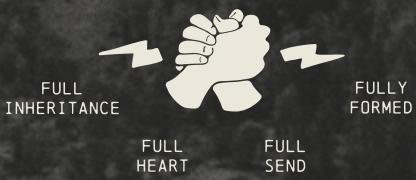


FORMING
MEN

MAN YEAR PLAYBOOK

> Mental Module Workbook:
MONTH TWO

F O R M I N G
M E N



FULL
INHERITANCE

FULL
HEART

FULL
SEND

FULLY
FORMED

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THEME:

--- THE BATTLE BETWEEN YOUR EARS ---

This is the heart of the fight.

Month One was the wake-up call. You disrupted the defaults. You created space. You built new scaffolding for how to think, memorize, and fast from distraction. You picked one passage—one big block of truth—and began planting it deep in your soul. That same Scripture stays with you through Month Two and Month Three. You're not skipping around; you're going deep.

Now, we're in the grind. The slow forming. The part that feels invisible but ends up irreversible. This is where thought patterns start hardening into muscle memory.

This month is about rewiring your inner world to operate from truth, not impulse. From Spirit, not flesh. This is where clarity replaces confusion, peace replaces panic, and boldness replaces insecurity.

Welcome to Month Two. Let's train.

--- WEEK FIVE ---

FORMED OR FRAGMENTED?

The Power of Mental Patterns

Scripture Anchor (Ongoing):

Continue meditating on and memorizing your chosen chapter of Scripture. You should be able to recite at least a large chunk of it so far.

--- Essay: Formed or Fragmented? ---
The Power of Mental Patterns

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

-Romans 8:5-6

The human brain is a pattern machine. It runs on loops, and that's both a blessing and a curse.

Every day, your mind is carving neural pathways—grooves in the soil of your soul. Most of those pathways aren't new. They're old, well-worn tracks. Thoughts you've been thinking for years. Ideas you've believed so often feel like facts. I actually think if these loops or scripts were written down somewhere, along with the actual frequency of how many times we 'loop' them per day, we'd be in shock!

But what if they aren't facts? What if they're lies you've rehearsed so often that they feel like truth?

Romans 8:5-6 is stunning in this regard.

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

Read that again.

Your mindset – what your mind is set on – will determine whether you live according to the flesh or the Spirit. It's a steering wheel, a rudder. The mind governed by the flesh leads to death, but the mind governed by the Spirit leads to life and peace.

So what does it mean to “set your mind”? It means to direct, decide, and dwell. It's intentional mental positioning, and

we do it more often than we think.

When you wake up and immediately reach for your phone (scrolling, reacting, and comparing), you're setting your mind. When you get into an anger loop where you wish something bad on someone who made you angry—over and over and over again—you're setting your mind. When you look down at your anxiety all the time, instead of looking up at Jesus, you're setting your mind.

When you rehearse a mistake over and over, spiraling into shame, you're setting your mind.

When you imagine the worst-case scenario at work or home, and let fear take the wheel, you're setting your mind.

Yet, Paul says you have a choice: the mind governed by the flesh, or the mind governed by the Spirit.

The flesh pulls you into anxiety, anger, shame, distraction, lust, and despair. The Spirit pulls you into clarity, love, peace, discipline, and joy.

The war is not out there. It's between your ears.

That's why we begin Mental Pattern Mapping this week. It is a process of exposing one's default thought loops and building new ones on purpose.

Here's how it works:

Step One: Identify the Thought

What's the phrase that shows up uninvited every day and most often? "I'm failing." "I'm behind." "Nothing's ever going to change." "They don't respect me." Ask the Holy Spirit to bring this to mind. Sit quietly and wait. Scribble a bunch to start, but then focus on one.

Pick one. Just one. The most dominant.

Step Two: Track the Behavior

What do you do when that thought shows up? Do you shut down? Procrastinate? Snap at your kids? Zone out with your phone? Try to control everything?

Don't judge it. Just name it.

Step Three: Name the Belief

What's the core belief underneath the behavior? Maybe it's:

- > "I'm only as valuable as my success."
- > "No one's coming to help me."
- > "If I'm not perfect, I'm worthless."

These are strongholds, not just random ideas. They're deeply rooted lies that need to be uprooted.

Step Four: Replace with Truth

What does your memory passage say? The one you've been embedding in your heart for more than a month now! Go to your chosen Scripture. Find a line, a phrase, a truth that hits back. When Jesus was tempted, He didn't just resist; He quoted Scripture. So should you.

Step Five: Practice the Reroute

This is where most men quit, but this is where the war is won. You're not going to think new thoughts once and be done. You're going to have to say them, speak them, shout them—over and over again. You are training your mind. You are renewing it.

And it's working—even when it feels slow.

Here's what happens when you stick with it:

- > Your morning doesn't spiral like it used to.
- > Your reactions become slower, wiser, and more Spirit-filled.
- > Your inner world gets quieter, cleaner, and more solid.
- > Your external life starts reflecting your internal peace.

You don't have to be ruled by old loops; you can reroute them.

You were not made to be fragmented by the world. You were made to be formed by the Spirit.

Set your mind. On purpose. Every day.

Let's go.

SCRIPTURE PRACTICE:

- > Review and rehearse the verses you've already memorized from your chosen passage. Begin to ask a few friends to hear you recite as much as you can at the current point you're at. Ask them to hold you accountable. Add the next 2-4 verses this week.

MENTAL PATTERN MAP:

- > Pick one recurring destructive thought. Track it:
 1. Identify the thought
 2. Observe the triggered behavior
 3. Name the false belief
 4. Replace it with a specific truth from your memory chapter
 5. Practice the reroute daily

DIGITAL BOUNDARY:

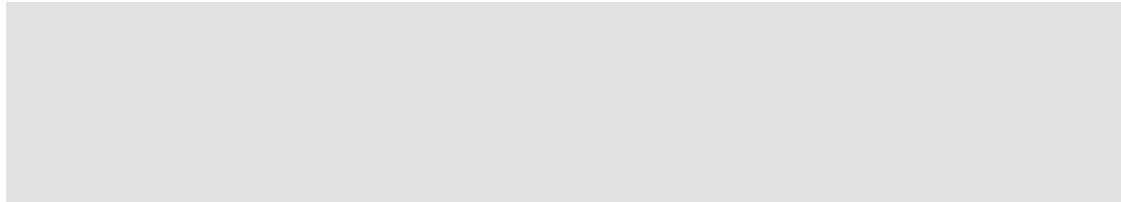
- > Delete one mindless app for 7 days. Track how often you reach for it. Replace with 15 minutes of silence.

