

31-DAY DISCIPLESHIP RESET

HOLY IN SPIRIT / WHOLE IN MIND / HEALTHY IN BODY

**MAKE**  
**YOURSELF**  
**RESILIENT**

**NAME:**

\_\_\_\_\_

AR & OBEY / HUNGER / YIELD / SERVE / REPENT / FEED OTHER  
FOLLOW / BELIEVE / HEAR & OBEY / HUNGER / YIELD / SERVE  
OBEY / HUNGER / YIELD / SERVE / REPENT / FEED OTHER  
VE / HEAR & OBEY / HUNGER / YIELD / SERVE / REPENT /



# WHY THIS CHALLENGE EXISTS

Jesus never called men to casual belief. He called them to follow.

Following Jesus reshapes every part of life: spiritual, mental, physical, relational, and missional.

This 31-day journey is designed to help men practice daily discipleship.

Not perfection. **Progress.**

Not performance. **Formation.**

You are learning to live as a disciple of Jesus.

## HOW TO USE THIS RESET

Each day includes four areas of formation:

### **HOLY IN SPIRIT**

Time with God through Scripture and Prayer.

### **WHOLE IN MIND**

Reading and renewing thought patterns.

### **HEALTHY IN BODY**

Physical discipline and stewardship.

### **BROTHERHOOD**

Following Jesus alongside other men.

*Consistency matters more than intensity.*

*Miss a day? Resume the next. Keep following.*

# **DAILY READING BOOK LIST : CHOOSE ONE**

Jesus formed His disciples through daily teaching, correction, and truth.

What consistently shapes your thinking will eventually shape your life.

During the **31-Day Challenge**, every man commits to daily reading as part of becoming **WHOLE IN MIND**.

You will choose **one book** from the list below and Read **10 pages or for 15 mins or 15 minutes per day**

The goal is not finishing a book. The goal is formation.

## **BOOKS TO CHOOSE FROM:**

### **BE MATURE — WARREN W. WIERSBE**

A practical guide to growing into stable Christian maturity and wisdom.

### **SEVEN REALITIES OF EXPERIENCING GOD — HENRY & RICHARD BLACKABY**

Learning to recognize where God is working and joining Him in obedience.

### **WISDOM WALKS — DAN BRITTON**

Biblical leadership insights designed for daily reflection and intentional living.

### **ATOMIC HABITS — JAMES CLEAR**

Understanding how small daily decisions shape lifelong transformation.

### **PRACTICING THE WAY — JOHN MARK COMER**

Learning to structure life around apprenticeship to Jesus.

### **THE COST OF DISCIPLESHIP — DIETRICH BONHOEFFER**

A timeless call to costly obedience and authentic following.

### **RESILIENT OR WILD AT HEART — JOHN ELDREDGE**

Recovering spiritual strength, courage, and purpose as men following Christ.

# FOLLOW TOGETHER — THE 2x2 PRINCIPLE

Jesus never sent disciples to walk alone. In **Mark 6:7** Jesus sent his disciples out “**two by two**” — strengthened through partnership, encouragement, and mission.

During this journey, you will walk alongside a group of men known as your **2x2 TEAM**.

A 2x2 is not limited to two men. It represents the commitment that no disciple follows Jesus alone and that healthy disciples multiply by strengthening others.

## YOUR 2X2 TEAM EXIST TO:

- encourage faithfulness
- pray honestly
- practice accountability
- pursue obedience together
- help one another follow Jesus daily

In the space below write the men who will walk with you during these 31 days & beyond:

## MY 2X2 TEAM:

1.

2.

3.

4.

If you struggle to list names, consider this an invitation to step toward deeper discipleship and intentional brotherhood during this season.

**Followers grow strongest when they follow together.**

# HOW TO SUCCESSFULLY COMPLETE THIS RESET

Men who complete this challenge successfully tend to do five things:

## **1. They Choose Consistency Over Intensity**

Daily faithfulness produces lasting change. Do something every day — even when motivation is low.

## **2. They Protect Time With God**

Schedule devotional time like an appointment. Unscheduled priorities rarely happen.

## **3. They Stay Connected to Brotherhood**

Isolation kills momentum. Honesty strengthens resilience. Check in daily, even briefly.

## **4. They Practice Immediate Repentance**

Failure is expected. Delay is optional. Return quickly to Christ and continue forward.

## **5. They Focus on Formation, Not Completion**

The goal is not finishing pages. The goal is becoming a disciple who follows Jesus daily.

## **REMEMBER**

You are not doing this alone.

**Jesus walks with you. Your brothers walk beside you.**

And the goal is that others will one day follow because of your example.

