



kingdom
MASCULINITY
A 7-day Plan



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This 7-day journey invites men to rediscover true masculinity—rooted in love and modeled after Jesus. Through scripture and reflection, this plan offers healing and a restored identity of courageous sonship. Uncover your strength and purpose, and experience deep transformation as you reclaim the man God designed you to be.



The content of this plan can be explored in more depth in Michael Thompson's *The Heart of a Warrior*.

Day 1: What's Missing in Men?

Scripture:

Genesis 1:27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

Psalms 68:5-6 A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families...

Romans 8:15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

Devotional:

If you were to ask, "What is wrong with men?" the world would have no shortage of answers. Some say men are too passive, others, too aggressive. Some argue men have lost their strength, while others believe they have wielded it recklessly. **But perhaps the better question isn't what is wrong, but what is missing?**

Masculinity, as designed by God, was never meant to be a problem to solve but a strength to steward. Pulled between cultural caricatures and personal wounds, men often struggle to know who they are. Some were never shown. Others were taught distorted versions through absent fathers, broken authority, or a media that either glorifies domination or mocks manhood altogether.

At the heart of this struggle is a deep ache, a longing for direction, identity, and validation. God created men in His image, reflecting His strength, protection, and love. But when men don't know who they are, we often withdraw into passivity or overcompensate with aggression. Neither leads to wholeness.

Men have tried to reclaim masculinity through self-improvement, success, or societal approval, only to find these pursuits leave us feeling empty. **True restoration happens when men return to the One who designed them.** Jesus, the ultimate example of masculinity, was both warrior and servant, lion and lamb. He led with strength yet walked in humility. He confronted injustice yet wept with compassion. He called men into something deeper, not just performance or power, but sonship. He was strong enough to confront darkness and gentle enough to wash the feet of His friends.

Many of us bear the scars of broken masculinity. Some wounds were dealt by a

father who never saw us, a coach who shamed us, a culture that lied to us. Yet God, as a true and good Father, speaks a better word. He doesn't demand more performance. He invites deeper becoming. He calls us back to the ground He first gave us (Romans 8:15), to walk as sons who know they are beloved.

But this journey isn't one meant to be traveled alone. Just as Frodo needed Sam, just as the disciples needed each other, we are meant to fight for and with one another. Real strength isn't self-reliance, it's leaning into God and trusting the brothers He places alongside us.

Masculinity is not toxic. It is sacred. And when a man walks in the fullness of who God created him to be, the world is blessed: families are protected, communities are healed, and the Kingdom advances

Like a warrior reclaiming lost ground, men must confront the lies they've believed about themselves. They must ask the hard questions: *What has shaped my view of masculinity? Where have I lost my way? And most importantly, what does God say about me?* Let's do that now with our Time Alone with God questions below:

As you reflect on all this with God today, consider asking Him:

Father, where have I misunderstood masculinity? What has shaped my view of what it means to be a man?

Jesus, how do You see me? What strengths have You placed in me that I have ignored or distorted?

Holy Spirit, where have I been wounded in my identity as a man? What lies am I believing that keep me from fully stepping into who You've called me to be?

Day 2: This is the Way!

Scripture:

Isaiah 43:19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

1 Corinthians 16:13-14 Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.

Matthew 11:28-30 Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Devotional:

Growing up, I thought I understood what it meant to be a man. Like so many, I was shaped by a thousand silent teachers: TV shows, movies, magazines, locker rooms. Masculinity looked like toughness, independence, emotional distance. You didn't ask for help. You didn't show weakness. You powered through. You definitely didn't talk about it. Whatever "it" might have been.

I watched characters on shows like *Dallas* and *90210*, men who either buried their emotions or wielded them recklessly, and something in me believed that was the standard. Be strong. Be cool. Don't need anyone. But even as I tried to live up to it, a quiet ache grew inside me. Was this really all there was to being a man?

Then, I met Jesus. Not the version of Jesus that I had been taught to admire from a distance, but the real Jesus, the one who was strong in ways I couldn't comprehend. He could calm storms with a word and call out injustice without fear. Yet He also wept over brokenness and touched the untouchable. ***In Him, strength and tenderness weren't at war; they were perfectly united.*** In Matthew 11:28-30, Jesus offers an invitation: "*Come to Me, all who are weary and burdened, and I will give you rest... For I am gentle and humble in heart.*" True masculinity, I began to see, isn't about how much weight you can carry or how hard you can push through. ***It's about being secure in the love of the Father, strong because you are loved, not because you have something to prove.***

Paul captures this beautifully in 1 Corinthians 16:13-14: "*Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.*" **Notice the**

call: Stand firm. Be strong. But also, **love**. The strength God calls men into is *always* tethered to love, the kind of love that sacrifices, heals, and redeems. The longer I walk with Jesus, the more I realize: masculinity is not something I have to perform or earn. It's something I receive by abiding in Him. ***It's the strength of knowing I am fully seen, fully known, and fully loved, and living from that place of unshakable identity.***

As *The Mandalorian* says, "This is the way."

