

Day 5 - Lead Yourself First

7-Day Forge Reset

Main Scripture: Proverbs 25:28

"A man without self-control is like a city broken into and left without walls."

Today's Focus:

Develop personal discipline and lead your life with intentionality.

Today's Teaching

Leadership Begins In The Mirror

Many men want to lead others. They want influence. They want respect. They want authority.

But biblical leadership always begins with self-leadership.

If a man cannot lead himself, he cannot effectively lead anyone else.

Before leading a family, a ministry, a business, or a team, a man must learn to lead his own heart, mind, habits, and actions.

Leadership starts in the mirror.

The Discipline Problem

Most men do not fail because they lack knowledge. They fail because they lack consistency.

Discipline is choosing what matters most over what feels best in the moment.

Discipline says:

- Read Scripture when you don't feel like it.
- Pray when you don't feel like it.
- Exercise when you don't feel like it.
- Keep commitments when you don't feel like it.
- Obey God when it costs something.

Discipline is not punishment. Discipline is training.

Self-Control Is A Spiritual Issue

Scripture repeatedly connects maturity with self-control.

A lack of self-control affects every area of life: finances, relationships, health, leadership, and spiritual growth.

Without self-control, temptation gains influence. With self-control, a man becomes stronger and more reliable.

Self-control is not achieved through willpower alone. It grows as we submit ourselves to God and walk in obedience.

Small Acts Of Leadership Matter

You do not need to change everything today. Leadership is built one decision at a time.

Wake up when you planned to wake up. Keep your word. Finish what you start. Follow through on commitments. Take responsibility quickly.

Small acts of discipline create larger opportunities for leadership.

Forge Reflection

1. Where am I lacking self-discipline?
2. What commitment have I failed to keep recently?
3. How does my daily routine reflect my priorities?
4. What habit needs greater consistency?
5. What area of life requires stronger self-control?
6. How can I lead myself better beginning today?
7. What one leadership habit will I commit to this week?

Journal Space

What area needs more discipline?

What leadership habit will I build?

What action will I take today?

Today's Forge Challenge

Choose one area where you have lacked discipline.

Create a simple plan to improve it immediately.

Examples:

- Wake up 30 minutes earlier.
- Read Scripture before checking your phone.
- Exercise for 15 minutes.
- Eliminate one distraction.
- Complete a responsibility you've been avoiding.

Then do it today. Leadership begins with action.

Prayer

Father,

Teach me to lead myself well.

Strengthen my discipline. Increase my self-control.

Help me become faithful in small things.

Give me courage to do what is right even when it is difficult.

Help me keep my commitments and honor You through my actions.

Make me a man who can be trusted.

Develop leadership qualities that reflect the character of Christ.

In Jesus' name, Amen.

The reset continues. Keep moving forward.