# THE DISCIPLESHIP PATHWAY

Following Jesus is not random growth. Scripture reveals a clear pattern of formation—seen in the lives of the disciples and in the teachings of Jesus throughout the Gospel of John. **The Make Yourself journey follows this progression. Each step prepares you for the next.**

## THE PATHWAY

### **FOLLOW - Come Near to Jesus (John 1)**

*You begin by reordering your attention and choosing proximity to Christ.*

### **BELIEVE - Trust Fully in Christ (John 3)**

*Identity shifts from self-reliance to faith in Jesus' finished work.*

### **HEAR & OBEY - Submit to His Voice (John 5)**

*Belief becomes action through obedience.*

### **HUNGER - Desire What Sustains Life (John 6)**

*Appetites are retrained toward spiritual nourishment.*

### **YIELD - Die to Self (John 12)**

*Surrender produces lasting fruit.*

### **SERVE - Live Humbly for Others (John 13–14)**

*Transformation moves outward through service.*

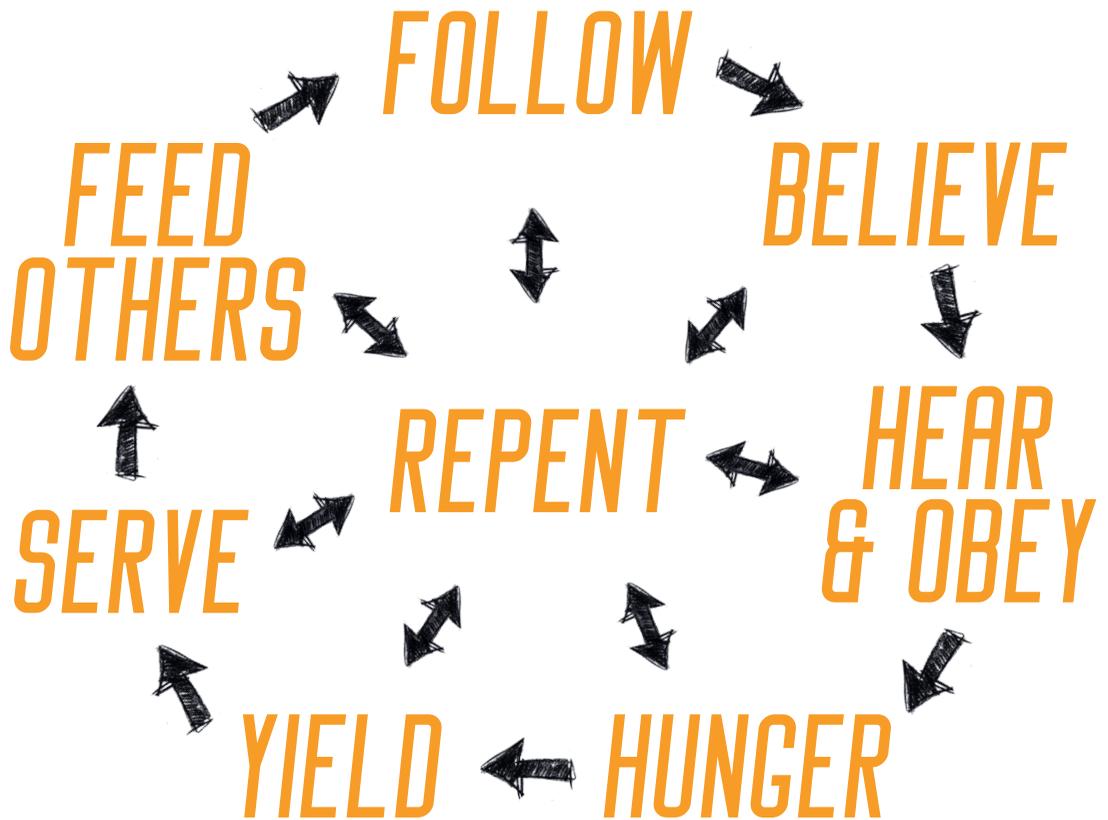
### **REPENT - Return Quickly When You Fall (John 13; Luke 22)**

*Failure becomes formation through repentance.*

### **FOLLOW ME & FEED OTHERS - Multiply Disciples (John 21)**

*Mature disciples strengthen and lead others.*

# VISUAL FLOW OF THE DISCIPLESHIP PATHWAY



# COUNT THE COST

Jesus never invited casual followers. He invited committed disciples.

Before beginning this journey, take a moment to consider what participation requires.

For the next 31 days, you are committing to:

- Daily time with God
- Daily reading and reflection
- Intentional physical discipline
- Honest brotherhood
- Ongoing repentance
- Active obedience

This challenge will **require time**. It will **require honesty**. It will **require discomfort**.

Growth always does. But the reward is a strengthened faith, clearer purpose, deeper relationships, and greater spiritual resilience. Do not begin lightly. Begin intentionally.

