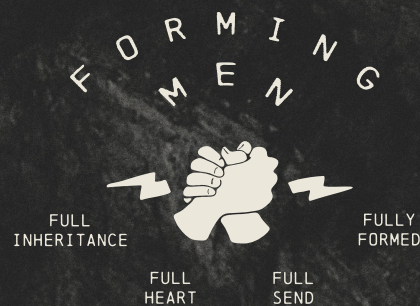


FORMING
MEN

MAN YEAR PLAYBOOK

> Physical Module Workbook:
MONTH TWO



MAN
YEAR

Forming Men

// Man Year Playbook

"Cover"

FORMING MEN

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CURRENT STATUS 1 MONTH IN

Rate yourself on a scale of 1-10 in the following areas:

_____ Overall physical energy throughout the day

_____ Quality of sleep

_____ Current strength level

_____ Current endurance level

_____ Physical mobility/flexibility

_____ Daily water intake habits

_____ Nutritional habits

_____ Stress management

For each rating, briefly explain why you gave yourself that score:

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--- WEEK FIVE ---
SUSTAINABLE STRENGTH

In our pursuit of physical strength, it's easy to get caught up in the highlight reels. We're drawn to dramatic transformations and impressive feats. But as we study the life of Jesus, we see a profound truth that often gets overlooked—the power of faithful consistency.

For 30 years, Jesus lived in relative obscurity in Nazareth. The Bible simply tells us He “grew in wisdom and stature, and in favor with God and man” (Luke 2:52). There were no dramatic montages, no viral moments; just day after day of faithful living, working with His hands, growing stronger in body and spirit through the ordinary rhythms of life.

This should reshape how we think about our own development—not just physically, but in every area of life. Jesus didn't burst onto the scene. He spent decades building the foundation that would later support His ministry. He worked as a craftsman, developing His spirit, mind, and body through daily labor. He walked everywhere. He lived simply, ate whole foods, and followed the natural rhythms of day and night.

But here's what's beautiful about this model: it's accessible to everyone. You don't need a sophisticated gym membership or a trendy diet plan to follow Jesus' example of consistent, sustainable growth. You just need the willingness to show up day after day, do what's necessary, and remain faithful in the small things.

Too often, we approach physical development like we're preparing for a sprint when God is calling us to prepare for a lifetime of service. We throw ourselves into unsustainable programs, hoping to transform our bodies in weeks rather than building lasting habits that will serve us—and more importantly, serve others—for decades to come.

Consider this: What if instead of asking “How quickly can I change my body?” we asked, “What daily habits will help me serve God and others faithfully for the next 30 years?” This shift in perspective changes everything. It moves us from seeking quick results to building lasting habits. It transforms our workouts from self-focused achievement to Kingdom-oriented preparation.

But here’s where grace enters the picture: This isn’t about perfection; it’s about progression. Some days, you’ll take two steps forward, and others, you might take one step back. That’s okay. The goal isn’t perfection—it’s faithful stewardship of the physical capacity God has given you.

This week, I want you to evaluate your approach to physical strength. Are you building habits you can sustain or chasing quick fixes? Are your goals aligned with long-term service or focused on short-term appearance? Are you developing strength that will serve others or just strength that will serve your ego?

Remember, brothers: The strength God calls us to build isn’t meant to impress people—it’s meant to serve them. It’s not about looking strong for a season; it’s about being strong for a lifetime of Kingdom work.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 5	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: _____

This Week's Training:

☐ **Training Session 1:**
Details of what you did

☐ **Training Session 2:**
Details of what you did

☐ **Training Session 3:**
Details of what you did

Additional metrics specific to your challenge:

Quote for the Week:

"The world's advancement may have reduced the frequency of our need for strength, but God's intent for masculinity wasn't shaped by necessity—it was shaped by His good design."

– Month 2 Keynote

WEEK 5: SUSTAINABLE STRENGTH

Reflection

Take time to journal through the following:

1. How does Jesus' example of 30 years of consistent growth challenge your current approach to physical development?
2. Where in your life are you pursuing quick fixes instead of sustainable growth?
3. What insights about consistency over intensity have emerged this week?

Action Planning

> What worked well this week?

> What specific obstacles emerged in implementing your new habits?

> What adjustments will you make next week to overcome these challenges?

Commitment for Week 6:

> What one specific change will you implement this week?

