning tech fast this week. No phone for the first 45 minutes after you get up. It should already be in a separate room since last week, but do not go into that room to grab it for the first 45 minutes after waking up. Can you do it for seven days in a row? This is one of the most powerful habits you can adopt. Reclaim your mornings. Replace them with prayer, Scripture review, silence, talking with a spouse, etc. You'll be shocked at how just a week of this has profound impacts on our brain.

### Self-Audit Questions:

> What thoughts this week did I identify as lies? Can I name five lies that crept into my mind this week?

---

---

---

> What did I say back to those lies?

---

---

---

> How do my thoughts affect my emotions and behaviors?

---

---

---

> Where am I still passively entertaining ideas that are not from God?

---

---

---

> What thought this week felt hardest to confront?

---

---

---

> How did it feel to speak Scripture into a real moment of temptation or discouragement?

---

---

---

> What was most challenging about your morning tech fast?

---

---

---

This week isn't about perfection. You're not going to take every single thought captive, but you're going to start noticing them, naming them, and challenging them. That's progress. Over time, you'll get faster, clearer, stronger.

Imagine being the kind of man who immediately senses when a lie is trying to sneak in and shuts the gate. Imagine living with that level of clarity and spiritual authority. That's not fantasy; that's formation.

So, this week, stay alert. Stay honest. Stay in the fight. And keep that sword of the Spirit close.

Let's go.

## STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings (no phone for the first 45 min after waking up and replace with silence, scripture, prayer, talking with spouse/kids, etc.)

## PRAYER OF EXAMEN CARD

### 1. Become aware of God's presence

Begin by quieting yourself and acknowledging God's presence in your life today, as well as in the room with you right now. Where was He today? Where did you acknowledge or see Him today?

### 2. Give Thanks

Reflect on the day, noticing both the positive and negative aspects, and be grateful for the blessings you've received. Begin to list off all the things you were grateful for today from God.

### 3. Review the Day

What did you feel today? How did the day go? Where did you experience joy, peace, or goodness, pain, hurt, or frustration? Walk through your day in your mind. Where did you feel close to God? Where did you drift or miss the mark?

### 4. Face the strongest moment

Now, select a specific moment or experience and reflect on it, asking for God's guidance and grace. Be honest about where you fell short—anger, lust, distraction, pride—and bring it to God without shame. Receive His grace.

### 5. Look toward tomorrow

Consider what you learned from the day and what you can do to better collaborate with God's plan for the following day. Ask God for strength, wisdom, and clarity for tomorrow. What mindset do you want to carry into the next day?

**Group Discussion Questions**

> What lie or destructive thought seems to come knocking most often in your mental life?

---

---

---

> How have you seen the power of Scripture reshape your thinking when you're under pressure or temptation?

---

---

---

> What's been hardest about noticing and confronting your thoughts this week instead of just reacting to them?

---

---

---

> Do you believe it's possible to live with a "renewed mind" as a baseline? What would that actually look like in your real life?

---

---

---

> How is your morning tech fast going? What have you noticed about how it affects your clarity, focus, or temptation?

---

---

---

--- WEEK THREE ---

**WISDOM VS KNOWLEDGE**

*Scripture: 2 Corinthians 10:5*

## --- WEEK 3 ESSAY ---

You're three weeks into rewiring the most complex and spiritually contested space in your life: your mind. You've started a Scripture memory habit. You're clearing digital noise. You're learning to interrupt lies with truth. By now, something has become obvious: you're still overloaded.

Even without social media on your home screen or notifications buzzing, your brain still feels busy. Still full. Still scattered.

Why?

Because distraction doesn't always come from what's dumb or evil. It often comes from what's interesting. In 2025, we are living in the most information-rich, data-saturated, constantly updated society in human history. More knowledge than ever; less clarity than ever.

The Word of God has something to say about that.

Proverbs 8 says that wisdom is better than jewels, and that nothing you desire can compare with her. Notice: it doesn't say knowledge is better than jewels. It says *wisdom*.

And that's the rub. The mental war you're in is not just between good and evil—it's between wisdom and information. We have to learn to tell the difference.

### **Knowledge vs. Wisdom**

Let's break it down:

- > Knowledge is having access to facts.
- > Wisdom is knowing what to do with them.
- > Knowledge is fast.
- > Wisdom is slow.
- > Knowledge is accessible via Google.
- > Wisdom requires discernment, prayer, and experience.

