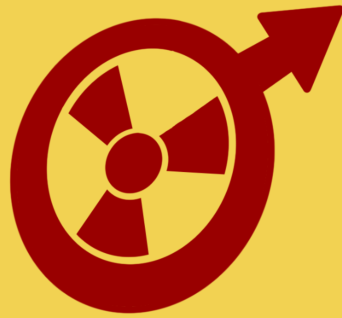


Overcoming Toxic Masculinity

Becoming the Man God Created You to Be



[Reflect | Pray | Practice | Grow]

A Chapter-By-Chapter Companion

WORKBOOK

By DeVon R. Gandy

**START HERE**

Welcome to the journey

This workbook accompanies the revised second edition. Read each chapter first, then work through its reflection pages at a thoughtful pace. These original questions closely follow the chapter-end reference statements.

Name (optional)

Start date

**A PRACTICAL COMPANION**

How to use this workbook

The static text and questions are part of the PDF page. Type only in the bordered response areas, then save your own copy. Use a PDF reader that supports AcroForm fields. The editable Word source can be revised or printed for handwriting.



BEGIN WITH AN HONEST INVENTORY

Preparing to face off

You may return to these questions as the journey unfolds.

What are you hoping God will help you understand, heal, or strengthen?

Where do you most want affirmation, and what does your worth rest on?

Who encourages you to grow in truth and faithful purpose?



ENTERING THE PHASE

Phase I | Formidably Conquering the Fear of Failure

This phase examines how fear, early formation, failure, and expectation shape a man's choices. Its chapter-end statements repeatedly return to God's standard, the Holy Spirit's guidance, boldness, and maturity in Christ.

What fear, disappointment, or unanswered question do you bring to this study? What would you like God to clarify or heal?

Whose standard most influences your definition of manhood and success? How do you know?



PHASE I | CHAPTER 1 | REFLECT 1 OF 4

Chapter 1 | Fears Focal Point

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

When you compare your daily decisions with the standard Christ establishes, where do you see alignment and where do you see “stupor” or avoidance taking hold? What does each pattern produce?

What inner compass do you rely on when you must choose between truth, fear, approval, and convenience? How do you discern the Holy Spirit’s leading from a familiar voice or impulse?



PHASE I | CHAPTER 1 | REFLECT 2 OF 4

Chapter 1 | Fears Focal Point

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What enters through your eyes and ears most often? Which messages, relationships, or environments sharpen your judgment, and which distort how you see yourself or God?

Which past hurt or traumatic experience still affects your internal “gauges, switches, and triggers”? What signs tell you that an old wound, rather than the present moment, is shaping your reaction?



PHASE I | CHAPTER 1 | REFLECT 3 OF 4

Chapter 1 | Fears Focal Point

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which people, habits, or settings drain your emotional strength or cloud your reasoning? What boundary, change of routine, or trusted support could reduce their influence?

Think of a recent choice that became a habit or consequence. What did you choose, what need or fear was underneath it, and what different choice could cultivate spiritual maturity?



PHASE I | CHAPTER 1 | REFLECT 4 OF 4

Chapter 1 | Fears Focal Point

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where do you rely on religious appearance, self-help, or outside influence without making room for an honest relationship with Christ? What would returning to that relationship involve in practice?

What potential do you see in yourself, and what promise or direction do you believe God has actually given? What obedient step would help you choose God's standard over fear today?



PHASE I | CHAPTER 1 | INTEGRATE

Chapter 1 | Fears Focal Point

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE I | CHAPTER 1

A Prayer to Close This Chapter

Fears Focal Point



Lord, steady my inner compass. Heal the wounds and fears that distort my choices, and teach me to receive Your truth and follow the Holy Spirit with courage. Amen.



PHASE I | CHAPTER 2 | REFLECT 1 OF 4

Chapter 2 | The Young and the Reckless

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What early experiences taught you whether the world was safe, whether you could trust others, and whether your emotions would be cared for? Which lesson still shapes you?

When stress rises, what helps you feel safe and assured? What conditions intensify your alarm, and how might you create a steadier, more supportive environment now?



PHASE I | CHAPTER 2 | REFLECT 2 OF 4

Chapter 2 | The Young and the Reckless

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What does your body or mind signal when pressure becomes too much? How can you respect those signals without letting fear dictate your decisions?

Which repeated thought or reaction feels like a destructive pathway? What new practice, truth, or support could help you build a healthier response over time?



PHASE I | CHAPTER 2 | REFLECT 3 OF 4

Chapter 2 | The Young and the Reckless

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Whom do you regard as a “giant” whose wisdom is worth learning from? What could humility, observation, and asking for counsel teach you that competition for approval cannot?

What trial has refined you, and what has it exposed that still needs attention? How can you receive refinement without calling harm or mistreatment good?



PHASE I | CHAPTER 2 | REFLECT 4 OF 4

Chapter 2 | The Young and the Reckless

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Choose a strong emotion you felt recently. What did it indicate, what facts did it not prove, and how could Scripture and patient reflection guide your response?

Where do you need loving guidance, godly order, or fraternity? How does Christ's perfect love help you face your past without living under fear or condemnation?