SELF-AUDIT QUESTIONS:

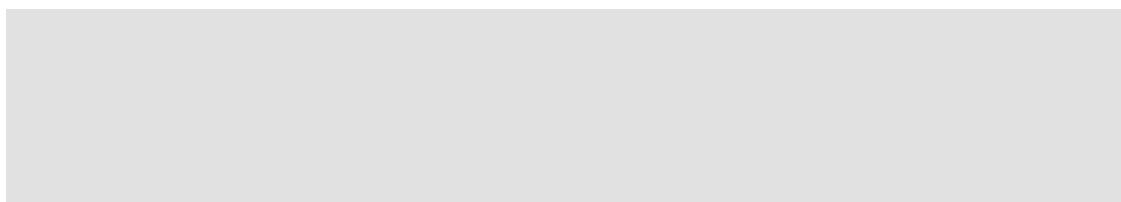
- > What thought dominates my morning?

- > What happens when I don't interrupt unhealthy patterns?

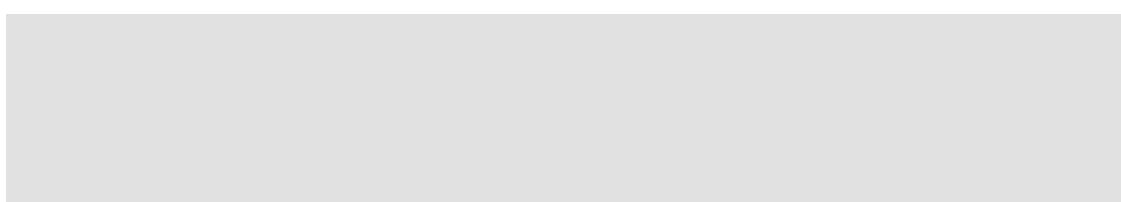
> Can I track a pattern in my environment or emotional state before these thoughts commonly dominate my thoughts?



> How have my current thought loops shaped my emotions this week?



> How have my current thought loops shaped others this week?



STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

Continue replacing your low-value content stream for intentional prayer or journaling

Continue using your “No Phone Zone”

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

Mental pattern map

Digital boundary (delete one mindless app and replace with 15 minutes of silence)

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?

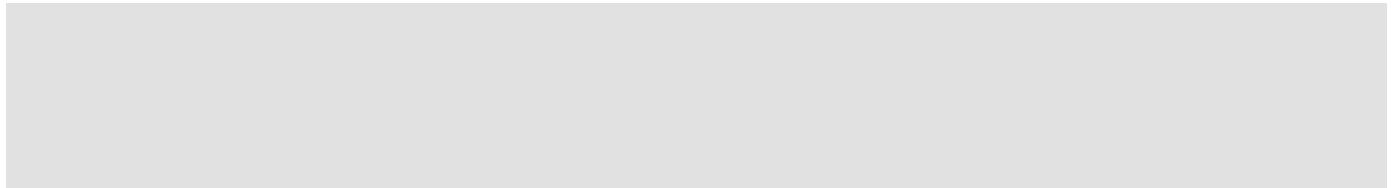
MAN YEAR TRACKER

MENTAL MODULE
/MONTH TWO

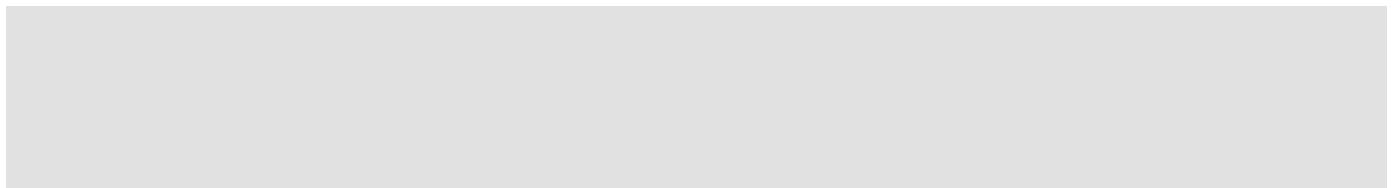
WEEK 5		Daily Prayer of Examen	Sent Screen Time to Group	Digital Challenges	Scripture Memorization
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 6		MON	TUE	WED	THU
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 7		MON	TUE	WED	THU
MON					
TUE					
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Group Discussion Questions

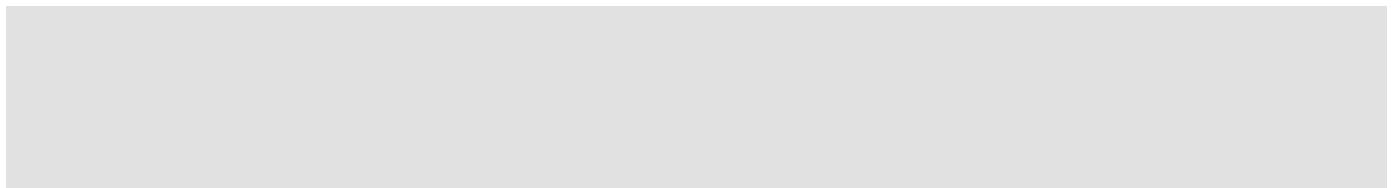
> What recurring thought pattern are you starting to notice?



> Where do you see life or peace growing in your mind?



> What truth are you using to replace lies?



--- WEEK SIX ---

**WEEK SIX: TAMING (AND REPLACING)
THE INNER NARRATOR**

--- Essay: Taming (and Replacing) the Inner Narrator ---

“Above all else, guard your heart, for everything you do flows from it.”

- Proverbs 4:23

Every man lives with a narrator in his head.

You know the voice.

It talks to you while you brush your teeth. It whispers when you walk into a room. It comments on every failure, every risk, every compliment, every silence.

Most men assume this voice is simply “me.” But it’s not.

It’s been shaped. Formed. Twisted.

By parents. By coaches. By culture. By wounds. By the enemy himself.

Here’s the scary part: we often let that narrator run unchallenged.

Proverbs 4:23 says, *“Above all else, guard your heart, for everything you do flows from it.”*

The “heart” here includes the mind. The thoughts. The inner atmosphere. Solomon says to guard it above everything else.

Why? Because what’s happening *in you* is what will eventually flow *out of you*.

Your marriage. Your fathering. Your leadership. Your self-worth.

All of it is shaped by the voice inside your head.

Meet Your Narrator

Start here: give your narrator a name. Not like “Bob,” but more like a description:

- > The Critic
- > The Drill Sergeant
- > The Worrier
- > The Charmer
- > The Loser
- > The Judge

What's the default tone? Harsh? Sarcastic? Afraid?
Condemning? Cynical?