You can binge 40 podcasts, read 30 blog posts, and download a dozen eBooks and not become any wiser. You can know all the theology and still live a foolish life. You can quote Jordan Peterson and Jocko Willink and the latest biohacking study and still not be the kind of man who fears God, tells the truth, loves his family, and keeps his word.

Information doesn't form you. Wisdom does.

## **Informational Obesity**

The digital age has made us informationally obese. We consume more than we digest. Our heads are stuffed, but our souls are starving.

Here's a gut-check: when was the last time you read something... and then actually changed your life because of it?

When was the last time a podcast didn't just inspire you, but led you to repentance?

That's the litmus test. Not whether the content was good, but whether it produced fruit.

James 1:22 warns us not to merely listen to the Word and so deceive ourselves, but to do what it says. That's wisdom.

Too many men today are mistaking inspiration for transformation. You feel a surge of adrenaline after a good podcast and think, "I'm growing." But growth isn't about how you feel after you consume something. It's about who you become because of it.

You don't need more information. You need to act on what you already know.

## **The Fear of the Lord is the Beginning**

Proverbs teaches again and again that the fear of the Lord is the beginning of wisdom. Not a theology degree. Not a TED talk. Not a long thread on Twitter. Fear of the Lord.

Reverence. Humility. Slowness. Silence. Obedience.

You don't become wise by trying to multitask your faith life. You become wise by slowing down, quieting your soul, and listening for God's voice.

The tragedy of modern life is that we are so plugged in that we've lost our ability to hear. We've substituted input for intimacy.

But if you want the mind of Christ, you're going to have to stop feeding it an algorithm. You're going to have to listen again for wisdom crying out in the streets (Proverbs 1:20).

## THIS WEEK'S CHALLENGE: A MEDIA AUDIT

This week, your job is to do something most men never stop to do: audit your inputs. What are you letting in? What's forming you?

Take inventory:

- > What news sites, social feeds, podcasts, or YouTube channels do you frequent most often?

---

- > Which five people (online or in books) shape your worldview the most? List them. Be honest.

---

- > What TV shows, YouTube content, or streaming series have you recently binged or regularly binge?

---

- > What's your default media choice when your brain is tired and you just want to 'veg out' (YouTube, Instagram, music, Netflix)?

---

- > What songs or playlists are on repeat for you right now, and what are they saying about love, power, sex, money, or meaning?

---

- > What kind of ads do you pause and watch, or find yourself influenced by?

---

- > What kind of humor do you consume? Who are your favorite comedians or funny accounts, and are they sharpening or dulling your soul?

---

- > What do your daydreams sound like? Who's narrating the background noise of your imagination?

---

> When you scroll without thinking, what kinds of accounts, content, or rabbit holes do you fall into? What does your algorithm look like?

---

---

> How often do you expose yourself to voices or books that disagree with your current views?

---

---

> What's the last movie, book, or piece of media that made you cry or feel something deeply? Why?

---

---

> Are there digital inputs that subtly make you feel angry, anxious, or ashamed, but you keep going back anyway?

---

---

> What media habits do you hide from others, or justify as "not that bad"?

---

---

> When was the last time you replaced a media input with solitude, Scripture, or silence?

---

---

> Who do you follow because you envy their life, body, lifestyle, or success?

---

---

> Where in your media diet do you see the fruit of the Spirit growing—or being choked out?

---

---

> What's one habit or input you know you need to cut this week, and what's one new, better input you can replace it with?

---

---

Here's a hard truth: whatever consistently enters your ears and eyes will eventually live rent-free in your mind and heart.

If your media diet is made up of fear-driven headlines, half-naked influencers, rage-bait commentary, and mindless sports takes, don't be surprised when your thoughts are anxious, lustful, angry, and shallow.

Jesus said, "The eye is the lamp of the body." (Matthew 6:22) That means what you watch and read will shape who you are.

Wisdom requires curation. You can't just consume anything. You must be ruthless. Like a doorman at a club, you've got to say, "Not tonight, buddy," to anything that doesn't serve your formation.

### Cultivating Wisdom

So, how do we do it?