## DAILY NON-NEGOTIABLES

Every day:

- Spend time in Scripture
- Pray intentionally
- Read from your selected book
- Exercise Daily
- Connect with Brotherhood

## PERSONAL COMMITMENT

I am choosing to follow Jesus intentionally for the next 31 days.

I commit to accountability with my 2x2 Brothers.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# BEFORE YOU BEGIN

Following Jesus has never required perfection. It requires faithfulness. Over the next 31 days, you will practice rhythms designed to strengthen your walk with Christ — spiritually, mentally, physically, and relationally.

Some days will feel strong. Some days will feel difficult. Some days you may fall behind. **That is not failure.** The goal of this challenge is not completion without mistakes. The goal is consistency in returning.

If you miss a day:

Do not quit. Do not restart. Simply continue the next day.

**RESILIENT DISCIPLES RETURN QUICKLY.**

You are not attempting to become someone new in 31 days.

You are learning how disciples live daily.

Stay faithful. Stay honest. Stay connected. Follow Jesus — one day at a time.

## PARTICIPATION PRINCIPLE

**Progress** over perfection.

**Consistency** over intensity.

**Brotherhood** over isolation.

# PHASE 1 — MAKE YOURSELF FOLLOW

*Assurance of Greater Things* - John 1:35–51

Days 1–4

## PHASE INTRODUCTION

Before Jesus corrected behavior...

Before He explained theology...

Before miracles were understood...

He gave an invitation: “**Follow Me.**”

The disciples did not yet understand who Jesus fully was. They simply moved toward Him. Most men don't fail because they lack desire for God. They fail because their attention is divided.

**This phase resets direction.**

You are not trying to become better in four days.

You are learning to **come near daily.**

## FORMATION GOAL

**Reorder Your Attention Around Jesus**

## DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 1 — COME AND SEE

## HOLY IN SPIRIT

**Read Scripture:** *John 1:35–39*

Read the passage slowly **twice**.

**Ask:** What draws the disciples toward Jesus? What is Jesus inviting me into today?

Spend **15 uninterrupted minutes** with God.

No phone. No music. No multitasking. Presence before performance.

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: **What truth helps me follow Jesus more intentionally?**

## HEALTHY IN BODY

Take a 10–15 minute walk. Pray while walking.

Exercise for 30 Minutes

Train your body to move toward God instead of distraction.

## BROTHERHOOD

Text your 2x2 Brothers: *“Day 1 complete — I’m following.”*

## REFLECTION:

**Where has my attention been going first each day?**

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# DAY 2 — REMOVE DISTRACTION

## HOLY IN SPIRIT

**Read Scripture:** Luke 10:38–42

Read slowly twice.

Notice: Mary chose presence over productivity.

Sit quietly with God for one full minute after prayer. Practice stillness.

## WHOLE IN MIND

*Read 10 pages or for 15 mins.*

Reflect: **What distractions most compete for my focus?**

## HEALTHY IN BODY

Fast from one distraction today:

Social media, Sports media, Streaming, Gaming, News

Remove it completely for 24 hours.

## BROTHERHOOD

Share with your 2x2 Brothers: **What distraction did you remove?**

## Reflection

What consistently crowds out time with Jesus?

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# DAY 3 — SEEK FIRST

## HOLY IN SPIRIT

**Read Scripture:** Matthew 6:33

Begin your day with Scripture **before:** phone, email , work, entertainment

Declare in prayer: **“Jesus, You come first today.”**

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins.*

Reflect: **What priority shift is God asking from me?**

## HEALTHY IN BODY

Complete intentional exercise today for 30 minutes: Walk, Lift, Run, Stretch,  
Discipline in one area strengthens all areas.

## BROTHERHOOD

Encourage one brother directly today. Not generic. Be specific.

## Reflection

What normally comes before God in my routine?

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# DAY 4 — REMAIN

## HOLY IN SPIRIT

**Read Scripture:** John 15:4–5 Read twice.

**Ask:** What does remaining actually look like in my life?

Spend time thanking God rather than asking. Practice sitting alone in His presence.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: **What helps me stay connected to Jesus daily?**

## HEALTHY IN BODY

Exercise for 30 Minutes.

Go to bed 30 minutes earlier tonight.

Fatigue weakens spiritual awareness. Rest is spiritual discipline.

## BROTHERHOOD

Check in personally with accountability partner. Ask: **“How can I pray for you tonight?”**

## Reflection

What rhythms help me remain close to Christ?

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## PHASE 1 COMPLETE

You have begun where every disciple begins: **You came near.**

You are now ready to move from proximity... to belief.