That voice has been with you for so long, you might not even notice it anymore. But you *can't renew your mind* without confronting your narrator.

Who Hired Him?

Next question: Who hired this voice?

Who gave it the authority to comment on your every move? Was it a perfectionist parent? A coach who said you were soft? A moment in middle school where you were humiliated and you vowed to never feel weak again?

This means that, if we are very honest, there is usually one or a few small moments when we make a distinct agreement to let that voice in.

We all build mental frameworks to survive pain, but what helped you survive might be keeping you from thriving.

Jesus doesn't want to manage your inner narrator; He wants to **replace it**.

Jesus the Shepherd

John 10 says Jesus is the Good Shepherd, and His sheep know His voice. He leads them with peace, not panic, and with clarity, not confusion.

So here's the goal of this week:

>> Learn to recognize and replace the false narrator with the voice of the Shepherd.

That means:

- > Taking every dominant self-accusation and comparing it to your chosen Scripture passage
- > Replacing the inner monologue with the Word of God
- > Practicing speaking truth **out loud**, not just thinking it

This is spiritual warfare at the deepest level.

Real Examples

IF YOUR NARRATOR SAYS:

“You’re a fraud. You don’t belong here.”

REPLACE IT WITH:

“*I am chosen, holy, and dearly loved.*” (Colossians 3:12)

IF YOUR NARRATOR SAYS:

“You always screw up. Why try?”

REPLACE IT WITH:

“*His mercies are new every morning.*” (Lamentations 3:23)

IF YOUR NARRATOR SAYS:

“If you don’t stay in control, everything will fall apart.”

REPLACE IT WITH:

“*Cast all your anxiety on Him because He cares for you.*”
(1 Peter 5:7)

But don’t just read those verses once. Speak them. Shout them. Write them. Let them become the new voice in your head.

Long-Term Replacement

This week is not about a quick fix. It’s the start of a long obedience in the same direction.

You will need to:

- > Interrupt the narrator when it speaks lies
- > Speak truth in its place (especially from your chosen passage)
- > Practice silence so the Spirit has room to speak

Because the narrator doesn’t shut up when you’re busy; it speaks when you’re still.

This is why silence is so important.

Take out the headphones, kill the background noise, and get honest with God.

Ask:

“Lord, what’s the dominant voice in my head right now?”

“Does it sound like You?”

If it doesn’t, then reject it.

You Are Not That Voice

One of the enemy’s greatest lies is to blur the line between your narrator and your identity. He makes the voice sound like your own thoughts so you’ll never challenge it.

But that voice is not you. You are a son of God. You are indwelt by the Holy Spirit. You are being renewed, day by day.

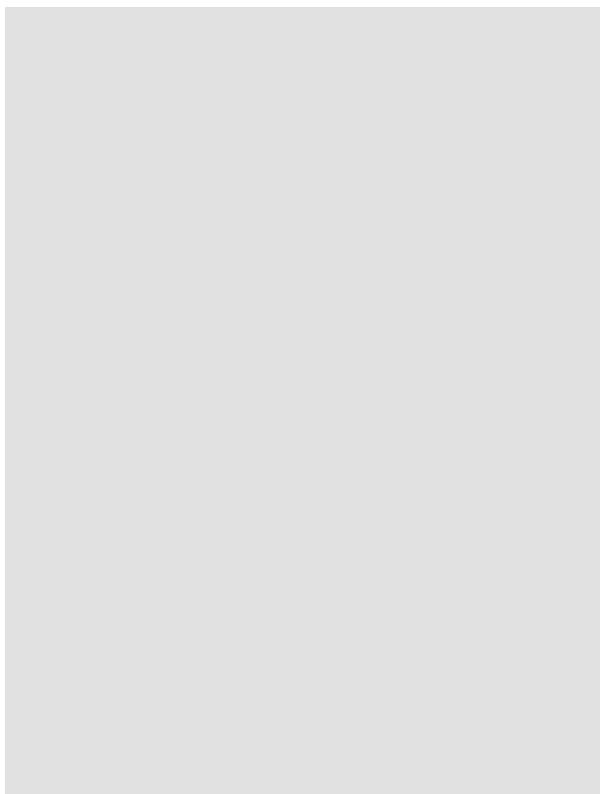
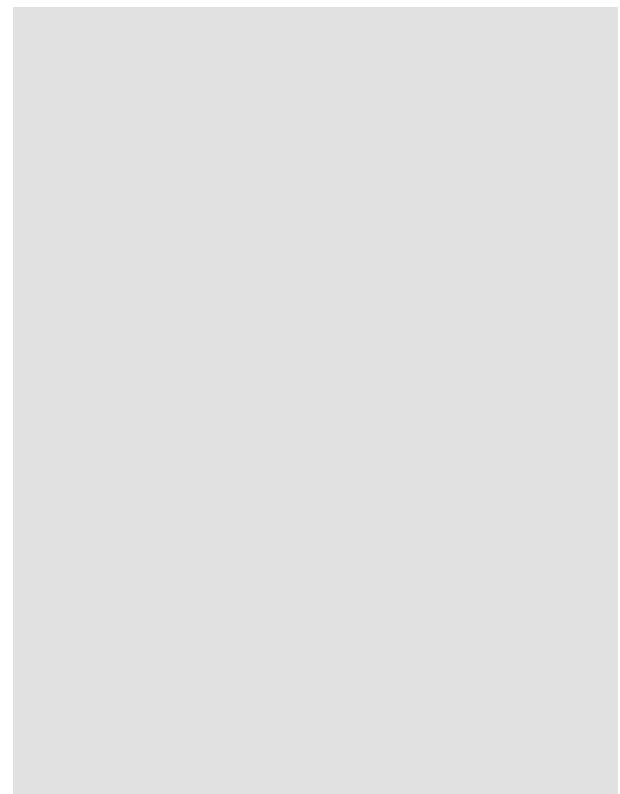
You are not your narrator. You are not your fear. You are not your failure.

You are His.

Let your inner world start sounding like it.

NARRATOR AWARENESS JOURNAL:

> Write down the five most common things your inner voice says. Identify the emotional tone and spiritual root. Rewrite each one as a truth statement aligned with your Scripture passage.

FALSE NARRATORS**TRUTH REPLACEMENT****DIGITAL BOUNDARY:**

> No headphones or music for 3 days. Use the silence to notice what thoughts surface.

