



PARTICIPANT WORKBOOK
My 16-Week Journey

NAME

COHORT

MENTOR

START DATE

The Trading Room · Nairobi, Kenya · Edition 01

Welcome, brother.

This workbook is yours. It is not a textbook to read once and shelve — it is a tool you will write in, wrestle with, and carry for the next sixteen weeks. The teaching happens in the room. The transformation happens here, in the honest work you do between the lines.

Three things will make this journey count:

- Show up. Every session builds on the last. Missing one is missing a brick in the wall.
- Write honestly. No one grades this. The only person you can lie to in these pages is yourself — and that helps no one.
- Do the weekly challenge. Reading about change does nothing. The challenge is where the Word leaves your head and enters your week.

HOW EACH SESSION WORKS

Every week follows the same rhythm so it becomes second nature:

THE WEEKLY RHYTHM

1. Memory verse — one verse to carry in your mind all week.
2. Big ideas — the core of what we covered, so you can recall it.
3. Notes — space to capture what hit you during the session.
4. Reflect — honest questions to sit with on your own.
5. This week's challenge — one concrete step, with a tracker.
6. Brotherhood check-in — the three questions you bring to your group.

The Brotherhood Covenant

FORGED only works in community. This covenant is the agreement every man in the cohort makes to every other man. Read it slowly. Sign it like you mean it.

I COMMIT TO

Showing up — to the sessions and to my brothers, even when it is inconvenient.

Honesty — I will bring the real version of my struggles, not the polished one.

Confidentiality — what is shared in the brotherhood stays in the brotherhood. Always.

Carrying my brother — I will ask the hard questions, and I will answer them when asked.

Finishing — I am in this for all sixteen weeks, not just the easy ones.

Signed:

Date:

My Why

Before the first session, get clear on this. When weeks 9 and 14 get hard — and they will — this page is what you come back to.

WHY AM I HERE? WHAT MADE ME SAY YES TO THIS?

WHAT DO I WANT TO BE TRUE OF ME BY THE END OF THESE 16 WEEKS?

WHAT IS THE ONE AREA I AM MOST AFRAID TO BE HONEST ABOUT?



SESSION 1 · Foundation

Born for More

MEMORY VERSE

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.

— Psalm 139:13-14

BIG IDEAS THIS WEEK

1. God knew you before the world gave you a label
2. Identity is not earned — it is received
3. The enemy attacks identity first — always
4. You are greater than your worst day and your best achievement

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. When someone asks who you are, what do you usually lead with? What does that instinct reveal about where you've anchored your identity?
2. What labels have been placed on you — by family, school, culture, or yourself — that you've quietly started to believe?
3. Jesus was baptised before He performed any miracle. He was affirmed before He was sent. Why do you think God ordered it that way?

4. What would practically change in your decisions, relationships, and ambitions if you genuinely believed you were enough before you did anything?

5. What is one lie about yourself that you need to exchange for a truth from Scripture this week?

THIS WEEK'S CHALLENGE

Write down three truths about who you are from Scripture. Psalm 139:14, Ephesians 1:4, and Romans 8:1 are a starting point. Read them every morning this week — not as affirmations, but as declarations of established fact.

Track it — tick each day you followed through:

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BROTHERHOOD CHECK-IN

Bring your honest answers to your cohort group this week.

What scripture did I sit in this week?

Where did I stumble or struggle?

Where did I win?



SESSION 2 · Foundation

The War Within

MEMORY VERSE

*I do not understand what I do. For what I want to do I do not do, but what I hate I do.
[...]/ There is now no condemnation for those who are in Christ Jesus.*

— Romans 7:15 / Romans 8:1

BIG IDEAS THIS WEEK

1. Paul's lament is your lament — and it is not shameful
2. The battle is real, the enemy is real, and neither surprise God
3. Shame drives sin underground — and underground is where it grows
4. You are not your struggle — Romans 8:1 is the verdict, not the aspiration

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What does your private struggle look like compared to your public persona? How wide is that gap?

2. Why do you think it is so uncommon for Kenyan men to admit struggle to each other? What does that silence cost us collectively?

3. How has shame actually made your private battles worse over time rather than better?

4. What is the difference between conviction from the Holy Spirit and condemnation from the enemy? How do you tell them apart?

