

FORGE 30-DAY COMMITMENT CONTRACT

Workbook Edition

The Reset Ends. The Build Begins.

A practical 30-day follow-through workbook for Christian men who refuse to drift.

Build discipline. Reject passivity. Walk with Christ.

FinishTheRace.com

The Way Christian Men's Group

How To Use This Contract

The Forge Reset was designed to change direction. This workbook helps you continue that direction for the next 30 days.

Do not treat this as a legalistic checklist. This is not about earning favor with God. Salvation is by grace alone through faith alone in Jesus Christ alone. This is a practical tool for obedience, discipline, and follow-through.

Use this contract after Day 7 of the Forge Reset. Fill it out honestly. Print it if possible. Share it with one trusted Christian brother. Review it weekly.

"I press on toward the goal for the prize of the upward call of God in Christ Jesus." - Philippians 3:14

The Goal

Not perfection. Faithfulness.

Not emotion. Obedience.

Not temporary motivation. Consistent direction.

My Name: _____

Start Date: _____

End Date: _____

My 30-Day Commitment

I understand that growth happens through faithful obedience repeated over time. For the next 30 days, I am committing to pursue Christ intentionally and reject passivity, excuses, and drift.

☐ I will read Scripture daily.

☐ I will pray daily.

☐ I will practice self-control.

☐ I will limit unnecessary distractions.

☐ I will review my day honestly.

☐ I will pursue obedience over convenience.

☐ I will seek accountability from a Christian brother.

☐ When I fail, I will repent quickly and keep moving forward.

Why am I making this commitment?

What do I believe God is calling me to build in this season?

My Scripture Plan

A man shaped by Scripture must open Scripture. Choose a realistic reading plan and commit to consistency.

☐ Gospel of John

☐ Proverbs

☐ Ephesians / Philippians / Colossians

☐ James / 1 Peter

☐ Other plan

What will I read for the next 30 days?

When will I read each day?

What usually keeps me from Scripture?

What boundary will I create to protect this habit?

Simple Rule

Read Scripture before major distractions whenever possible.

My Prayer Plan

Prayer trains dependence. It reminds a man he is not strong enough to build a faithful life apart from the grace and power of God.

When will I pray each day?

Who will I pray for daily?

What burdens do I need to place before the Lord?

What temptations do I need to pray against?

Daily Prayer Pattern

Praise God for who He is.

Confess sin honestly.

Ask for strength and wisdom.

Pray for others.

Commit the day to obedience.

Distractions I Will Remove

Many men do not drift because they hate God. They drift because distraction trains their attention away from Him.

☐ Excessive phone use

☐ Social media

☐ Streaming entertainment

☐ News consumption

☐ Sports media

☐ Gaming

☐ Food / comfort

☐ Anger

☐ Lust

☐ Fear

☐ Procrastination

☐ Other

My biggest distraction is:

When am I most vulnerable?

The boundary I will put in place:

What will I do instead?

Disciplines I Will Build

Discipline is not punishment. Discipline is training. Choose a few specific habits and build them with consistency.

☐ Wake up on time

☐ Read Scripture before phone

☐ Pray daily

☐ Exercise

☐ Limit scrolling

☐ Complete responsibilities

☐ Keep commitments

☐ Review the day

☐ Call a brother

☐ Serve my family

Discipline 1:

Discipline 2:

Discipline 3:

Why do these disciplines matter?

Accountability Partner

Biblical brotherhood requires initiative. Choose one trustworthy Christian man who can encourage you, challenge you, and pray with you.

Name: _____

Phone / Email: _____

Church / Group: _____

What do I need him to ask me weekly?

What am I willing to be honest about?

When will we check in?

"Iron sharpens iron, and one man sharpens another." - Proverbs 27:17

Leadership Responsibilities

A Christian man should not only ask, "What do I want?" He should ask, "What has God entrusted to me?"

My family responsibilities:

My work responsibilities:

My church / community responsibilities:

One leadership action I will take this week:

When I Fail

You will have difficult days. You may miss a habit. You may fall back into an old pattern. Do not turn one bad day into a bad month.

My Recovery Rule

Repent quickly.

Return immediately.

Contact a brother if needed.

Do the next faithful thing.

Keep moving forward.

My warning signs of drift:

My recovery plan:

The brother I will contact when I am struggling:

"If we confess our sins, he is faithful and just to forgive us our sins..." - 1 John 1:9

30-Day Growth Tracker - Days 1-15

Mark each day you complete the habit. Small repeated obedience builds momentum.

Day	Scripture	Prayer	Discipline	Brotherhood	Notes
1	[]	[]	[]	[]	
2	[]	[]	[]	[]	
3	[]	[]	[]	[]	
4	[]	[]	[]	[]	
5	[]	[]	[]	[]	
6	[]	[]	[]	[]	
7	[]	[]	[]	[]	
8	[]	[]	[]	[]	
9	[]	[]	[]	[]	
10	[]	[]	[]	[]	
11	[]	[]	[]	[]	
12	[]	[]	[]	[]	
13	[]	[]	[]	[]	
14	[]	[]	[]	[]	
15	[]	[]	[]	[]	

30-Day Growth Tracker - Days 16-30

Mark each day you complete the habit. Small repeated obedience builds momentum.

Day	Scripture	Prayer	Discipline	Brotherhood	Notes
16	[]	[]	[]	[]	
17	[]	[]	[]	[]	
18	[]	[]	[]	[]	
19	[]	[]	[]	[]	
20	[]	[]	[]	[]	
21	[]	[]	[]	[]	
22	[]	[]	[]	[]	
23	[]	[]	[]	[]	
24	[]	[]	[]	[]	
25	[]	[]	[]	[]	
26	[]	[]	[]	[]	
27	[]	[]	[]	[]	
28	[]	[]	[]	[]	
29	[]	[]	[]	[]	
30	[]	[]	[]	[]	

Weekly Review

Slow down at the end of each week. Do not merely ask whether you were busy. Ask whether you were faithful.

Week 1

Biggest victory:

Biggest struggle:

Most important lesson:

Battle plan for next week:

Week 2

Biggest victory:

Biggest struggle:

Most important lesson:

Battle plan for next week:

Week 3

Biggest victory:

Biggest struggle:

Most important lesson:

Battle plan for next week:

Week 4

Biggest victory:

Biggest struggle:

Most important lesson:

Battle plan for next week:

The Forge Covenant

I reject passivity.

I accept responsibility.

I lead myself with discipline.

I pursue Christ intentionally.

I will not drift.

By God's grace, I will continue moving forward.

Signature: _____

Date: _____

Witness / Accountability Partner: _____

"I press on toward the goal for the prize of the upward call of God in Christ Jesus." - Philippians 3:14

Continue the journey through The Way Christian Men's Group.

FinishTheRace.com/christian-mens-group