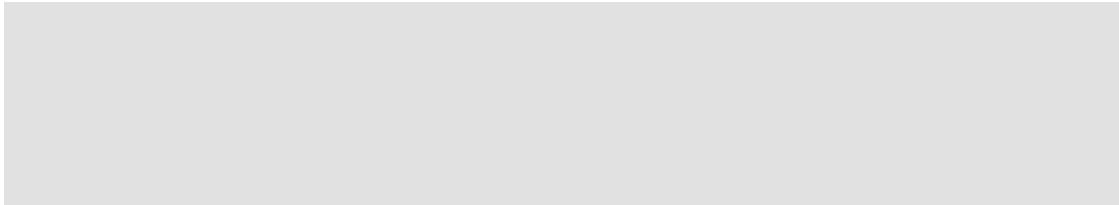
SCRIPTURE PRACTICE:

> Continue memorizing the next section of your passage (2-4 additional verses).

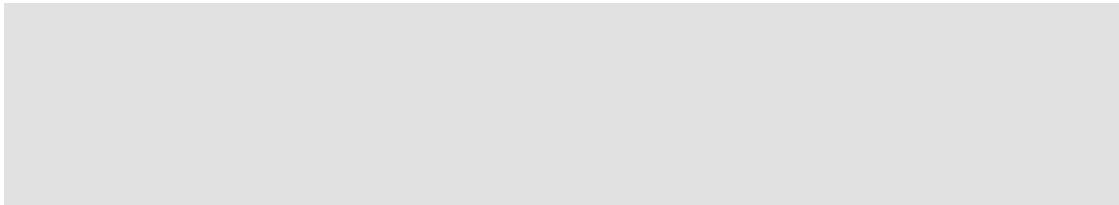
> Begin reciting the whole portion you've memorized so far, morning and evening.

SELF-AUDIT QUESTIONS:

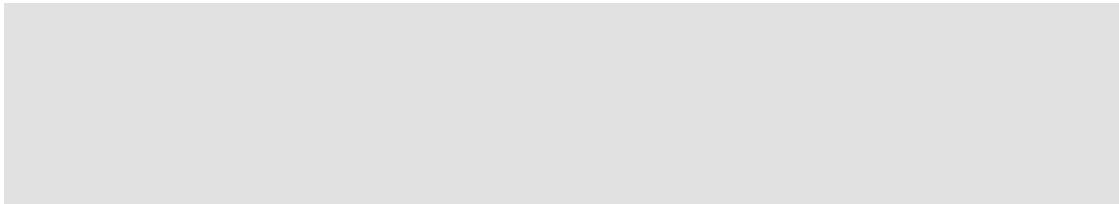
> What voice is narrating my life?



> Where did that voice come from—culture, a wound, upbringing? Make sure to share this with your group.



> How often am I agreeing with lies without noticing?



STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

Continue replacing your low-value content stream for intentional prayer or journaling

Continue using your “No Phone Zone”

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

Narrator awareness journal

Digital boundary (no headphones or music for 3 days)

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

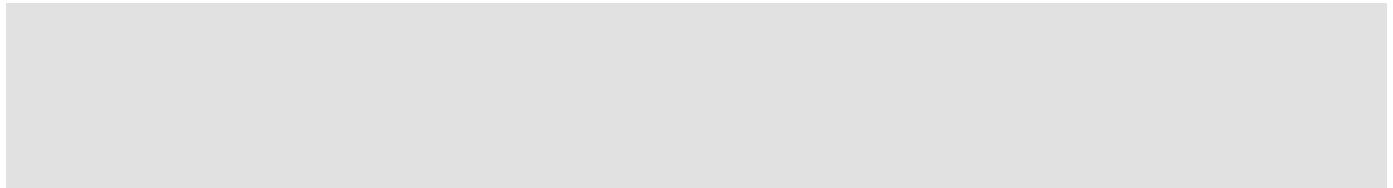
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5. Look toward tomorrow

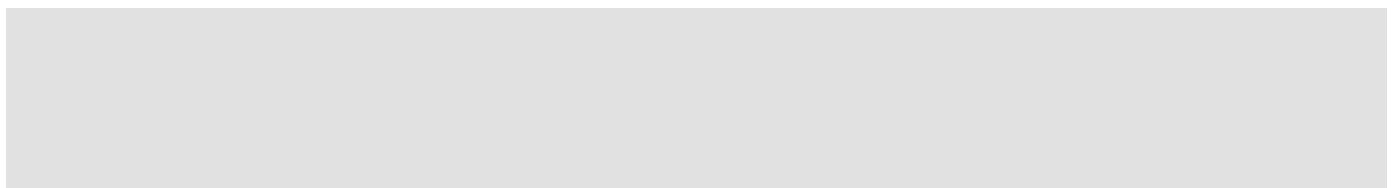
Consider what you learned from the day and what you can do to better collaborate with God's plan for the following day. Ask God for strength, wisdom, and clarity for tomorrow. What mindset do you want to carry into the next day?

Group Discussion Questions

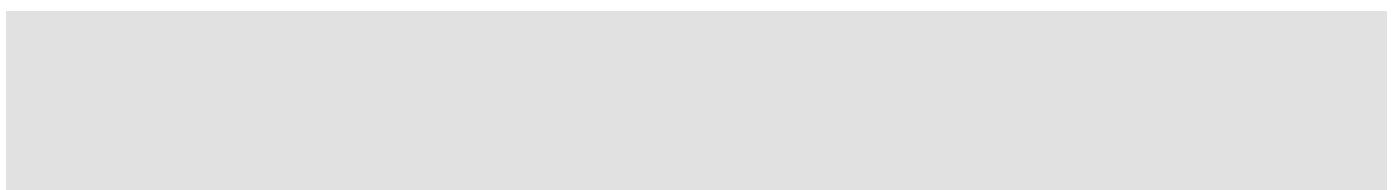
> What tone does your inner narrator use?



> How is your Scripture memorization helping you speak back?



> What voice do you want to guide you by the end of this year?



--- WEEK SEVEN ---
HOLY IMAGINATION

“We take captive every thought to make it obedient to Christ.”

- 2 Corinthians 10:5

When you hear the word “imagination,” what comes to mind?

Fairy tales? Children’s books? Daydreams?

Most men don’t think of imagination as a holy battleground, but Scripture paints a different picture.

2 Corinthians 10:5 doesn’t say, “Take every evil thought captive.” It says, “Take every thought captive to make it obedient to Christ.” Every thought includes every image, assumption, prediction, memory, fantasy, and mental rehearsal you allow to live rent-free in your head.

Which means your imagination isn’t neutral. It’s either forming you or deforming you.

The Theater of the Mind

Your imagination is the most powerful simulator on the planet. It can:

- > Rehearse what might happen.
- > Replay what did happen.
- > Envision what should happen.
- > Predict how others perceive you.
- > Script what you’ll say, and how they’ll respond.

