

THE FIELD GUIDE

WHAT MAKES A MAN?

A FIVE-DAY JOURNEY FROM CONVERSATION TO TRANSFORMATION

Culture offers competing pictures of manhood. Jesus shows us a better way: receive your identity from the Father, reflect God's character, use strength to serve, reject passivity, and walk with brothers.

HOW TO USE THIS GUIDE

Set aside 10 minutes each day. Read the Bible passage(s), work through the reflection questions, pray, and commit to one concrete action step. We encourage you to invite other men to join you on this five-day journey.

THE DAILY RHYTHM

READ — Read God's Word.
REFLECT — Consider three questions that move from biblical information to personal examination.
RESPOND — Pray, listen to God, and take one faithful step.

DAY 01 / YOU ARE ALREADY LOVED

READ MATTHEW 3:13–17 AND 1 JOHN 3:1–3

Before Jesus began His public ministry, God the Father affirmed His identity as the beloved Son who brought the Father great pleasure. For those who belong to Jesus, identity is not a prize earned through achievement; it is rooted in the Father's gracious love. You must first know whose you are (to whom you belong) before you can know who you are as a man.

REFLECT ON GOD'S WORD

1. Jesus' mission flows from His identity. His identity does not come from His mission/actions. How does this challenge the way you measure a man's worth? Where are you finding your identity and worth?

2. According to 1 John 3:1–3, what has the Father given believers and what does He call them? What is the difference between who you are now and who you will become? What should your response to this be?

3. Where do you feel the most pressure to prove yourself? Is at work, at home, or among other men? How would living from your identity as a beloved son of God change your response to that pressure?

RESPOND TO GOD'S WORD

REJOICE: Father, I praise You because you are love. Thank You for Your incredible love for me through Jesus, which welcomes me into Your family as Your son.

REPENT: Forgive me for seeking my worth in achievement and human approval instead of resting in Your love and acceptance through Jesus.

REQUEST: Help me and the men around me live securely in Christ and grow in hope, love, and purity.

Write down one or two sentences that summarize what God might be saying to you through reading and praying His word.

Write down one practical action step you will take today to live out what you learned in your reading, reflection, and prayer.

DAY 02 / MADE FOR SOMETHING GREATER

READ GENESIS 1:26–28 AND EPHESIANS 2:1–10

The world offers shallow definitions of manhood: appearance, dominance, achievement, or isolation. Scripture begins somewhere deeper. You are made in God's image with the ability and responsibility to reproduce and reflect something of the goodness and greatness of God in a way that no other aspect of creation can. In Jesus, you have been newly created for called to good works that God prepared for you walk in. God has a great plan and purpose for your life.

REFLECT ON GOD'S WORD

1. What does Genesis 1:26–28 say about humanity's identity, dignity, and responsibility? How does being made in God's image challenge cultural definitions of masculinity?

2. Ephesians 2:8–10 teaches that salvation is God's gift, not our achievement, and that believers are created in Christ for good works. Your good works flow from God's gracious gift of salvation. What are some of the good works you think God has prepared for you to walk in? What does it mean that good works don't earn God's love for you, but flow out of God's love for you?

3. Consider your home, work, and friendships. Where are you reflecting God's goodness well? Where might people see more of your selfish ambition, passivity, or self-interest than His character?

RESPOND TO GOD'S WORD

REJOICE: Father, I praise You for making me in Your image and preparing good works for me in Christ.

REPENT: Forgive me for using my gifts for self-promotion in some areas and neglecting the responsibilities You have entrusted to me in others.

REQUEST: Help me and those around me reflect Your goodness through humble, purposeful service.

Write down one or two sentences that summarize what God might be saying to you through reading and praying His word.

Write down one practical action step you will take today to live out what you learned in your reading, reflection, and prayer.

DAY 03 / STRENGTH THAT SERVES

READ JOHN 13:1–17 AND MARK 10:42–45

Jesus never confused strength with control. The One with all authority, power, and glory knelt to wash His disciples' feet. His courage and tenderness were not competing qualities; both flowed from love. Real strength moves toward people and serves them. It doesn't selfishly dominate them.

