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Dan DotyCo-Founder of EVRYMANThis is Man 2.0, a call for an evolution in what it means to identify as a man. We share resources and encourage vulnerability, self-reflection, and empathy from us to our fellow man. In partnership with EVRYMAN. Men, we will never get anywhere in life without discipline, and doubly so in spiritual matters. None of us is inherently righteous, so Paul's instructions regarding spiritual discipline in 1 Timothy 4:7-8 take on personal urgency: "Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." That word "train" comes from the Greek word from which we derive gymnasium. So, I invite you into God's Gym—to some pain and great gain! 1. Discipline of Purity Sensuality is the biggest obstacle to godliness among Christian men. The fall of King David should not only instruct us but scare the sensuality right out of us! Fill yourself with God's Word—memorize passages like 1 Thessalonians 4:3-8, Job 31:1, Proverbs 6:27, Ephesians 5:3-7, and 2 Timothy 2:22. Find someone who will help you keep your soul faithful to God. A pure mind is impossible if you mindlessly watch TV and movies or visit pornographic websites (1 Thess. 4:3-7). Develop the divine awareness that sustained Joseph: "How then can I do this great wickedness and sin against God?" (Gen. 39:9). 2. Discipline of Relationships To be all God wants you to be, put some holy sweat into your relationships! If you're married, you need to live out Ephesians 5:25-31: "Husbands, love your wives, as Christ loved the church and gave himself up for her" (v. 25). For those who are fathers, God provides a workout in one pungent sentence: "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord" (Eph. 6:4). Relationships are not optional (Heb. 10:25); they enable us to develop into what God wants us to be and most effectively learn and live God's truth. 3. Discipline of Mind The potential of possessing the mind of Christ (1 Cor. 2:16) introduces the scandal of today's church—Christians who do not think Christianly, leaving our minds undisciplined. The Apostle Paul understood this well: "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (Phil. 4:8). Each ingredient is a matter of personal choice. You can never have a Christian mind without reading the Scriptures regularly because you cannot be influenced by that which you do not know. You can never have a Christian mind without reading the Scriptures regularly because you cannot be influenced by that which you do not know. 4. Discipline of Devotion Reading God's Word is essential, but meditation internalizes the Word and responds, "I desire to do your will, O my God" (Ps. 40:8). Beyond instructions like Ephesians 6:18-20, there are two great reasons to pray. The more we expose our lives to the white-hot sun of Christ's righteous life, the more his image will be burned into our character. The second reason is that prayer bends our wills to God's will. Many men never have an effective devotional life because they never plan for it; they never expose their lives to his pure light. 5. Discipline of Integrity We can hardly overstate the importance of integrity to a generation of believers so much like the world in ethical conduct. But integrity's benefits—character, a clear conscience, deep intimacy with God—argue its importance. We must let God's Word draw our lines of conduct. Our speech and actions must be intentionally true (Prov. 12:22; Eph. 4:15), backed by the courage to keep our word and stand up for our convictions (Ps. 15:4). An old saying sums it up: "Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny." 6. Discipline of Tongue "If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless" (James 1:26). The true test of a man's spirituality is not his ability to speak, but rather his ability to bridle his tongue! Offered to God on the altar, the tongue has awesome power for good. There must be an ongoing prayerfulness and resolve to discipline ourselves: "Who keeps the tongue doth keep his soul." 7. Discipline of Work We meet God, the Creator, as a worker in Gen. 1:1-2:2. Since "God created man in his own image" (1:27), the way we work will reveal how much we allow the image of God to develop in us. There is no secular/sacred distinction; all honest work ought to be done to the glory of God (1 Cor. 10:31). We must recover the biblical truth that our vocation is a divine calling and thus be liberated to do it for the glory of God. 8. Discipline of Perseverance Hebrews 12:1-3 presents a picture of perseverance in four commands. Divest! "Lay aside every weight, and sin which clings so closely" (v. 1). That includes besetting sin, and anything else that hinders. Run! ". . . with endurance the race that is set before us" (v. 1). Each of us can finish our race (see also 2 Tim. 4:7). Focus! "Looking to Jesus, the founder and perfecter of our faith" (v. 2). There never was a millisecond that he did not trust the Father. Consider! Our life is to be spent considering how Jesus lived (v. 3). 