5. Who in your life knows what you actually battle — not the tidy version? Why is that number so low?

THIS WEEK'S CHALLENGE

This week, find one trusted person and share one real struggle — not the polished version, not the version you're comfortable sharing, but the actual one. This is not weakness. This is the beginning of victory.

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SESSION 3 · Pillar 1 — Set Apart

What Purity Actually Means

MEMORY VERSE

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honourable.

— 1 Thessalonians 4:3-4

BIG IDEAS THIS WEEK

1. Purity is about wholeness, not just celibacy
2. What you consume shapes what you become
3. Purity is a weapon — Joseph understood this before anyone taught him
4. Impurity always has deferred costs — things you cannot yet see

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Before today, how would you have defined purity? Has your definition changed? In what direction?

2. What does your daily input — content you consume, music, conversations — look like? Would you describe any of it as impure?

3. Joseph ran from Potiphar's wife and lost his position. Many would call that foolish. What do you think?

4. What would it look like to pursue purity not out of fear of punishment but out of a clear vision for your future?

5. Is there an area of your life — not necessarily sexual — where you are compromising on purity? What would it cost you to address it?

THIS WEEK'S CHALLENGE

Audit your phone this week. Social media, music, messaging, saved content. Identify three specific inputs to cut or significantly reduce. This is not legalism — it is intentional design of the environment that shapes you.

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SESSION 4 · Pillar 1 — Set Apart

The Trap of This Generation

MEMORY VERSE

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit?

— 1 Corinthians 6:18-20

BIG IDEAS THIS WEEK

1. The neuroscience is working against you — and that's not an excuse
2. Sexual sin is distinct — it is against your own body
3. The lie: conquest proves manhood. The truth: covenant builds it
4. The way out requires strategy, not just willpower

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Where do you think the idea that 'real men get women' came from? How much of it have you believed?

2. What is the difference between quitting something through willpower and building a life in which you no longer need it?

3. Why does sexual sin feel harder to deal with than most other areas of struggle?

4. What would accountability around this area actually look like for you — not in theory, but in practice, in your specific situation?

5. What would you tell your 13-year-old self about what is coming in this area of life?

THIS WEEK'S CHALLENGE

Install one content filter on your highest-risk device this week. It can be free — Covenant Eyes, BlockSite, or even giving someone you trust your phone's passcode. Tell one person you are doing it. The act of telling someone makes it real.

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SESSION 5 · Pillar 1 — Set Apart

The Architecture of Temptation

MEMORY VERSE

Each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

— James 1:14-15

BIG IDEAS THIS WEEK

1. Desire to entice to sin to death — the full pathway
2. The enemy doesn't need many access points — he only needs the same one, repeatedly
3. You cannot win the battle in the moment — you win it in your daily architecture
4. Discipline your schedule before temptation schedules you

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What does the typical environment of your biggest struggle look like? What time of day? What emotional state? What platform or situation?

2. What patterns have you noticed in when you are most vulnerable — physically, emotionally, relationally?

3. Why do most men try to fight temptation at the peak moment rather than before it arrives?

4. What would it look like to redesign your daily architecture so that your main temptation is harder to access?

5. What is one specific environmental change you could make this week that would reduce your exposure to your primary area of temptation?

THIS WEEK'S CHALLENGE

Draw or write your temptation map this week. What is the trigger? The window? The emotional state? The access point? Share it with your accountability partner before the next session. Making it visible makes it defeatable.

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SESSION 6 · Pillar 1 — Set Apart

Walking in Daily Victory

MEMORY VERSE

So I say, walk in the Spirit, and you will not gratify the desires of the flesh.

— Galatians 5:16

BIG IDEAS THIS WEEK

1. Walking in the Spirit is a practice, not a state
2. Progress is not perfection — and perfection is not the goal
3. Accountability done right redeems failure rather than concealing it
4. You need a circle of men who hold the same standard

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What does the first 30 minutes of your day currently look like? How is it shaping the rest of your day?
2. When you fail in an area of purity, what is your typical response — shame, confession, brushing past it, or something else?
3. What is the difference between trying harder through willpower and surrendering deeper to the Spirit?

4. Who in your life currently holds you to a standard of purity? If the honest answer is no one, what does that reveal?

5. What one practical rhythm — not a rule but a daily rhythm — could you build into your life right now to sustain daily victory?