# PHASE 2 — MAKE YOURSELF BELIEVE

Assurance of Eternal Life : John 3:1–21

Days 5–8

## Introduction

Following Jesus brings proximity. Belief brings transformation.

Nicodemus came to Jesus curious, informed, and religious — yet Jesus told him something startling: You must be born again.

Belief is not agreement with information. Belief is surrender of identity.

Many men attempt behavior change without identity change. But resilience rooted in performance eventually collapses.

This week establishes the foundation every disciple must stand on:

**You are not becoming someone new through effort.**

**You are living from what Christ has already made you.**

## FORMATION GOAL:

**Establish Identity in Christ**

## DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 5 — BORN AGAIN

## HOLY IN SPIRIT

**Read Scripture:** John 3:1–8 *Read slowly twice.*

**Reflect:** What confused Nicodemus? What does Jesus say is required for new life?

Spend time thanking God for salvation rather than asking for improvement.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

Read 10 pages or for 15 mins from your selected book.

Reflect: What truth reminds me who I am in Christ?

## HEALTHY IN BODY

Exercise for 30 Minutes.

Drink water consistently throughout the day.

Practice awareness of physical stewardship.

## BROTHERHOOD

Share with your 2x2 Team: One way God has changed your life since following Him.

## Reflection

Do I live like someone trying to earn God's approval or someone who already has it?

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# DAY 6 — BELIEVE AND LIVE

## HOLY IN SPIRIT

**Read Scripture: John 3:14–18** *Read slowly.*

Focus on Jesus' statement: *Whoever believes has eternal life.*

Confess aloud: *My salvation rests in Christ's finished work.*

Spend time in gratitude.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: **Where do I still try to prove myself instead of trusting God?**

## HEALTHY IN BODY

Exercise for 30 Minutes.

Choose discipline over comfort.

## BROTHERHOOD

Encourage one brother by reminding him of God's grace.

## Reflection

What fears disappear if I truly believe I am secure in Christ?

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# DAY 7 — STEP INTO THE LIGHT

## HOLY IN SPIRIT

**Read Scripture:** John 3:19–21

Ask honestly: Where am I hiding?

Confess sin privately before God. Bring darkness into light through prayer.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: What truth exposed something in me today?

## HEALTHY IN BODY

Remove unnecessary sugar or junk food today. Practice self-control.

Exercise for 30 Minutes.

## BROTHERHOOD

Share one area where you need prayer this week. Practice honesty.

## Reflection

What am I tempted to keep hidden?

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# DAY 8 — ASSURED IDENTITY

## HOLY IN SPIRIT

**Read Scripture: Romans 8:14–17** *Meditate on adoption.*

**Pray:** Father, help me live today as Your son, not a slave to fear. Spend time resting in the Father's presence.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: How would my decisions change if I fully trusted my identity in Christ?

## HEALTHY IN BODY

Prioritize rest tonight. Reduce late-night screen time.  
Exercise for 30 Minutes.

## BROTHERHOOD

Pray intentionally for each 2x2 Brother by name.

## Reflection

Where do I need to live more confidently as a child of God?

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## PHASE 2 COMPLETE

You have moved from following Jesus externally to trusting Him internally.  
Belief now prepares the disciple for obedience.

# PHASE 3 — MAKE YOURSELF HEAR & OBEY

## Assurance of His Voice - John 5:19–30

Days 9–12

### Introduction

Following brings proximity. Belief establishes identity.

But discipleship does not mature until belief produces obedience.

In John 5, Jesus makes a bold declaration:

The one who hears My word and believes Him who sent Me has eternal life.

Hearing, in Scripture, never meant passive listening.

To hear Jesus is to respond to Him.

Many men believe in Jesus while continuing to live under their own authority.

Spiritual resilience forms when a man learns to obey quickly, humbly, and consistently.

**This phase trains you to close the gap between conviction and action.**

## FORMATION GOAL

**Submit Daily Life to the Authority of Jesus**

### DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 9 — LISTEN FOR HIS VOICE

## HOLY IN SPIRIT

**Read Scripture:** John 5:19–21 *Read slowly twice.*

Notice Jesus' posture toward the Father: He does only what He sees the Father doing.

**Ask in prayer:** Where is God already leading me to obey?

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

Read 10 pages or for 15 mins from your selected book.

Reflect: What truth today challenges how I currently live?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Take a focused walk without headphones or media.

Practice awareness rather than distraction.

## BROTHERHOOD

Text your 2x2 Brothers: **What is one thing God may be asking you to do?**

## Reflection

When God convicts me, do I respond quickly or delay?

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# DAY 10 — OBEDIENCE WITHOUT DELAY

## HOLY IN SPIRIT

**Read Scripture:** James 1:22–25

Ask God to reveal one clear area of obedience today.