- 1. Start by subtracting.** This week, cut out one app, podcast, or YouTube channel that is filling your brain but not forming your character.
- 2. Replace with Scripture.** Read one Proverb per day. Just one. Slowly. Ask, "What does this say about my life right now?"
- 3. Reflect in silence.** At least once this week, sit quietly for 10 minutes with no phone, no music, no input. Ask God to speak.
- 4. Ask an older man.** Find someone 10+ years ahead of you in life and ask him one question: "What's one thing you wish you had learned to think differently about at my age?" That's wisdom.

You want to be wise? Walk with the wise. Shut down some tabs. Get off YouTube. Open Proverbs. Ask God.

He's not stingy with wisdom. James 1:5 says, "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given to him."

So ask. Then listen ... and obey.

## SCRIPTURE MEMORIZATION

- > Continue with your chosen chapter. You should now be 20% of the way through.
- > Recite all verses so far each morning and evening.
- > Add one new verse this week that specifically challenges how you think.

## DIGITAL CHALLENGE

- > Choose one low-value content stream (e.g., Instagram, YouTube, Netflix, Spotify) and eliminate it for the rest of the module.
- > Replace that time with 15 minutes of silent Scripture meditation or journaling each day.

### Final Word:

You are not a data consumer. You are a man of God, and men of God are not formed by noise—they are formed by wisdom.

This week is about making space, turning down the volume, and remembering that the loudest voices are rarely the wisest ones.

Slow down. Clear out. Make room to hear the voice of God.

He's not competing with your notifications; He's waiting in the silence.

Let's go.

## STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

Eliminate one low-value content stream and replace it with 15 minutes of scripture meditation or journaling.

## PRAYER OF EXAMEN CARD

### 1. Become aware of God's presence

Begin by quieting yourself and acknowledging God's presence in your life today, as well as in the room with you right now. Where was He today? Where did you acknowledge or see Him today?

### 2. Give Thanks

Reflect on the day, noticing both the positive and negative aspects, and be grateful for the blessings you've received. Begin to list off all the things you were grateful for today from God.

### 3. Review the Day

What did you feel today? How did the day go? Where did you experience joy, peace, or goodness, pain, hurt, or frustration? Walk through your day in your mind. Where did you feel close to God? Where did you drift or miss the mark?

### 4. Face the strongest moment

Now, select a specific moment or experience and reflect on it, asking for God's guidance and grace. Be honest about where you fell short—anger, lust, distraction, pride—and bring it to God without shame. Receive His grace.

### 5. Look toward tomorrow

Consider what you learned from the day and what you can do to better collaborate with God's plan for the following day. Ask God for strength, wisdom, and clarity for tomorrow. What mindset do you want to carry into the next day?

**Group Discussion Questions**

> What lie or destructive thought seems to come knocking most often in your mental life?

---

---

---

> How have you seen the power of Scripture reshape your thinking when you're under pressure or temptation?

---

---

---

> What's been hardest about noticing and confronting your thoughts this week instead of just reacting to them?

---

---

---

> Do you believe it's possible to live with a "renewed mind" as a baseline? What would that actually look like in your real life?

---

---

---

> How is your morning tech fast going? What have you noticed about how it affects your clarity, focus, or temptation?

---

---

---

--- WEEK FOUR ---  
**LOVING GOD WITH YOUR MIND**  
*Scripture: Mark 12:30*

--- WEEK 4 ESSAY ---

You were made to love. At the center of the universe is not a machine, a spreadsheet, or a power dynamic. It's Love. The greatest commandment, Jesus said, is... "Love the Lord your God with all your heart, soul, mind, and strength."

We talk a lot about loving God with your heart. Maybe even your strength. But what does it mean to love God with your **mind?**

It means your thought life is not neutral. It's not background noise. It's a battleground of affection. It means your intellect, your imagination, your attention span, your logic, your wonder, your curiosity—all of it is meant to be pointed at the Lord.

This week, we take a deeper step. Not just resisting lies or avoiding bad input, but actively cultivating beauty, wonder, and holiness in the way we think.

Loving God with your mind doesn't mean becoming an academic or debating theology all day. It means caring about what you think about. It means noticing what captures your imagination. It means turning your full mental faculties toward God, again and again.

Imagine this: What if your mind were a place where God loved to dwell? What if the dominant atmosphere of your inner world was not anxiety, comparison, or distraction, but awe, gratitude, and clarity?

This isn't just a possibility. It's a calling. This week, we lean into it.