PHASE I | CHAPTER 2 | INTEGRATE

Chapter 2 | The Young and the Reckless

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE I | CHAPTER 2

A Prayer to Close This Chapter

The Young and the Reckless



Father, meet me in the places where fear first took root. Give me safety, wise support, and the humility to learn new ways of responding. Let Your love guide my growth. Amen.



PHASE I | CHAPTER 3 | REFLECT 1 OF 4

Chapter 3 | Consequential Alarm

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What alarms your soul most quickly: uncertainty, criticism, conflict, loss, or a sense of danger? What story does your imagination tell before you have checked the facts?

When an alarm sounds, how do you instinctively seek help? What might childlike dependence on the Father look like in the first minutes of a stressful moment?



PHASE I | CHAPTER 3 | REFLECT 2 OF 4

Chapter 3 | Consequential Alarm

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where do you experience comfort and intimacy with Christ? What practices help you receive compassion and rest instead of trying to outrun distress?

Which deadline, regret, or fear of being “behind” distorts your sense of time? How might an eternal perspective change what deserves urgency and what can wait?



PHASE I | CHAPTER 3 | REFLECT 3 OF 4

Chapter 3 | Consequential Alarm

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What wisdom have younger and older people offered you? Where could you listen across generations rather than dismissing counsel or assuming you already know?

What truth about God can serve as your banner when fear or opposition rises? How can you remember it in a practical way before the next alarm?



PHASE I | CHAPTER 3 | REFLECT 4 OF 4

Chapter 3 | Consequential Alarm

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What words or pressures have made you feel exposed or unsafe? Where do Scripture, wise mentorship, and trusted community offer protection without isolating you?

How could you become salt in one relationship or community by preserving what is good, bringing healing, and acting with boldness instead of fear?



PHASE I | CHAPTER 3 | INTEGRATE

Chapter 3 | Consequential Alarm

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE I | CHAPTER 3

A Prayer to Close This Chapter

Consequential Alarm



God, when alarm rises within me, help me pause, seek Your presence, and discern what is true. Make me a source of comfort, wisdom, and boldness to those around me. Amen.



PHASE I | CHAPTER 4 | REFLECT 1 OF 4

Chapter 4 | Limitations & Expectations

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where do you tend to make yourself smaller because you expect failure? What would righteous poise look like there, without confusing courage with loudness or aggression?

In a current difficulty, what strength has God already placed in you? Which concrete ability, relationship, or resource could you use before waiting for ideal conditions?



PHASE I | CHAPTER 4 | REFLECT 2 OF 4

Chapter 4 | Limitations & Expectations

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What fear makes courage feel optional? How do Joshua 1:9 or Deuteronomy 31:6–8 speak to the specific step you are avoiding?

When have you acted with faith while still feeling afraid? What helped you move, and what would help you train that response again?



PHASE I | CHAPTER 4 | REFLECT 3 OF 4

Chapter 4 | Limitations & Expectations

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What identity has God named in you that you have struggled to accept? How does that identity need to shape your preparation before your assignment?

Where might an unconventional but faithful strategy help you move wisely? How can you test it while respecting safety, counsel, and responsibility?



PHASE I | CHAPTER 4 | REFLECT 4 OF 4

Chapter 4 | Limitations & Expectations

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What does being fearfully and wonderfully made mean for your particular gifts and function? Which strength have you overlooked because it does not match someone else's path?

What are you training consistently? Name the experience, endurance, and excellence you want to develop, then identify one limitation you can work through with God's help.



PHASE I | CHAPTER 4 | INTEGRATE

Chapter 4 | Limitations & Expectations

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE I | CHAPTER 4

A Prayer to Close This Chapter

Limitations & Expectations



Lord, show me the gifts and strength You have already placed in me. Help me face limitations with courage, prepare faithfully, and use what I have for Your purpose. Amen.



PHASE I | CHAPTER 5 | REFLECT 1 OF 4

Chapter 5 | Failure Is Necessary

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What recent failure has been hardest to admit? What does it reveal about your limits, and what does it not prove about your worth before God?

Where are you measuring yourself by flawlessness, speed, influence, or achievement? How would maturity and completeness in Christ change that measure?



PHASE I | CHAPTER 5 | REFLECT 2 OF 4

Chapter 5 | Failure Is Necessary

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What “clock” is pressuring you to hurry: age, career, money, status, or another deadline? What faithfully matters most in the time God has given you?

Which part of your character is still becoming whole? What would teleios maturity look like in a specific relationship or responsibility?



PHASE I | CHAPTER 5 | REFLECT 3 OF 4

Chapter 5 | Failure Is Necessary

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What qualities of God do you hope to reflect more clearly? Which daily choices currently shape you toward or away from that likeness?

Recall a trial that produced perseverance or wisdom. What did you learn, and how can you honor that growth without minimizing the pain?



PHASE I | CHAPTER 5 | REFLECT 4 OF 4

Chapter 5 | Failure Is Necessary

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How could a mistake become useful information instead of a verdict? What will you change, repair, or try differently because of what it showed you?

Whose presence helps you remember who you are and Whose you are? What would mutual love, unity, and Spirit-led accountability look like in that community?