Jesus said, "*I am the way.*"

And the good news is that He invites us to learn how to live this way also.

As you reflect on all this with God today, consider asking Him:

Father, how have messages that I received about masculinity growing up shaped my view of myself? How have they shaped my view of others?

Jesus, what areas of my life need to be recalibrated to reflect your strength and love?

Holy Spirit, where am I still living with something to prove? Something to hide? Something to fear?

Day 3: Jesus came to serve, not be served

Scripture:

Mark 10:45 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Ephesians 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her

Ephesians 6:12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Devotional:

As men, we often find ourselves wrestling with a world that defines masculinity in ways far from the heart of God. **We're told to be strong, independent, and successful, but rarely do we hear the call to serve, to lay down our lives for others in the way that Jesus modeled.** Thus far, you have been invited to explore the messages you have received about masculinity throughout your life, messages that have often shaped our actions in ways that harm others, especially the women in our lives. The consequences of following the world's script are painful and real. Wounds are left in the wake of our misguided strength, often cutting deepest into the hearts of the women and children entrusted to us. In a recent conversation, one speaker soberly noted, *"Seventy percent of women's wounds are caused by men."*

It is a hard truth, but one we must have the courage to face. If we are serious about becoming the men God intended, we must first confess where we have wandered. We must own the harm we have caused, intentionally or unintentionally, and ask God to realign our hearts.

Jesus gives us the clearest example of what true masculinity looks like. He didn't come to be served, but to serve (Mark 10:45). **He didn't seek dominance, but humbled Himself, offering His life as a ransom for many.** His strength wasn't in controlling others or asserting His power, but in laying down His life for them. He showed us that authority is not used to crush but to lift up. Love is not weak; it is the fiercest force in all creation.

This kind of leadership requires a radical reimagining of what it means to be a man. It calls us to examine the root causes of our actions, to look past the symptoms of

anger or fear, and to address the deeper wounds within us. It means understanding the spiritual battle we face, recognizing that the enemy has twisted our desires and misdirected our strength. We must confront this reality by entering into spiritual warfare, fighting against the forces of darkness that seek to distort our identity and keep us from becoming the men God intended.

But this battle is not just external; it's internal. ***It's about recalibrating our hearts, changing the way we relate to God and to others.*** It's about understanding that to truly be men, we must recover parts of our story that have been broken and distorted. ***We must seek healing for ourselves so that we can be instruments of healing to others.***

As you reflect on all this with God today, consider asking Him:

Father, show me a time in my life someone's humility and sacrificial love had a profound impact on me. What did it reveal about true strength?

Jesus, how can I embody the servant leadership you demonstrated? Where are you inviting me to lay down false strength and take up the heart of a servant?

Holy Spirit, how does the way Jesus modeled servant leadership challenge the way I approach leadership in my home, work, or community?

Day 4: Throwing the Mask Away

Scripture:

John 8:32 Then you will know the truth, and the truth will set you free.

Psalms 34:18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Devotional:

Michael Thompson reminds us in *The Heart of a Warrior* that every man carries both a glory and a wound. And often, the wound is what gets passed on. “You’re on your own.” “Don’t feel.” “Be a man.” These messages form a counterfeit version of masculinity, it’s what John Eldredge calls “the poser” and what the Bible often refers to as “the flesh.”

It’s the false self we build to survive, to avoid weakness, to gain approval. For generations, masculinity has worn this mask—hardened strength, stoic detachment, relentless self-reliance. It’s a model many of us inherited without question, passed down like an heirloom, shaped by fathers who bore their own unspoken pain. ***But beneath the surface of this counterfeit masculinity lies a deeper truth: we were made for something more.***

There is more to the story. God did not design us to live as hollow, hardened shadows. ***Like the great kings of Middle-earth or the true sons of Aslan, we were made to feel, to fight, and to love.*** Real masculinity, like Aragorn’s humility or Peter Pevensie’s courage, is not the absence of emotion, but the presence of ***a heart alive to the Father’s voice.***

In John 8:32, Jesus says, “Then you will know the truth, and the truth will set you free.”

