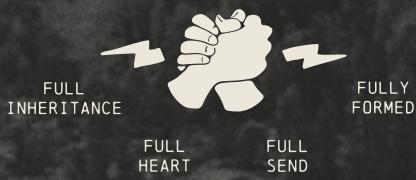


FORMING
MEN

MAN YEAR PLAYBOOK

> Mental Module Workbook:
MONTH THREE

F O R M I N G
M E N



FULL
INHERITANCE

FULL
HEART

FULL
SEND

FULLY
FORMED

--- TABLE OF CONTENTS ---

> Week 09	PG 02
> Week 10	PG 12
> Week 11	PG 21
> Week 12	PG 31
> Commissioning Ceremony	PG 40

THEME:

--- FINISHING WITH FIRE ---

You've come a long way.

You've built new mental reflexes. You've silenced noise. You've memorized Scripture. You've stopped numbing and started listening. You've resisted the mental gravity of this world and chosen a different pattern.

Month One taught you to reclaim your mind.

Month Two formed it in the quiet, gritty middle.

Month Three is about identity and permanence.

We want to 'lock it in' and finish well, so all that you've worked so hard for stays.

You're not just finishing a module. You're crossing a threshold.

This final leg is about integrating what you've built into your future. It's where renewal becomes rhythm, and formation becomes fire.

Let's finish with clarity.

Let's finish with confidence.

Let's finish with fire.

--- WEEK NINE ---
THE MIND OF CHRIST

Verse for the Week: 1 Corinthians 2:16
“But we have the *mind of Christ*.”

--- Essay: Formed to Think Like Him ---

The mind of Christ is not just an inspirational idea; it's a shocking theological reality.

Paul doesn't say we *will someday* have the mind of Christ. He says we *already do*. Present tense. Active possession.

The implications are massive. To have the mind of Christ is to think like Jesus thinks, to see people as He sees them, and to interpret reality through the lens of the Father's love, sovereignty, and truth.

Imagine Jesus' inner world:

- > No shame
- > No spiraling
- > No panic
- > No second-guessing
- > No mental clutter

Jesus didn't wake up overwhelmed. He wasn't driven by anxiety or outrage. He didn't react out of fear or comparison. He walked with clarity. He moved from a place of peace. Even in betrayal, abandonment, injustice, and agony, His inner life remained rooted.

Now imagine that mind in you.

Not a surface-level WWJD cliché, but a real, embodied reflex:

- > Responding to criticism with secure quiet
- > Noticing the poor with immediate compassion
- > Leading without ego
- > Resting without guilt
- > Obeying without delay

This isn't fantasy; it's formation.

And you've been training for it.

Over the last 8 weeks, you've:

- > Broken thought loops
- > Rerouted narratives
- > Memorized truth
- > Paused before reacting
- > Practiced silence
- > Declared Scripture aloud

You've started to **rebuild your neural landscape** around the kingdom of God.

Now, this week is about *living like it's already true*.

Because it is.

You don't need to earn the mind of Christ. You've received it. But you do need to activate it. Daily. Hourly. In traffic. In conflict. In temptation. In stress.

- > **Ask:** "How would Jesus think right now?"
- > **Not:** "What would Jesus *do*?" But: "How would He see this situation?"

It's subtle, but it's everything.

You might be tempted to believe your old ways of thinking are still who you are. But they're not. That was the old man; the dead man. You've been raised with Christ. That means your *entire inner world* is being resurrected, too.

Your goal this week is not just spiritual insight – it's **mental agreement**.

Agreement with the Spirit, Scripture, and the Father's perspective.

Let your default this week become:

- > "Jesus, align my mind with Yours."
- > "Father, let me see as You see."
- > "Spirit, help me notice the lies I still believe – and replace them with truth."

As you do this, you'll find the inner static beginning to quiet. You'll sense peace in pressure, resist spirals more quickly, and you'll love more easily.

That's the mind of Christ coming alive in you.

...and it's just getting started.

SCRIPTURE:

- > Recite your whole passage daily. Add final verses if needed.

BEHAVIOR:

- > Choose one moment daily to consciously pause and *think like Christ* before acting.

DIGITAL:

- > Take a 3-day break from your most mentally disruptive input (email, podcast, app, etc.).