THIS WEEK'S CHALLENGE

For the next 7 days: 15 minutes of morning prayer, one accountability text to your partner every evening, and one Scripture passage per day. Come back next session and report what you noticed. Not what you achieved — what you noticed.

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SESSION 7 · Pillar 2 — Kingdom Wealth

God's Economy and Stewardship

MEMORY VERSE

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.

— Luke 16:10

BIG IDEAS THIS WEEK

1. All money belongs to God — you are a manager, not an owner
2. The tithe is not a tax — it is a statement
3. Faithfulness in little is the prerequisite for trust with much
4. Earning more without stewarding better does not improve your situation

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Did anyone in your home teach you about money while you were growing up? What did they teach you — explicitly or by example?

2. How would you describe your current relationship with money? Anxious? Careless? Obsessive? Avoidant? Why?

3. If God is the actual owner of everything you have, how should that concretely change the way you spend it this week?

4. Have you ever tithed consistently? What happened when you did? What stopped you if you stopped?

5. What would 'faithful in little' look like for you right now, in practical terms, with whatever you currently have?

THIS WEEK'S CHALLENGE

This week, create a simple budget in three columns: Tithe (10%), Needs, and Savings. Write down every shilling that comes in and where it goes. The goal is not perfection — it is visibility. You cannot manage what you cannot see.

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SESSION 8 · Pillar 2 — Kingdom Wealth

Breaking the Poverty Mindset

MEMORY VERSE

Dishonest money dwindles away, but whoever gathers money little by little makes it grow.

— Proverbs 13:11

BIG IDEAS THIS WEEK

1. Poverty mindset is an orientation, not an income level
2. Get-rich-quick is poverty mindset in expensive clothing
3. Betting culture: the system is designed for you to lose
4. Covenant mindset: I plant, I water, God gives the increase — gradually

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What thoughts do you have about money most frequently — that there's enough or that there's never enough?
2. What role has betting played in your life or in the lives of men close to you? What have you observed about its actual outcomes?
3. How do you think your specific upbringing — neighbourhood, family financial patterns, school environment — shaped your relationship with money?

4. What is the difference between faith that God will provide and passivity disguised as faith?

5. What is one financial habit that feels normal in your context but that you suspect is actually harmful?

THIS WEEK'S CHALLENGE

This week: delete one betting app from your phone or unsubscribe from one 'quick money' group or scheme. Replace that amount of time or money with one act of intentional saving — even Ksh 200 into M-Pesa Lock counts. Start with the gesture, not the amount.

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SESSION 9 · Pillar 2 — Kingdom Wealth

Building Wealth God's Way

MEMORY VERSE

The wise man saves for the future, but the foolish man spends whatever he gets. [...] A man of noble character who can find? His value is far above rubies.

— Proverbs 21:20 / 31:10

BIG IDEAS THIS WEEK

1. The parable of the minas: God expects return on His investment in you
2. Saving is not fear — it is the wisdom of the prepared
3. SACCOs and Chamas: compound interest in a community structure
4. Your first investment is yourself — skills that create economic opportunity

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Have you ever contributed to a SACCO or Chama? What was your experience? If not, what has stopped you?
2. What stops most men your age from beginning to invest — even when the first step requires very little money?
3. The servant who buried his talent was afraid. What are you afraid would happen if you started building wealth intentionally?

4. If you invested Ksh 2,000 per month consistently for the next 10 years, what could that realistically become? What would it take to start?

5. What is one specific financial vehicle available in Kenya that you know about but have not yet started? What is the exact first step to starting?

THIS WEEK'S CHALLENGE

Research one SACCO or Chama group this week. Find out the joining requirements, the minimum monthly contribution, and the interest rate on savings. You do not need to join this week. You need to know exactly what joining would require. Knowing removes the excuse of mystery.

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SESSION 10 · Pillar 2 — Kingdom Wealth

Contentment vs. Ambition

MEMORY VERSE

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

— Philipians 4:12-13

BIG IDEAS THIS WEEK

1. Paul's contentment was a learned skill, not a personality trait
2. Ambition becomes greed when its target shifts from contribution to comparison
3. Social media comparison is a debt trap
4. Kingdom ambition: build wealth to fund mission, serve family, and create opportunity

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What does your generation's standard of 'making it' look like in Nairobi right now? Who or what defined that standard?