Freedom begins by naming the lie. What have you believed about manhood that has kept you bound? Where have you been hiding?

The world tells us to suppress the ache. But the ache is holy. It’s a cry from the depths of our masculine soul, longing to be fathered, to be healed, to come home. Dallas Willard once wrote, “The most important thing in your life is not what you do; it’s who you become.” And who are we becoming if we continue to wear a mask and silence our pain?

The Psalmist says, "The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18). You do not have to carry the wound alone. **Jesus isn't afraid of your story. He steps into it, into your fear, your failure, your silence, and offers you sonship.**

This isn't about behavior management. It's about restoration. This isn't self-help. It's spiritual warfare.

You are not just a man; you are a beloved son in a larger story. You are being invited into the wild, beautiful process of healing. And that healing doesn't make you weaker. It makes you whole.

Today, let go of the poser. Let go of the lie. Step into the truth. Jesus stands not with judgment, but with outstretched arms. He is calling you by name.

Sit with this and pray:

"Father, I bring you the false stories I've believed about what it means to be a man. Heal the wounds I've carried silently and teach me how to walk in the truth of who I am as Your beloved son. Amen"

Day 5: Freedom from the Shadows

Scripture:

1 Corinthians 10:13 God is faithful... He will also provide a way out so that you can endure it.

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Devotional:

There's a lie lurking in the shadows of our culture, one that says certain struggles are just a "normal" part of being a man. Pornography, emotional detachment, and isolation have been marketed as masculine norms. ***But these things don't make us more alive, they steal life from us.***

Pornography, in particular, poisons the soul. It rewires the brain, hardens the heart, and hollows out the ability to connect deeply with others. What begins as a coping mechanism quickly becomes a prison. It promises connection but delivers isolation. It whispers, *This is who you are.* But that's a lie. ***You were never created for counterfeit intimacy. You were made for love, for truth, for connection with God and others.***

Shame is the chain the enemy uses to keep men bound. But 1 Corinthians 10 tells us that *God is faithful*, and He will *always* provide a way out. That "way out" is often found ***not*** in secret effort, but in sacred community.

The way out? It's not white-knuckled secrecy. It's a sacred brotherhood. Friendship that is missional and redemptive.

We heal in the presence of others. Freedom doesn't come from trying harder alone. ***It comes from stepping into the light with brothers who walk alongside us, mentors who listen without judgment, and communities that speak grace and truth over our stories.***

Dallas Willard reminds us, "You were made to be a part of a fellowship of life." And in that fellowship, healing flows. When shame is broken by truth. When secrets are

shattered by grace. When your story is finally safe enough to be told.

It's not weakness to ask for help, it's an act of profound strength. This is masculinity redefined: not by isolation, but by the courage to connect. Redemptive Brotherhood.

Healing is both personal and communal. As God frees you, he also commissions you. **We are not called to simply escape the pit, but to throw a rope back into it, helping others find their way out. This is how we reclaim lost ground. This is how brotherhood is forged and restored.**

There is no shame in the struggle. Only the enemy wants you to stay hidden. Jesus offers something infinitely better: truth that sets you free. Grace that covers your past and empowers us to walk forward with strength and honor.

You were made for freedom. You were made for love. You were made for more.

As you reflect on all this with God today, consider asking Him:

Father, What role has shame played in keeping me from reaching out for help?

Jesus, who can I trust to walk with me toward freedom?

Holy Spirit, where have I settled for false intimacy instead of real connection?

Guided Prayer Suggestion:

"Jesus, I bring you the parts of my heart that I've hidden in shame. I no longer want to live in secrecy or settle for counterfeit comfort. Show me the way out. Give me the courage to speak, to connect, and to fight for freedom, not only for myself but for my brothers. Heal what's broken, restore what's been stolen, and help me become a man who walks in the light. A man who is Dangerous for Good. Amen."

If you need a friend, reach out to us at Allies@Zoweh.org or visit www.Zoweh.org/Allies for more information - you don't have to do this alone

Day 6: How I'm Known In Heaven

Scripture:

1 John 3:1 See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Matthew 3:17 This is my Son, whom I love; with him I am well pleased.

Devotional:

There is a quiet ache that many men carry, **a longing to be seen, known, and called out as someone who matters.** We crave the words, "You are enough. I see you. You are my beloved son." For most of us, there was no sacred ceremony, no sword laid on the shoulder, no moment when a man stepped forward and said, "You have what it takes."

Instead, we were left to guess. We performed. We chased approval.