PHASE I | CHAPTER 5 | INTEGRATE

Chapter 5 | Failure Is Necessary

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE I | CHAPTER 5

A Prayer to Close This Chapter

Failure Is Necessary



Father, redeem my failures as places of learning and perseverance. Free me from perfectionism and comparison, and form in me the maturity and character that reflect You. Amen.



PHASE REVIEW

Phase I | Looking back

Pause and notice what God has brought to light through this phase.

Which belief about failure has changed, and what experience or truth most challenged it?

What is one courageous, measured step you will take while remaining accountable to God and wise counsel?



ENTERING THE PHASE

Phase II | The Livelihood of Spiritual Tomb Raiders

These chapters invite honest excavation: discovering the treasure God has placed within, receiving refinement, stewarding authority, and living a life rooted in Christ.

What gift or quality might God have deposited in you that you have not fully recognized or developed?

What would help you examine yourself with honesty, courage, and the Holy Spirit's guidance?



PHASE II | CHAPTER 1 | REFLECT 1 OF 4

Chapter 1 | Spiritual Tomb Raiders

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where does God's light shine through you, rather than only onto your outward image? What do your ordinary choices reveal about the difference?

What strength, spiritual gift, or insight might be hidden in plain sight? What obedient experiment could help you discover and develop it?



PHASE II | CHAPTER 1 | REFLECT 2 OF 4

Chapter 1 | Spiritual Tomb Raiders

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which recurring distraction acts like a trap door, pulling you away from your purpose? What usually precedes it, and what discernment or boundary could interrupt the pattern?

When have you discovered something valuable by obeying before you understood the outcome? What does that memory teach you about curiosity and surrender?



PHASE II | CHAPTER 1 | REFLECT 3 OF 4

Chapter 1 | Spiritual Tomb Raiders

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What pressure has cut, ground, or polished your character? Where do you see God’s refining work, and where do you need comfort or help as you heal?

If your character were a gem with a distinctive “type,” what qualities and Kingdom function might it represent? What evidence from your fruit supports that understanding?



PHASE II | CHAPTER 1 | REFLECT 4 OF 4

Chapter 1 | Spiritual Tomb Raiders

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What in your environment obscures the light of Christ in your life? How could your love, peace, joy, or service make hope more visible without seeking attention?

Which weakness feels like a fracture? How might God's grace reinforce you there, and what honest support would help you turn a hard-won victory into testimony?



PHASE II | CHAPTER 1 | INTEGRATE

Chapter 1 | Spiritual Tomb Raiders

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE II | CHAPTER 1

A Prayer to Close This Chapter

Spiritual Tomb Raiders



*Holy Spirit, bring to light the gifts and treasure You have placed within me.
Refine my character, free me from distractions, and help my life reveal
Christ through humble service. Amen.*



PHASE II | CHAPTER 2 | REFLECT 1 OF 4

Chapter 2 | The Capacity of a Captain

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

In what area of your household or community do you carry influence? How is your own life being governed before you ask anyone else to follow your lead?

Do the people affected by your authority experience safety and care, or strain and unpredictability? What specific behavior could help you know the difference?



PHASE II | CHAPTER 2 | REFLECT 2 OF 4

Chapter 2 | The Capacity of a Captain

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where do you need to submit your plans or preferences to Christ? What makes surrender difficult, and what strength might it release in your leadership?

What capacity has God given you, and how are you using it? Are you expanding your reach while neglecting the depth, wisdom, or character needed for completion?



PHASE II | CHAPTER 2 | REFLECT 3 OF 4

Chapter 2 | The Capacity of a Captain

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which belief or “truth” in your home rests on Scripture, and which may be a personal assumption? How could you test it honestly and replace unstable foundations?

If you are married or raising children, what does covenantal covering look like in mutual dignity, listening, protection, and responsibility? If not, where can you practice these qualities in leadership?



PHASE II | CHAPTER 2 | REFLECT 4 OF 4

Chapter 2 | The Capacity of a Captain

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What unresolved hurt might be repeated through the way you lead? What healing, pastoral care, counseling, or accountability could help interrupt that pattern?

Who needs your intercession or practical protection? How can you make Christ's love visible as illumination and stability, not control?



PHASE II | CHAPTER 2 | INTEGRATE

Chapter 2 | The Capacity of a Captain

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE II | CHAPTER 2

A Prayer to Close This Chapter

The Capacity of a Captain



Lord Jesus, govern my heart before I lead others. Make my influence safe, just, and caring; heal what could be repeated through me, and teach me to serve rather than control. Amen.



PHASE II | CHAPTER 3 | REFLECT 1 OF 5

Chapter 3 | A Lifestyle Worth Living

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which part of your life feels like a tomb: grief, disappointment, an old identity, or a closed opportunity? What could Christ be cultivating there that you cannot see yet?

When you are uncertain, how closely do you follow the Holy Spirit's "torchlight"? What helps you distinguish guidance from impulse, fear, or wishful thinking?



PHASE II | CHAPTER 3 | REFLECT 2 OF 5

Chapter 3 | A Lifestyle Worth Living

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What once felt like a pit or burial place but became an incubator for growth? What did God develop in you during that season?

If your inner life were a vault, what gifts of wisdom, authority, creativity, or service might be stored there? What evidence in your life points to them?