2. Have you ever spent money primarily to project an image to other people? What did it actually cost you beyond the money?

3. What is the difference between wanting to be rich and wanting to build wealth? Is that distinction meaningful?

4. If you were genuinely content with what you have today while aggressively building for tomorrow, what would change in how you live this week?

5. What is a Kingdom reason to build financial wealth — one that is larger than you, connected to mission, and specific to your life?

THIS WEEK'S CHALLENGE

Write down three financial goals. For each one, answer two questions: Why does God want me to have this? And what will I do with it beyond myself? If you cannot answer both questions, the goal is not Kingdom-calibrated yet.

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SESSION 11 · Pillar 3 — Covenant Connections

The Friends Who Shape Your Destiny

MEMORY VERSE

Walk with the wise and become wise, for a companion of fools suffers harm.

— Proverbs 13:20

BIG IDEAS THIS WEEK

1. The company you keep is one of the most consequential decisions you make
2. The ceiling of your circle is often the ceiling of your life
3. Time is not the same as depth — you need men who know, challenge, and have gone somewhere
4. You cannot manufacture close friendships, but you can position yourself where they grow

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Who in your current circle consistently challenges you to grow? Who consistently makes you comfortable being less than your best?
2. Have you ever drifted from a friendship that was pulling you up because the older, more comfortable circle was easier? What happened to you in that drift?
3. What does it look like, practically, to 'walk with the wise' in Nairobi in 2025?

4. How do you balance loyalty to long-term friends with the legitimate need to build toward a different future?

5. What kind of friend are you to the people in your circle? If they described you honestly, would they say you sharpen them?

THIS WEEK'S CHALLENGE

This week, have one intentional conversation with someone who is 5-10 years ahead of you in an area you want to grow — spiritually, financially, professionally, or relationally. Ask them one question: what do you wish you had known at my stage? Then listen.

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SESSION 12 · Pillar 3 — Covenant Connections

Family Ties and Healing Wounds

MEMORY VERSE

He will turn the hearts of the parents to their children, and the hearts of the children to their parents.

— Malachi 4:6

BIG IDEAS THIS WEEK

1. Malachi 4:6 names the father-son rupture as a generational curse
2. You cannot honour what you have not grieved
3. Honour is not agreement — it is a posture, not an endorsement
4. You can only heal what you are willing to face — and you break the cycle by naming it

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What did your father model for you about being a man? What do you want to carry forward from that? What do you want to leave behind?
2. Is there a wound from your family of origin that you have not fully faced? What do you think it would cost you to face it?
3. What does 'honouring your parents' look like in a situation where your parents have genuinely hurt you?

4. What patterns in your own behaviour — your temper, your withdrawal, your need for approval, your avoidance — can you trace to your family dynamics?

5. What kind of father do you want to be one day? What does the work you do right now — in your character, your finances, your faith — have to do with that vision?

THIS WEEK'S CHALLENGE

Write a letter to your father — not necessarily to send, but to say everything you have never said. Gratitude and grief. What you received and what you needed. Speak plainly and fully. Pray over it when you are done. This is not for him yet. It is for you.

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SESSION 13 · Pillar 3 — Covenant Connections

Brotherhood and Accountability

MEMORY VERSE

As iron sharpens iron, so one person sharpens another. [...] Two are better than one, because they have a good return for their labour.

— Proverbs 27:17 / Ecclesiastes 4:9

BIG IDEAS THIS WEEK

1. Iron sharpening iron is meant to be uncomfortable
2. Accountability is not surveillance — it is covenant
3. The three questions — the engine of the Forged Brotherhood
4. A cord of three strands is not easily broken

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. Have you ever had a genuine accountability relationship — one where real things were shared and real change resulted? What made it work or not work?
2. Why do you think Kenyan men find it particularly difficult to be vulnerable with other men? What would need to change for that to be different?
3. What is the difference between a friend who listens well and a friend who speaks into your life? Which do you currently have more of?

4. What would need to be true about a man before you would trust him enough to share your real battles and your real failure?

5. Who in this room could be your accountability partner? What is the specific thing stopping you from asking them this week?