SELF-AUDIT QUESTIONS:

- > Where in my life do I most naturally think like Christ right now, and what has helped that happen?

- > In what situations do I still see my thoughts defaulting to fear, defensiveness, or pride?

- > When did I most recently pause and reframe a thought to match Jesus' mindset?

> Which emotions or triggers make it difficult for me to think with the mind of Christ?

> How am I actively inviting the Holy Spirit to shape my thinking during ordinary moments?

> Do my thoughts about others reflect Jesus' compassion and humility?

> How quickly do I recognize when my thinking is out of alignment with Scripture?

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.

Pause and think like Christ before acting

3-day break from mentally disruptive input

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 THREE

WEEK 9		Daily Prayer of Examen	Sent Screen Time to Group	Digital Challenges	Scripture Memorization
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 10		MON			
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 11		MON			
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 12		MON			
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Group Discussion Questions

> When you hear “the mind of Christ,” how would you define it for yourself?

> Share a recent situation where you recognized and acted from Jesus’ mindset.

> What’s the hardest area of life for you to consistently think like Christ, and why?

> How does Scripture memorization influence your ability to align your thoughts with His?

> Which aspect of Jesus’ mindset—peace, compassion, courage, patience—do you most want to grow in?

> How can this group help each other more quickly notice and adjust our thinking?

> Where do cultural thinking patterns most challenge your alignment with Christ's mindset?

--- WEEK TEN ---
MENTAL FREEDOM

Verse for the Week: Galatians 5:1
*"It is for freedom that Christ
has set us free."*

--- Essay: Freedom Has a Feel ---

Mental freedom is one of the greatest promises of the gospel, and one of the least claimed.

You were not just saved from sin; you were saved from *mental* slavery. From condemnation, obsession, and from constant comparison. From always needing to prove yourself or perpetually needing to explain yourself. From being owned by your own thoughts.

But freedom is subtle. You rarely feel it arrive. It usually feels like *quiet*.

Mental freedom doesn't always feel euphoric. Sometimes it feels like...nothing. No reaction. No resentment. No racing heart. Just stillness.

And because it's quiet, we often miss it. We don't name it. We don't thank God for it. So we slip back into the noise.

Not this week.

This week, you name your freedom.

You name the specific lies that no longer own you.

You name the situations where you used to spiral, and now you don't.

You name the way your mornings, your relationships, and your inner monologue have changed.

This week is about recognizing and celebrating the wins over the past year!

The devil loves to accuse. But one of his favorite tricks is to *distract you from how far you've come*. To keep you looking at your flaws, not your growth (notice how one of the more frequent commands from God is to '*remember*'! Because that's one of the greatest antidotes against the enemy's schemes).

So push back.

Take inventory. Thank God. Mark it.

You now live:

- > Slower
- > Deeper
- > More anchored
- > More discerning

You think:

- > With more clarity
- > With less self-contempt
- > With quicker access to truth

You feel:

- > More grounded
- > More free
- > More alive

This didn't happen by accident.

You have walked into freedom, verse by verse, choice by choice.

Now, let it fuel your future.

FREEDOM INVENTORY:

- > Write 10 personal freedom statements ("I'm no longer dominated by..." or 'I used to do X, now I do Y on a consistent basis. Praise God!').

BEHAVIOR:

- > Recite your memory passage to a few folks you come in contact with this week! Choose one day this week to live fully analog—no tech, no noise for an entire 24 hours).

DIGITAL:

- > Delete one last stronghold app/feed permanently.

SELF-AUDIT QUESTIONS:

- > What specific thoughts or habits no longer control me the way they did before this journey?

- > In what situations do I still feel mentally "trapped" or reactive?

- > How do I recognize the difference between real freedom and temporary relief?

> What environments or inputs most threaten the freedom I've gained?

> Am I guarding my freedom as carefully as I fought to win it?

> Where do I need to reinforce my mental boundaries to keep growing?

> How does mental freedom show up in my relationships and decisions?

STAYING ON TRACK

Scripture memorization (recite the full passage to a few people)

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.

Freedom Inventory

Choose one day this week to live fully analog

Delete one last stronghold permanently

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

> Share one area where you've experienced the most mental freedom in the last 10 weeks.