PHASE II | CHAPTER 3 | REFLECT 3 OF 5

Chapter 3 | A Lifestyle Worth Living

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What calling feels planted deep within you? How did it emerge, and what responsibilities or relationships must be considered before you act on it?

Which obstacle might signal that important work is near, and which obstacle is a genuine warning to pause? What discernment and counsel can help you tell the difference?



PHASE II | CHAPTER 3 | REFLECT 4 OF 5

Chapter 3 | A Lifestyle Worth Living

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What truth about yourself have you avoided because facing it feels risky? How might honesty open a path forward, and what support would make that confrontation safe and fruitful?

What false story about your identity needs to be exposed by the Spirit's light? What does renewal in Christ ask you to lay down and learn anew?



PHASE II | CHAPTER 3 | REFLECT 5 OF 5

Chapter 3 | A Lifestyle Worth Living

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What family, cultural, or spiritual heritage shapes your sense of inheritance? Which parts draw you toward Christ, and which need to be tested against Scripture?

What do you reach for when you feel a God-sized void? Why can those substitutes not satisfy it, and what would turning toward God look like today?



PHASE II | CHAPTER 3 | INTEGRATE

Chapter 3 | A Lifestyle Worth Living

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE II | CHAPTER 3

A Prayer to Close This Chapter

A Lifestyle Worth Living



Father, shine Your light into the hidden places of my life. Help me recognize the gifts You have cultivated, release false identities, and trust You to fill what no substitute can satisfy. Amen.



PHASE REVIEW

Phase II | Looking back

Pause and notice what God has brought to light through this phase.

What have you uncovered about your gifts, identity, or God's work through hardship?

How will you guard, refine, and use one discovered gift to serve others?



ENTERING THE PHASE

Phase III | Unpacking Authentic Masculinity

This phase asks what masculinity looks like when submitted to Christ: power expressed in service, love that casts out fear, self-control under pressure, and integrity in daily life.

What inherited, cultural, or personal definition of manhood are you bringing into this phase?

Which quality of Christ do you want to become more visible in your relationships and responsibilities?



PHASE III | CHAPTER 1 | REFLECT 1 OF 4

Chapter 1 | Power

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where has God given you a spark of ability or influence that needs faithful fuel? What obedience and grounding in the Word could help it grow without becoming self-promotion?

What fear or insecurity has made you feel powerless? How might Dunamis power change your response while keeping your strength submitted to God?



PHASE III | CHAPTER 1 | REFLECT 2 OF 4

Chapter 1 | Power

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What hardened place in your heart needs to be examined before your outward influence grows? What would transformation look like there?

What “Penuel” moment has changed your understanding of God or yourself? What did wrestling produce in your character and walk?



PHASE III | CHAPTER 1 | REFLECT 3 OF 4

Chapter 1 | Power

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What are you passing to children, younger men, or those who watch you? Which pattern invests truth and blessing, and which could pass on trauma?

What spiritual or personal battle are you facing? What supports, practices, and people help you stand without turning into the harm you oppose?



PHASE III | CHAPTER 1 | REFLECT 4 OF 4

Chapter 1 | Power

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How do your words function under pressure: as weapons that wound or as communication that clarifies and builds? What recent conversation would you handle differently?

How do money and provision serve your worship? Where could generosity, justice, or wise stewardship replace anxiety or the pursuit of wealth for its own sake?



PHASE III | CHAPTER 1 | INTEGRATE

Chapter 1 | Power

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 1

A Prayer to Close This Chapter

Power



God, mature the power and influence You have entrusted to me. Ground my strength in Your Word, make my speech life-giving, and shape my resources into instruments of worship and generosity. Amen.



PHASE III | CHAPTER 2 | REFLECT 1 OF 4

Chapter 2 | The Lovely Lord

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

When you hear that Christ prefers and delights in you, what response rises: gratitude, disbelief, discomfort, or relief? What experience may have shaped that response?

How does perfect love confront one fear that is currently making decisions for you? What action might become possible if Christ, rather than fear, were your motive?



PHASE III | CHAPTER 2 | REFLECT 2 OF 4

Chapter 2 | The Lovely Lord

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What does fidelity require from you when a relationship or responsibility becomes difficult? How can loyalty remain truthful and healthy rather than enabling harm?

How does Paul's courage challenge your idea of strength? Where might living unashamed require humility, confession, or persistence?



PHASE III | CHAPTER 2 | REFLECT 3 OF 4

Chapter 2 | The Lovely Lord

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Who has searched for you or refreshed you in a difficult season? What did their presence communicate, and who might need you to offer that kind of faithful friendship?

What failure are you afraid will define you? How could Christ's love help you learn, make amends, and continue without using failure as your identity?



PHASE III | CHAPTER 2 | REFLECT 4 OF 4

Chapter 2 | The Lovely Lord

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What does being “sold out” for Christ ask you to release? What fear of losing status, control, or approval makes that allegiance costly?

How does “to live is Christ” reshape your view of risk, death, or success? Where can Jesus’ gentleness make your masculinity more secure and loving?



PHASE III | CHAPTER 2 | INTEGRATE

Chapter 2 | The Lovely Lord

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 2

A Prayer to Close This Chapter

The Lovely Lord



Jesus, thank You for loving me with a love that casts out fear. Teach me faithful courage, humble loyalty, and gentleness, so that my relationships and choices reflect Your heart. Amen.