In other words, your imagination is always working. The only question is: *what direction is it forming you toward?*

- > When you catastrophize about the future, that’s imagination.
- > When you replay that dumb comment over and over, that’s imagination.
- > When you scroll through fantasy lives on Instagram, comparing and resenting, that’s imagination.
- > When you daydream about being somewhere else, with someone else, doing something else, that’s imagination.

And when you imagine God walking with you, strengthening you, and shaping your next move—that’s also imagination.

So, while the last few weeks have specifically dealt with lies and truth, I really want you this week to push into the imagination side of things. What's the root word of imagination? It's *image*. We think in images and pictures. Our brains attach pictures and images to every single thought. We are running a projector movie screen in our heads with every single thought, and the technical words matter, but so do the pictures!

God Invented Imagination

Imagination isn't worldly; it's sacred. It's not a flaw; it's a design feature.

God gave you the ability to visualize because He made you to hope, and hope is always imaginative. It says, "I don't see it yet, but I can picture it."

That's why Scripture uses imagination constantly:

- > *"Blessed is the man who meditates on the law day and night..."* (Psalm 1)
- > *"Fix your eyes on what is unseen..."* (2 Corinthians 4:18)
- > *"Think about such things..."* (Philippians 4:8)

Meditation, as the scripture defines it, is essentially holy imagination. So is worship, prayer, and faith.

When you imagine yourself as rooted, free, and aligned with the Spirit—that's not delusion, that's discipleship.

But it must be trained.

From Impulse to Intentionality

Most of us let our minds wander wherever they want. We don't direct our imagination; we drift in it.

This week is about taking back the wheel.

Holy imagination means choosing what images you meditate on:

- > Not images of failure, but of obedience.
- > Not images of rejection, but of being received by God.
- > Not images of shame, but of righteousness.

You might think this sounds fake, but what's actually fake is the shame montage you've been running on loop for ten years.

You've imagined:

- > People laughing at you
- > Bosses disappointed in you
- > Your wife turning away
- > A memory from childhood over and over again
- > God staying silent

You've rehearsed failure so many times, you've memorized it.

Now it's time to rehearse something better: truth.

Practicing Holy Imagination

Each day this week, take five minutes to imagine a scene from your life, but with Christ at the center:

- > You walking into your home, and imagine Jesus sitting on the couch or waiting for you at the dinner table
- > You sitting in a meeting, imagine being able to see the spiritual realm of everyone in that meeting
- > You getting tempted, but walking away with clarity and strength
- > You praying with your wife
- > You speaking life into your kids

Visualize it. Engage your senses. Play it like a movie in your head.

This isn't self-help; it's spiritual warfare. You're reprogramming the neural blueprint of who you believe you are and what you believe is possible.

You are training your mind for battle.

Kill the Counterfeit

To do this well, you also need to eliminate the junk food of the imagination: late-night screens, sexual images, violent fantasies, comparison traps, and revenge plots. These are forming you, too. They're planting seeds you'll harvest later.

They basically 'clog' the system, leaving no room for holy imagination. For it to happen, we need space, time, and meditation moments.

That's why this week includes a digital fast: no screens after 8:30 PM.

Give your mind time to *reset*, and let your imagination breathe again.

Give God a chance to speak.

A Garden, Not a Garbage Dump

If your mind was a physical space, what would it look like?

- > A war zone?
- > A garbage dump?
- > A dark basement?
- > A pristine cathedral?
- ? A garden?

God wants your imagination to be a garden – not artificial or plastic. Not empty. But alive, beautiful, and producing fruit.

Holy imagination doesn't just lead to peace; it leads to joy, action, and courage.

Because once you've seen it in your mind's eye, you'll start living it in your body.

You'll walk taller. Speak more clearly. Love deeper.

When temptation shows up, you won't just try harder; you'll already have a better vision in your mind.

The man who sees clearly inside cannot be easily shaken outside.

This week, reclaim your imagination.

Let it be holy again.

HOLY IMAGINATION PRACTICE:

- > Each morning, choose a scenario (meeting, commute, family time) and visualize doing it with Jesus' presence. Then, when you get in that moment, know it's true.

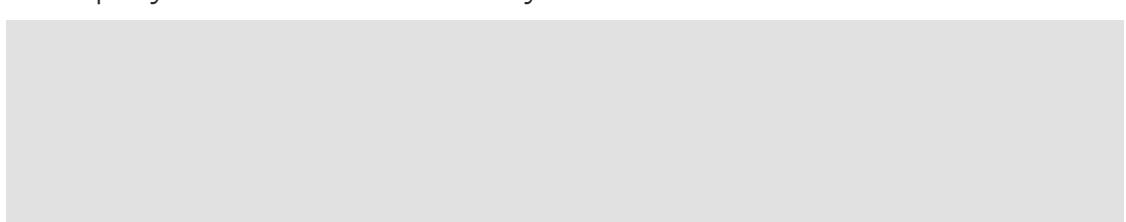
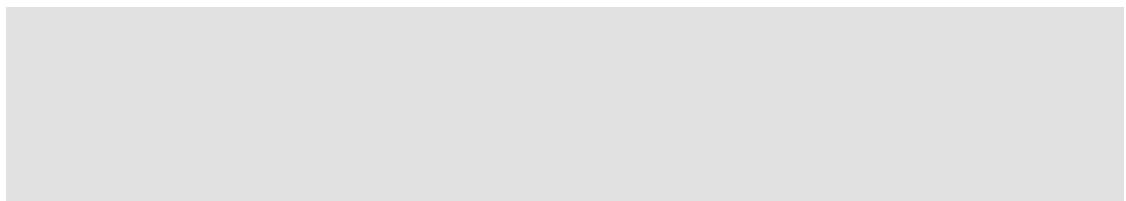
DIGITAL BOUNDARY:

- > No screens after 8:30 PM this week. Let your imagination detox and settle into holy rest.

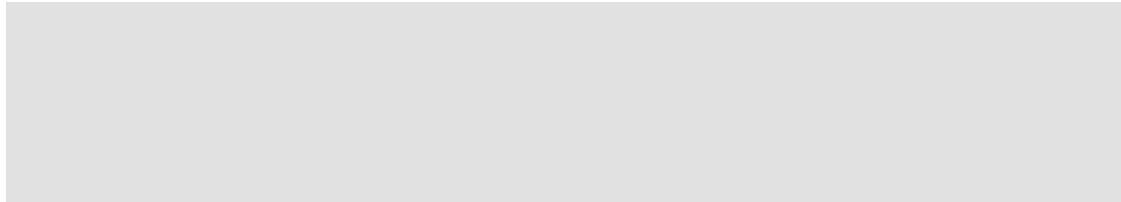
SCRIPTURE PRACTICE:

- > Memorize and reflect on how your anchor passage reshapes your mental visuals. Continue to recite the passage; you should be getting close to 'clunky' recitation of the whole thing!

