

# **DISCIPLINE**

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**MEN OF IRON**

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Welcome to *Discipline Restored*, a devotional from Men of Iron crafted to empower you to become the man God has called you to be. At Men of Iron, our mission is to help men like you thrive in your Core5:

- #1 Faith
- #2 Family
- #3 Friends
- #4 Fitness
- #5 Finances

When you cultivate godly discipline in these areas, you unlock a life of strength, balance, and impact.

This devotional is your starting point—a simple resource designed to guide you through God’s Word as you build habits that honor Him. *Discipline Restored* offers biblical insights and practical steps to help you get disciplined and align your life and rhythms with God’s design. While we can’t cover every Scripture, this journey will equip you to live intentionally and better reflect the life that God has called you to.

### Who We Are: Men of Iron

Men of Iron exists to change a culture, one man at a time, by leading you to know God and know your purpose. We believe that when you thrive in your Core5—faith,

family, friends, fitness, and finances—you become a man who knows God and lives out His purpose.

Through our flagship Strong27 mentorship program, we pair you with a mentor just a few seasons ahead of you. This one-on-one guidance helps you set goals, stay accountable, and grow quickly in your Core5. It’s the most effective way to climb the mountain of personal growth. Learn more at <https://www.menofiron.org/strong27>.

### Join Us in Our Mission

Men of Iron is a Christian nonprofit, **committed to changing a culture one man at a time**. We do it by offering tools and resources to help men to know God and know their purpose. At the conclusion of this study, if you would like to discover more about supporting our network, you can learn more by going to <https://menofiron.org/donate/>.

### Your Path to Growth

We understand that not everyone is ready for mentorship right away. That’s why Men of Iron offers multiple environments to support you wherever you are on your journey:

- **Basecamp:** Kickstart your growth with free resources. Explore devotionals, podcasts, and tools to jumpstart

your journey. Get started at <https://menofiron.org/basecamp>.

- **Ridge Line:** Join a small group of men for deeper discussions on faith, family, friends, fitness, and finances. It's a supportive, low-cost environment to build community. Find a group at <https://www.menofiron.org/ridgeline>.
- **Summit:** Join a Strong27 mentorship for personalized guidance from a seasoned leader. This high-commitment

option delivers unmatched growth. Learn more at <https://www.menofiron.org/summit>.

### Let's Climb Together

*Discipline Restored* is your invitation to take the first step—or the next step—toward your full potential. As you dive into this devotional, lean on God's Word, connect with other men, and keep climbing the mountain.

Let's do this together. Welcome to Men of Iron.

### Before You Start

Let us know how you're doing and what you're looking to get out of *Discipline Restored*. This quick survey helps us to get to know you a little better, and helps us to continue to improve Men of Iron's programs and resources as we continue to change a culture, one man at a time.

[www.Menofiron.org/rate-your-core5](http://www.Menofiron.org/rate-your-core5)



# Day 1

## *Intro to Your Discipline Challenge*

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### **Bible Focus: 1 Corinthians 9:24–27**

Gentlemen, welcome to the *Discipline Restored* 30-Day Challenge!

Over these next few weeks, we will be focusing on building simple disciplines that will put us into closer proximity to God and His purpose for our lives.

Today, I want us to consider the challenge ahead—to map out the end goal, the prize that we’re working toward so that you can get yourself committed to seeing it through.

In October 2019, Eliud Kipchoge ran a marathon in 2 hours, 1 minute, and 39 seconds. Guys, let that sink in . . . That is running more than 26 miles at a pace of 4 minutes and 38 seconds. I couldn’t run *one mile* at that pace, and this dude did it for 26 straight miles!

I’ve always needed a shorter goal in front of me—whether it’s on the football field or the basketball court, the point of running was to make the next play or shot. But whether you’re a world-class long-distance runner or not, the satisfaction and impact of achieving a goal inspires us to put in the hard work to accomplish that goal.

The prize you’re striving for is worth the sacrifice. And you need to value the end result if you are going to push through the

challenges and setbacks. Don’t get complacent or run-down.

A relationship with God is the greatest race you could ever be involved in. And if you want the greatest experience of that relationship, you will commit yourself daily to knowing Him more. Listen to these words from Paul in 1 Corinthians 9:24–27:

Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step, I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should.

Run to win! The prize in front of you is eternal and worth giving everything you have to reach it. To get there, you need to have discipline and purpose with every step.

When you cut corners or make excuses on the small things, your life can quickly fall off course. These disciplines will help anchor you when life becomes busy, stressful, or chaotic.

Over the next thirty days we are going to break down the disciplines of prayer, study God’s Word, and spend time in solitude.

Some of this might be brand-new to you, or you may have simply lost touch with the value of having disciplines as part of your daily routine.

Men, we need to restore our value for commitment and consistency. We need discipline to keep us balanced and accountable to the Lord, His purpose, and the people He has called us to influence and serve.

At the end of each day, there will be an actionable challenge. I'm calling that our discipline training, and these are designed to build on one another throughout the month and beyond our time together.

### Discipline Training

Today's discipline training is two-fold:

**#1** *Answer a few questions.* As men, we need to take time think and reflect. Today's questions will help you do that.

**#2** *Share this commitment with others.* There's an African proverb that says, "If you want to go fast, go alone; if

you want to go far, go together." Do not do this challenge by yourself. You can partner with others by shooting a text to the men you're doing this challenge with. Accountability and encouragement to stay the course will give you greater endurance to see this challenge through to the end.

Here are some questions to get you thinking:

- What keeps you from remaining committed to a goal?
- How consistent have you been with prayer, God's Word and solitude?
- Are you anxious, cynical, or excited to pursue the goal, and are you committed to doing the work each day to train yourself for the prize?

Remember to share your answers with a friend who is on this journey with you.

Run to win the prize—train yourself with purpose in every step. Restore the disciplines that will result in becoming the man God has called you to be and the prize He has for you.