Group Discussion Questions

> When you reflect honestly, what drives your desire for physical development—genuine stewardship or pride? How do you tell the difference?

> Share about a time when you rushed or forced physical progress and what it taught you about God's timing and sustainable growth.

> Where do you struggle most with patience in your physical development journey, and how can we, as brothers, support each other in this?

Greatest Victory This Week:

Biggest Challenge This Week:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Stress Level (1-10): _____

Additional Notes:

	FORMING MEN	
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--- WEEK SIX ---
STRENGTH UNDER CONTROL

Remember, in the keynote you watched last week for month 2, I shared a critical distinction about meekness—that meekness cannot exist in an environment of total weakness and lack of capacity. As we explored together, meekness can only be meekness when the capacity for force exists and is fully submitted and controlled. Let’s recall and explore that topic a little bit more deeply.

One of the most profound misunderstandings in Christian masculinity is equating meekness with weakness. This confusion has led many men to either embrace passivity in the name of gentleness or reject meekness entirely in pursuit of strength. But Jesus shows us a different way—the way of true meekness, which is strength fully submitted to the Spirit’s direction and leading.

Meekness can only exist where there is first capacity. A harmless man isn’t meek; he simply lacks the ability to cause harm. True meekness emerges when a man possesses genuine strength, power, or capability but holds it in reserve, deploying it only in alignment with God’s will and timing. Jesus exemplified this perfectly throughout His earthly ministry.

Consider Jesus in the temple courts. As I shared in the teaching, He was likely a strong, capable man from years of work as a builder. He designed a whip, overturned tables, and drove merchants out of a massive space. This wasn’t an uncontrolled outburst, but rather righteous strength deployed at precisely the right moment for the Father’s purposes. The same hands that forcefully cleansed the temple were also gentle enough to bless children and break bread with disciples.

This pattern of self-control appears throughout Jesus’ life and ministry. He never used His capacity for self-promotion or dominance. Instead, His strength served others and advanced the Kingdom.

The implications for modern Christian men are significant. We're called to develop real capacity—physical, mental, and spiritual—while keeping it fully submitted to the Holy Spirit. This might mean having the strength to protect those who are vulnerable, carry our children when they're tired, labor alongside others in service, stand firm in the face of evil, and endure hardship for the sake of others.

But true meekness means this strength remains under the Spirit's control, never deployed for self-advancement or dominance over others. It's strength that protects rather than oppresses, serves rather than demands service, and builds up rather than tears down.

The journey towards this reality often involves unlearning both passive and aggressive tendencies. As we saw in the video, the cultural narrative has created confusion by presenting two extremes: complete passivity or dominating machismo. Jesus shows us that authentic masculine strength charts a different course—one of genuine capacity paired with perfect control.

True meekness is strength in its most mature and Christ-like form. It's the power to act combined with the wisdom to wait, the capacity to fight matched with the discipline to show mercy and the choice to serve others.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 6	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: _____

This Week's Training:

☐ **Training Session 1:**
Details of what you did

☐ **Training Session 2:**
Details of what you did

☐ **Training Session 3:**
Details of what you did

Additional metrics specific to your challenge:

Quote for the Week:

Meekness is possessing the capacity for force or aggression but holding it in reserve, using it only in alignment with love, justice, and divine will."

– Month 2 Keynote

WEEK 6: STRENGTH UNDER CONTROL

Reflection

Take time to journal through the following:

1. Where in your life might you be defaulting to either passive weakness or aggressive dominance rather than Spirit-controlled strength? Ask the Holy Spirit to reveal specific situations or relationships.
2. How are you currently developing your physical capacity the way Jesus did? More importantly, how are you using whatever strength you have to serve those around you?
3. Consider Jesus' example of righteous strength in the temple courts versus His gentle interactions with children and disciples. How well do you discern when to exercise strength firmly versus gently? Ask God to grow your wisdom in this area.

Action Planning

> What worked well this week?

> What specific obstacles emerged in implementing your new habits?

> What adjustments will you make next week to overcome these challenges?

Commitment for Week 7:

> What one specific change will you implement this week?

Group Discussion Questions

> In the video, we learned that “meekness can only exist when the capacity for force exists and is fully submitted and controlled.” Let’s discuss what this looks like practically in our lives as men. Share examples of when you’ve seen this demonstrated well.

> Looking at Jesus’ life, we see He had the strength for both intensive physical labor and long nights of prayer. How do our physical capacities impact our spiritual lives? What practical steps can we take to build both physical and spiritual endurance?