And when that didn't work, we hardened our hearts or hid.

This ache is not just personal, it's generational. Our fathers and grandfathers often bore their own invisible and silent wounds. Many were never validated or initiated themselves, and so they passed down what they knew: silence, distance, or performance-based approval. It wasn't out of malice; it was simply what they had received. The absence of affirmation became an inherited legacy. As Michael Thompson writes, "*Most men are uninitiated, moving through life without ever having heard the words every son longs for.*"

But here's the good news: the Father's voice is not bound by earthly silence.

At Jesus' baptism, before He performed a single miracle or preached a single sermon, heaven opened and the Father declared: "*This is my Son, whom I love; with Him I am well pleased.*" (Matthew 3:17)

It was not performance, it was identity.

And through Jesus, that same voice now calls to you:

You are My son.

You are loved.

I delight in you.

1 John 3:1 reminds us: "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

You are not merely tolerated. You are not overlooked. You are not just a sinner saved by grace, you are a beloved son, deeply seen and fiercely loved. This is not a myth. This is reality.

In Narnia, Aslan called the children by name, and in doing so, He awakened their true selves. In Middle-earth, Aragorn bore the name Elessar, not just as a title, but as a destiny.

And so it is with you. You are named. You are known.

The voice of your true Father breaks every false narrative, every lie.

This is the Fathering you were meant to receive.

And now, by grace, you can.

As you reflect on all this with God today, consider asking Him:

Father, in my story what were the words that I longed to hear growing up?

Jesus, how would my life change if I fully believed that I am loved and named by the Father?

Holy Spirit, what does it mean that God is pleased with me, even before I perform?

Guided Prayer suggestion:

"Father, I bring You the ache that no man ever named. I long to hear Your voice. Speak to my heart, to the little boy still wondering if he matters. Heal what was never spoken. Cancel every false name I've answered to, and anchor me in the truth: I am Your beloved son. Let that truth echo in my soul until it becomes the foundation I live from. Amen."

Day 7: Redeeming Generational Masculinity

Scripture:

Proverbs 27:17 As iron sharpens iron, so one person sharpens another.

Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Devotional:

In Tolkien's *Fellowship of the Ring*, the quest to save Middle-Earth could not be accomplished by one man. Even Aragorn, strong and noble, needed the fellowship. Frodo wouldn't have made it to Mount Doom without Sam. Strength alone was never the answer, love was. Loyalty was. Brotherhood was.

If we are going to reclaim what has been lost in masculinity, we cannot do it alone.

We were never meant to. Healing from the wounds of fatherlessness, silence, and confusion is not a solitary path, it is one forged in the fire of brotherhood and often guided by the voices of those who've walked before us.

As Michael Thompson writes in *The Heart of a Warrior*, "Every man is looking for a guide, a map, and a way out of the pain." And that map is rarely discovered in isolation.

Ecclesiastes 4 reminds us: "*Pity the man who falls and has no one to help him up.*" Brotherhood is not just a nice accessory: it is a necessity.

At a recent men's summit, when asked who had experienced a rite of passage or intentional initiation into manhood, only a few hands rose. That image lingers like a wound, a reminder of how many of us have gone unseen and uncalled. But it is also a call to rise. To say, "*It stops with me.*"

The cycle of passivity, aggression, or emotional shutdown that plagues our culture's masculinity is not the root, it is the symptom. Beneath it is the unspoken cry: *Will someone show me the way?*

And this is where the redemptive power of community comes in. In spaces where men gather, not to posture, but to be real, God moves. He brings healing through honesty. He offers initiation through mentorship. He restores what silence once stole.

In these communities, elder sages who have wrestled and endured can speak into younger men's lives with power and blessing. And in time, we too become that voice for someone else.

As iron sharpens iron, so we are called to walk side by side, naming one another's strength, helping each other heal, and building something stronger than what we inherited.

This is how God restores us:

Through fireside conversations where wounds are spoken and hearts are heard.
Through elder sages who pour out blessing instead of critique.

Through the fierce love of a brother who looks you in the eye and says, "You are not alone."

As you reflect on all this with God today, consider asking Him:

Father, who are the men that you are placing in my life to walk with and learn from?

Jesus, what part of my masculinity still bears the wounds of silence, confusion, or fatherlessness, and how do you want to begin healing it?

Holy Spirit, how might I become a voice of blessing for others, breaking the silence that shaped me?

If you enjoyed this reading plan, we invite you to continue your healing journey in *The Heart of a Warrior* and *King Me*, both by Michael Thompson.

