



# FIT for the FIGHT

A spiritual exercise  
for men who want to go  
to battle against sin.

## PROBLEM

Guys, let's be honest: Books don't change us. We can read an electrifying book about spiritual discipline and yet still press snooze on the alarm to skip a quiet time. We can sweep through a majestic account of the holiness of God and yet fidget like a toddler in the midst of Sunday worship. Transformation requires more than downloading the thoughts of an intelligent writer. Lasting change demands doing. Mere thinking – or just listening to podcasts on the commute home – will never be enough to push back the trenchline of sin. Something more is needed.

## SOLUTION

This ten-week challenge entails more than just reading a book. There are three core elements of the challenge: (1) simple routines, (2) bodily discipline, and (3) spiritual friendship. Each element is essential. Without routines, we never establish the basic habits that promote spiritual growth; without bodily discipline, we leave ourselves dangerously exposed to temptation; and without spiritual friendship, we set ourselves up for failure. It will only be as all three elements of this challenge take shape in our lives that we will begin to feel fit for the fight against sin.

## PLAN

### Simple Routines

- Early Morning: 15 minutes in Scripture memorization (2 verses a week; final goal to recite Rom. 6:5-14 in full)
- Late Evening: 15 focused minutes reading (final goal is to finish *Surviving the Trenches* 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 battleplan against sin (Rom 6:5-14)
- 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