THIS WEEK'S CHALLENGE

Before you leave this session, exchange contact details with at least one man in this cohort and agree together on the three-question check-in every week. Pick a day. Pick a method — WhatsApp is fine. Commit to 90 days. The accountability relationship starts today, not when you feel ready.

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SESSION 14 · Pillar 3 — Covenant Connections

The Woman Question

MEMORY VERSE

He who finds a wife finds what is good and receives favour from the Lord. Husbands, love your wives, just as Christ loved the church and gave himself up for her.

— Proverbs 18:22 / Ephesians 5:25

BIG IDEAS THIS WEEK

1. You cannot give what you do not have — prepare yourself before pursuing someone
2. Courtship is different from dating in its intention, its community, and its centre
3. Character before chemistry, faith before finances, values before tribe
4. Family and tribal expectations are real — honour them without being controlled by them

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What has shaped your model of how relationships work — parents, peers, music, social media, church? Which of those influences has had the most actual impact on how you think and act?
2. What does it mean to prepare yourself before pursuing a woman? What does that preparation specifically look like for you right now?
3. How do you navigate having genuine feelings for someone while also needing to slow down and discern?

4. How much weight should tribal and family expectations carry in who you marry? Where is the line?

5. If the woman you are interested in could see your private life — your finances, your daily habits, your struggles — would you still pursue her? Should a woman be able to see your life before you pursue her?

THIS WEEK'S CHALLENGE

Write down three qualities you want in a future spouse. For each quality, ask yourself: do I currently embody what I am looking for? Be honest. The gap between what you seek and what you are is the work in front of you.

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SESSION 15 · Pillar 4 — Face to Face

The Quiet Place

MEMORY VERSE

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

— Matthew 6:6

BIG IDEAS THIS WEEK

1. Jesus had a public ministry and a private prayer life — the private sustained the public
2. The 'closet' of Matthew 6:6 is intentional hiddenness — not physical secrecy
3. Prayer has two modes — intercession and contemplation
4. Build the habit before you feel like it — the feelings follow the practice

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What does your current prayer life actually look like — not what you wish it were, but what it is?
2. Why do you think personal prayer tends to be harder for men than group prayer or corporate worship?
3. What would it look like, practically, to give God the first 15 minutes of your day — before your phone, before food?

4. Have you ever experienced something in prayer that felt genuinely real — a sense of God's presence, a peace beyond circumstances, a word that arrived? What was that like?

5. What is your greatest practical obstacle to consistent daily prayer right now? Is it structural, motivational, or spiritual — or all three?

THIS WEEK'S CHALLENGE

For 7 consecutive days: 15 minutes of quiet prayer first thing in the morning, before your phone. Sit in one passage of Scripture. Be still. Journal briefly — not for an audience, but as a record of what you noticed. Come back next session with your journal.

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BROTHERHOOD CHECK-IN

Bring your honest answers to your cohort group this week.

What scripture did I sit in this week?

Where did I stumble or struggle?

Where did I win?



SESSION 16 · Pillar 4 — Face to Face

The Living Word

MEMORY VERSE

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

— Joshua 1:8

BIG IDEAS THIS WEEK

1. The Bible is a story — and you need to know the whole story
2. A practical method: Observe, Interpret, Apply
3. Meditation is not mysticism — it is chewing until it changes you
4. A reading plan beats a highlight reel every time

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. How has social media changed the way you engage with Scripture? Is that change on balance positive or negative?

2. What book of the Bible have you found most meaningful? What was it about that text that made it land?

3. What has your honest relationship with daily Bible reading looked like over the past year? What has worked in the past when something has worked?

4. If the Word is meant to make you 'thoroughly equipped for every good work' (2 Timothy 3:17), what area of your life do you suspect is under-equipped because of limited engagement with Scripture?

5. What would it look like to read the entire New Testament in the next 90 days — about 3 chapters per day?

THIS WEEK'S CHALLENGE

Pick one book of the Bible this week — Philippians is four chapters and can be read in one sitting. Read it through completely, in one sitting if possible. Come back to the next session with three specific things you noticed that you had never seen before.

Track it — tick each day you followed through:

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BROTHERHOOD CHECK-IN

Bring your honest answers to your cohort group this week.

What scripture did I sit in this week?

Where did I stumble or struggle?

Where did I win?