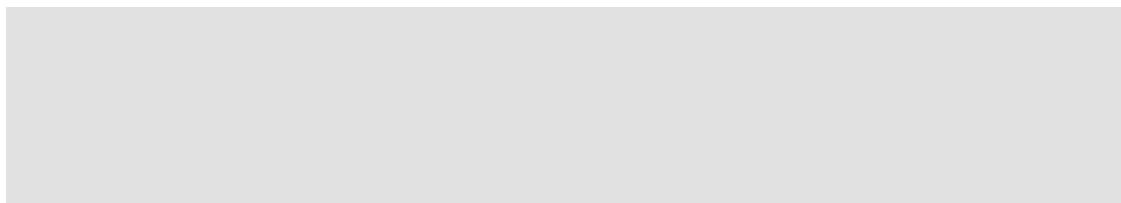
SELF-AUDIT QUESTIONS:

- > What plays on the screen of my mind most often?

- > If your thoughts are images, what pictures and images most often flash before you? Is it a memory? A fantasy?


> How do I use imagination to rehearse fear or failure? How often? When? Have I ever spoken those rehearsals out loud to my brothers? Do so this week.



> What would holy imagination look like for me this week? What pictures came up as you thought of holy imagination?



STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

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Holy Imagination Practice

Digital boundary (no screens after 8:30pm this week)

PRAYER OF EXAMEN CARD

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3. Review the Day

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4. Face the strongest moment

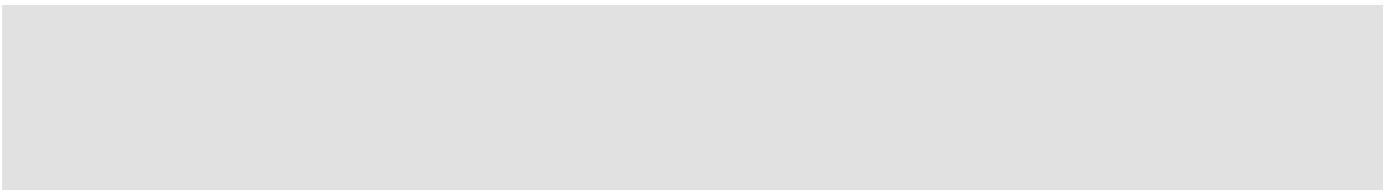
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5. Look toward tomorrow

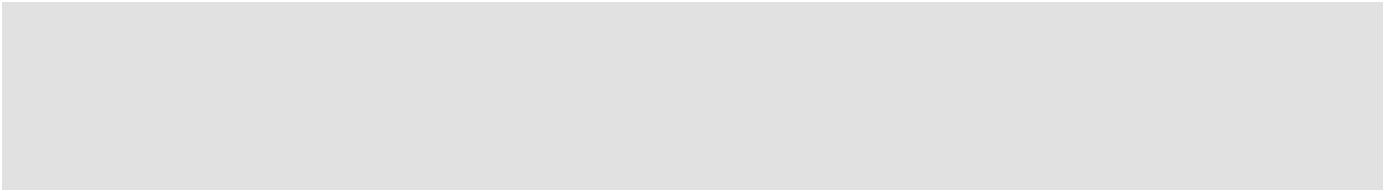
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Group Discussion Questions

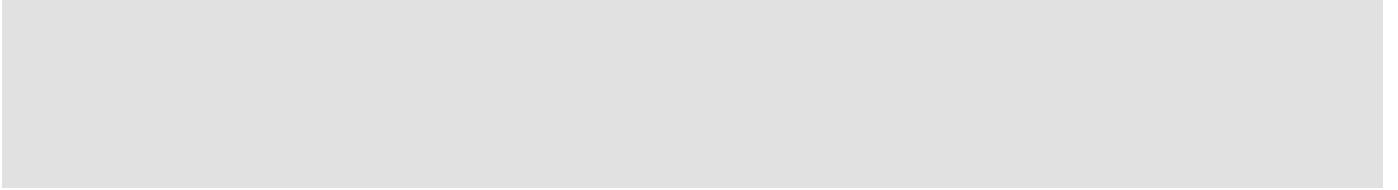
> How do you experience imagination—positive or distorted?



> What inner pictures are forming your reflexes and reactions?



> How can we help each other shift toward imagining with Christ?



--- WEEK EIGHT ---
THE THOUGHT-LIFE OF A FREE MAN

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

— Philippians 4:8

What would it feel like to be truly free in your thought life?

No panic waiting for you in the morning. No anxious spiral at night. No critical narrator hijacking your day.

Just clarity. Stillness. Trust.

Most men live as prisoners of the unrenewed mind. Their thoughts bounce between distractions, fears, insecurities, and half-truths. The enemy doesn't have to destroy their lives; he just has to clutter their thinking.

But Philippians 4:8 gives us a different vision:

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

This is not a soft encouragement; it's a command. It's a framework for formation. It's the menu of the mentally free man.

The Feast or the Famine

As mentioned last week, most of us are living on mental junk food.

We scroll headlines designed to enrage, watch reels designed to seduce, absorb jokes designed to desensitize, and consume commentary designed to divide.

We then wonder why our inner world feels heavy, cynical, and anxious.

But Philippians 4:8 is a call to a better feast.

If your mind is a table, what are you laying out each day?

- > Are you feeding on beauty, or brokenness?
- > Are you marinating in truth, or suspicion?
- > Are you reflecting on noble things or petty comparisons?

Your input is forming your inner world.

God wants that inner world to be filled with *peace, truth, and joy*.

Set the Table

This week, you'll make your own **Mental Feast List** – a curated, intentional menu of inputs that are:

- > True
- > Noble
- > Right
- > Pure
- > Lovely
- > Admirable
- > Excellent
- > Praiseworthy

That might include:

- > A Psalm or passage from your memory chapter
- > A walk through nature
- > A deep conversation with a wise friend
- > Music that lifts your heart
- > Art or poetry that stirs holy longing
- > A theological podcast that renews your hope
- > Writing a gratitude list by hand

You're not just *removing noise*; you're *replacing it with nourishment*.

You're not just fasting from junk but feasting on what's good.

Meditation, Not Just Consumption

Notice: Paul doesn't say "glance at these things." He says, *think about them*.