**Act on it immediately:** initiate reconciliation, correct dishonesty, begin a neglected responsibility, remove known compromise

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: Where have I mistaken knowledge for obedience?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Practice doing what is difficult rather than convenient.

## BROTHERHOOD

Tell one brother the obedience step you took today.

## Reflection

What obedience have I postponed?

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# DAY 11 — TRUST HIS AUTHORITY

## HOLY IN SPIRIT

**Read Scripture: Luke 6:46–49**

Jesus asks: Why do you call Me Lord and not do what I say?

**Pray honestly:** Lord, show me where I resist Your authority. Surrender one decision area to Him today.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: What area of life do I still control instead of surrender?

## HEALTHY IN BODY

Practice restraint today: avoid unnecessary snacking or impulse consumption.

Train submission through small disciplines.

Exercise for 30 Minutes today.

## BROTHERHOOD

Ask a 2x2 Brother: **Where do you need accountability right now?**

## Reflection

What reveals whether Jesus is truly Lord in my life?

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# DAY 12 — HEAR AND LIVE

## HOLY IN SPIRIT

### Read Scripture: John 10:27–28

Meditate on Jesus' words: *My sheep hear My voice... and they follow Me.*

Pray for spiritual sensitivity. Ask God to help you recognize His leading throughout the day.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: How is God reshaping my thinking through this process?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Prioritize rest and recovery tonight. Turn off screens earlier than normal.

## BROTHERHOOD

Pray for one brother specifically regarding obedience.

## Reflection

How has obedience strengthened my faith this week?

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## PHASE 3 COMPLETE

You have learned to move beyond belief into response. A disciple who hears and obeys begins to experience transformation from the inside out.

# PHASE 4 — MAKE YOURSELF HUNGRY

**Assurance of Real Food** - John 6:26–69

Days 13–16

## Introduction

After feeding thousands, crowds pursued Jesus again. But Jesus exposed their motivation. They were not seeking Him. They were seeking what He provided.

So Jesus made a difficult declaration:

I am the Bread of Life.

True discipleship requires reordered desire. Most spiritual struggle is not caused by lack of knowledge or belief — it is caused by misplaced hunger.

Men are constantly disciplined by appetite: comfort, entertainment, success, approval, pleasure.

**This phase retrains desire.** You are learning to hunger for what actually sustains life.

## FORMATION GOAL

**REDIRECT DESIRE TOWARD CHRIST**

## DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 13 — WHAT ARE YOU REALLY SEEKING?

## HOLY IN SPIRIT

**Read Scripture: John 6:26–29** *Read slowly twice.*

Jesus confronts the crowd for pursuing temporary satisfaction.

Ask honestly in prayer: ***Why do I seek Jesus?***

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: What desire most shapes my daily decisions?

## HEALTHY IN BODY

Eat intentionally today. Avoid unnecessary snacking.

Practice awareness rather than impulse.

Exercise for 30 Minutes today.

## BROTHERHOOD

Share with your 2x2 Brothers: **One distraction or appetite you want God to reorder.**

## Reflection

What do I run to first when stressed or tired?

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# DAY 14 — TRUE SATISFACTION

## HOLY IN SPIRIT

### Read Scripture: John 6:35

Meditate on Jesus' words: *Whoever comes to Me will never be hungry.*

Spend extended time thanking God for spiritual provision.

Ask Him to deepen your desire for His presence.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: Where do I expect temporary things to provide lasting satisfaction?

## HEALTHY IN BODY

Fast from one comfort today:

sweets, unnecessary caffeine, entertainment, social media

Let physical hunger remind you to pray.

Exercise for 30 Minutes today.

## BROTHERHOOD

Check in with your group about today's fast.

## Reflection

What does my daily routine reveal about my deepest hunger?

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# DAY 15 — HARD TEACHINGS

## HOLY IN SPIRIT

**Read Scripture: John 6:60–66**

Notice many disciples walked away when Jesus' teaching became difficult.

**Ask:** Do I follow Jesus only when obedience feels comfortable?

Pray for endurance when faith is costly.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: What truth from Scripture challenges me most right now?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Choose perseverance over comfort.

## BROTHERHOOD

Encourage one brother who may be struggling spiritually.

## Reflection

Where am I tempted to walk away when discipleship becomes difficult?

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# DAY 16 — WHERE ELSE WOULD WE GO?

## HOLY IN SPIRIT

**Read Scripture: John 6:67–69**

Reflect on Peter’s response: Lord, to whom would we go?

Spend time reaffirming commitment to Christ.

**Declare in prayer:** Jesus, You alone have the words of life.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins*

Reflect: How has God begun reshaping my desires?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Prioritize hydration, rest, and recovery today. Strength grows through sustainable rhythms.