SESSION 17 · Pillar 4 — Face to Face

Hearing God's Voice and Finding Purpose

MEMORY VERSE

'My sheep listen to my voice; I know them, and they follow me. [...] For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you.'

— John 10:27 / Jeremiah 29:11

BIG IDEAS THIS WEEK

1. God speaks — primarily through Scripture, then by His Spirit, through community, through circumstances
2. Discernment: does it align with Scripture, produce peace, receive confirmation?
3. Purpose is a direction developed through faithfulness over time, not a single destination
4. The fear that you have missed it — God is not punishing you with confusion

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. How has God spoken to you most clearly in your life so far? What was the method — Scripture, a person, a circumstance, a prompting?

2. If you could do anything and knew with certainty you could not fail, what would you do? What does that reveal about what you might be built for?

3. What is the difference between a calling and a career? Can they be the same thing? Should they be?

4. How do you distinguish between your own strong desire and God's specific leading — especially when they feel similar?

5. What is one step toward your sense of purpose that you have been postponing because you are waiting for more certainty before you move?

THIS WEEK'S CHALLENGE

Write a draft purpose statement using this structure: 'I exist to [verb] [for whom] so that [outcome].' It does not need to be perfect. It needs to be honest. Bring it to the final session. We will refine it together in the context of community.

Track it — tick each day you followed through:

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BROTHERHOOD CHECK-IN

Bring your honest answers to your cohort group this week.

What scripture did I sit in this week?

Where did I stumble or struggle?

Where did I win?



SESSION 18 · Pillar 4 — Face to Face

Fasting and Spiritual Discipline

MEMORY VERSE

Is not this the kind of fasting I have chosen: to loose the chains of injustice... to set the oppressed free and break every yoke?

— Isaiah 58:6

BIG IDEAS THIS WEEK

1. Isaiah 58 reframes fasting — it is about breaking chains, not afflicting yourself
2. Jesus assumed His followers would fast — 'when,' not 'if'
3. Types of fasting: full, partial (Daniel fast), and media — each serves a specific purpose
4. Fasting shifts the atmosphere and reveals what is actually controlling you

NOTES FROM TODAY

REFLECT — SIT WITH THESE HONESTLY

1. What has your experience of fasting been — positive, confusing, mechanical, or genuinely transformative? Be honest.

2. Why does fasting feel more meaningful or manageable when it is done in a group? What does that reveal about the role of community in spiritual discipline?

3. What comforts or habits in your life have become so routine that they might be dulling your spiritual sensitivity?

4. Isaiah 58 frames fasting as 'loosening chains of injustice.' What chains — personal, in your family, generational — are you fasting for?

5. As you complete this course: what is the one discipline — not a course requirement but a personal conviction — that you commit to carrying into the next season of your life?

THIS WEEK'S CHALLENGE

Complete a 24-hour fast before your final session or graduation gathering. Come ready to share what God said to you during it. Not what you want Him to say — what He actually said. This is not a graduation requirement. It is an invitation to meet Him in the discipline He designed.

Track it — tick each day you followed through:

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BROTHERHOOD CHECK-IN

Bring your honest answers to your cohort group this week.

What scripture did I sit in this week?

Where did I stumble or struggle?

Where did I win?

WORKSHEET

My Purpose Statement

In Session 17 you started a draft. Use this page to refine it. It does not need to be perfect — it needs to be honest. Bring it to the final session.

THE STRUCTURE

“I exist to [verb] for [whom] so that [outcome].”

MY DRAFT

REFINED — THE VERSION I AM WILLING TO LIVE TOWARD

ONE STEP I WILL TAKE IN THE NEXT 30 DAYS TO MOVE TOWARD IT

16 WEEKS DONE

Look How Far You've Come

Go back to your “My Why” page before you answer these. Compare the man who wrote that to the man writing now.

WHAT IS DIFFERENT ABOUT ME TODAY THAT WAS NOT TRUE 16 WEEKS AGO?

WHICH PILLAR CHALLENGED ME MOST — AND WHAT CHANGED BECAUSE OF IT?

WHO DO I WANT TO CARRY NEXT? (EVERY GRADUATE BECOMES A MENTOR.)

This is not the end of the brotherhood. It is the beginning of your part in it.
Forged in Fire. Built for Eternity.