> The video challenged us to avoid both cultural extremes—passive weakness and dominating machismo. Share a time when you struggled with one of these extremes. How is God helping you move toward Spirit-controlled strength instead?

Greatest Victory This Week:

Biggest Challenge This Week:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Stress Level (1-10): _____

Additional Notes:

	FORMING MEN	
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--- WEEK SEVEN ---
PROTECTIVE STRENGTH

In this month's keynote, we explored how physical capacity serves a greater purpose in God's design. This week, let's consider how that strength enables us to fulfill one of our core callings as men—protecting those entrusted to our care.

Protection takes many forms, and each man's expression of it will look different according to his gifts and circumstances. Whether for family, friends, church community, or neighbors, this sacred duty encompasses physical, spiritual, and emotional guardianship. It's not about displaying dominance or control but about maintaining the capacity to keep those in our sphere of influence safe and flourishing.

Physical protection might mean staying healthy enough to assist when needed, strong enough to help move a neighbor's furniture, or fit enough to respond in emergencies. But more often, it means being present and alert—aware of our surroundings, mindful of potential risks, and prepared to respond appropriately when needed.

Spiritual protection requires even greater vigilance. As we saw in the video, strength isn't just about physical capacity. It's about maintaining spiritual disciplines that guard against subtle dangers—standing firm in prayer, modeling biblical wisdom, and creating environments where faith can flourish. This might mean having the courage to make counter-cultural choices about media consumption, social influences, or time management.

Emotional protection often requires the most nuanced strength of all. It means creating safe spaces where others can be vulnerable, maintaining consistency in our responses, and demonstrating emotional regulation of ourselves. It's about being strong enough to be gentle, secure enough to listen without fixing, and stable enough to weather storms without becoming one.

This protective calling demands both the sustainable strength we discussed in Week 1 and the controlled meekness we explored in Week 2. Without sustainable habits, we can't maintain the consistent presence protection requires. Without meekness, our protective instincts can become overbearing or controlling.

The goal isn't to become hypervigilant or to see threats everywhere. Rather, it's to develop the capacity to respond appropriately when genuine challenges arise. This means:

- > Maintaining physical readiness without obsessing over it
- > Building spiritual disciplines without becoming legalistic
- > Staying emotionally present without becoming controlling
- > Being prepared without becoming paranoid

As men in community—whether as fathers, husbands, brothers, or friends—our protective role is a gift from God, not a burden to bear anxiously or a power to wield proudly. It's simply part of how we love and serve, following the example of our heavenly Father who protects His children with perfect wisdom and care.

This week, consider how you're developing and expressing protective strength in your particular context. Remember that protection looks different for every man and every situation. The key is not comparing ourselves to others but faithfully stewarding the specific protective responsibilities God has given us.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 7	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected:

This Week's Training:

☐ **Training Session 1:**
Details of what you did

☐ **Training Session 2:**
Details of what you did

☐ **Training Session 3:**
Details of what you did

Additional metrics specific to your challenge:

Quote for the Week:

"Without physical strength, capacity, endurance, and health, our ability to stand in the gap for our family and community in both the physical and spiritual spheres is greatly diminished."

– Month 2 Keynote

WEEK 7: EXPLORING PROTECTIVE STRENGTH

Reflection

Take time to journal through the following:

1. What does "standing in the gap" mean to you personally, and in what areas of life are you called to do this?
2. How does your current level of physical, spiritual, and emotional capacity affect your ability to protect those in your sphere of influence?
3. In what ways can you further build protective capacity while maintaining the balance of "strength under control"?

Action Planning

> What worked well this week?

> What specific obstacles emerged in implementing your new habits?

> What adjustments will you make next week to overcome these challenges?

Commitment for Week 8:

> What one specific change will you implement this week?

Group Discussion Questions

- > How do you distinguish between protective readiness and anxious hypervigilance? What does healthy protective strength look like in daily life?

- > The video mentions “standing in the gap.” What are some practical examples you’ve seen of men doing this well in their communities?

- > How can we encourage each other to develop protective strength while staying grounded in humility and meekness?

Greatest Victory This Week:

Biggest Challenge This Week:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Stress Level (1-10): _____

Additional Notes:

	FORMING MEN	
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--- WEEK EIGHT ---
ENDURING STRENGTH

In our modern world of comfort and convenience, we rarely test the limits of our endurance. Yet the demands of genuine servant leadership often require us to push beyond what feels comfortable or convenient. The question isn't just about having strength but the capacity to keep going when fatigue sets in, when the flesh is weak, and when everything in us wants to rest.