> What's been most effective for you in protecting your mind from old patterns?

> How does mental freedom impact how you lead, work, or parent?

> What are your personal warning signs that you're drifting toward mental bondage again?

> How can we as a group help each other maintain and deepen our freedom?

> Where does cultural pressure most threaten your mental freedom?

> How do you remind yourself that freedom is both a gift and a responsibility?

--- WEEK ELEVEN ---
THE RENEWED MAN IN THE WORLD

Verse for the Week: Matthew 28:19

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

--- Essay: From Inner Work to Outer Witness ---

This journey wasn't just for you.

You weren't formed in silence so you could hide.

You were renewed to be a man the world can count on. Think about your 'sphere of influence' right now (folks you come in contact with the most—wife, kids, parents, co-workers, and friends).

You are a different man now *for them*.

This week marks a shift from inward to outward. You now steward what's been given, and you lead with what's been formed.

Because here's the truth: men who have done this journey and put in the work are rare.

You've done what few are willing to do:

- > Face your inner chaos
- > Starve distraction
- > Build reflexes of truth
- > Meditate on (and memorize!) the Word daily
- > Share honestly with your brothers
- > Confront destructive thoughts and replace them with light

And now – it's time to **carry that light** into the world.

The renewed man doesn't just quote Scripture; He embodies it.

He doesn't just journal his emotions; he speaks (and quietly brings) courage into the room.

He doesn't just take thoughts captive; he helps others do the same.

You are now someone who:

- > Brings peace into the workplace
- > Brings Presence into the home
- > Brings patience into tension
- > Brings blessing into conversation

That's not an exaggeration; that's what formation does.

This week, you name your future rhythms.

Write out your “Rule of Thought Life” – a one-page game plan for how you’ll continue to protect your mental formation going forward.

It doesn’t have to be long, but it must be honest – as an altar of the work you’ve done here and how you want to remember it.

Include:

- > Scripture intake
- > Digital limits
- > Emotional checkpoints
- > Sabbath or silence rhythm
- > Who will hold you accountable
- > What your inner world *should* feel like

Think of this as your formation blueprint. When life gets loud again, this page will help you reset.

You’ve come too far to drift now.

Let your future be just as intentional as your past 11 weeks.

RULE OF THOUGHT LIFE:

> Write and share your one-page “Rule of Thought Life.”

DIGITAL:

- > Choose one rhythm from this module you've done previously (e.g. tech Sabbath or "no phone zone") to implement for the next three months.

SELF-AUDIT QUESTIONS:

> How has my renewed mind tangibly changed the way I show up at work, home, and in relationships?

> Do my external actions consistently reflect my internal renewal?

> Which areas of my life still feel out of alignment with the clarity and peace I've developed?

> How am I intentionally bringing the fruit of my renewed mind into the lives of others?

> What rhythms or boundaries do I need to protect to sustain this renewal?

> Who is currently benefiting most from my renewed mindset?

> If I stopped practicing my disciplines, how quickly would others notice a change in me?

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.

Rule of Thought Life

Choose one digital challenge to implement for the next three months

PRAYER OF EXAMEN CARD

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Group Discussion Questions

> How have you seen your renewed mind influence others around you?

> What does it look like to carry peace and clarity into high-pressure situations?

> Which of your roles – husband, father, leader, friend–has seen the biggest change?

> What habits or disciplines do you consider non-negotiable for sustaining renewal?

> How can we hold each other accountable for living this out publicly, not just privately?

> Where do you see the greatest opportunity to bring your renewed mindset to bear in your community?

> How can your renewed mind be a blessing to those who don't yet know Christ?

---- WEEK TWELVE ---
COMMISSIONED

Verse for the Week: Philippians 1:6

*“...He who began a good work in you will
carry it on to completion...”*

--- Essay: You Are Now the Flame ---

This is it.

You've done what few men do.

You showed up for 52 straight weeks to fight a war that no one sees – but that determines everything.

The work you've done won't show up on your résumé. It won't get likes or retweets. But it will *echo for decades* in your home, your leadership, and your legacy. In fact, I want you to close your eyes for a second and imagine that. Imagine 5, 10, 50 years from now, how might your family, city, or workplace be different because of how different you have become in the last year?