PHASE III | CHAPTER 3 | REFLECT 1 OF 4

Chapter 3 | The Safe and Sound Mind

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What pressure most distorts your perception? What does your thinking become under strain, and what helps you return to a sound mind?

What covenant or promise in Christ can hold you when you feel trapped? How is that spiritual bond different from captivity, shame, or an unhealthy obligation?



PHASE III | CHAPTER 3 | REFLECT 2 OF 4

Chapter 3 | The Safe and Sound Mind

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where have you been “bound by principle” or devotion to Christ in a way that gives purpose to hardship? What principle are you choosing, and what does it cost?

Who has shared suffering with you instead of offering only advice from a distance? How did that companionship affect your hope or endurance?



PHASE III | CHAPTER 3 | REFLECT 3 OF 4

Chapter 3 | The Safe and Sound Mind

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which friendship has shown covenantal loyalty? What makes the relationship truthful, mutual, and rooted in good rather than convenience?

What burden are you carrying that Christ invites you to exchange for His rest? What practical change would let you receive help instead of hiding exhaustion?



PHASE III | CHAPTER 3 | REFLECT 4 OF 4

Chapter 3 | The Safe and Sound Mind

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How can you become a prisoner of hope during a season when outcomes are uncertain? What expectation in God is sustaining you?

How does pressure expose or refine your perception? What calm, biblical process can help you resolve conflict and lead humbly rather than protect an image?



PHASE III | CHAPTER 3 | INTEGRATE

Chapter 3 | The Safe and Sound Mind

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 3

A Prayer to Close This Chapter

The Safe and Sound Mind



*Lord, give me a sound mind amid pressure. Help me exchange burdens for
Your rest, seek faithful companionship, and respond to conflict with calm
truth instead of fear or pride. Amen.*



PHASE III | CHAPTER 4 | REFLECT 1 OF 5

Chapter 4 | Authentic Masculinity (Part 1)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which parts of your manhood are performed for approval, and which grow from submission to Christ? What does your private life reveal about the difference?

Where have you assumed a role of manhood that neglects inner character? Which interior change would make your outward conduct more faithful?



PHASE III | CHAPTER 4 | REFLECT 2 OF 5

Chapter 4 | Authentic Masculinity (Part 1)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How do you steward authority in practice? Name a moment when you cultivated another person's growth and a moment when you were tempted to control it.

What righteousness are you pursuing intentionally? Which repentance, redirection, or discipline would make that pursuit more focused and sustainable?



PHASE III | CHAPTER 4 | REFLECT 3 OF 5

Chapter 4 | Authentic Masculinity (Part 1)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What fruit is growing from your thoughts and habits at home or at work? How does your attention to God's Word shape the harvest others experience?

How do you anticipate the needs of people you are responsible for? What would wise, sustainable provision look like beyond reacting to the latest crisis?



PHASE III | CHAPTER 4 | REFLECT 4 OF 5

Chapter 4 | Authentic Masculinity (Part 1)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What does vigilant protection require in your own heart, home, and relationships? How can you protect without using fear, force, or domination?

Where is your strength most likely to become pressure on someone else? What listening, compassion, or repair would make courage safer?



PHASE III | CHAPTER 4 | REFLECT 5 OF 5

Chapter 4 | Authentic Masculinity (Part 1)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

**How does your leadership resemble Christ's sacrificial service in listening, loving, and living as a witness?
What would your family or peers say?**

What pattern will your current choices leave for the next generation? What generational blessing can you begin building now?



PHASE III | CHAPTER 4 | INTEGRATE

Chapter 4 | Authentic Masculinity (Part 1)

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 4

A Prayer to Close This Chapter

Authentic Masculinity (Part 1)



Father, make my private character and public conduct agree. Teach me to steward authority as Christ did, protect without domination, and build a legacy of blessing for those who follow. Amen.



PHASE III | CHAPTER 5 | REFLECT 1 OF 5

Chapter 5 | Toxic Masculinity (Part 2)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What has God revealed about your conduct that you have been tempted to ignore? What might change if awareness became the beginning of transformation rather than self-condemnation?

How do you share responsibility at home, work, or church? Where does collaboration build strength, and where do you still expect others to carry what belongs to you?



PHASE III | CHAPTER 5 | REFLECT 2 OF 5

Chapter 5 | Toxic Masculinity (Part 2)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What emotional climate do your choices create for people close to you? How do you show care when you feel disappointed, tired, or misunderstood?

What fear or threat governs you more than you want to admit? What courageous act of obedience could expose the lie without placing you or others in danger?



PHASE III | CHAPTER 5 | REFLECT 3 OF 5

Chapter 5 | Toxic Masculinity (Part 2)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which predictable snare most often catches you: anger, secrecy, lust, pride, control, or avoidance? What practical guardrail would dismantle its access?

Which secular value or cultural message has helped you, and which competes with God's truth? How will you discern the difference instead of accepting or rejecting everything unexamined?



PHASE III | CHAPTER 5 | REFLECT 4 OF 5

Chapter 5 | Toxic Masculinity (Part 2)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How consistently do you pursue, produce, provide, and protect? Which key is neglected, and what would balanced practice look like?