9. Discipline of Church You don't have to go to church to be a Christian; you don't have to go home to be married. But in both cases if you do not, you will have a very poor relationship! You will never attain your full spiritual manhood, nor will your family reach its spiritual maturity without commitment to the church. Find a good church, join it, and commit yourself to it wholeheartedly. Your participation should include financial support, but it should also include giving your time, talents, expertise, and creativity to the glory of God. 10. Discipline of Giving How can we escape the power of materialism? By giving from a heart overflowing with God's grace, like the believers in Macedonia who "gave themselves first to the Lord" (2 Cor. 8:5); this is where grace giving must begin. Giving disarms the power of money. Though giving should be regular, it should also be spontaneous and responsive to needs. And it should be joyous—"God loves a cheerful giver" (2 Cor. 9:7). And Jesus said, "It is more blessed to give than to receive" (Acts 20:35). As we sweat out the disciplines of a godly man, remember, with Paul, what energizes us to live them out—"not I, but the grace of God that is with me" (1 Cor. 15:10). This article is adapted from the tract "10 Disciplines of a Godly Man" by R. Kent Hughes. Media Platforms Design Team If you think dogsledding is something tourists do on vacation, meet Dallas Seavey. At 25 years old, he's the youngest winner ever of the Iditarod—completing the 1,000-plus mile dog sledding race that spans from Anchorage to Nome in just 9 days. That's about the same distance between Washington D.C. to Miami, but with extreme conditions: snow up to your knees, 50-degrees below, and no civilization in sight. Dogsledding isn't anything new to Seavey—he grew up watching his grandfather and father race, both of who participated this year as well. "My dad just told me, 'We have two chances of winning,'" he says. So how'd he beat the grueling conditions to come out on top? Seavey shared his tips with us. (Try this 15-minute workout to prep you for the slopes.) Control What You Can "If you let your surroundings run through your mind, you're going to panic," Seavey says of the Alaskan desert. "So what do you focus on? What you have control over." For Seavey, this meant his 12 Siberian-Husky crossbred dogs, the 40 pounds of equipment that he wears, and his attitude, perhaps the hardest element to control of all. To control his attitude, he kept his focus on the dogs. "If I focus on what I can do, and what my next best move is, good thing will happen." More from MensHealth.com: Winter Sports Tech Prep with a Routine "I never focused on the checkpoint, I focused on what's going to get me to the checkpoint," he says. What got him to each checkpoint—anywhere from 15 to 100 miles apart—was keeping a routine despite extreme exhaustion. His pre-race prep? Fourteen to 16 hours of hunting, and caring for his dogs in his sled each day. Sleeping was part of that routine, too, since he knew he'd just get anywhere from 45 minutes to 90 minutes a day on race days. "It's like having an outer-body experience," he says of the exhaustion. "You're in a cloud. Your body just goes through the motions." To help prepare for the lack of sleep, he'd go on four day training trips with his dogs, napping 45-minutes every four hours. (Here's another pre-skiing workout.) Before the race, Seavey would practice dropping plastic-wrapped burritos in boiling water to thaw them and eat them on the go. The burritos were packed with moose meat—which, yes, he hunted himself. Work as a Team His workout was chopping hundreds of pounds of meat, then doing 90 reps of a 30-pound carry lugging buckets of dog food each day in 40 pounds of layered winter gear. (That's like 90 reps of a heavy farmer's walk wearing a weighted vest. . . in single-digit weather.) "Your troops are your concern," he says. "And if I train my dogs correctly, I'll naturally be in shape, too," he says. And don't worry, Seavey is trained in dog CPR in case any of them need it. "But as much as I can do as a human athlete, I'm nothing to the scale of the race." More from MensHealth.com: From the Gym to the Slopes This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io







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