

MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

November 18, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.
Point me to what you will,
rank me with whom you want.
Put me to action,
put me to suffering.
Let me be employed for you,
or laid aside for you.
Exalted for you,
or brought low for you.
Let me be full, let me be empty.
Let me have all things,
let me have nothing.
I yield myself to your desires.
I seek your glory.
Father, Son, and Holy Spirit –
I am yours and you are mine.
Be the center of my life and the ground of all my hopes.

Discussion Questions

1. What has been the most meaningful thing from this study?
2. What do you anticipate being the easiest and the hardest part of your Holy Rule for 2027?
3. Share anything unique to your Holy Rule with the group?
4. Consider these other passages that emphasize what Paul emphasizes in Philippians 3: Hebrews 12:1-14, 1 Corinthians 9:24-27, 2 Timothy 4:7-8, Isaiah 43:18-19, Luke 9:62.

Biblical Passage
Philippians 3:4-17

If anyone else thinks he has reason for confidence in the flesh, I have more: 5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; 6 as to zeal, a persecutor of the church; as to righteousness under the law, blameless. 7 But whatever gain I had, I counted as loss for the sake of Christ. 8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— 10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, 11 that by any means possible I may attain the resurrection from the dead. 2 Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. 13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus. 15 Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. 16 Only let us hold true to what we have attained. 17 Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us.

Date	Readings (The Common Rule)
~~10/14/2026~~	~~Daily Habit 3 (pp. 63-78)~~
~~10/21/2026~~	~~Daily Habit 4 (pp. 79-94)~~
~~10/28/2026~~	~~Weekly Habit 4 (pp. 142-157)~~
~~11/4/2026~~	~~Weekly Habit 2 (pp. 111-126)~~
~~11/11/2026~~	~~Weekly Habit 3 (pp. 127-141)~~
~~11/18/2026~~	~~Common Rule (pp. 179-192)~~

Be Thou My Vision