Where do you need assurance in Christ or restoration after loss? What does biblical identity say about you that self-invention or public image cannot secure?



PHASE III | CHAPTER 5 | REFLECT 5 OF 5

Chapter 5 | Toxic Masculinity (Part 2)

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What difference is there between your private behavior and public presentation? What repair or change would bring those two closer together?

Name one concrete way to replace a harmful masculine pattern with integrity, care, discipline, and truthful accountability.



PHASE III | CHAPTER 5 | INTEGRATE

Chapter 5 | Toxic Masculinity (Part 2)

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 5

A Prayer to Close This Chapter

Toxic Masculinity (Part 2)



Lord, expose the fears and snares shaping my behavior. Lead me to take responsibility, repair harm, and replace control or avoidance with integrity, care, discipline, and accountability. Amen.



PHASE III | CHAPTER 6 | REFLECT 1 OF 5

Chapter 6 | The Assurance of Appreciating Assets

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which promise of God anchors your confidence when you feel insecure? What makes it a foundation rather than simply a reassuring phrase?

Where have you experienced restoration or healing after loss? What remains tender, and what further care might you need?



PHASE III | CHAPTER 6 | REFLECT 2 OF 5

Chapter 6 | The Assurance of Appreciating Assets

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What do you treat as the substance beneath your hope? How does faith function as a stable ground when your feelings or circumstances change?

How does your standing in Christ affect the way you approach responsibility, worth, and authority? What changes when you act from covenant rather than striving?



PHASE III | CHAPTER 6 | REFLECT 3 OF 5

Chapter 6 | The Assurance of Appreciating Assets

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which person, gift, opportunity, or resource is an asset you have not appreciated? How could gratitude lead to wiser stewardship?

What does the “sap” flowing from your life reveal about your roots? Which recurring attitudes or actions deserve closer attention?



PHASE III | CHAPTER 6 | REFLECT 4 OF 5

Chapter 6 | The Assurance of Appreciating Assets

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What do storms reveal about your posture and deepest principles? Which belief has held and which needs to be strengthened?

How can you remain innocent and disciplined while confronting evil? Where must you refuse to become like the person or system that harmed you?



PHASE III | CHAPTER 6 | REFLECT 5 OF 5

Chapter 6 | The Assurance of Appreciating Assets

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Whose authority are you standing under in a difficult decision? What counsel confirms that your position is grounded in God rather than ego?

What does your outward posture communicate about your faith? What would confident, humble masculinity look like in your next challenge?



PHASE III | CHAPTER 6 | INTEGRATE

Chapter 6 | The Assurance of Appreciating Assets

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE III | CHAPTER 6

A Prayer to Close This Chapter

The Assurance of Appreciating Assets



God, anchor my confidence in Your promises. Restore what has been wounded, teach me to steward what I have received, and help me confront evil without becoming like it. Amen.



PHASE REVIEW

Phase III | Looking back

Pause and notice what God has brought to light through this phase.

Which idea of masculinity has been challenged most deeply? What will replace it in your daily conduct?

Where will you practice power, love, and self-control next, and who may give you honest feedback?



ENTERING THE PHASE

Phase IV | Devoted to Destiny

The final phase traces purpose from Godward devotion to service of people: discerning, cultivating, correcting, grooming, and completing the work entrusted to you.

What calling, responsibility, or unfinished work feels most present to you?

What practice helps you distinguish God's direction from urgency, pressure, or fear?



PHASE IV | CHAPTER 1 | REFLECT 1 OF 4

Chapter 1 | Divine Destiny

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What is your “greater” destiny of loving and worshiping God, and how does it shape the lesser, outward assignment of loving your neighbor?

Which daily priority shows that loving God is central rather than merely stated? What would need to change for your schedule to reflect that priority?



PHASE IV | CHAPTER 1 | REFLECT 2 OF 4

Chapter 1 | Divine Destiny

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

**Who around you needs the outward expression of your faith through care, justice, service, or reconciliation?
What response is within your responsibility?**

How does being made in God's image inform your purpose? What part of your calling can only be understood through submission rather than introspection alone?



PHASE IV | CHAPTER 1 | REFLECT 3 OF 4

Chapter 1 | Divine Destiny

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How do prayer, fasting, and Scripture help you test a direction? What evidence would help you distinguish God's will from a desire for recognition?

What gifts or functions seem deposited in you? What fruit, feedback, or opportunities help you recognize them, and how might you develop them faithfully?



PHASE IV | CHAPTER 1 | REFLECT 4 OF 4

Chapter 1 | Divine Destiny

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

How is love for God and people visible in the way you pursue your goals? Where might ambition be interfering with that evidence?

What obedience are you delaying because it is inconvenient or costly? What is one step that aligns devotion with direction and addresses a wound or toxic pattern?



PHASE IV | CHAPTER 1 | INTEGRATE

Chapter 1 | Divine Destiny

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 1

A Prayer to Close This Chapter

Divine Destiny



Father, keep my purpose rooted in loving and worshiping You. Guide me as I test direction through prayer, Scripture, and wise counsel, and make my love visible in service to others. Amen.