Dwell. Meditate. Return to them over and over.

Meditation isn't emptying your mind; it's filling it – intentionally and slowly.

That's why this week you will:

- > Choose your inputs in advance (no algorithm, no autoplay)
- > Consume slowly
- > Reflect after
- > Ask: "What does this reveal about God? About the world? About my heart?"

Fruit Over Flash

This kind of input won't always feel like a dopamine hit. It won't give you the thrill of a hot take or a 10-second laugh.

But it will plant seeds.

In time, those seeds grow fruit:

- > Peace instead of anxiety
- > Clarity instead of confusion
- > Curiosity instead of cynicism
- > Joy instead of apathy

The mentally free man doesn't settle for flashes or mental junk food. He plants trees.

Resistance Will Come

This might be the hardest week of all because you're nearing the end of the formation process, and your flesh will push back:

- > "You're too busy to curate content."
- > "Just watch one episode."
- > "Silence is boring."
- > "It's fine to scroll for a bit."

Of course, all the other things you need to do will rush into your mind as you try to quietly reflect and meditate on the Lord.

But freedom is never built on passivity; it's built through discipline.

Push through. Create space. Invite the Spirit.

He's not interested in just tweaking your mind; He wants to renew it completely.

Final Integration

Here's where it all comes together:

- > **Your mental patterns (Week 5)** are now set by the Spirit, not the flesh.
- > **Your narrator (Week 6)** is now being corrected and discipled by truth.
- > **Your imagination (Week 7)** is now being used for vision, not fear.
- > **Your thought diet (Week 8)** is now feeding your soul.

This is the mind of Christ. This is what you've been training for. This is mental freedom.

It's not the absence of distraction; it's the presence of peace.

It's not perfection; it's direction.

It's a new inner world. A new reflex. A new way of being.

And it starts with what you choose to *think about*.

Today, tomorrow, and for the rest of your life.

If you want to know what a man truly worships, look at what he thinks about when nothing is demanding his attention.

When the podcast ends, the kids are asleep, the phone is on the counter, and the noise fades – what fills the space?

Philippians 4:8 gives us a radical challenge: “*Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy – think about such things.*”

Not “*avoid bad stuff.*” Not “*try harder not to sin.*” Paul says: *fill your mind with what is good.*

That's the mark of a free man.

A man who isn't just escaping his temptations... He's dwelling in truth.

A man who isn't merely surviving his days... He's delighting in what is excellent.

This is the capstone of the mental module. Not just resisting the world, but replacing it with wonder, awe, and joy.

Freedom is Not Neutrality

Many men mistake mental neutrality for mental health. "If I can just quiet the chaos, I'll be okay." "If I stop looking at porn... If I stop checking my phone... If I stop doubting myself... ... then I'll be free."

But here's the truth:

>> Freedom is not the absence of bondage. Freedom is *the presence of goodness and fullness*.

You're not meant to live on defense; you're meant to feast.

What's Your Mental Diet?

Let's break this down practically. What goes into your mind every day?

- > What do you listen to?
- > What do you read?
- > What do you stare at?
- > Who are the loudest voices in your life?
- > What is your "default scroll" when you're bored?

Most men have never audited their mental inputs. But if your body becomes what you eat, your mind becomes what you consume.

So, let's build a better diet. This week, you'll curate your *Mental Feast List*.

Five categories:

1. **Truth** (Scripture, books that disciple, sermons that challenge)
2. **Beauty** (music, art, creation)
3. **Wisdom** (mentors, podcasts, teaching that builds character—not just knowledge)
4. **Joy** (activities that make you laugh, breathe, smile)
5. **Stillness** (silence, Sabbath, prayer walks)

Pick at least one in each category. Write it down and schedule it. Don't leave it to chance.

Train Your Affections

Here's what most men get wrong: they think freedom comes from forcing themselves *not* to do something. However, real transformation happens when you train your mind to love better things.

Jesus didn't just resist temptation; He delighted in His Father. He wasn't white-knuckling holiness; He was overflowing with affection.

Your mind was made not just to obey, but to adore.

That requires training.

You will not drift into thinking about what is noble or lovely – you must *choose* it.

Eventually, you'll start craving it.

Excellence Isn't Performance

Some men avoid Philippians 4:8 because it feels like pressure. "Think about what's excellent? That's exhausting."

But excellence here doesn't mean perfection. It means *praise-worthy*. It means *worth your attention*.

There's a lot of loud, clever, shiny garbage out there. But excellence is usually quiet, subtle, and sacrificial.

You'll have to go looking for it. But when you find it, your mind will start to heal.

Because what you give attention to, you give power to, and what you dwell on, you become.

Jesus Thought Differently

The mind of Christ wasn't just brilliant – it was *anchored*.

He thought about the Father, prayed in silence, quoted Scripture, spoke slowly, saw people clearly, and carried peace.

That's the invitation.

You've already started becoming a man like that. Don't stop now. Let your thoughts be saturated with:

- > Truth that rewrites lies.
- > Beauty that softens cynicism.
- > Stillness that silences fear.
- > Worship that outshines temptation.

The Free Man's Mindset

A free man isn't distracted by every notification. He's not tossed around by emotion. He's not a puppet of public opinion.

He knows what matters. He knows who he is. He knows who God is.

Because he has trained his thoughts to dwell on things that last.

That man is rare.

But that man is you.

One habit, one day, one thought at a time.

Let's go.

MENTAL FEAST LIST:

- > Write down five inputs (music, Scripture, beauty, teaching, nature, etc.) that nourish your soul. Schedule time for one each day.

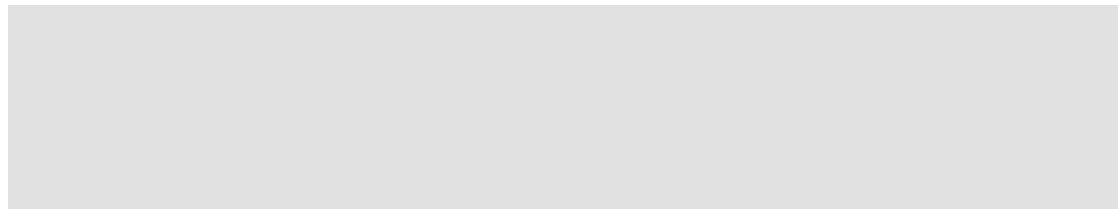
DIGITAL BOUNDARY:

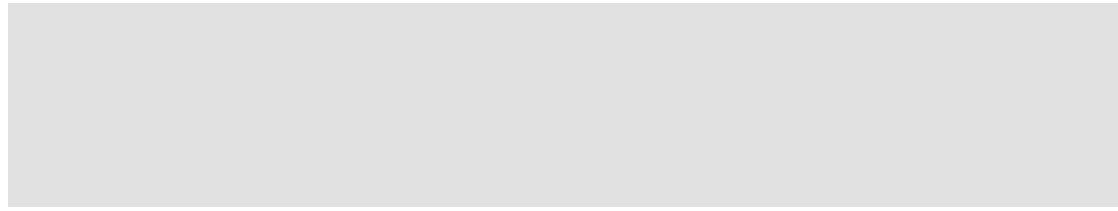
- > All content must be intentionally selected—no algorithm, no autoplay. Choose your inputs on purpose. Turn off or do not engage the entire week with anything that has an ‘algorithm.’