You've changed the way you think.

In doing so, you've changed who you are.

Now, you mark the moment.

In Scripture, after deep and profound transformation, God's people:

- > Built altars (Genesis 12:7)
- > Stacked stones (Joshua 4:7)
- > Took communion (Matthew 26:26)
- > Sang (Acts 16:25)
- > Renamed the place (Genesis 32:30)

You've reached one of those moments.

Don't coast through this final week.

Name it. Celebrate it. Mark it. (We give you a one-page 'commissioning ceremony' later in this section).

You're not the same man who began this journey, and you will never be again.

The final act is not graduation; it's **commissioning**.

You are being sent as a man with a renewed mind into a broken world.

You are now someone who:

- > Thinks clearly
- > Leads humbly
- > Listens deeply
- > Prays decisively
- > Operates from truth

Your mind has been renewed.

Your soul has been cleared.

Your path has been lit.

Now, you carry fire.

RECITE:

> Say your whole passage aloud – solo and with your group.

FINAL AUDIT:

> If I could name this 12-week journey in one phrase, what would it be?

> Which truths or practices from this season must I carry forward at all costs?

> What symbolic act will I use to mark the end of this journey and the start of the next?

> How am I preparing myself to lead others into the kind of formation I've experienced?

> Where do I feel God calling me to apply my renewed mind in the coming year?

> What could cause me to lose momentum, and how will I guard against it?

> How will I remind myself a year from now of what God has done in these 12 weeks?

STAYING ON TRACK

Recite your passage

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

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Final Audit

PRAYER OF EXAMEN CARD

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Group Discussion Questions

> What's one defining moment from this journey that you'll never forget?

> How should we as a group mark the close of this season together?

> Where is God calling you to take the clarity and strength you've gained?

> What commitments will you make publicly to carry this forward?

> How will you keep these relationships and this accountability alive after Week 12?

> Who is one person you can intentionally invest in as a result of this journey?

> How will we recognize and celebrate when we see each other living commissioned lives?

MAN YEAR WEEK 12: COMMISSIONING CEREMONY

--- FINISHING WITH FIRE ---

Purpose

The commissioning ceremony marks the completion of the Mental Module, but also Year 1 of Man Year. What an amazing accomplishment! You've just completed 52 weeks of intentional brotherhood, growth, and transformation. This is a sacred milestone, and one that deserves recognition. This is a moment to pause, reflect, honor one another, and look ahead to what God has next.

Setting the Stage

- **Location:** We recommend renting a cabin, lodge, AirBnB, or somewhere you can retreat from distractions.
- **Atmosphere:** Grill good food, share a meal, and/or gather around a fire.
- **Timeframe:** Plan for 4-6 hours (evening or half-day retreat).

--- CEREMONY FLOW ---

1. Welcome & Meal (45 min)

- Shared meal, laughter, unhurried fellowship.

2. Year-in-Review Reflection (30 min)

Each man shares where he was emotionally, spiritually, mentally, physically when starting—and how he's grown.

3. Honoring One Another (30-45 min)

- Take turns celebrating and affirming each man for the progress you've seen in them and the way God has worked in their lives over the last year.
- Prompts: "This is what I see God doing in you...", "Here's a strength you've grown in...", "This is how you've sharpened me..."

4. Blessing & Prayer (30 min)

Circle up, lay hands, pray over each man's future, family, and calling. Suggested scriptures to share or speak over one another: Joshua 1:9, Philippians 1:6, Ephesians 3:16-19.

5. Vision Casting & Commissioning (30 min)

- Challenge: What rhythms of prayer, Scripture, accountability will you carry forward?
- Write a personal commitment & vision statement.
- Declare: "We are commissioned as men of God...equipped, sharpened, and ready to live with courage, faith, and purpose."

6. Closing (10 min)

Present the final Man Year coin (Mental Strength) to symbolize the completion of the module and year 1 of Man Year

Additional Notes:

- Keep the night unhurried; allow deep conversation.
- Capture the moment with a group photo or testimonies.
- Share your experience in the Man Year Community for others to celebrate with you!

MAN YEAR COIN CEREMONY

CREATING POWERFUL MOMENTS TO
CELEBRATE GROWTH AND VICTORY