Consider a typical day of Jesus' ministry: teaching crowds for hours, healing the sick, dealing with confrontations from religious leaders, walking miles between villages, and then retreating to pray through the night. This wasn't a one-time event – it was His regular pattern of service. He demonstrated endurance that encompassed physical stamina, emotional resilience, and spiritual vigilance.

As men, we face similar demands, though in different contexts. Can we maintain spiritual alertness through a full day of service? Do we have the capacity to stand and serve at church events for hours, then come home and be fully present with our families? When crisis strikes at midnight, do we have the reserves to respond with clarity and strength?

This kind of endurance isn't just about physical stamina; it's about maintaining spiritual and emotional strength when we're depleted. It's about having the discipline to wake up early for prayer and exercise, the focus to work diligently throughout the day, and the self-control to resist temptation when we're tired and vulnerable in the evening hours.

The enemy knows our weak points. He understands that our resolve often breaks down when we're exhausted. That's why building endurance isn't optional; it's a crucial aspect of spiritual warfare. When we're tired, we're more likely to snap at our spouse, neglect prayer, or succumb to digital distractions, sexual sin, or worse. The ability to maintain godly character and wise decision-making, even when depleted, is essential for Christian men.

This endurance is built first through physical training, which serves as a gateway to deeper spiritual and emotional resilience. When we regularly push our bodies beyond comfort in the gym or on the trail, we're not just building muscles — we're training our minds and spirits to reject the easy path. Each time we choose to do one more rep when our muscles are burning, run another mile when we're exhausted, or hold a plank position when every fiber wants to quit, we're developing a warrior's mindset that transcends the physical.

This disciplined rejection of comfort in our physical training directly translates to other areas of life. The man who has learned to push through physical discomfort in training finds it easier to persist in prayer when his mind wanders, to stay engaged with his children when he's tired, or to resist temptation when his resolve is tested. The mental fortitude developed through physical challenges becomes a foundation for spiritual and emotional endurance.

The goal isn't to be busy or to prove our worth through activity. Rather, it's about being ready and able to answer God's call at any moment. Whether it's a late-night crisis in our child's life, an early morning opportunity to serve, or a spiritual battle that requires prolonged prayer and fasting, we need the endurance to engage fully.

This kind of endurance isn't built in isolation. We need the Holy Spirit's empowerment and the support of other men who understand this calling. Together, we can encourage each other to push beyond our perceived limits, to stay strong when fatigue sets in, and to maintain our spiritual vigilance even in moments of weakness.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 8	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: _____

This Week's Training:

☐ **Training Session 1:**
Details of what you did

☐ **Training Session 2:**
Details of what you did

☐ **Training Session 3:**
Details of what you did

Additional metrics specific to your challenge:

Quote for the Week:

"Over those 3 years of ministry they would have displayed incredible endurance, traveling on foot for 20-40,000 steps per day, or up to 1,500 miles per year on foot."

– Month 2 Keynote

WEEK 8: ENDURING STRENGTH

Reflection

Take time to journal through the following:

1. In what areas of your life (spiritual, family, ministry, work) do you notice your effectiveness diminish when you're physically depleted?
2. How has your physical endurance (or lack thereof) affected your ability to show up consistently in prayer, family life, and service?
3. What specific physical challenges in your daily life require the most endurance? How prepared do you feel to meet these demands?

Action Planning

> What worked well this week?

> What specific obstacles emerged in implementing your new habits?

> What adjustments will you make next week to overcome these challenges?

Commitment for Week 9:

> What one specific change will you implement this week?

Group Discussion Questions

> The scripture shows Jesus maintaining intense ministry schedules—teaching crowds, healing people, walking between villages, and then praying through the night. How would your current physical condition handle such demands?

> Discuss times when your physical endurance was tested in service to others. What helped you push through, and what did you learn from those experiences?

> How can we, as men, better support each other in building both physical and spiritual endurance (over the final weeks of this module, but also beyond Man Year)? What practical steps can we take together?

Greatest Victory This Week:

Biggest Challenge This Week:

Energy Level (1-10): _____

Sleep Quality (1-10): _____

Stress Level (1-10): _____

Additional Notes:
