



DALE L. HUTCHINS

# A MAN AFTER GOD'S OWN HEART

**Teen Edition**

## **17 Weeks to Becoming the Man God Created You to Be**

A Journey to Biblical Manhood Through the Life of David

By Dale L. Hutchins

## WELCOME

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### Welcome to the Journey

If you're reading this...

Congratulations.

You've already taken the first step.

Most guys spend their teenage years trying to fit in.

Trying to be popular.

Trying to impress people.

Trying to figure out who they are.

God has something better.

He wants you to become the man He created you to be.

That's exactly what this journey is about.

Over the next seventeen weeks, you're going to walk through the life of one of the greatest men in the Bible.

David wasn't perfect.

He failed.

He sinned.

He made mistakes.

But God still called him...

**"A man after My own heart."**

Why?

Because David's heart belonged to God.

That can be true of you, too.

This isn't about becoming famous.

It's not about being the toughest guy in school.

It's not even about becoming successful.

It's about becoming the kind of man who loves Jesus with all his heart.

Each week you'll read.

Think.

Pray.

Talk.

Take a challenge.

And then actually live what you're learning.

Here's my challenge:

Don't rush.

Be honest.

Ask questions.

Trust God.

By the end of these seventeen weeks, my prayer isn't that you'll simply know more about David.

My prayer is that you'll become more like Christ.

Let's get started.

— **Pastor Dale Hutchins**

# HOW TO USE THIS GUIDE

Every week follows the same path.



## READ

Read the chapter from the book and the Bible passage.

Don't rush.

God often speaks through His Word when we slow down enough to listen.



## BIG IDEA

One simple truth.

If you remember nothing else...

Remember this.



## FORGED

Steel becomes strong when it is placed in the fire and shaped by a skilled craftsman.

The same is true of a man.

God uses everyday experiences—victories, failures, challenges, waiting, and even difficult seasons—to shape us into the men He created us to be.

Each week you'll discover a **FORGED** statement.

It's one powerful truth to remember, write down, and live out.

Don't just read it.

Think about it.

Pray about it.

Live it.

Because God isn't just giving you information...

**He's forging your character.**



## IRON SHARPENS IRON CHALLENGE

Faith isn't just something we believe.

It's something we do.

Every week you'll complete one challenge that helps you put God's Word into action.



## MEMORY VERSE

Hide God's Word in your heart.

You'll be surprised how often God brings these verses back to your mind when you need them.



## PRAYER

Talk honestly with God.

You don't have to impress Him.

Just be real.



## TALK IT OVER

Faith grows best in conversations.

Talk through the questions with your dad...

your mom...

your mentor...

your youth leader...

or your small group.

## NEXT STEP

One simple action before next week.

Small steps.

Big changes.

## DAVID'S JOURNAL

**Imagine David writing in his journal at the end of the day.**

What might he have been thinking?

What was God teaching him?

These aren't actual Bible passages.

They're creative reflections designed to help you imagine what David may have been learning as God shaped his heart.

## MANHOOD METER

No grades.

No guilt.

Just a way to see your growth.

Check off the things you completed.

Celebrate progress.

Keep growing.



## LEVEL UP

Every week you'll take on one extra challenge.

This is where faith becomes real.

# A LETTER TO PARENTS, MENTORS & YOUTH LEADERS

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Thank you for investing in the life of a young man.

Our culture tells boys to chase popularity, success, and self-promotion.

Scripture calls them to something far greater—to become men after God's own heart.

This guide is not designed to replace your influence. It is designed to strengthen it.

Every week includes conversation starters because discipleship happens best through relationships.

Don't worry about having all the answers.

Ask questions.

Listen well.

Share your own experiences.

Pray together.

Model what it means to follow Jesus.

Remember...

Teenage boys are not simply the future of the Church.

They are part of the Church today.

Thank you for helping shape the next generation of godly men.

— Pastor Dale Hutchins

# THE 17-WEEK JOURNEY

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## PART ONE

### GOD PREPARES A MAN

Week 1 — Faithfulness Begins in Obscurity

Week 2 — Identity Comes from God

Week 3 — Courage Rooted in God

Week 4 — Integrity Matters

## PART TWO

### GOD DEVELOPS A MAN

Week 5 — The Wilderness Years

Week 6 — Strength Under Control

Week 7 — Lead By Serving

Week 8 — A Heart of Worship

## PART THREE

### GOD RESTORES A MAN

Week 9 — Building a Legacy

Week 10 — When Good Men Fall

Week 11 — The Cost of Sin

Week 12 — The Power of Repentance

## PART FOUR

### GOD SHAPES A MAN

Week 13 — Wisdom Through Trials

Week 14 — Pursuing God's Heart

Week 15 — Finishing Well

Week 16 — Passing the Torch

Week 17 — Becoming a Man After God's Own Heart

# MY MANHOOD COVENANT

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With God's help...

I choose to become the man He created me to be.

I will seek Jesus above popularity.

I will choose character over comfort.

I will tell the truth.

I will honor my parents.

I will respect women.

I will serve others.

I will stand for what is right.

I will admit when I am wrong.

I will keep growing.

I will pursue a heart after God.

When I fail...

I will run to Jesus—not away from Him.

This is the man I want to become.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

# WELCOME TO THE BROTHERHOOD

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There comes a moment in every young man's life when he has to decide...

Will I simply follow the crowd...

or will I follow Christ?

The world says being a man means being tough.

The Bible says being a man means being faithful.

The world says...

Look out for yourself.

Jesus says...

Deny yourself.

The world says...

Win at all costs.

Jesus says...

Take up your cross.

This journey isn't about becoming better than everyone else.

It's about becoming the man God created you to be.

For the next 17 weeks...

You're joining thousands of men who have made one decision:

**To pursue the heart of God above everything else.**

Welcome to the journey.

Welcome to the Brotherhood.



# MISSION 1

## FAITHFULNESS BEGINS IN OBSCURITY

### MISSION BRIEFING

#### Location

The Hills of Bethlehem

#### Bible Reading

1 Samuel 16:1–13

#### Book Chapter

Chapter 1

#### Mission Objective

Discover why God prepares us in private before He uses us in public.

#### Skill You'll Build

Faithfulness

#### Key Question

**Who am I becoming when nobody is watching?**



### MISSION INTRO

Have you ever felt overlooked?

Maybe you didn't make the team.

Maybe someone else got the award.

Maybe your friends ignored you.

Maybe you've wondered...

*"Does anybody even notice me?"*

David understood exactly how that felt.

When Samuel came looking for Israel's next king...

David wasn't even invited.

His father left him out in the fields.

His brothers stood in the spotlight.

David stayed with the sheep.

But while everyone else overlooked David...

**God never did.**

And maybe...

He's doing the same thing in your life.

## READ

### Book

Read Chapter 1

### Bible

Read **1 Samuel 16:1-13**

As you read...

Look for every clue that shows what God values most.

## BIG IDEA

God often prepares us in places nobody else notices.

The hidden seasons of life are never wasted.

Before David led a nation...

he faithfully watched sheep.

Before he wore a crown...

he learned responsibility.

Before people believed in him...

God already had.

Don't despise the ordinary days.

God often does His greatest work there.

## FORGED

**"God prepares the man in private before He presents him in public."**

## HEAD

**What did I learn?**

Why do you think God chose David instead of someone older...

stronger...

or more experienced?

What does that tell you about what God looks for?

**Write one thing you learned.**

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## HEART

**What is God changing in me?**

Be honest.

Do you ever compare yourself to other people?

Do you wish you were more popular?

Better at sports?

Smarter?

More athletic?

More confident?

**Ask yourself:**

**"Am I spending more time trying to impress people than I am trying to please God?"**

**Write one area where you want God to grow your heart.**

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## HANDS

**What will I do this week?**

Faith isn't just believing.

Faith means living differently.

This week...

choose one way you'll be faithful when no one is watching.

**Write it here.**

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## IRON SHARPENS IRON CHALLENGE

**Secret Service**

This week...

Do one act of kindness that nobody knows came from you.

Ideas:

- ☒ Pick up trash.
- ☒ Encourage someone anonymously.
- ☒ Help your parents without being asked.
- ☒ Pray for a classmate.
- ☒ Leave an encouraging note.

Don't tell anyone.

Remember...

God sees what others don't.

### MEMORY VERSE

**1 Samuel 16:7**

**"People look at the outward appearance, but the Lord looks at the heart."**

Can you memorize this before next week?

☐ Yes!

### PRAYER

Father,

Sometimes I feel unnoticed.

Sometimes I compare myself to other people.

Help me remember that You see me.

Teach me to be faithful in the little things.

Shape my heart into the kind of man You can trust with bigger things.

In Jesus' name,

Amen.

## WALK WITH ME

Don't do this journey alone.

Talk with your dad...

mentor...

youth pastor...

or another mature Christian.

Ask them these questions.

1. Did you ever feel overlooked when you were my age?
2. How did God use that season to shape you?
3. What advice would you give me about being faithful right now?

## NEXT STEP

Before Mission 2...

- ☐ Read Chapter 2
- ☐ Read 1 Samuel 17
- ☐ Memorize 1 Samuel 16:7
- ☐ Complete the Challenge
- ☐ Pray every day
- ☐ Thank God every morning for one thing

## DAVID'S JOURNAL

### *A Shepherd's Journal*

Today started like every other day.

The sheep wandered.

The sun was hot.

Nothing seemed important.

Then someone came running.

"David! Samuel is here!"

I didn't understand.

Why would the prophet be looking for me?

When I arrived...

my brothers were already standing there.

I wondered if I was too late.

Then Samuel looked at me.

He poured oil over my head.

He said God had chosen me.

I still don't understand why.

I'm still just a shepherd.

But maybe...

God sees something in me that I can't see yet.

Tomorrow I'll probably go right back to watching sheep.

And that's okay.

Because now I know...

God knows exactly where to find me.



## MANHOOD METER

This Week I...



Read my Bible

- ☐ Prayed every day
- ☐ Memorized the verse
- ☐ Finished my challenge
- ☐ Honored my parents
- ☐ Encouraged someone
- ☐ Chose faithfulness

## LEVEL UP

### The Shepherd Challenge

For the next seven days...

Before you pick up your phone...

Read one chapter of the Bible first.

It only takes a few minutes.

But it might change your whole day.

## MISSION ACCOMPLISHED?

**"When this week is over, what kind of man do I want to become?"**

**Write your answer.**

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## MISSION 2

# IDENTITY COMES FROM GOD



## MISSION BRIEFING

### Location

The Valley of Elah

### Bible Reading

1 Samuel 17:28–37

### Book Chapter

Chapter 2

### Mission Objective

Discover that your identity is determined by who God says you are—not by what others think of you.

### Skill You'll Build

Confidence

### Key Question

Who am I becoming when I believe what God says about me instead of what everyone else says?



## MISSION INTRO

Have you ever felt like you weren't enough?

Not smart enough.

Not athletic enough.

Not popular enough.

Not funny enough.

Not good-looking enough.

Not confident enough.

If we're honest...

almost every teenager has.

David knew what that felt like.

Before he ever faced Goliath...

he had to face something even harder.

His own brother told him to go home.

King Saul doubted him.

The soldiers laughed at him.

Everyone around David focused on what he lacked.

But David focused on what God had already done.

Here's the lesson:

**You'll never defeat the giants around you until you know who you are in God.**



## READ

### Book

Read **Chapter 2**

### Bible

Read **1 Samuel 17:28–37**

As you read...

Notice every time someone tries to tell David who he is.

Then notice whose voice David believes.



## BIG IDEA

Your identity isn't determined by your popularity...

your grades...

your athletic ability...

your family...

or your mistakes.

Your identity comes from God.

The world says...

"Prove yourself."

God says...

"You belong to Me."

When you know who you are in Christ...

you don't have to spend your life trying to impress everyone else.



## FORGED

**"Confidence isn't believing you're enough. Confidence is believing God is enough."**



## HEAD

**What did I learn?**

Why do you think David wasn't discouraged by his brother's criticism?

What had David already learned about God that gave him confidence?

**Write one truth you discovered.**

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## HEART

### What is God changing in me?

Whose opinion affects you the most?

Friends?

Social media?

Teammates?

Teachers?

Parents?

**Ask yourself:**

**"Am I allowing other people to decide my value?"**

**Write one lie you've believed about yourself.**

Then write one truth from God's Word that replaces it.

**Lie:**

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**God's Truth:**

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## HANDS

### What will I do this week?

This week...

choose one way to live like your identity belongs to Christ.

Maybe that means:

Standing up for someone.

Refusing to compromise.

Choosing kindness.

Ignoring peer pressure.

**Write your commitment.**

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## IRON SHARPENS IRON CHALLENGE

### Encourage Someone

This week...

Find one person who seems discouraged.

Text them.

**Write them a note.**

Encourage them after practice.

Sit with them at lunch.

Remind them they matter.

Sometimes helping someone else remember who they are reminds us who we are.



## MEMORY VERSE

**1 Samuel 17:37**

"The LORD who rescued me from the lion and the bear will rescue me from this Philistine."



## PRAYER

Father,

Thank You for loving me exactly as I am.

Help me stop comparing myself to other people.

Teach me to see myself through Your eyes.

Give me confidence that comes from knowing You instead of trying to impress everyone else.

Help me remember that my identity is found in Christ.

Amen.



## WALK WITH ME

Ask your dad...

mentor...

or youth leader.

1. When did you struggle the most with comparison?
2. How did God help you become confident in Him?
3. What would you tell your teenage self if you could go back?



## NEXT STEP

Before Mission 3...

- ☐ Read Chapter 3
- ☐ Read 1 Samuel 17:31–50

- ☐ Memorize 1 Samuel 17:37
- ☐ Complete the Challenge
- ☐ Pray every day
- ☐ Thank God for three things about how He made you.



## DAVID'S JOURNAL

### *The Day Before the Giant*

Today my oldest brother looked at me like I didn't belong.

He asked why I had even come.

For a moment...

I wondered if he was right.

Maybe I was too young.

Maybe I wasn't strong enough.

Maybe I should go home.

But then I remembered the lion.

I remembered the bear.

I remembered how God had never left me.

The battle in front of me suddenly wasn't as important as the battles God had already brought me through.

Maybe courage doesn't begin when everyone believes in you.

Maybe it begins when you remember that God already does.

Tomorrow...

I'll walk toward the giant.

Not because I'm brave...

but because I know who walks with me.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the challenge
- ☐ Encouraged someone
- ☐ Refused to compare myself
- ☐ Remembered my identity in Christ



## LEVEL UP

### The Mirror Challenge

Every morning this week...

Look in the mirror.

Before you leave your room...

Say these words out loud.

**"I am loved by God.**

**I belong to Jesus.**

**I was created for a purpose.**

**Today I will live for Him."**

It might feel awkward the first time.

But after a week...

You'll notice something.

You'll stop listening to every other voice.

And you'll start listening to the One that matters most.



## MISSION ACCOMPLISHED?

When this week is over...

**Finish this sentence.**

**Because my identity is in Christ...**

## MISSION 3

# COURAGE ROOTED IN GOD



### MISSION BRIEFING

#### Location

The Valley of Elah

#### Bible Reading

1 Samuel 17:31–50

#### Book Chapter

Chapter 3

#### Mission Objective

Discover that real courage doesn't come from believing in yourself—it comes from trusting God.

#### Skill You'll Build

Courage

#### Key Question

What giant is keeping me from trusting God completely?



### MISSION INTRO

Everyone faces giants.

Some are easy to see.

Others aren't.

For some guys, the giant is fear.

For others, it's fitting in.

Maybe it's standing up for what's right when your friends make fun of you.

Maybe it's anxiety.

Maybe it's temptation.

Maybe it's believing you'll never be good enough.

David faced a giant named Goliath.

But the greatest battle wasn't against a nine-foot warrior.

It was deciding whether he would trust God or run away like everyone else.

The same decision faces us today.

## READ

### Book

Read **Chapter 3**

### Bible

Read **1 Samuel 17:31-50**

As you read...

Pay attention to what David says about God before he ever picks up a stone.

## BIG IDEA

Courage isn't pretending you're not afraid.

Courage is trusting God enough to obey Him even when you are afraid.

David didn't win because he was the strongest soldier.

He won because he believed God was bigger than the giant standing in front of him.

God never promised you would live without fear.

He promised you would never face your battles alone.

## FORGED

**"Faith doesn't make your giant smaller—it reminds you your God is greater."**

## HEAD

**What did I learn?**

Why do you think David saw the battle differently than everyone else?

What does this story teach you about trusting God?

**Write one truth you learned.**

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## HEART

**What is God changing in me?**

Think honestly.

What "giant" are you facing right now?

Fear?

Peer pressure?

Temptation?

Loneliness?

Anger?

Anxiety?

Doubt?

**Write your answer below.**

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Now ask yourself:

**"Have I been looking at my giant more than I've been looking at God?"**

## **HANDS**

**What will I do this week?**

Choose one courageous step of faith.

Examples:

- Invite a friend to youth group.
- Pray out loud with your family.
- Stand up for someone who's being picked on.
- Tell someone you're a Christian.
- Say no to something you know is wrong.

**Write your commitment.**

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## **IRON SHARPENS IRON CHALLENGE**

**Face Your Giant**

This week...

Choose one fear you've been avoiding.

Instead of running from it...

Take one step toward it while trusting God.

Remember...

God often grows our faith one courageous step at a time.

Come ready to share what happened.

### MEMORY VERSE

#### **1 Samuel 17:47**

**"The battle is the LORD'S..."**

Try to memorize the entire verse before the next mission.

### PRAYER

Father,

Sometimes I let fear make my decisions.

Help me remember that You are bigger than every giant I face.

Give me courage to trust You even when I'm afraid.

Teach me to obey You instead of listening to fear.

Thank You for always being with me.

In Jesus' name,

Amen.

### WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask these questions.

1. What was the biggest fear you faced as a teenager?
2. How did trusting God help you overcome it?
3. What advice would you give me when I feel afraid?

## ★ NEXT STEP

Before Mission 4...

- ☐ Read Chapter 4
  - ☐ Read 1 Samuel 24
  - ☐ Memorize 1 Samuel 17:47
  - ☐ Complete the Iron Sharpens Iron Challenge
  - ☐ Pray every day
  - ☐ Write down one way you saw God help you this week.
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## 👉 DAVID'S JOURNAL

### *The Day I Faced the Giant*

Everyone else saw a giant.

I saw someone standing against the living God.

Was I afraid?

Of course I was.

My hands shook as I picked up the stones.

My heart raced as I walked into the valley.

But then I remembered the lion.

I remembered the bear.

I remembered every time God had carried me before.

That's when I realized something.

This battle wasn't about proving how brave I was.

It was about showing how faithful God is.

When I let the stone fly...

I wasn't trusting my aim.

I was trusting my God.

Maybe courage isn't the absence of fear.

Maybe courage is taking the next step, knowing God is already there.



### MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed my challenge
- ☐ Took one courageous step
- ☐ Trusted God with my fears
- ☐ Encouraged someone else



### LEVEL UP

#### The Five Stones Challenge

David picked up five smooth stones before facing Goliath.

This week...

**Write down five ways God has been faithful to you.**

Carry that list with you.

Whenever fear shows up...

Read the list.

Remember what David remembered:

**If God was faithful yesterday...**

**He'll be faithful tomorrow.**

## MISSION 4

# INTEGRITY MATTERS



## MISSION BRIEFING

### Location

The Wilderness of En Gedi

### Bible Reading

1 Samuel 24:1-22

### Book Chapter

Chapter 4

### Mission Objective

Discover that integrity means choosing what is right, even when it's difficult and no one else may ever know.

### Skill You'll Build

Integrity

### Key Question

Who am I becoming when no one is watching?



## MISSION INTRO

Have you ever been tempted to take the easy way out?

Maybe it was...

Cheating on homework.

Lying to avoid getting into trouble.

Sending a message you knew wasn't right.

Looking at something online you shouldn't.

Joining in when others made fun of someone.

Most people think integrity is tested when everyone is watching.

Actually...

Integrity is usually tested when no one is.

David had the perfect opportunity to solve all of his problems.

King Saul—the man trying to kill him—was alone and completely defenseless.

No one would have blamed David for striking back.

Even David's own men told him to do it.

But David knew something they didn't.

Doing what is easy isn't always doing what is right.



## READ

### Book

Read **Chapter 4**

### Bible

Read **1 Samuel 24:1–22**

As you read...

Notice the difference between what David's friends wanted him to do and what David knew God wanted him to do.



## BIG IDEA

Integrity means doing the right thing because it honors God—not because someone is watching.

David had every opportunity to take revenge.

Instead, he chose obedience.

Real integrity isn't built in big moments.

It's built through hundreds of small decisions that no one else ever sees.

The choices you make today are shaping the man you'll become tomorrow.



## FORGED

**"Your character is revealed by the choices you make when no one else knows."**



## HEAD

### What did I learn?

Why do you think David refused to kill Saul even though everyone around him thought he should?

What does that teach you about honoring God?

**Write one thing you learned.**

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## HEART

### What is God changing in me?

Think honestly.

Where are you most tempted to compromise your integrity?

At school?

Online?

With your friends?

At home?

When you're alone?

Circle one area and ask God to help you honor Him there this week.

**Write your answer.**



## HANDS

### What will I do this week?

Choose one way you'll practice integrity.

Examples:

- Tell the truth even if it's hard.
- Refuse to cheat.
- Walk away from gossip.
- Put your phone down when temptation comes.

- Keep a promise you've made.

**Write your commitment.**

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## IRON SHARPENS IRON CHALLENGE

### The Integrity Challenge

This week...

Do the right thing when nobody else will ever know.

Don't tell anyone.

Don't post about it.

Don't look for recognition.

Let it be something only you and God know.

At the end of the week...

Ask yourself,

**"Would I still have done it if nobody ever found out?"**



## MEMORY VERSE

### Proverbs 10:9

**"Whoever walks in integrity walks securely..."**

Challenge yourself to memorize the entire verse.



## PRAYER

Father,

Thank You for caring more about my heart than my image.

Help me choose what is right, even when it costs me something.

Give me the courage to obey You when no one else is watching.

Shape my character so my life honors You in public and in private.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask these questions.

1. Can you remember a time when doing the right thing was difficult?
2. How did God help you make the right choice?
3. Why do you think integrity is so important?



## NEXT STEP

Before Mission 5...

- ☐ Read Chapter 5
- ☐ Read 1 Samuel 22:1–5

- ☐ Memorize Proverbs 10:9
- ☐ Complete the Integrity Challenge
- ☐ Pray every day
- ☐ Look for one opportunity to choose God's way over the easy way.



## DAVID'S JOURNAL

### ***The Cave at En Gedi***

Today I stood over the man who has been hunting me.

He didn't know I was there.

One swing of my sword...

and it would all be over.

My men whispered,

*"This is your chance."*

For a moment...

I wanted to listen.

Wouldn't it be easier?

Wouldn't everyone understand?

But then I remembered...

God never asked me to become king by taking matters into my own hands.

He asked me to trust Him.

So I cut off only the corner of Saul's robe.

Even that troubled my heart.

Today I learned something I'll never forget.

Doing what's right isn't always the easiest choice.

But it is always the best one.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Integrity Challenge
- ☐ Told the truth
- ☐ Honored God in private
- ☐ Chose obedience over convenience



## LEVEL UP

### The 24-Hour Integrity Test

For one full day...

Live as though Jesus is standing beside you in every conversation, every text message, every social media post, every decision, and every private moment.

At the end of the day, ask yourself:

**Did my choices reflect the man I'm becoming?**

**Write one thing you did well and one area where you want to grow.**

## MISSION 5

# THE WILDERNESS YEARS



## MISSION BRIEFING

### Location

The Cave of Adullam

### Bible Reading

1 Samuel 22:1-5

### Book Chapter

Chapter 5

### Mission Objective

Discover that God often does His greatest work in the seasons we would choose to skip.

### Skill You'll Build

Patience

### Key Question

Can I trust God even when life doesn't make sense?



## MISSION INTRO

Nobody likes to wait.

You wait for summer.

You wait to get your driver's license.

You wait to make the team.

You wait for college.

You wait for prayers to be answered.

Waiting can be frustrating.

Sometimes it even makes you wonder if God has forgotten about you.

David probably wondered the same thing.

God had already chosen him to be king.

But instead of living in a palace...

David was hiding in a cave.

Instead of wearing a crown...

He was running for his life.

The cave wasn't where David wanted to be.

But it was exactly where God needed him to be.

Sometimes God prepares us in places we would never choose for ourselves.

---



## READ

### Book

Read **Chapter 5**

### Bible

Read **1 Samuel 22:1-5**

As you read...

### Ask yourself:

**"What was God teaching David while he was waiting?"**

---



## BIG IDEA

Waiting isn't wasted time.

God often does His greatest work while we're waiting for the next chapter of our lives.

David wanted a throne.

God gave him a cave.

The cave became the place where David learned to trust God more deeply than ever before.

Sometimes God changes us before He changes our circumstances.



## FORGED

"God's waiting room is often His training room."



## HEAD

### What did I learn?

Why do you think God allowed David to spend time in the cave before becoming king?

What do you think David learned there that he couldn't have learned sitting on a throne?

**Write one thing you learned.**



## HEART

### What is God changing in me?

Is there something you're waiting for right now?

Maybe you're waiting...

- to make the team.
- for a friendship to heal.
- for your family situation to get better.
- to understand God's plan.
- for an answer to prayer.

**Write one thing you're waiting on.**

---

Now ask yourself:

**"Could God be using this season to prepare me instead of just making me wait?"**

---



## HANDS

### What will I do this week?

Instead of complaining about something you're waiting for...

Choose one way to trust God.

**Write one action you'll take this week.**

---

---



## IRON SHARPENS IRON CHALLENGE

### Trust While You Wait

For the next seven days...

Spend ten quiet minutes with God before you begin your day.

During those ten minutes:

- ☒ Read a chapter of the Bible.

✓ Pray.

✓ Write down one thing you're thankful for.

At the end of the week...

Look back and see how God has been working, even while you've been waiting.

---



## MEMORY VERSE

### Isaiah 40:31

**"But those who wait for the LORD shall renew their strength..."**

Try to memorize the entire verse this week.

---



## PRAYER

Father,

Waiting is hard.

Sometimes I want You to answer my prayers right away.

Help me trust that Your timing is always perfect.

Teach me what You want me to learn while I wait.

Grow my faith.

Strengthen my character.

Help me remember that You are always working, even when I can't see it.

In Jesus' name,

Amen.

---



## WALK WITH ME

Talk with your dad...

mentor...

youth pastor...

or another mature Christian.

Ask these questions.

1. Can you tell me about a time when God made you wait?
2. Looking back, what was God teaching you?
3. How did that waiting season help you become who you are today?



## NEXT STEP

Before Mission 6...

- ☐ Read Chapter 6
- ☐ Read **1 Samuel 26:7-12**
- ☐ Memorize Isaiah 40:31
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Thank God each day for one blessing in your life.



## DAVID'S JOURNAL

### *The Cave Isn't the End*

Another day.

Another night in this cave.

Sometimes I wonder if anyone even remembers that Samuel anointed me.

It would be easy to believe God has forgotten His promise.

But deep down...

I know He hasn't.

Every day in this cave teaches me something.

Patience.

Trust.

Leadership.

Compassion.

Maybe I couldn't have learned those lessons sitting on a throne.

Maybe God isn't delaying His promise.

Maybe He's preparing me for it.

Tomorrow I'll wake up and trust Him again.

One day at a time.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Trusted God while waiting
- ☐ Chose gratitude over complaining
- ☐ Encouraged someone else



## LEVEL UP

### The Gratitude Challenge

Every night this week...

**Write down three things God did for you that day.**

Some days they'll be big.

Some days they'll seem small.

But you'll discover something amazing...

When you begin looking for God's faithfulness...

You'll start seeing it everywhere.

## MISSION 6

# STRENGTH UNDER CONTROL



### MISSION BRIEFING

#### Location

Saul's Camp

#### Bible Reading

1 Samuel 26:7-12

#### Book Chapter

Chapter 6

#### Mission Objective

Discover that real strength is shown by self-control, not by revenge.

#### Skill You'll Build

Self-Control

#### Key Question

How can I trust God instead of taking matters into my own hands?



### MISSION INTRO

Have you ever wanted to get even?

Someone embarrassed you.

Spread a rumor.

Left you out.

Posted something about you.

Said something that hurt.

Everything inside you wanted to strike back.

David knew exactly how that felt.

King Saul had been chasing David for years.

Now Saul was asleep.

David could have ended everything with one swing of his spear.

His friend even said,

**"God has handed him over to you."**

But David saw the situation differently.

Just because you **can** do something...

doesn't mean you **should**.

Sometimes the strongest thing you'll ever do...

is walk away.



## READ

### Book

Read **Chapter 6**

### Bible

Read **1 Samuel 26:7-12**

As you read...

Notice what David chooses **not** to do.

Ask yourself why.

---



## BIG IDEA

The world says strength is getting even.

God says strength is learning to trust Him.

David wasn't weak because he spared Saul.

He was strong because he refused to let anger control him.

Anyone can lose their temper.

It takes a man of God to control it.

Self-control isn't weakness.

It's evidence that God is changing your heart.

---



## FORGED

**"The strongest man isn't the one who wins every fight—it's the one who knows when to walk away."**

---



## HEAD

### What did I learn?

Why did David refuse to harm Saul?

What does his decision teach you about trusting God?

**Write one truth you learned.**

---

---

---

 **HEART**

## What is God changing in me?

Think about a recent situation.

Did you react...

or respond?

Were your words helpful...

or hurtful?

Do you struggle with...

- Anger?
- Impatience?
- Saying things you later regret?
- Holding grudges?

**Write one area where you need God's help.**

---

Now ask yourself:

**"Am I letting my emotions control me...or am I letting God lead me?"**

**HANDS**

## What will I do this week?

Think of one relationship where you can choose grace instead of reacting.

Maybe you'll...

- Forgive someone.

- Stay calm during an argument.
- Listen instead of interrupting.
- Walk away before saying something hurtful.

**Write your commitment.**

---

---



## IRON SHARPENS IRON CHALLENGE

### Pause Before You React

This week...

Before you respond in anger...

**PAUSE.**

---

Take a deep breath.

Pray this simple prayer:

**"Lord, help me respond the way You would."**

Then choose your words carefully.

At the end of the week...

**Write about one time this changed the outcome.**



## MEMORY VERSE

### Proverbs 16:32

**"Better a patient person than a warrior, one with self-control than one who takes a city."**



## PRAYER

Father,

Sometimes my emotions control my words and actions.

Help me become a man who responds with wisdom instead of reacting in anger.

Teach me to trust You with every situation.

Fill me with Your Spirit so I can choose patience, kindness, and self-control.

May my life reflect the character of Jesus.

In His name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Tell me about a time when your anger got you into trouble.
2. What has God taught you about self-control?
3. How do you know when it's better to walk away?



## NEXT STEP

Before Mission 7...

☐ Read Chapter 7

- ☐ Read **2 Samuel 5:1-5**
- ☐ Memorize Proverbs 16:32
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Practice pausing before reacting.



## DAVID'S JOURNAL

### *The Spear Beside the King*

Tonight I stood closer to Saul than ever before.

He never knew I was there.

His spear rested beside him.

One quick movement...

and everything could have changed.

Abishai whispered,

*"This is your chance."*

For a moment...

I thought about it.

How easy it would be.

How justified it would seem.

But then I remembered...

God never asked me to take revenge.

He asked me to trust Him.

So I picked up Saul's spear...

and his water jug...

and walked away.

Tonight I learned something I'll never forget.

Real strength isn't found in what I have the power to do.

It's found in what I choose **not** to do because I trust God.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Chose self-control
- ☐ Responded instead of reacted
- ☐ Extended grace to someone



## LEVEL UP

### The 10-Second Rule

This week...

Whenever you start to feel angry...

Wait **10 seconds** before you speak.

Use those 10 seconds to ask yourself:

**"Will these words make me more like Jesus?"**

If the answer is no...

Choose different words.

You'll be amazed how often ten seconds can change everything.

## MISSION 7

### LEAD BY SERVING



#### MISSION BRIEFING

##### Location

Hebron

##### Bible Reading

2 Samuel 5:1–5

##### Book Chapter

Chapter 7

##### Mission Objective

Discover that the greatest leaders don't demand to be served—they choose to serve others.

##### Skill You'll Build

Servant Leadership

##### Key Question

Am I using my influence to help others or just myself?



#### MISSION INTRO

When you hear the word **leader**, what comes to mind?

A team captain?

A coach?

A president?

## A CEO?

---

Most people think leadership is about being in charge.

Jesus turned that idea upside down.

He said...

**"Whoever wants to become great among you must be your servant."**

*(Mark 10:43)*

David finally became king.

But God didn't choose him because he wanted power.

God chose him because he had spent years learning how to care for others.

Before David became a king...

He was a shepherd.

And a shepherd's job wasn't to be served.

It was to serve.

Real leaders don't ask,

**"How many people follow me?"**

They ask,

**"How many people can I help?"**



# READ

## Book

Read **Chapter 7**

## Bible

Read **2 Samuel 5:1–5**

As you read...

Notice how David's years as a shepherd prepared him to become a king.

---



## BIG IDEA

Leadership isn't about having a title.

It's about making a difference.

You don't have to wait until you're older to become a leader.

Every day people are watching you.

Your friends.

Your teammates.

Your classmates.

Your younger siblings.

The question isn't whether you have influence.

The question is...

**How are you using it?**

Godly leaders don't climb over people.

They lift people up.

---



## FORGED

**"The greatest leaders aren't known by the people they command—but by the people they serve."**

---



## HEAD

### What did I learn?

Why do you think God chose a shepherd to become king?

What qualities made David a good leader?

**Write one thing you learned.**



## HEART

### What is God changing in me?

Think about the people around you.

Who is influenced by your example?

Friends?

Teammates?

Brothers or sisters?

Classmates?

Now ask yourself:

**"Am I leading people closer to Jesus...or farther away?"**

**Write one area where you want to become a better leader.**



## HANDS

### What will I do this week?

Choose one way to serve someone without expecting anything in return.

Maybe you'll...

- Help a teacher.
- Encourage a teammate.
- Sit with someone who's alone.
- Help around the house without being asked.
- Pray with a friend.

**Write your commitment.**

---

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## IRON SHARPENS IRON CHALLENGE

### The Servant Challenge

This week...

Find **three people** you can intentionally serve.

Don't look for recognition.

Don't post about it.

Don't expect a "thank you."

Just serve.

At the end of the week...

**Ask yourself:**

**"Did serving others make me more like Jesus?"**

---



## MEMORY VERSE

**Mark 10:45**

**"For even the Son of Man came not to be served but to serve..."**

---



## PRAYER

Father,

Thank You for showing me that true leadership begins with serving.

Help me become the kind of young man who puts others before himself.

Teach me to use my influence to encourage, strengthen, and point people toward You.

Make me a servant leader like Jesus.

In His name,

Amen.

---



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Who was the best leader you've ever known?
  2. What made that person different?
  3. How can I begin leading others even while I'm still young?
- 



## NEXT STEP

Before Mission 8...

- ☐ Read Chapter 8

- ☐ Read **2 Samuel 6:12-22**
  - ☐ Memorize Mark 10:45
  - ☐ Complete the Servant Challenge
  - ☐ Pray every day
  - ☐ Look for one opportunity each day to put someone else first.
- 



## DAVID'S JOURNAL

### *The Shepherd Never Left*

Today the elders of Israel called me their king.

It's strange.

They see a crown.

I still remember a shepherd's staff.

I remember lonely hillsides.

Long nights.

Protecting sheep from danger.

At the time...

I thought I was only taking care of sheep.

Now I realize...

God was teaching me how to care for people.

A crown doesn't make someone a leader.

A servant's heart does.

If I ever forget what it means to be a shepherd...

I'll forget what it means to be king.

Lord...

Help me never stop serving.

---



## MANHOOD METER

This Week I...

- ☐ Read my Bible
  - ☐ Prayed every day
  - ☐ Memorized my verse
  - ☐ Completed the Servant Challenge
  - ☐ Put someone else first
  - ☐ Encouraged another person
  - ☐ Led by serving
- 



## LEVEL UP

### The Invisible Leader Challenge

For one week...

Lead without telling anyone you're leading.

Look for opportunities to:

- ✓ Encourage.
- ✓ Help.
- ✓ Include.
- ✓ Protect.
- ✓ Pray.

✓ Serve.

At the end of the week...

**Write down one thing you learned.**

**The best leaders don't need attention.**

**They make a difference.**

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## MISSION 8

# A HEART OF WORSHIP



### MISSION BRIEFING

#### Location

Jerusalem

#### Bible Reading

2 Samuel 6:12-22

#### Book Chapter

Chapter 8

#### Mission Objective

Discover that worship is more than singing—it's living every day with God at the center of your life.

#### Skill You'll Build

Wholehearted Worship

#### Key Question

What sits on the throne of my heart?



### MISSION INTRO

When you hear the word **worship**, what do you think of?

A church service?

A worship band?

Singing songs on Sunday morning?

Those are all part of worship...

But worship is much bigger than music.

Whatever is most important to you...

Whatever gets your time...

Your attention...

Your affection...

That's what you're really worshiping.

For some people it's sports.

For others it's popularity.

Video games.

Money.

Social media.

Relationships.

David teaches us something completely different.

When the Ark of the Covenant returned to Jerusalem...

David celebrated with all his heart.

He wasn't worried about looking cool.

He wasn't worried about what people thought.

He simply wanted to honor God.

A heart after God is a heart that puts Him first.



## READ

### Book

Read **Chapter 8**

### Bible

Read **2 Samuel 6:12–22**

As you read...

Notice why David was willing to worship God so openly.



## BIG IDEA

Worship isn't just something you do on Sunday.

It's the way you live every day.

Whatever is first in your heart will eventually shape your life.

David understood that nothing—not success, popularity, power, or even being king—was more important than God's presence.

When God is first...

Everything else begins to fall into place.



## FORGED

**"Whatever sits on the throne of your heart will direct the course of your life."**



## HEAD

**What did I learn?**

Why do you think David wasn't embarrassed to worship God?

What does that teach you about putting God first?

**Write one thing you learned.**

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## HEART

### What is God changing in me?

Be honest.

What gets most of your attention?

Your phone?

Sports?

Friends?

Gaming?

Social media?

School?

None of those things are wrong...

Unless they become more important than God.

**Ask yourself:**

**"If someone watched my life this week, what would they say matters most to me?"**

**Write your answer.**

---

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## HANDS

### What will I do this week?

Choose one practical way to put God first every day.

Maybe you'll...

- Read your Bible before checking your phone.
- Spend five extra minutes in prayer.
- Listen to worship music instead of scrolling social media.
- Thank God before every meal.

**Write your commitment.**

---

---



## IRON SHARPENS IRON CHALLENGE

### First Things First

For the next seven days...

Give God the **first fifteen minutes** of your day.

Before your phone.

Before social media.

Before video games.

Before anything else.

Spend that time:

- ☒ Reading Scripture.
- ☒ Praying.
- ☒ Thanking God for three blessings.

At the end of the week...

**Write down how starting your day with God changed your attitude.**



## MEMORY VERSE

### Psalm 63:1

**"You, God, are my God, earnestly I seek You..."**

Memorize this verse before Mission 9.



## PRAYER

Father,

I want You to be first in my life.

Forgive me for the times I've allowed other things to become more important than You.

Teach me to worship You not only with my words but also with my choices, my priorities, and the way I live every day.

Help me become a young man whose heart belongs completely to You.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. What helped you grow closer to God when you were my age?
2. How do you keep God first in your life today?
3. What competes most for your attention, and how do you keep it from replacing God?



## NEXT STEP

Before Mission 9...

- ☐ Read Chapter 9
- ☐ Read **1 Chronicles 28:8-10**
- ☐ Memorize Psalm 63:1
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Begin every morning by putting God first.



## DAVID'S JOURNAL

### ***Dancing Before the Lord***

Today was one of the happiest days of my life.

The Ark of God finally came home.

Some people probably thought I looked foolish.

Maybe I did.

Kings aren't supposed to dance.

They're supposed to protect their image.

But today...

I wasn't thinking about being a king.

I was thinking about my King.

I've learned something through all these years.

Battles come and go.

Crowds cheer one day and criticize the next.

Crowns don't last forever.

But God's presence...

That's worth celebrating with all my heart.

If people remember me...

I hope they remember this.

Nothing mattered more to me than being close to God.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Put God first
- ☐ Worshiped with my whole heart
- ☐ Chose God's approval over people's opinions



## LEVEL UP

### The "First Fifteen" Challenge

For seven days...

Spend the first fifteen minutes of your morning with God.

No excuses.

No distractions.

No phone.

Just you...

Your Bible...

And your Heavenly Father.

At the end of the week, answer this question:

**How did giving God my first fifteen minutes change the rest of my day?**

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## PART THREE

### GOD RESTORES A MAN

## MISSION 9

# BUILDING A LEGACY



## MISSION BRIEFING

### Location

Jerusalem

### Bible Reading

1 Chronicles 28:8-10

### Book Chapter

Chapter 9

### Mission Objective

Discover that the choices you make today shape the legacy you'll leave tomorrow.

### Skill You'll Build

Purpose

### Key Question

What kind of legacy am I building with my life?



## MISSION INTRO

When you hear the word **legacy**, you probably think about someone old.

Someone who has lived a long life.

But here's the truth...

You don't start building your legacy when you're forty.

You start building it today.

Every decision.

Every habit.

Every friendship.

Every choice.

David understood this near the end of his life.

He knew he wouldn't build the Temple.

That job belonged to Solomon.

Instead of becoming bitter...

David spent his remaining years preparing the next generation.

He realized something every man needs to learn.

Life isn't just about what you accomplish.

It's about who you help become successful after you're gone.



## READ

### Book

Read **Chapter 9**

### Bible

Read **1 Chronicles 28:8-10**

As you read...

Notice how David encouraged Solomon instead of focusing on himself.



## BIG IDEA

A godly legacy isn't built in one big moment.

It's built one faithful decision at a time.

You may not think anyone is watching your life.

But someone always is.

Your younger brother.

Your little sister.

Your friends.

Your teammates.

Your classmates.

People notice the way you live.

The question isn't whether you'll influence others.

The question is...

**What kind of influence will you have?**



## FORGED

**"Your legacy isn't what you leave behind—it's who you help become more like Christ."**



## HEAD

### What did I learn?

Why do you think David spent so much time preparing Solomon?

What does that teach you about living for something bigger than yourself?

Write one thing you learned.



## HEART

### What is God changing in me?

Think about the people around you.

Who looks up to you?

Maybe it's...

A younger sibling.

A cousin.

A teammate.

A friend.

Now ask yourself:

**"If they copied my life, would they become more like Jesus?"**

Write one area where you want to set a better example.



## HANDS

### What will I do this week?

Choose one person you will intentionally encourage.

Maybe you'll...

- Send an encouraging text.
- Pray with a friend.
- Invite someone to youth group.

- Help someone who's struggling.
- Share something God has been teaching you.

**Write your commitment.**

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## IRON SHARPENS IRON CHALLENGE

### Leave Someone Better

This week...

Choose one person.

Before the week is over...

Do something that helps them grow.

Encourage them.

Pray for them.

Help them.

Include them.

Listen to them.

Your goal is simple:

Leave that person's life better than you found it.



## MEMORY VERSE

### Psalm 78:4

**"We will tell the next generation the praiseworthy deeds of the Lord..."**

Memorize this verse before Mission 10.



## PRAYER

Father,

Thank You for giving my life purpose.

Help me remember that people are watching the way I live.

Teach me to encourage others and point them toward You.

Help me build a legacy that honors Christ—not by seeking attention, but by faithfully loving and serving others.

Use my life to make a difference.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Who had the biggest influence on your faith?
2. What did they do that made such a difference?
3. How can I start building a legacy even while I'm still young?



## NEXT STEP

Before Mission 10...

- ☐ Read Chapter 10
- ☐ Read **2 Samuel 11:1-17**
- ☐ Memorize Psalm 78:4
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Encourage at least one person this week.



## DAVID'S JOURNAL

### *Preparing the Next King*

Today I spent time with Solomon.

He asked questions.

He listened carefully.

As I watched him...

I realized something.

My greatest accomplishment won't be wearing a crown.

It will be helping someone else follow God after I'm gone.

One day...

People will remember my victories.

Some will remember my failures.

But I hope they remember something even greater.

That I pointed the next generation toward the Lord.

If Solomon walks faithfully with God...

Then I've done something far greater than building a kingdom.

I've helped build a future.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Encouraged someone
- ☐ Served another person
- ☐ Pointed someone toward Jesus



## LEVEL UP

### The Ripple Effect

Drop a pebble into a pond.

Watch the ripples spread.

Now remember...

Every kind word...

Every act of courage...

Every prayer...

Every choice to follow Jesus...

Creates ripples in someone else's life.

This week...

Start one ripple.

**Write down what you did and how it affected someone else.**

---

---

## MISSION 10

# WHEN GOOD MEN FAIL



## MISSION BRIEFING

### Location

Jerusalem

### Bible Reading

2 Samuel 11:1–17

### Book Chapter

Chapter 10

### Mission Objective

Discover that one careless decision can have lasting consequences—but failure doesn't have to define your future.

### Skills You'll Build

Wisdom

### Key Question

Will I choose God's way before temptation chooses for me?



## MISSION INTRO

Here's a question.

Have you ever thought...

"That could never happen to me."

Most bad decisions don't begin with bad intentions.

They begin with little compromises.

One wrong click.

One dishonest answer.

One lie.

One secret.

One decision nobody else knows about.

David didn't wake up planning to ruin lives.

He simply stopped doing what God had called him to do.

One decision led to another.

And another.

Before long...

A man after God's own heart found himself far from God's heart.

The lesson isn't that David was unusually sinful.

The lesson is...

None of us are above temptation.



## READ

### Book

Read **Chapter 10**

### Bible

Read **2 Samuel 11:1-17**

As you read...

Notice how one decision led to another.

**Ask yourself:**

**"Where could David have made a different choice?"**



## BIG IDEA

Most failures don't happen all at once.

They happen one compromise at a time.

David's greatest battle wasn't against Goliath.

It was against his own desires.

The good news is this:

God always provides a way to choose obedience.

Wisdom isn't waiting until you're in trouble.

Wisdom is making the right choice before trouble begins.



## FORGED

**"The strongest character is built by choosing obedience one decision at a time."**



## HEAD

### What did I learn?

Looking at David's story...

Where do you think things first began to go wrong?

What warning signs do you see?

**Write one lesson you learned.**



## **What is God changing in me?**

Every one of us faces temptation.

It may look different for each person.

Maybe it's...

- Wanting to fit in.
- Looking at things online you know aren't honoring to God.
- Lying.
- Gossip.
- Anger.
- Pride.
- Jealousy.

Ask yourself honestly:

**"Where am I most tempted to compromise?"**

**Write one area where you want God's help.**

Remember...

This isn't about feeling guilty.

It's about inviting God to strengthen you.



## HANDS

### What will I do this week?

Choose one practical step to guard your heart.

Maybe you'll...

- Unfollow an unhealthy account.
- Put healthy boundaries on your phone.
- Ask a trusted adult to keep you accountable.
- Spend more time in God's Word.
- Replace one unhealthy habit with a healthy one.

**Write your commitment.**



## IRON SHARPENS IRON CHALLENGE

### Build a Guardrail

Guardrails keep cars from going over the edge.

They don't sit at the bottom of the cliff.

They stand near the danger.

This week...

Choose one guardrail for your life.

Examples:

- ✓ Put your phone away at bedtime.
- ✓ Spend time with friends who encourage your faith.
- ✓ Talk honestly with your mentor.

- ✓ Avoid situations where you're more likely to compromise.

**Write your guardrail.**



## MEMORY VERSE

### 1 Corinthians 10:13

**"No temptation has overtaken you except what is common to mankind... God is faithful; He will not let you be tempted beyond what you can bear..."**



## PRAYER

Father,

Thank You for loving me even when I'm weak.

Help me recognize temptation before it grows into sin.

Give me wisdom to make choices that honor You.

Strengthen me through Your Spirit to walk in obedience every day.

Keep my heart close to Yours.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. What is one lesson you learned from a mistake you made?
2. How did God use that experience to help you grow?
3. What advice would you give me for making wise decisions now?



## NEXT STEP

Before Mission 11...

- ☐ Read Chapter 11
- ☐ Read **Psalm 51**
- ☐ Memorize 1 Corinthians 10:13
- ☐ Complete the Guardrail Challenge
- ☐ Pray every day
- ☐ Thank God for His grace and ask Him for wisdom each morning.



## DAVID'S JOURNAL

### *The Weight of One Choice*

Tonight my heart is restless.

It didn't begin with one terrible decision.

It began with one small compromise.

I convinced myself it wasn't a big deal.

Then I made another choice.

And another.

Now I see the pain my sin has caused.

If only I had turned away sooner.

If only I had listened to the quiet voice warning me.

I cannot change yesterday.

But I can fall before God today.

Maybe that's where hope begins.

Not pretending I haven't failed...

But trusting that God's mercy is greater than my failure.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Built a healthy guardrail
- ☐ Chose obedience over temptation
- ☐ Asked God for wisdom



## LEVEL UP

### The "Next Right Choice" Challenge

This week...

Don't try to win every battle all at once.

Instead, ask yourself throughout the day:

## **"What's the next right choice?"**

Then make it.

One decision.

One conversation.

One temptation.

One opportunity.

One step of obedience at a time.

At the end of the week, write about one moment when choosing the next right thing helped you grow.

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## MISSION 11

# THE POWER OF REPENTANCE



### MISSION BRIEFING

#### Location

Jerusalem

#### Bible Reading

Psalm 51:1-12

#### Book Chapter

Chapter 11

#### Mission Objective

Discover that God's grace is always greater than our greatest failure.

#### Skill You'll Build

Repentance

#### Key Question

When I fail...will I run from God or run to Him?



### MISSION INTRO

Let's be honest.

Everyone messes up.

Everyone.

Nobody gets everything right.

You will make mistakes.

You'll say things you wish you hadn't.

You'll make bad decisions.

You'll disappoint yourself.

Maybe you'll even wonder...

*"Can God still love me after this?"*

David wondered the same thing.

After everything that happened with Bathsheba...

David finally stopped making excuses.

He stopped hiding.

He stopped blaming.

Instead...

He prayed one of the most honest prayers in the entire Bible.

Psalms 51 isn't a prayer from a perfect man.

It's the prayer of a broken man who discovered that God's mercy is bigger than his failure.



## READ

### Book

Read **Chapter 11**

### Bible

Read **Psalms 51:1-12**

As you read...

Notice David's honesty.

Notice what he asks God to do.

Notice what he never does.

He never blames someone else.



## BIG IDEA

Repentance isn't about feeling bad.

It's about turning back to God.

David didn't pretend nothing happened.

He admitted his sin.

He asked for forgiveness.

He trusted God's mercy.

God isn't looking for perfect people.

He's looking for hearts willing to come home.

Every time.



## FORGED

**"Failure is never the end of your story when you're willing to bring it to God."**



## HEAD

### What did I learn?

What stands out to you about David's prayer?

Why do you think God included Psalm 51 in the Bible?

**Write one truth you learned.**

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## HEART

### What is God changing in me?

Is there something you've been carrying?

A mistake?

A secret?

A bad attitude?

Bitterness?

Something you've never talked to God about?

Remember...

God already knows.

He isn't waiting to condemn you.

He's inviting you to come to Him.

**Write one area where you need God's forgiveness and help.**

(You don't have to show this to anyone.)

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## HANDS

### What will I do this week?

Take one step toward God.

Maybe you'll...

- Spend time praying honestly.
- Confess a sin to God.
- Ask forgiveness from someone you've hurt.
- Make something right.
- Talk with a trusted Christian adult.

**Write your commitment.**

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## IRON SHARPENS IRON CHALLENGE

### Come Clean

This week...

Spend fifteen minutes alone with God.

Read Psalm 51 again.

Ask Him:

**"Lord...is there anything in my heart that's keeping me from You?"**

If He brings something to your mind...

Don't hide it.

Confess it.

Receive His forgiveness.

Then thank Him for His grace.



## MEMORY VERSE

### 1 John 1:9

**"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."**



## PRAYER

Father,

Thank You for loving me even when I fail.

Forgive me for the times I've chosen my own way instead of Yours.

Thank You that because of Jesus, I don't have to hide from You.

Help me be honest.

Help me turn back to You quickly.

Create in me a clean heart.

Teach me to walk closely with You every day.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Has there ever been a time when you had to ask God for forgiveness?
2. What did you learn about God's grace?
3. Why is repentance actually a gift instead of something to fear?



## NEXT STEP

Before Mission 12...

- ☐ Read Chapter 12
- ☐ Read **2 Samuel 12:1-13**
- ☐ Memorize 1 John 1:9
- ☐ Complete the Challenge
- ☐ Pray every day
- ☐ Thank God every day for His forgiveness.



## DAVID'S JOURNAL

### *A Clean Heart*

I carried the weight for far too long.

At first...

I thought I could hide it.

I thought if no one knew...

Maybe it would disappear.

But every day my heart grew heavier.

Then Nathan spoke.

His words hurt.

But they were exactly what I needed.

Today I finally stopped pretending.

I told God everything.

Not because He didn't already know.

But because I needed to stop hiding.

Something changed.

The guilt that had followed me...

Began to lift.

Not because I deserved forgiveness.

But because God's mercy is greater than my sin.

Tonight...

For the first time in a long time...

My heart feels clean again.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Confessed my sin honestly
- ☐ Received God's forgiveness
- ☐ Took one step closer to Jesus



## LEVEL UP

### The Fresh Start Challenge

Take a blank sheet of paper.

**Write down something you've confessed to God.**

Thank Him for forgiving you.

Then...

Destroy the paper.

Tear it up.

Throw it away.

As you do...

Remember this truth:

When God forgives...

He doesn't hold your confessed sin over your head.

Walk away thanking Him for His mercy and choosing to live in the freedom Christ has given you.

## MISSION 12

# RESTORED TO PURPOSE



### MISSION BRIEFING

#### Location

Jerusalem

#### Bible Reading

2 Samuel 12:1-13

#### Book Chapter

Chapter 12

#### Mission Objective

Discover that while sin has consequences, God's grace restores those who humbly return to Him.

#### Skill You'll Build

Humility

#### Key Question

Will I let God restore me and use my life again?



### MISSION INTRO

Have you ever thought...

*"I'll never live that down."*

Maybe you embarrassed yourself.

Failed a test.

Lost your temper.

Made a bad decision.

Or hurt someone you care about.

Sometimes our biggest fear isn't making a mistake...

It's believing we'll never recover from it.

David had to face the consequences of his choices.

That wasn't easy.

But David also discovered something incredible.

God disciplines His children...

**not to destroy them...**

**but to restore them.**

Failure may become part of your story...

But it never has to become your identity.



## READ

### Book

Read **Chapter 12**

### Bible

Read **2 Samuel 12:1-13**

As you read...

Notice David's response when Nathan confronted him.

Pay attention to God's mercy even in the middle of discipline.



## BIG IDEA

God doesn't give up on people who sincerely return to Him.

David's sin had real consequences.

But God's grace was greater.

God didn't erase David's future.

He continued shaping him into the man He had called him to be.

Your worst mistake doesn't have to become the final chapter of your life.

When you humble yourself before God...

He begins restoring what sin tried to destroy.



## FORGED

**"God can redeem the chapters you wish had never been written."**



## HEAD

### What did I learn?

How did David respond when Nathan confronted him?

What does God's response teach you about His character?

**Write one thing you learned.**

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 **HEART**

## What is God changing in me?

Think honestly.

Is there an area where you've been resisting God's correction?

Maybe He's been speaking to you through...

- His Word.
- Your parents.
- A coach.
- A teacher.
- Your youth pastor.
- Your conscience.

**Ask yourself:**

**"Am I willing to let God correct me because He loves me?"**

**Write one area where you want to become more teachable.**

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 **HANDS**

## What will I do this week?

Take one step toward restoration.

Maybe you'll...

- Apologize to someone.
- Accept correction without arguing.
- Ask for help.

- Start rebuilding trust.
- Make a wrong right.

**Write your commitment.**

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## IRON SHARPENS IRON CHALLENGE

### Make It Right

This week...

If you've hurt someone...

Take the first step.

Don't wait for them to come to you.

Apologize sincerely.

Don't make excuses.

Don't blame someone else.

Simply say:

**"I was wrong. Will you forgive me?"**

If you've already done that...

Then look for another opportunity to restore a relationship that needs healing.



## MEMORY VERSE

### Proverbs 28:13

**"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."**



## PRAYER

Father,

Thank You for loving me enough to correct me.

Help me receive Your discipline with humility instead of pride.

Teach me to admit when I'm wrong.

Thank You for being a God who restores and gives second chances.

Help me walk in obedience and trust You with my future.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Can you tell me about a time when God used a difficult experience to help you grow?
2. Why is accepting correction so difficult?
3. How have you experienced God's restoration in your life?



## NEXT STEP

Before Mission 13...

☐ Read Chapter 13

- ☐ Read **2 Samuel 24:10-25**
- ☐ Memorize Proverbs 28:13
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Thank God for His mercy and ask Him to keep your heart humble.



## DAVID'S JOURNAL

### *The God Who Restores*

Nathan's words were hard to hear.

But they were true.

For a moment, I wanted to defend myself.

To explain.

To justify.

Instead...

I confessed.

The consequences of my sin remain.

Some wounds take time to heal.

Yet today I understand something I couldn't see before.

God's correction is not the rejection of a Father.

It is the love of a Father.

He has not abandoned me.

He is restoring me.

My story will always include failure.

But by God's grace...

It will also tell the story of forgiveness.

And perhaps...

That story will help someone else find hope.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Accepted correction with humility
- ☐ Took a step toward restoration
- ☐ Trusted God's mercy



## LEVEL UP

### The Humility Challenge

This week...

Ask one trusted person this question:

**"What's one area where you think I need to grow?"**

Don't interrupt.

Don't explain.

Don't defend yourself.

Just listen.

Then thank them for caring enough to tell you the truth.

Afterward, write one thing you learned.

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## PART FOUR

### GOD SHAPES A MAN

## MISSION 13

# WISDOM THROUGH TRIALS



## MISSION BRIEFING

### Location

The Threshing Floor of Araunah

### Bible Reading

2 Samuel 24:10-25

### Book Chapter

Chapter 13

### Mission Objective

Discover that God can use even life's hardest moments to grow wisdom, humility, and trust.

### Skill You'll Build

Wisdom

### Key Question

What is God teaching me through the challenges I'm facing?



## MISSION INTRO

Nobody enjoys hard days.

Losing a game.

Failing a test.

Getting left out.

Being misunderstood.

Watching your family struggle.

Sometimes we ask,

**"Why is this happening?"**

David asked questions like that too.

Near the end of his life, David made another serious mistake.

He ordered a census because he began trusting numbers more than God.

When he realized what he had done...

His heart was broken.

But something amazing happened.

Even through David's failure...

God taught him wisdom.

Here's something you'll discover as you grow.

Some of your greatest lessons won't come from your victories.

They'll come from the moments when God teaches you through difficult circumstances.

---



## READ

### **Book**

Read **Chapter 13**

### **Bible**

Read **2 Samuel 24:10–25**

As you read...

Notice how David responds after realizing his mistake.

Pay attention to what he does to honor God.

---

## BIG IDEA

Wisdom doesn't come simply because you get older.

Wisdom grows when you're willing to let God teach you through every experience.

David's mistake became another opportunity to trust God.

Life will bring challenges.

You can't avoid all of them.

But you can choose whether those moments make you bitter...

or make you wiser.

Every challenge becomes an opportunity to grow closer to God.

---

## FORGED

**"God doesn't waste your hardest moments—He uses them to shape your strongest character."**

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## HEAD

### What did I learn?

What did David do after realizing he had sinned?

How did he show that he wanted to honor God?

**Write one truth you learned.**

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 **HEART**

## What is God changing in me?

Think about a challenge you're facing.

Maybe it's...

- School.
- Family.
- Friendships.
- Sports.
- Anxiety.
- Disappointment.

**Ask yourself:**

"What might God be teaching me through this?"

**Write your answer.**

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 **HANDS**

## What will I do this week?

Instead of asking,

"Why is this happening?"

Try asking,

"Lord, what do You want to teach me?"

**Write one practical way you'll trust God this week.**

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# IRON SHARPENS IRON CHALLENGE

## Change Your Question

Every time something frustrating happens this week...

Pause.

Instead of complaining...

Ask this question:

**"Lord, what are You teaching me right now?"**

**Write down at least three lessons you learn throughout the week.**



## MEMORY VERSE

### James 1:5

**"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault..."**



## PRAYER

Father,

Thank You that You never stop teaching me.

Help me see every challenge through Your eyes.

Instead of becoming discouraged, help me become wiser.

Give me the humility to learn from my mistakes and the faith to trust that You are working for my good.

Shape my heart into the man You want me to become.

In Jesus' name,

Amen.

---



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. What difficult experience taught you one of life's greatest lessons?
2. How did God use that season to grow your faith?
3. What advice would you give me when life doesn't make sense?



## NEXT STEP

Before Mission 14...

- ☐ Read Chapter 14
- ☐ Read **Psalms 27**
- ☐ Memorize James 1:5
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Ask God for wisdom before making important decisions.



## DAVID'S JOURNAL

### *The Lesson I Almost Missed*

Today my heart is heavy.

I trusted numbers more than I trusted God.

I wanted to measure my strength.

Instead...

God reminded me where my strength truly comes from.

I wish I had chosen differently.

But even now...

The Lord is teaching me.

Wisdom isn't pretending you've never made mistakes.

Wisdom is letting God change you because of them.

If these painful lessons make me depend on Him more...

Then they have not been wasted.

The older I become...

The more I realize...

Walking with God is the greatest treasure anyone could ever have.



## MANHOOD METER

This Week I...

☐ Read my Bible

☐ Prayed every day

- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Asked God for wisdom
- ☐ Learned from a difficult situation
- ☐ Trusted God instead of myself



## LEVEL UP

### The Wisdom Journal

Every evening this week...

**Write one answer to this question:**

**"What did God teach me today?"**

It might be one sentence.

It might be one verse.

It might be one conversation.

By the end of the week...

You'll have seven reminders that God is always at work—even on ordinary days.

## MISSION 14

# PURSUING GOD'S HEART



## MISSION BRIEFING

### Location

Throughout David's Life

### Bible Reading

Psalm 27:1-8

### Book Chapter

Chapter 14

### Mission Objective

Discover that becoming a man after God's own heart is about pursuing God every day.

### Skill You'll Build

Devotion

### Key Question

What am I pursuing with my life?



## MISSION INTRO

Everyone is chasing something.

Some people chase popularity.

Others chase money.

Success.

Sports.

Relationships.

Followers.

Achievements.

None of those things are wrong.

But none of them can satisfy your heart.

David chased something different.

He wanted to know God.

He wanted to walk with God.

He wanted God's presence more than success.

That's why God described David in a way no one else in Scripture is described.

Not because David was perfect...

But because David kept pursuing God's heart.

The question isn't whether you're pursuing something.

The question is...

**What are you pursuing?**



## READ

### **Book**

Read **Chapter 14**

### **Bible**

Read **Psalms 27:1-8**

As you read...

Notice what David desired more than anything else.

## BIG IDEA

The direction of your heart determines the direction of your life.

David made mistakes.

He failed.

He stumbled.

But he never stopped seeking God.

A man after God's own heart isn't someone who never falls.

He's someone who keeps getting back up and walking toward God.

God isn't asking you to be perfect.

He's inviting you to pursue Him with all your heart.

## FORGED

**"A man after God's own heart isn't defined by perfection—but by the direction of his heart."**

## HEAD

### What did I learn?

According to Psalm 27, what was David's greatest desire?

Why do you think that mattered so much?

**Write one truth you learned.**

 **HEART**

## What is God changing in me?

Be honest.

What captures most of your attention?

What do you think about the most?

What gets your best effort?

Now ask yourself:

**"Does my life show that I'm pursuing Jesus above everything else?"**

**Write one area where you'd like to grow closer to God.**

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 **HANDS**

## What will I do this week?

Choose one habit that will help you pursue God more intentionally.

Maybe you'll...

- Read your Bible every morning.
- Pray before every meal.
- Listen to worship music during the day.
- Spend five extra minutes talking with God.
- Invite a friend to church.

**Write your commitment.**

---



## IRON SHARPENS IRON CHALLENGE

### Chase What Matters

For the next seven days...

Spend **15 minutes** pursuing God.

Not because you have to...

Because you want to know Him better.

Read Scripture.

Pray.

Be still.

**Write one thing you learn each day.**

At the end of the week...

**Ask yourself:**

**"Do I know God better today than I did seven days ago?"**



## MEMORY VERSE

### Psalm 27:4

**"One thing I ask from the LORD... that I may dwell in the house of the LORD all the days of my life..."**



## PRAYER

Father,

More than anything else...

I want to know You.

Help me seek You with my whole heart.

Remove anything that's pulling me away from You.

Teach me to love what You love.

Help me become a young man whose greatest desire is to walk closely with You every day.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. What has helped you stay close to God over the years?
2. Have there been seasons when you drifted from God? What brought you back?
3. What daily habit has helped your relationship with Jesus grow the most?



## NEXT STEP

Before Mission 15...

- ☐ Read Chapter 15
- ☐ Read **2 Timothy 4:6-8**
- ☐ Memorize Psalm 27:4

- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Spend time with God every day this week.



## DAVID'S JOURNAL

### *One Thing*

People often ask what it was like to defeat Goliath.

Or what it felt like to become king.

Those were incredible moments.

But they weren't the greatest moments of my life.

The greatest moments were the quiet ones.

The mornings when I sang to the Lord while watching sheep.

The nights when I prayed in lonely caves.

The times when I simply sat in God's presence.

If someone remembers me...

I hope they don't remember a giant.

Or a throne.

Or even a crown.

I hope they remember that I loved the Lord.

Because in the end...

Knowing God is worth more than every victory this world can offer.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse
- ☐ Completed the Challenge
- ☐ Pursued God daily
- ☐ Put God first
- ☐ Grew closer to Jesus



## LEVEL UP

### One Thing Challenge

David said,

**"One thing I ask from the Lord..."**

This week...

Choose **one distraction** that's been competing for your attention.

For seven days...

Replace **15 minutes** of that activity with time spent with God.

Then answer this question:

**What changed in my heart when I made more room for God?**

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## MISSION 15

# FINISHING FAITHFULLY



### MISSION BRIEFING

#### Location

The Final Years of David's Life

#### Bible Reading

2 Timothy 4:6–8

#### Book Chapter

Chapter 15

#### Mission Objective

Discover that following Jesus isn't a sprint—it's a lifelong journey of faithfulness.

#### Skill You'll Build

Perseverance

#### Key Question

What kind of man do I want to become over the course of my life?



### MISSION INTRO

Have you ever started something...

And never finished it?

A homework assignment.

A workout plan.

A Bible reading plan.

A project.

Starting is exciting.

Finishing is hard.

Life with Jesus is the same way.

Many people begin well.

Not everyone finishes well.

David wasn't perfect.

He had victories.

He had failures.

He experienced incredible highs...

And heartbreaking lows.

But through it all...

He kept returning to God.

Faithfulness isn't about never falling.

It's about never giving up on following Jesus.



## READ

### Book

Read **Chapter 15**

### Bible

Read **2 Timothy 4:6-8**

As you read...

Notice what Paul says about finishing the race.

Think about how David's life points to that same goal.

---

## BIG IDEA

A faithful life isn't built in one moment.

It's built one day at a time.

Every choice you make today helps shape the man you'll become tomorrow.

Don't spend your life chasing temporary success.

Spend your life faithfully following Jesus.

The goal isn't simply to have a good beginning.

The goal is to finish faithfully.

---

## FORGED

**"A man isn't remembered for how fast he starts—but for how faithfully he finishes."**

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## HEAD

### What did I learn?

Why do you think Paul talked about life like a race?

How does David's life remind us that faithfulness is a lifelong journey?

**Write one truth you learned.**

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## HEART

### What is God changing in me?

Think about your daily habits.

What habits are helping you grow closer to Jesus?

What habits are pulling you away?

**Ask yourself:**

**"If I keep living the way I am today, where will I be in five years?"**

**Write one habit you want to strengthen.**



## HANDS

### What will I do this week?

Choose one habit that will help you stay faithful.

Maybe you'll...

- Read your Bible every day.
- Pray before school.
- Attend youth group consistently.
- Encourage one person every week.
- Spend less time on your phone.

**Write your commitment.**



## IRON SHARPENS IRON CHALLENGE

### Build One Lasting Habit

Choose **one spiritual habit**.

Practice it every day for the next seven days.

Don't worry about doing everything.

Just stay faithful to one thing.

Remember...

Big changes often begin with small habits practiced consistently.



## MEMORY VERSE

### 2 Timothy 4:7

**"I have fought the good fight, I have finished the race, I have kept the faith."**



## PRAYER

Father,

Thank You for walking with me every day.

Help me stay faithful even when life is difficult.

Build habits that draw me closer to You.

Give me strength to keep following Jesus one day at a time.

May my life honor You from beginning to end.

In Jesus' name,

Amen.



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. What habit has helped you stay close to God through the years?
2. What season of your life tested your faith the most?
3. What advice would you give me for staying faithful for a lifetime?



## NEXT STEP

Before Mission 16...

- ☐ Read Chapter 16
- ☐ Read **1 Chronicles 28:9-10**
- ☐ Memorize 2 Timothy 4:7
- ☐ Complete the Iron Sharpens Iron Challenge
- ☐ Pray every day
- ☐ Practice your new spiritual habit all week.



## DAVID'S JOURNAL

### *Looking Back*

I've fought battles.

Hidden in caves.

Sat on a throne.

Celebrated victories.

Wept over failures.

I've learned many things.

But if someone asked me what mattered most...

It wouldn't be defeating Goliath.

Or becoming king.

Or building a kingdom.

It would be this.

Every day...

I chose to keep walking with the Lord.

Some days I walked with confidence.

Some days I limped because of my mistakes.

But I kept walking.

That's my prayer for anyone who hears my story.

Not that they'll admire my victories...

But that they'll keep walking with God all the days of their life.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
- ☐ Prayed every day
- ☐ Memorized my verse

- ☐ Completed the Challenge
- ☐ Practiced my spiritual habit
- ☐ Stayed faithful
- ☐ Kept walking with Jesus



## LEVEL UP

### The 30-Year Letter

Imagine you're **45 years old**.

**Write a letter back to yourself today.**

What kind of man do you hope you've become?

What do you hope people say about your character?

Your faith?

Your family?

Your influence?

**Write your thoughts below.**

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## PART FOUR

### GOD SHAPES A MAN

## MISSION 16

### PASSING IT ON



#### MISSION BRIEFING

##### Location

Jerusalem

##### Bible Reading

1 Chronicles 28:9–10

##### Book Chapter

Chapter 16

##### Mission Objective

Discover that God doesn't grow you just for your own benefit—He grows you so you can help others follow Him.

##### Skill You'll Build

Discipleship

##### Key Question

Who am I helping become closer to Jesus?



#### MISSION INTRO

Have you ever taught someone how to do something?

Maybe...

Ride a bike.

Play a video game.

Shoot a basketball.

Play an instrument.

Tie a fishing knot.

Once you learned it...

You wanted someone else to learn too.

Faith works the same way.

God never intended for us to keep His truth to ourselves.

David knew his life was coming to an end.

He could have spent his final years thinking only about himself.

Instead...

He invested in Solomon.

He prepared him.

Encouraged him.

Pointed him toward God.

That's what godly men do.

They help the next person follow Jesus.



## READ

### Book

Read **Chapter 16**

### Bible

Read **1 Chronicles 28:9-10**

As you read...

Notice how David encourages Solomon to seek God with his whole heart.

---



## BIG IDEA

Following Jesus was never meant to be a solo journey.

Someone helped you.

Now God wants you to help someone else.

You don't have to know everything.

You don't have to be a pastor.

You simply need to be willing to point people toward Jesus through your words and your example.

Disciples make disciples.

---



## FORGED

"The greatest evidence that you're growing is that you're helping someone else grow."

---



## HEAD

### What did I learn?

Why was David so intentional about preparing Solomon?

What does that teach you about investing in others?

**Write one truth you learned.**

---

---

---

 **HEART**

## What is God changing in me?

Who has helped you grow in your faith?

A parent?

A grandparent?

A youth leader?

A coach?

A friend?

Now ask yourself:

**"Who can I encourage the way they've encouraged me?"**

**Write one name.**



## HANDS

## What will I do this week?

Choose one person to intentionally encourage.

Maybe you'll...

- Invite them to youth group.
- Pray with them.
- Share your favorite Bible verse.
- Tell them what God has been teaching you.
- Simply listen when they're struggling.

**Write your commitment.**



## IRON SHARPENS IRON CHALLENGE

### Be a Barnabas

Barnabas was known as the "Son of Encouragement."

This week...

Encourage **three different people**.

Not because they earned it.

Not because they asked for it.

Simply because that's what followers of Jesus do.

**Write down how each person responded.**

---



## MEMORY VERSE

### 2 Timothy 2:2

**"And the things you have heard me say... entrust to reliable people who will also be qualified to teach others."**

---



## PRAYER

Father,

Thank You for the people You've placed in my life who have helped me grow.

Help me become that kind of person for someone else.

Give me courage to encourage others.

Teach me to live in a way that points people toward Jesus.

Use my life to make an eternal difference.

In Jesus' name,

Amen.

---



## WALK WITH ME

Talk with your dad...

mentor...

youth leader...

or another mature Christian.

Ask them:

1. Who helped you grow in your faith?
  2. What did they do that made such a difference?
  3. How can I begin encouraging someone else, even at my age?
- 



## NEXT STEP

Before Mission 17...

- ☐ Read Chapter 17
  - ☐ Read **Acts 13:22**
  - ☐ Memorize 2 Timothy 2:2
  - ☐ Complete the Iron Sharpens Iron Challenge
  - ☐ Pray every day
  - ☐ Encourage someone to take one step closer to Jesus.
-



## DAVID'S JOURNAL

### *A Conversation with My Son*

Today I watched Solomon carefully.

He has questions.

He has fears.

He has dreams.

I remember being young myself.

I cannot walk his journey for him.

But I can point him toward the God who has carried me all these years.

If he learns anything from my life...

I hope it isn't how to fight giants.

Or how to lead armies.

I hope he learns to trust the Lord.

Because kingdoms rise and fall.

Battles are won and lost.

But the man who walks with God...

Never walks alone.

If my son loves the Lord more because of my example...

Then my greatest work will not be behind me.

It will live on through him.



## MANHOOD METER

This Week I...

- ☐ Read my Bible
  - ☐ Prayed every day
  - ☐ Memorized my verse
  - ☐ Completed the Challenge
  - ☐ Encouraged someone
  - ☐ Pointed someone toward Jesus
  - ☐ Shared what God is teaching me
- 



## LEVEL UP

### The "Who's Your One?" Challenge

Choose **one person**.

**Write their name here.**

---

Pray for them every day this week.

Look for one opportunity to encourage them.

Invite them to church or youth group.

Be intentional.

At the end of the week, write what happened.

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## MISSION 17

# BECOMING A MAN AFTER GOD'S OWN HEART



## MISSION BRIEFING

### Location

Acts 13:22

### Bible Reading

Acts 13:22

### Book Chapter

Chapter 17

### Mission Objective

Discover that becoming a man after God's own heart is not a destination—it is a lifelong pursuit of Jesus.

### Skill You'll Build

Lifelong Faithfulness

### Key Question

Who am I becoming every day?



## MISSION INTRO

Seventeen missions.

Countless lessons.

Victories.

Failures.

Waiting.

Courage.

Integrity.

Leadership.

Worship.

Repentance.

Restoration.

What was the point of all of it?

It wasn't simply to learn about David.

It wasn't to complete a workbook.

It wasn't to check off seventeen lessons.

It was to help you begin becoming the man God created you to be.

David wasn't remembered because he was the strongest.

Or the smartest.

Or the richest.

He was remembered because he pursued God.

Now...

It's your turn.



**READ**

**Book**

Read **Chapter 17**

## **Bible**

Read **Acts 13:22**

As you read...

**Ask yourself:**

**"What made David different?"**

Then ask:

**"How can my life reflect those same qualities?"**



Becoming a man after God's own heart is a journey you choose every single day.

It isn't about never making mistakes.

It isn't about pretending to be perfect.

It's about loving God.

Trusting Him.

Following Him.

Getting back up when you fall.

Choosing Him again tomorrow.

And helping others do the same.

One decision.

One day.

One step at a time.

---



## FORGED

"A man after God's own heart isn't someone who has arrived—he's someone who never stops pursuing God."



## HEAD

### What did I learn?

Looking back over all seventeen missions...

What lesson has impacted you the most?

Why?

**Write your answer.**



## HEART

### What is God changing in me?

Think about the young man you were before Mission 1.

Now think about the young man you're becoming.

How has God changed your heart?

What area do you still want Him to keep shaping?

**Write your answer.**



## HANDS

### What will I do next?

Following Jesus doesn't end today.

It begins again tomorrow.

**Write three commitments you want to carry with you after finishing this guide.**

1.

2.

3.



## IRON SHARPENS IRON CHALLENGE

### Begin Again

This week...

Find one person.

Tell them one thing God has taught you during this journey.

Encourage them to begin pursuing Jesus too.

Remember...

Disciples make disciples.



## MEMORY VERSE

**Acts 13:22**

**"...I have found David son of Jesse, a man after My own heart; he will do everything I want him to do."**

---



## PRAYER

Father,

Thank You for walking with me through this journey.

Thank You for loving me even when I fall.

Thank You for teaching me through David's life.

Continue shaping my heart.

Help me become a man who loves You above everything else.

Give me courage to stand for You.

Integrity to honor You.

Wisdom to follow You.

Compassion to serve others.

And faith to keep walking with You for the rest of my life.

Use my life to point others to Jesus.

In His name,

Amen.



## WALK WITH ME

Meet with your dad...

mentor...

youth pastor...

or another mature Christian.

Talk about these questions.

**1.**

Looking back, where have you seen the greatest growth in my life?

**2.**

What strengths do you see God developing in me?

**3.**

What encouragement would you give me as I continue becoming a man after God's own heart?



## NEXT STEP

There isn't another mission.

There is only...

Tomorrow.

Keep reading God's Word.

Keep praying.

Keep growing.

Keep serving.

Keep trusting.

Keep following Jesus.

And one day...

Help another young man begin this same journey.

---



# DAVID'S JOURNAL

## *The Journey Continues*

If you've read this far...

Thank you for walking with me.

You know my victories.

You know my failures.

You've seen me worship.

You've seen me run.

You've seen me fall.

You've seen me repent.

If you've learned anything from my life...

I hope it's this.

God isn't looking for perfect men.

He's looking for hearts that belong completely to Him.

There were days I walked with confidence.

There were days I walked through tears.

But every day I discovered the same truth.

The Lord is faithful.

If I could leave you with one piece of advice...

It would be this.

Stay close to God.

When life is good...

Stay close.

When life is hard...

Stay close.

When you succeed...

Stay humble.

When you fail...

Run back to Him.

One day...

People may remember your accomplishments.

I pray they remember something even greater.

That your heart belonged to the Lord.

---



## MANHOOD METER

### Looking Back

During these seventeen missions...

- ☐ I spent time in God's Word.
  - ☐ I grew in prayer.
  - ☐ I memorized Scripture.
  - ☐ I completed the challenges.
  - ☐ I learned from David's life.
  - ☐ I grew closer to Jesus.
  - ☐ I am becoming a man after God's own heart.
-



## LEVEL UP

### The Next Mission

This guide is ending.

Your mission is just beginning.

**Write the names of three people you want to encourage over the next year.**

1.

2.

3.

Now write one sentence describing the man you want to become.

Read that sentence often.

Pray over it.

Live it.

One day...

Help another young man begin this journey.

## APPENDIX A

### A COMMISSIONING SERVICE FOR YOUNG MEN

*A Man After God's Own Heart*

## Journey to Biblical Manhood Through the Life of David

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### Opening Scripture

#### 1 Timothy 4:12

\*"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and

### CERTIFICATE OF COMMISSIONING

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#### A MAN AFTER GOD'S OWN HEART

#### *Journey to Biblical Manhood Through the Life of David*

---

**This certifies that**

\_\_\_\_\_

has faithfully completed the journey through

## A Man After God's Own Heart

and has publicly committed himself to pursue Jesus Christ with courage, integrity, humility, faithfulness, and wholehearted devotion.

Today we celebrate not the completion of a workbook...

but the beginning of a lifelong pursuit of becoming a man after God's own heart.

**"I have found David son of Jesse, a man after My own heart; he will do everything I want him to do."**

**Acts 13:22**

---

**Commissioned on**

---

**Presented by**

---

**Church / Ministry**

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**Mentor / Parent / Youth Leader**

---

I love where this is going. I think this should be much more than a closing exercise. It should become a **meaningful worship experience** that a church, youth ministry, or father can use to recognize and commission young men.

I'd write it so that **any pastor or youth leader can pick it up and use it immediately.**

---

# APPENDIX A

## A COMMISSIONING SERVICE FOR YOUNG MEN

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### *A Man After God's Own Heart*

#### *Journey to Biblical Manhood Through the Life of David*

---

### Introduction to Leaders

This commissioning service is designed to celebrate young men who have faithfully completed *A Man After God's Own Heart: Journey to Biblical Manhood Through the Life of David*.

This is not a graduation ceremony.

It is not a recognition of perfection.

It is a public commitment to continue pursuing Jesus Christ and growing into the man God created each young man to become.

Parents, mentors, youth leaders, and the church family are encouraged to participate, recognizing that biblical manhood is developed through discipleship, encouragement, accountability, and God's transforming grace.

---

### Prelude

(Instrumental worship music may be played as participants gather.)

Suggested songs include:

- Build My Life
  - Lord, I Need You
  - Goodness of God
  - Yet Not I But Through Christ In Me
-

# Welcome

## Pastor or Youth Leader

Today we gather to celebrate something far greater than completing a workbook.

Today we celebrate young men who have committed themselves to pursue Jesus Christ and become men after God's own heart.

Like David, these young men are not perfect.

But they have chosen to pursue the One who is.

Our prayer today is that what God has begun in their hearts will continue throughout the rest of their lives.

---

## Opening Prayer

Heavenly Father,

Thank You for every young man standing here today.

Thank You for the work You have already begun in their lives.

Continue shaping their character.

Strengthen their faith.

Guard their hearts.

Surround them with godly mentors and faithful friends.

May they become men who honor You in every season of life.

We dedicate this time to You.

In Jesus' name,

Amen.

---

# Scripture Reading

## Acts 13:22

"After removing Saul, He made David their king. God testified concerning him: 'I have found David son of Jesse, a man after My own heart; he will do everything I want him to do.'"

---

## Charge to the Young Men

Young men,

Throughout this journey you have studied David's victories.

His failures.

His courage.

His repentance.

His worship.

Most importantly...

You have learned that being a man after God's own heart is not about perfection.

It is about pursuit.

The world will offer many definitions of manhood.

Some will measure a man by his strength.

Others by his success.

Others by his popularity.

God measures a man by his heart.

Today you are being challenged to live differently.

Choose integrity when compromise is easier.

Choose courage when fear whispers.

Choose humility when pride calls your name.

Choose forgiveness when bitterness seems justified.

Choose Christ every day.

Never stop pursuing God's heart.

---

## Charge to Parents, Mentors, and Church Family

Would all parents, mentors, youth leaders, and church family please stand?

Young men become strong through the influence of faithful adults.

Today these young men need more than applause.

They need examples.

They need encouragement.

They need accountability.

Will you commit yourselves to praying for them...

encouraging them...

walking beside them...

and pointing them toward Jesus throughout the years ahead?

If so, please respond:

**"We will, with God's help."**

**Congregation:**

*"We will, with God's help."*

---

## Charge to the Young Men

Young men,

Will you commit yourselves...

to love the Lord your God with all your heart...

to seek His wisdom above the wisdom of this world...

to honor Christ in your words, your actions, and your relationships...

to pursue purity...

to serve others...

to remain faithful even when life becomes difficult...

and to become men after God's own heart?

If so, answer:

**"With God's help, I will."**

**Young Men:**

*"With God's help, I will."*

---

## The Man After God's Own Heart Pledge

(Invite the young men to read together.)

Today I choose to follow Jesus Christ.

I will seek God's heart above my own.

I will choose faithfulness over popularity.

Character over comfort.

Integrity over compromise.

Courage over fear.

Service over selfishness.

Humility over pride.

I will honor God with my words, my choices, and my relationships.

When I fail, I will run back to God.

When I succeed, I will give Him the glory.

With God's help, I will become the man God created me to be.

Beginning today...

and for the rest of my life.

---

## Presentation of Certificates

(The pastor or youth leader calls each participant forward.)

Each young man is presented with his

### **Certificate of Commissioning**

along with any additional gift the church chooses to present (Bible, journal, devotional, etc.).

Mentors or parents may stand with each young man as the certificate is presented.

---

## Prayer of Commissioning

(Invite mentors, fathers, or elders to place a hand on the shoulder of each young man.)

Heavenly Father,

Today we commission these young men into a lifetime of following Jesus.

Give them courage when the world pressures them to compromise.

Give them wisdom when difficult decisions arise.

Give them humility when success comes.

Give them strength when life becomes hard.

Protect their hearts.

Guide their steps.

Surround them with godly friends.

Use them to shine the light of Christ wherever they go.

May they become husbands, fathers, leaders, servants, and disciples who bring honor to Your name.

Above all...

May they never stop pursuing Your heart.

We commission them today in the name of the Father,

the Son,

and the Holy Spirit.

Amen.

---

## Final Charge

### **Pastor**

Young men,

Your workbook is complete.

Your mission has just begun.

Go into your homes...

your schools...

your teams...

your workplaces...

and your communities...

Live courageously.

Love generously.

Serve humbly.

Walk faithfully.

And never forget...

God isn't looking for perfect men.

He's looking for men whose hearts belong to Him.

Go and live as men after God's own heart.

---

## Closing Scripture

### Micah 6:8

"He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God."

---

## Benediction

May the Lord bless you and keep you.

May He strengthen your faith,

guard your heart,

guide your steps,

and fill your life with His presence.

May you become a man whose life points others to Jesus.

Go in peace,

serve with joy,

and pursue God's heart all the days of your life.

Amen.

---

## **Remember...**

**A man after God's own heart is not a man who never fails.**

**He is a man who never stops pursuing God.**