## BROTHERHOOD

Pray for perseverance together with a 2x2 Brother.

## Reflection

What competing loyalties am I leaving behind?

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## PHASE 4 COMPLETE

Your desires are being retrained.

A disciple who hungers rightly becomes ready for surrender.

# PHASE 5 — MAKE YOURSELF YIELD

## Assurance of Fruitfulness - John 12:20–26

Days 17–20

### Introduction

Up to this point, discipleship has required movement toward Jesus, belief in Him, obedience to His voice, and reordered desire.

Now Jesus reveals the unavoidable truth of following Him:

Unless a grain of wheat falls to the ground and dies, it remains by itself. But if it dies, it produces much fruit.

Fruitfulness does not come through effort alone. It comes through surrender.

Every man wants purpose. Every man wants impact. Every man wants his life to matter.

But Jesus teaches that usefulness in the Kingdom begins where self-rule ends.

### **This phase teaches surrender.**

You are learning to release control, pride, comfort, and personal agenda so that Christ may produce lasting fruit through your life.

## FORMATION GOAL

**Surrender Control to Produce Spiritual Fruit**

### DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 17 — THE SEED MUST FALL

## HOLY IN SPIRIT

**Read Scripture: John 12:20–24** Read slowly twice.

Consider Jesus' illustration of the seed.

**Ask honestly:** What part of my life am I still protecting from surrender?

Pray a prayer of release, offering that area fully to God.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: What fear makes surrender difficult for me?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Choose a difficult physical task today:

extended exercise, yard work, or manual effort.

Train willingness to embrace discomfort.

## BROTHERHOOD

Share one area where surrender feels difficult.

## Reflection

What am I afraid will happen if I fully yield to God?

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# DAY 18 — LOSING LIFE TO FIND IT

## HOLY IN SPIRIT

### Read Scripture: John 12:25

Meditate on Jesus' words: The one who loves his life will lose it.

Ask God to reveal where self-preservation governs decisions.

**Pray:** Lord, help me value obedience over comfort.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: Where do I prioritize convenience over calling?

## HEALTHY IN BODY

Fast from personal comfort today:

cold shower, skipped luxury, or simplified routine.

Practice voluntary sacrifice.

Exercise for 30 Minutes today.

## BROTHERHOOD

Encourage another man who is walking through difficulty.

## Reflection

What comforts most influence my decisions?

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# DAY 19 — SERVING THROUGH SURRENDER

## HOLY IN SPIRIT

**Read Scripture: John 12:26**

Jesus links following Him directly to serving Him.

**Ask:** Where is God inviting me to serve without recognition?  
Perform one hidden act of service today. Do not announce it.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: How does surrender change my view of success?

## HEALTHY IN BODY

Exercise for 30 Minutes today.  
Focus on perseverance rather than intensity.

## BROTHERHOOD

Pray for humility together with a 2x2 Brother.

## Reflection

Do I serve for recognition or obedience?

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# DAY 20 — GLORY THROUGH SURRENDER

## HOLY IN SPIRIT

**Read Scripture: Romans 12:1–2**

Offer yourself to God as a living sacrifice.

Spend time quietly submitting your life again to Christ.

**Pray slowly:** Father, my time, plans, reputation, and future belong to You.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: **How has surrender begun reshaping my thinking?**

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Prioritize rest tonight. Recovery acknowledges dependence rather than self-sufficiency.

## BROTHERHOOD

Check in honestly: **Where is God asking continued surrender?**

## Reflection

What would full surrender look like in my daily life?

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## PHASE 5 COMPLETE

You have practiced surrender. A yielded life becomes usable in God's hands.

# **PHASE 6 — MAKE YOURSELF SERVE**

**Assurance of Humility and Works** - John 13:1–17; John 14:12

Days 21–23

## **Introduction**

After surrender comes movement outward.

In John 13, Jesus — fully aware of His authority, identity, and destiny — kneels and washes His disciples' feet.

Strength expressed itself through humility. Authority revealed itself through service.

Then Jesus makes a startling assurance:

The one who believes in Me will also do the works that I do.

Service is not spiritual volunteerism. It is the natural evidence of transformation.

A man who has followed, believed, obeyed, hungered rightly, and yielded himself will not remain inward-focused. He becomes usable.

**This phase activates faith through action.**

## **FORMATION GOAL**

**Express Faith Through Humble Service**

## **DAILY RULE OF LIFE**

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 21 — THE POSTURE OF HUMILITY

## HOLY IN SPIRIT

**Read Scripture: John 13:3–5** Read slowly.

Notice what John emphasizes: Jesus knew who He was before He served.

Ask God to reveal opportunities to serve today.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: How does security in Christ enable humility?