REFLECT ON GOD'S WORD

1. In John 13, what does Jesus know about His identity, authority, and mission before choosing to wash the disciples' feet? Why is that detail important to understanding His humble act of service?

2. In Mark 10:35–45, how does Jesus contrast worldly leadership with greatness in His kingdom? Jesus doesn't say that we shouldn't strive toward greatness, but He redefines what greatness looks like for His followers. What does Jesus' mission teach about the road to greatness and the purpose of power?

3. Where are you tempted to demand respect, avoid difficult service, or mistake gentleness for weakness? Who needs you to show courageous, humble love to them this week?

RESPOND TO GOD'S WORD

REJOICE: Jesus, I praise You for Your humble love and willingness to serve even at great personal cost.

REPENT: Forgive me for seeking status, control, and comfort rather than serving those You have placed in my life.

REQUEST: Shape me and the men around me into courageous servants who lead with truth and tenderness.

Write down one or two sentences that summarize what God might be saying to you through reading and praying His word.

Write down one practical action step you will take today to live out what you learned in your reading, reflection, and prayer.

DAY 04 / STOP DRIFTING, START WALKING

READ GENESIS 2:15-25, GENESIS 3:6–13 AND MATTHEW 4:1–11

Passivity rarely announces itself. It looks like another delayed conversation, another avoided responsibility, another day of letting urgent things dictate your schedule. Adam hid and shifted blame; Jesus stood firm in the wilderness, answering temptation with God's Word. You can choose a different path today. No man drifts into godliness.

REFLECT ON GOD'S WORD

1. In Genesis 2 and 3, who did God command not to eat of the tree of the knowledge of good and evil? Where was Eve when God commanded this to Adam? Where was Adam when Eve ate the fruit? (See Genesis 3:6.) How do Adam and Eve respond after disobeying God? Where do you see hiding, fear, or blame rather than taking responsibility?

2. How does Jesus respond to temptation in Matthew 4:1–11? What does His reliance on Scripture teach you about facing pressure, resisting temptation, and taking the easy way out?

3. Identify one place where you have been drifting or avoiding obedience. What truth from today's passages confronts that pattern? What difficult but faithful action is needed to change that pattern?

RESPOND TO GOD'S WORD

REJOICE: Father, I praise You because Your Word is true and sufficient to guide me through temptation.

REPENT: Forgive me for hiding, shifting blame, and avoiding the obedience You have called me to practice.

REQUEST: Give me and my brothers courage to resist temptation, take responsibility, and follow Jesus faithfully.

Write down one or two sentences that summarize what God might be saying to you through reading and praying His word.

Write down one practical action step you will take today to live out what you learned in your reading, reflection, and prayer.

DAY 05 / YOU WERE NOT MADE TO WALK ALONE

READ PROVERBS 27:17, ECCLESIASTES 4:9–12 AND 2 TIMOTHY 2:1–2

A man can be surrounded by people and still be unknown. God has not called us to grow in isolation. He gives us brothers to lift us when we fall and people for us to strengthen and equip. God's mission is bigger than your individual life. We are called to walk with others, sharpen one another, and pass it on.

REFLECT ON GOD'S WORD

1. What benefits of brotherhood do Proverbs 27:17 and Ecclesiastes 4:9–12 describe? Which of these do you most need in your life right now?

2. In 2 Timothy 2:1–2, what does Paul tell Timothy to receive and entrust to others? What does this teach about intentional spiritual investment across generations?

3. Every man should have a Paul (mentor), Barnabas (encouraging peer) and Timothy (someone you are investing in). Which of these do you need most right now? Who might God want you to invite to become that man in your life? What's the first step you are going to take to make that happen?

RESPOND TO GOD'S WORD

REJOICE: Father, I thank You that you provide comfort, encouragement, and strength through Your people.

REPENT: Forgive me for choosing isolation or neglecting opportunities to encourage and disciple others.

REQUEST: Give me and other men faithful friendships and the courage to invest in the next generation.

Write down one or two sentences that summarize what God might be saying to you through reading and praying His word.

Write down one practical action step you will take today to live out what you learned in your reading, reflection, and prayer.