Practically, this means doing two things:

**1. Feeding your mind with rich truth.**

Read something that stretches you. Reflect on a passage you've memorized and go deeper. Ask questions of the text. Sit with it and think deeply. This honors God. You don't need a seminary degree to do this—you just need intention. Get curious about God. Wonder again. Ask Him to reveal Himself to you, not just emotionally, but intellectually. He delights to answer that prayer.

## **2. Removing the hurry and clutter.**

Your mind can't love what it's always rushing past. If your brain is always in reactive mode, it has no space to adore. This is why you've been cutting inputs, establishing rhythms, and practicing silence. This week, keep pressing in. Protect your attention like it's sacred—because it is.

This is why we've been having you do the Prayer of Examen. Try to stretch yourself deeper into it. Don't rush. Let that one truth become thick and glorious in your thoughts.

This kind of mental focus and devotion is rare, but it's transformative. You are training your mind to love God—to adore Him, engage with Him, and stay with Him.

You'll likely face resistance. Your mind will wander and you'll be tempted to check your phone or make a list. That's okay; keep returning. The act of returning is part of the discipline, and the fruit will come.

This week is a turning point. You're not just detoxing now, you're delighting. You're not just resisting lies, you're renewing your deepest love. You're not just avoiding distraction, you're learning how to enjoy the Lord with your whole mind.

The most brilliant man who ever lived—Jesus—loved the Father with His intellect. He quoted Scripture, challenged faulty logic, asked piercing questions, and understood the deepest truths of the human heart. You get to grow into that likeness.

Let your mind become a cathedral. Let it echo with truth and beauty. Let it worship.

## SCRIPTURE MEMORIZATION

- > By now, you should be at or nearing 1/3 of your chosen chapter.
- > This week, begin reciting the full portion you've memorized in one sitting.
- > On one day, write the verses out by hand, slowly and meditatively.

## DIGITAL CHALLENGE

- > Create a "No Phone Zone" in your life—pick one PLACE and one TIME the phone is not allowed in your life. For example, it can be the dinner table, and then it's also not allowed between the hours of 8 am and 9 am.
- > Add one evening this week where you read a book or write by hand instead of using a screen.

## SELF-AUDIT QUESTIONS

- > When do I feel most mentally alive in my relationship with God?

---

---

---

- > What thoughts bring me most quickly to gratitude, worship, or reflection?

---

---

---

- > Where is my curiosity leading me these days?

---

---

---

> What is one new insight about God that captured your mind this week?

---

---

---

> What topic, idea, or passage are you currently “chewing” on?

---

---

---

> How are you cultivating mental love, not just mental discipline?

---

---

---

You are not a machine. You are not a content sponge. You are not a productivity bot. You are a man with a soul, and that soul includes a mind made to glorify the Living God.

So this week, engage fully. Wonder deeply. Worship intelligently. Love the Lord your God...with all your mind.

## STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

Eliminate one low-value content stream

Create a “No Phone Zone”

Add one evening where you read a book or write by hand instead of using a screen.

## PRAYER OF EXAMEN CARD

### 1. Become aware of God's presence

Begin by quieting yourself and acknowledging God's presence in your life today, as well as in the room with you right now. Where was He today? Where did you acknowledge or see Him today?

### 2. Give Thanks

Reflect on the day, noticing both the positive and negative aspects, and be grateful for the blessings you've received. Begin to list off all the things you were grateful for today from God.

### 3. Review the Day

What did you feel today? How did the day go? Where did you experience joy, peace, or goodness, pain, hurt, or frustration? Walk through your day in your mind. Where did you feel close to God? Where did you drift or miss the mark?

### 4. Face the strongest moment

Now, select a specific moment or experience and reflect on it, asking for God's guidance and grace. Be honest about where you fell short—anger, lust, distraction, pride—and bring it to God without shame. Receive His grace.

### 5. Look toward tomorrow

Consider what you learned from the day and what you can do to better collaborate with God's plan for the following day. Ask God for strength, wisdom, and clarity for tomorrow. What mindset do you want to carry into the next day?

**Group Discussion Questions**

> When do you feel most mentally alive and present with God, and what environments or habits contribute to that?

---

---

---

> How can you tell the difference between mental discipline and mental affection in your walk with God?

---

---

---

> What is one idea, truth, or insight that's captured your curiosity and wonder this week?

---

---

---

> If your mind were a cathedral God could dwell in, what would need to be cleaned, reordered, or beautified?

---

---

---

> What does it practically look like to love God with your attention, not just your actions?

---

---

---