PHASE IV | CHAPTER 2 | REFLECT 1 OF 5

Chapter 2 | Birthing Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What purpose feels like a seed developing in secret? How do you remain faithful while its growth is not yet visible to others?

What discomfort may be conditioning you for a responsibility rather than simply blocking you? What discernment helps you tell refinement from a harmful situation that needs intervention?



PHASE IV | CHAPTER 2 | REFLECT 2 OF 5

Chapter 2 | Birthing Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which “border” might represent a limit of this assignment rather than proof that you failed? How will you measure obedience when you do not control the outcome?

What divine seed or responsibility are you carrying? What would it mean to nurture, protect, and deliver it rather than abandoning it from fear or fatigue?



PHASE IV | CHAPTER 2 | REFLECT 3 OF 5

Chapter 2 | Birthing Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which habit, friendship, or environment no longer fits the person God is forming? How can you respond to growing pains with wisdom and care?

What has God poured into you that can sustain you under the heat of calling? How can you draw on it without denying your need for rest or support?



PHASE IV | CHAPTER 2 | REFLECT 4 OF 5

Chapter 2 | Birthing Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What promise is functioning as a compass? Which unnecessary door may need to close, and what confirmation or clarity should you seek before moving?

Where might rebellion, avoidance, or poor planning be making the process harder? What wise choice could shorten the distance without rushing God?



PHASE IV | CHAPTER 2 | REFLECT 5 OF 5

Chapter 2 | Birthing Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which biblical leader's misstep mirrors a temptation you face? What emotional or spiritual pitfall can you learn to avoid?

What single act of repentance, obedience, or courage could realign your pursuit of the promised land this week?



PHASE IV | CHAPTER 2 | INTEGRATE

Chapter 2 | Birthing Divine Purpose

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 2

A Prayer to Close This Chapter

Birthing Divine Purpose



Lord, nurture the purpose You are forming in me. Give me patience in hidden seasons, wisdom to discern refinement from harm, and courage to take the next faithful step. Amen.



PHASE IV | CHAPTER 3 | REFLECT 1 OF 5

Chapter 3 | Botching Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where has strength without discipline harmed your witness or relationships? What stewardship would make that strength safer and more fruitful?

What frustration is building in you? How can you surrender irritation before it turns into disobedience, harsh speech, or retaliation?



PHASE IV | CHAPTER 3 | REFLECT 2 OF 5

Chapter 3 | Botching Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What sacred responsibility or confidence have you revealed without discernment? What boundaries would better protect what God entrusted to you?

When anger rises, do you speak life or lash out? What would it take to pause, name the feeling, and respond with authority rather than impulse?



PHASE IV | CHAPTER 3 | REFLECT 3 OF 5

Chapter 3 | Botching Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where are you relying on calling while neglecting character? What pattern must change for you to keep the trust your assignment requires?

What instruction are you tempted to shortcut because emotion or urgency is demanding immediate action? Who can help you slow down and discern?



PHASE IV | CHAPTER 3 | REFLECT 4 OF 5

Chapter 3 | Botching Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where have you presumed God would endorse your choice despite compromise? What would reverence and honest confession look like there?

Which grievance is making mercy difficult? What would justice, repair, or a healthy boundary look like without allowing bitterness to govern you?



PHASE IV | CHAPTER 3 | REFLECT 5 OF 5

Chapter 3 | Botching Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What fear lies underneath controlling behavior, and how could temperance create freedom for others?

What lesson can you take from a flawed leader without reducing that person to a single mistake? How can both victory and failure refine your own leadership?



PHASE IV | CHAPTER 3 | INTEGRATE

Chapter 3 | Botching Divine Purpose

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 3

A Prayer to Close This Chapter

Botching Divine Purpose



God, discipline my strength and anger. Guard what You have entrusted to me, turn me from shortcuts and control, and lead me toward repentance, mercy, and trustworthy leadership. Amen.



PHASE IV | CHAPTER 4 | REFLECT 1 OF 5

Chapter 4 | Grooming Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What skill, knowledge, or discipline do you need to become proficient in your purpose? What evidence would show real growth rather than aspiration alone?

How does divine order help you breathe and serve, and where do you experience it instead as restriction? What needs clarification or repair?



PHASE IV | CHAPTER 4 | REFLECT 2 OF 5

Chapter 4 | Grooming Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

If you are a husband, how can your authority reflect Christ through sacrifice and protection? If you are not, how can you practice service and honor in your current relationships?

How can mutual respect and willing cooperation support unity without becoming a power contest? Where does a relationship need a more honest conversation?



PHASE IV | CHAPTER 4 | REFLECT 3 OF 5

Chapter 4 | Grooming Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What kind of unity could help you withstand division or pressure? What shared practice or commitment would strengthen it?

What do your motives reveal about your allegiance? If recognition disappeared, would you still pursue this assignment? Why?



PHASE IV | CHAPTER 4 | REFLECT 4 OF 5

Chapter 4 | Grooming Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What noise or criticism distracts you from the call you believe God has given? Which wise counsel should still be heard before you proceed?

How is your current season grooming you for future service, whether single or married? What maturity is being cultivated now?



PHASE IV | CHAPTER 4 | REFLECT 5 OF 5

Chapter 4 | Grooming Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What boundaries will protect the people and relationships being formed around your calling?

