



CT 1 2

A spiritual exercise
for men who feel stuck

PROBLEM

Most men's discipleship focuses either on reading books or eating bacon. Neither model is sufficient to meet the needs of modern men. For guys to see their lives transformed by the gospel, they need more than information and casual relationships. They need help adjusting their lifestyle so that bad habits are broken, and good habits are formed.

SOLUTION

CT 12 is a 12 week training program for ordinary men who feel trapped in the ruts of modern life. Most discipleship programs focus on communicating information, but this program prioritizes simple routines, bodily discipline, and spiritual camaraderie. Men will learn to break the bad habits that impede their spiritual growth, and establish new habits that will lead to lasting change.

PLAN

Simple Routines

- Early Morning: 15 minutes in Scripture memorization (2 verses a week; final goal to recite Col. 3:1-24 in full)
- Late Evening: 15 focused minutes reading (final goal is to finish *The Way Forward* by Joe Barnard)
- Sunday: (1) attend church in morning; (2) 'Meeting with God' (see attachment)

Bodily Disciplines

- Lights out – 10:30pm Sunday-Thursday
- Set wakeup time – 5:45am Monday-Friday
- Physical exercise – at least 2 times a week
- Practice digital minimalism
- Set a personal threshold on TV and video games consumption
- Set a personal threshold on sugar, caffeine, and alcohol consumption

Spiritual Friendship

- Show up to a weekly gathering to (1) recite memory verses; (2) discuss memory verses; (3) learn more about the rule of life; and (4) pray with other men.

OUTCOMES

- Men will memorize a blueprint of spiritual maturity (Col. 3:1-24)
- Men will break bad habits: staying up too late, not exercising, social media addiction, unmeasured amusement
- Men will develop habits that promote spiritual growth: (1) memorization; (2) reading; (3) prayerful self-examination; (4) regular church attendance
- Men will experience spiritual friendship



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RULES FOR DIGITAL MINIMALISM

1. Delete any apps you do not use
2. Remove all unnecessary notifications from your phone
3. Use social media only as needed for work and necessary communication
4. Schedule do not disturb after working hours so that you can relax, for example, from 8pm to 7am
5. Set a time in the morning before which you will not check email and a time at night after which you will not check email.

CT12 COVENANT

We mutually enter into a covenant agreement – an agreement that is serious and significant. As such, it should only be entered into after prayer with your spouse, her agreement, and with a whole heart. If you are unmarried, you should discuss this with a pastor or close spiritual friend.

1. I have read through the program word-for-word and understand what is being asked of me.
2. I agree to finish the program – to practice the spiritual routines faithfully, to practice the bodily discipline resolutely, and to attend the group meetings weekly unless health issues or God’s providence deter me.
3. I agree to be honest and forthright with others – speaking the truth in love and being willing to receive feedback, even if it hurts. 1 John 1:7
4. I commit to completing the memory verse assignments and coming to group meetings prepared to recite the verses.

Signed: _____

Date: _____



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MEETING WITH GOD TEMPLATE

Step 1: Look Up

- Recall names of God, recall attributes of God, recall promises of God – remember that He is the center and mover of all that is – anchor yourself in His living presence

Step 2: Look In

-Identify pockets of anxiety – do a mental mind-sweep and write down all of the worries that you have, scanning every role and responsibility that you can think of – externalize all worry, fear, and anxiety on paper

-Cast each of these cares individually before the Lord (Ps. 62:8; Phil. 4:6-7)

Step 3: Look Back

- Review the last week and confess your failings before God – look for repeated patterns of behavior that might point to deeper idols of the heart that need to be confessed

- Review the last week and thank God for His kindness – note the small things and the big things – thanksgiving produces gratitude and joy – linger in thanksgiving before God

Step 4: Look Ahead

-Preview the week to come and ask that God would help you patiently endure suffering, complete pressing tasks, love difficult people, faithfully fulfil roles, etc. Look for areas of life where you know that your strength is inadequate and ask God specifically for the grace that is needed to honor His name – remember Ps. 138:6

Step 5: Look Around

- Ask God to show you ways to serve the people around you – consider your marriage – your family – neighbors – church community – co-workers, etc.

- Ask God for opportunities to share the gospel with unbelievers

Step 6: Look Up

-Repeat Gal 2:20 and remember that wherever you go Christ goes with you.