SCRIPTURE PRACTICE:

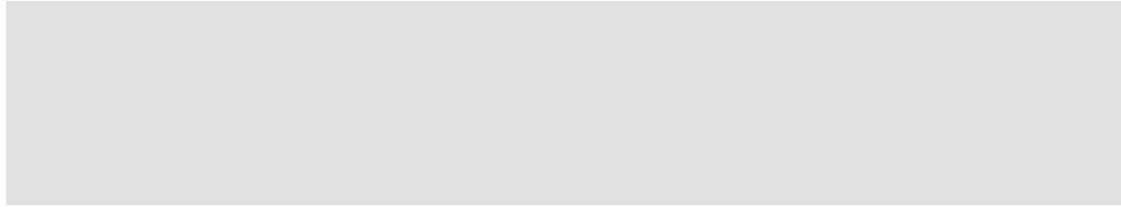
- > Recite what you currently have memorized daily. Say it aloud. Ask the Spirit to illuminate it with new insight.

SELF-AUDIT QUESTIONS:

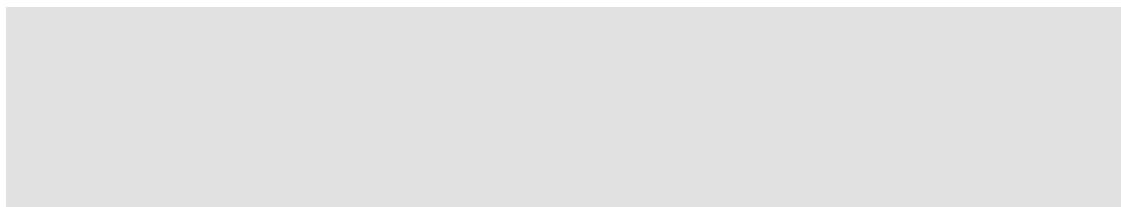
- > What does my mind feast on most often?


- > Try to imagine your mind as a table. What does the table have on it that you grab and eat and feast on? Where are things on the table? Be as imaginative as possible.


> Do I allow time to think about excellent or praiseworthy things?



> What would a mentally free version of me look like?



STAYING ON TRACK

Scripture memorization

Send screen time to group

Use phone home

Prayer of Examen

Reclaim your mornings

Continue replacing your low-value content stream for intentional prayer or journaling

Continue using your “No Phone Zone”

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

Mental Feast List

Digital boundary (no algorithms)

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

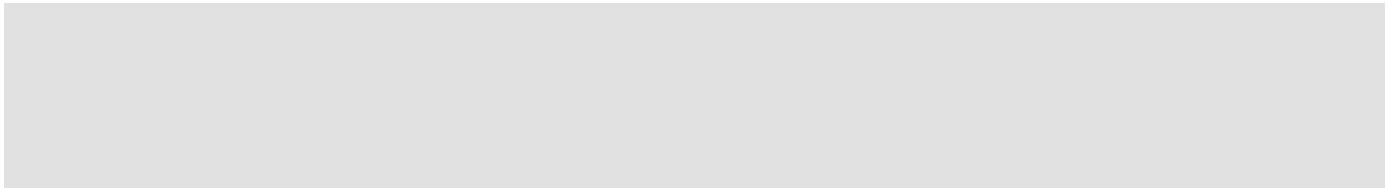
Now, select a specific moment or experience and reflect on it, asking for God's guidance and grace. Be honest about where you fell short—anger, lust, distraction, pride—and bring it to God without shame. Receive His grace.

5. Look toward tomorrow

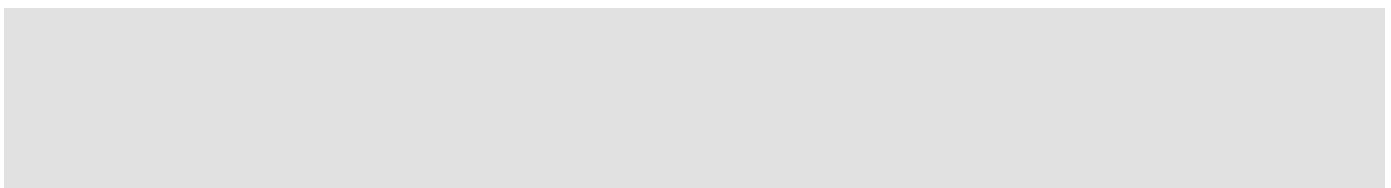
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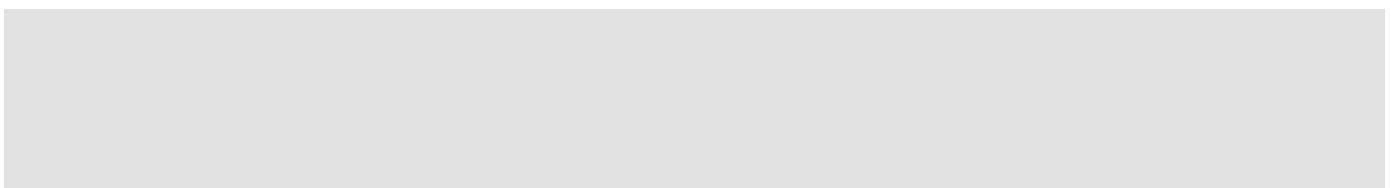
> How has your mental environment changed since Week 1?



> What does it look like to dwell in truth, not just visit it?



> What is your next step toward living as a mentally free man?



--- CLOSING FOR MONTH 2 ---

You made it through the formation zone.

You tracked thoughts, tamed the voice, reclaimed your imagination, and curated your inputs.

Now, you're not just resisting lies but learning to feast on truth.

You're becoming a man whose mind is clear, sharp, and ruled by peace. A man trained for the long war of holiness.

One more month, fellas, to complete this journey. Let's end strong!!

Let's go.

- JEFF & JON