## HEALTHY IN BODY

Perform one physically helpful act today:

assist someone, complete a delayed task, or help without being asked.

Serve through action.

Exercise for 30 Minutes today.

## BROTHERHOOD

Ask a 2x2 Brother: **How can I serve you this week?**

## Reflection

Do I avoid serving when it feels beneath me?

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# DAY 22 — SERVE AS JESUS SERVED

## HOLY IN SPIRIT

### Read Scripture: John 13:12–17

Jesus says: You also should wash one another's feet.

Identify one intentional act of service toward:

spouse, family member, coworker, church member

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: Where has pride limited my willingness to serve?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Practice discipline even when motivation is low.

## BROTHERHOOD

Share one way you served someone today.

## Reflection

How does serving others reshape my heart?

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# DAY 23 — DO THE WORKS

## HOLY IN SPIRIT

### Read Scripture: John 14:12

Reflect on Jesus' assurance: Those who believe will do His works.

**Ask:** Where is God inviting me to actively represent Christ?

Pray for courage to live faith publicly.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: What gifts or opportunities has God entrusted to me?

## HEALTHY IN BODY

Practice stewardship today: eat intentionally and move with purpose.

Honor God through physical discipline.

Exercise for 30 Minutes today.

## BROTHERHOOD

Encourage another man in his leadership or spiritual growth.

## Reflection

What works of faith is God calling me to step into?

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### PHASE 6 COMPLETE

Service reveals transformation. But even faithful servants stumble.

# PHASE 7 — MAKE YOURSELF REPENT

**Assurance of Turning Back** - John 13:21–38; Luke 22:31–32

Days 24–26

## Introduction

By this point in the journey, the disciples had followed Jesus, believed in Him, obeyed His teaching, witnessed miracles, and served alongside Him. Yet on the night Jesus needed them most, they failed. One betrayed Him. One denied Him. All deserted Him.

Jesus was not surprised.

He told Peter beforehand: Satan has asked to sift you like wheat. But I have prayed for you... and when you have turned back, strengthen your brothers.

Failure is not foreign to discipleship.

It is anticipated within it.

**The distinguishing mark of a disciple is not perfection — but repentance.**

Resilient men do not pretend they never fall. They learn to return quickly to Christ.

This phase establishes repentance as a daily rhythm, not a crisis response.

## FORMATION GOAL

**Develop a Lifestyle of Daily Turning Back to Christ**

### DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 24 — THE ASSURANCE OF FAILURE

## HOLY IN SPIRIT

### Read Scripture: John 13:36–38

Read Jesus' warning to Peter. Notice Peter's confidence contrasted with Jesus' foresight.

**Ask honestly:** Where am I overconfident spiritually?

Confess areas where pride or self-reliance has replaced dependence on God.

**Pray:** Lord, keep me aware of my need for You.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: What patterns tend to lead me away from obedience?

## HEALTHY IN BODY

Practice restraint today: avoid unnecessary indulgence or impulse habits.

Train awareness over autopilot behavior.

Exercise for 30 Minutes today.

## BROTHERHOOD

Share one personal weakness or struggle honestly. Practice humility through openness.

## Reflection

Where am I most vulnerable to spiritual drift?

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# DAY 25 — TURN BACK QUICKLY

## HOLY IN SPIRIT

**Read Scripture: Luke 22:31–32**

Focus on Jesus' words: When you have turned back...

Spend time naming specific sins or attitudes before God.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: What keeps me from repenting quickly?

## HEALTHY IN BODY

Take a prayer walk today.

Use movement to reflect on areas needing renewal.

Exercise for 30 Minutes today.

## BROTHERHOOD

Ask a 2x2 Brother to pray specifically for you.

## Reflection

Do I delay repentance or respond immediately?

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# DAY 26 — RESTORED FOR PURPOSE

## HOLY IN SPIRIT

**Read Scripture: Psalm 51:10–13**

Pray David's prayer slowly: *Create in me a clean heart, O God.*

Notice restoration leads to mission: *Then I will teach transgressors Your ways.*

Thank God for His restoring grace.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: How has God used past failure to shape growth?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Prioritize rest and recovery tonight.

Renewal requires restoration.

## BROTHERHOOD

Encourage another man who may feel discouraged spiritually.

## Reflection

How can my repentance strengthen others?

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## Phase 7 Complete

Repentance restores fellowship. But restoration is never the final step.

Jesus restores disciples in order to recommission them.

# PHASE 8 — FOLLOW ME & FEED OTHERS

## Assurance of Discipleship - John 21:15–19

Days 27–31

### Introduction

After the resurrection, Jesus sought out Peter.

Not to shame him. Not to remind him of failure. But to restore and recommitment him.

Three denials were met with three questions:

Do you love Me? And each time Jesus responded: Feed My sheep.