Who are the partners, mentors, or community members God may be using to refine your destiny? What can you contribute to that partnership?



PHASE IV | CHAPTER 4 | INTEGRATE

Chapter 4 | Grooming Divine Purpose

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 4

A Prayer to Close This Chapter

Grooming Divine Purpose



Lord, groom me for faithful service. Develop my skills and character, purify my motives, and surround me with wise partners who strengthen unity and honor the people affected by my calling. Amen.



PHASE IV | CHAPTER 5 | REFLECT 1 OF 5

Chapter 5 | Responding to Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What call do you sense, and what concrete response would show that you heard it? How is your present conduct affecting your witness?

What noise must you set aside to listen more clearly to God? What time, practice, or boundary could help you consecrate attention?



PHASE IV | CHAPTER 5 | REFLECT 2 OF 5

Chapter 5 | Responding to Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What insight or vision needs to become a practical concept, plan, or first task? What will make it actionable?

What peace, alignment, providence, Scripture, or wise counsel helps confirm this assignment? What would count as a warning to pause?



PHASE IV | CHAPTER 5 | REFLECT 3 OF 5

Chapter 5 | Responding to Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What remains unclear, and what information should you seek before acting? How will you avoid mistaking zeal for confirmation?

What internal or external correction would purify your preparation and protect your witness? Who can speak honestly into it?



PHASE IV | CHAPTER 5 | REFLECT 4 OF 5

Chapter 5 | Responding to Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What have you started but not completed? What obstacle can you address, and what finish line would be faithful for this season?

How will you contemplate and review this assignment so reflection restores balance instead of becoming rumination?



PHASE IV | CHAPTER 5 | REFLECT 5 OF 5

Chapter 5 | Responding to Divine Purpose

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What season or cycle are you in now? What lesson must be learned before you move to the next assignment?

What repeated obedience will sustain momentum after the initial excitement fades?



PHASE IV | CHAPTER 5 | INTEGRATE

Chapter 5 | Responding to Divine Purpose

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 5

A Prayer to Close This Chapter

Responding to Divine Purpose



Holy Spirit, help me hear and respond to Your direction. Give me clarity to prepare, humility to receive correction, and perseverance to complete the work entrusted to me. Amen.



PHASE IV | CHAPTER 6 | REFLECT 1 OF 5

Chapter 6 | Functional Skills of Leadership

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Where do you need to govern yourself before leading someone else? What honest discernment would help you see your own motives clearly?

Describe a decision you made from emotion, bias, or assumption. What facts, questions, or Scripture could have protected your judgment?



PHASE IV | CHAPTER 6 | REFLECT 2 OF 5

Chapter 6 | Functional Skills of Leadership

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What conflict are you avoiding or escalating? What calm, accountable conversation could preserve unity while still telling the truth?

What daily or weekly self-assessment would help you notice drift early? Which motives or behaviors should you examine?



PHASE IV | CHAPTER 6 | REFLECT 3 OF 5

Chapter 6 | Functional Skills of Leadership

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Which habit must change so your conduct matches the identity Christ is forming? What small repeatable routine could demonstrate conversion?

What belief, experience, or spiritual posture needs deeper examination? Where do you sense God inviting alignment or further growth?



PHASE IV | CHAPTER 6 | REFLECT 4 OF 5

Chapter 6 | Functional Skills of Leadership

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

What boundary, rest, or sabbatical would protect you from burnout? What makes you resist rest, and how could a pause honor God?

What do you need to repent of specifically? What repair, confession, or changed behavior would rebuild integrity without becoming stuck in shame?



PHASE IV | CHAPTER 6 | REFLECT 5 OF 5

Chapter 6 | Functional Skills of Leadership

Follow the question into the experience, belief, or habit beneath it. Write as much as you need.

Who has permission to hold you accountable: a trusted partner, mentor, pastor, or counselor? How will you ask for help and receive correction?

What consistent daily practice will support change after this workbook ends? How will you review progress and return to the process when you stumble?



PHASE IV | CHAPTER 6 | INTEGRATE

Chapter 6 | Functional Skills of Leadership

Bring what you have uncovered into prayer, relationship, and one faithful action.

Looking across the chapter-end themes, which one most exposes a gap between what you believe and how you live? What might God be inviting you to practice?

Name one specific action, the person or support that can help you follow through, and what you hope this action will change.

Date to revisit

☐ I have completed this chapter reflection



PHASE IV | CHAPTER 6

A Prayer to Close This Chapter

Functional Skills of Leadership



Father, teach me to govern myself with honesty, wisdom, and rest. Give me courage to repent, receive accountability, and practice the daily habits that sustain faithful leadership. Amen.



PHASE REVIEW

Phase IV | Looking back

Pause and notice what God has brought to light through this phase.

Which degree or functional skill is most important to practice in your current season?

Name a next step, the person who can support it, and a date to review your progress.



CARRY IT FORWARD

A continuing commitment

As you finish the book, consider what it means to unwrap the gifts God has placed within you and live out your divine function with humility, courage, and love.

What truth from this journey do you want to carry with you?

What relationship, habit, or responsibility needs your faithful attention next?

Write a short prayer of commitment or gratitude.