Discipleship was never meant to end with personal transformation.

Following Jesus always leads to helping others follow Him.

Peter once denied Jesus out of fear of death.

Now Jesus calls him to follow with full awareness of the cost.

**Follow Me.**

The journey that began with invitation now becomes commission.

**You are not completing a challenge. You are stepping into discipleship.**

## FORMATION GOAL

**Live as a Disciple Who Strengthens and Leads Others**

### DAILY RULE OF LIFE

**HOLY IN SPIRIT** — Walk with God

**WHOLE IN MIND** — Renew thinking

**HEALTHY IN BODY** — Practice discipline

**BROTHERHOOD** — Follow together

# DAY 27 — DO YOU LOVE ME?

## HOLY IN SPIRIT

**Read Scripture: John 21:15** Read slowly.

Jesus does not begin with ability or performance. He begins with love.

**Ask honestly in prayer:**

Do I truly love Jesus more than comfort, reputation, or control?

Spend time expressing love to Christ through gratitude and worship.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins from your selected book.*

Reflect: How does love for Christ reshape my priorities?

## HEALTHY IN BODY

Exercise for 30 Minutes today.

Engage in intentional movement today.

Let discipline reflect devotion.

## BROTHERHOOD

Tell a 2x2 Brother one way God has changed you during this Reset.

## Reflection

What reveals my love for Jesus in daily life?

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# DAY 28 — FEED MY LAMBS

## HOLY IN SPIRIT

**Read Scripture: John 21:16**

Ask God: Who has He placed in your life to influence spiritually?

Pray specifically for one person:

child, spouse, friend, coworker, younger believer

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: Who has invested spiritually in me?

## HEALTHY IN BODY

Serve someone physically today through practical help.

Exercise for 30 Minutes today.

## BROTHERHOOD

Share the name of the person you are praying for.

## Reflection

Who might God be calling me to shepherd?

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# DAY 29 — SHEPHERD MY SHEEP

## HOLY IN SPIRIT

### Read Scripture: 1 Peter 5:2–3

Pray for a servant-hearted leadership posture.

Ask God to help you lead through example rather than authority.

Encourage or pray with someone today.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: What responsibility has God entrusted to me?

## HEALTHY IN BODY

Practice intentional stewardship today:

eat, rest, and move with awareness.

Exercise for 30 Minutes today.

## BROTHERHOOD

Initiate a meaningful spiritual conversation with another man.

## Reflection

Where can I lead through example this week?

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# DAY 30 — FOLLOW ME IN LIFE & DEATH

## HOLY IN SPIRIT

**Read Scripture: John 21:18–19**

Jesus calls Peter to follow knowing the cost.

**Pray:** Lord, help me follow You whether life feels easy or difficult.

Surrender future plans again to Christ.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Read 10 pages or for 15 mins .*

Reflect: What fears still limit my obedience?

## HEALTHY IN BODY

Complete a challenging physical activity today.

Practice endurance.

Exercise for 30 Minutes today.

## BROTHERHOOD

Pray together for courage and faithfulness.

## Reflection

What would wholehearted obedience look like for me?

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# DAY 31 — STRENGTHEN YOUR BROTHERS

## HOLY IN SPIRIT

### Read Scripture: Luke 22:31–32

Jesus' words come full circle: When you have turned back, strengthen your brothers.

Thank God for what He has done over these 31 days. Ask Him to make your life a source of strength for others. Commit again to daily following.

**Pray Over Family:** Pray out loud with and over your spouse and children

## WHOLE IN MIND

*Complete your reading for the day.*

Reflect: What lasting change has begun in me?

## HEALTHY IN BODY

Take time today for rest, celebration, and gratitude.

Recognize progress without pride.

Exercise for 30 Minutes today.

## BROTHERHOOD

Meet, call, or message your 2x2 Brothers.

Share: one victory, one continued struggle, one commitment moving forward

## Reflection

How will I continue helping others follow Jesus?

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## **ALL PHASES COMPLETE NOW CONTINUE TO LIVE THEM OUT DAILY**

You began with an invitation: Follow Me.

You end with a commission: Follow Me — and feed others.

Discipleship continues beyond these 31 days.

## **THE JOURNEY CONTINUES**

You began with an invitation: **Follow Me.**

You finish with a calling: **Feed My sheep.**

Discipleship does not end here.

## **YOU ARE NOW CALLED TO:**

Follow Jesus daily.

Lead your family faithfully.

Strengthen your brothers.

Disciple others intentionally.

Teach what you have learned.

Model what you believe.

Live so others can follow your example.

***FOLLOW JESUS IN LIFE AND IN DEATH  
AND LEAD OTHERS TO DO THE SAME.***