

# LIFT



# MINISTRIES

LIVE IN FREEDOM TODAY



# Basic Training for the Soul

## A Field Guide for Men of LIFT Ministries

### Mission Briefing

Men, this isn't a devotional for the faint of heart. This is a battle plan. You are called to be the provider, protector, and spiritual leader in your home. That means standing between your family and the forces that want to destroy them — both foreign (spiritual enemies) and domestic (human opposition).

This manual will equip you to:

- Understand your mission as a husband, father, and brother in Christ.
- Fight spiritual battles with the weapons God provides.
- Lead with courage, humility, and sacrificial love.
- Build a brotherhood that stands shoulder-to-shoulder in the fight.



All verses are from the King James Version.

# Lesson 1: The Most Important Thing a Man Can Know (and Share)

*“The Paradigm Shift That Changes Everything”*

## The Thief’s Story (and Ours)

Picture this: Jesus is hanging on the cross, beaten and bloodied. On each side of Him are criminals — guilty men getting the punishment they deserve.

At first, both of them are mocking Him (Matthew 27:44). But then something happens. One thief has a **paradigm shift**— a complete change in thinking.

- He realizes: *“I deserve this. I’m guilty.”*
- He recognizes: *“But this Man doesn’t. He’s innocent.”*
- And then he does the most important thing anyone can ever do:

**“Lord, remember me when Thou comest into Thy kingdom.”** – Luke 23:42

And Jesus replies with the promise:

**“Verily I say unto thee, Today shalt thou be with me in paradise.”** – Luke 23:43

That’s salvation in its rawest form.

## Repentance: A Change of Mind

**Here’s where most preachers get it wrong!**

**Repentance isn’t about turning from your sin.**

You can’t turn from your sin without the Holy Spirit living inside you.

**Repentance is a change of mind or attitude.**

It’s saying: *“I used to see life one way, but now I see it through God’s eyes. I once trusted myself, but now I see I am in a sinful state, He is holy, and I need Him.”*

That’s what happened to the thief. He didn’t climb off that cross and clean up his life. He couldn’t. But his mind and heart changed — and that’s when salvation came.

## What Does This Mean for Us?


Like that thief, we all:

- **Live in a sinful state:** *“For all have sinned, and come short of the glory of God.”* – Romans 3:23
- **Can’t save ourselves:** *“The wages of sin is death...”* – Romans 6:23a
- **Are offered grace through Jesus:** *“...but the gift of God is eternal life through Jesus Christ our Lord.”* – Romans 6:23b

Salvation is simple: **acknowledge your sinful state, recognize who Jesus is, and trust Him to save you.**

**“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.” – Romans 10:9**

## **The Prayer That Saves (Not Magic Words, But a Sincere Heart):**

 *“Lord, I know I am in a sinful state. I know You are holy. I believe You died for me and rose again. I’m done trusting myself. I’m trusting You. Remember me.”*

## **How to Share This With Others**

Want to lead your wife, kids, or co-workers to Jesus?

- **Tell this story** (the thief on the cross).
- **Share these verses** (Romans 3:23, 6:23, 10:9).
- **Invite them to pray and trust Christ.**

## **Challenge:**

**“This week, share the thief’s story with one person you care about — and invite them to respond to Christ.”**

# **WEEK ONE: The Most Important Thing a Man Can Know (and Share)**

**Focus: Salvation, repentance, and leadership through the Gospel**

1. Have you ever experienced a “paradigm shift” like the thief on the cross? What changed in your thinking?
2. Can you clearly explain the Gospel message to someone else? If not, what part do you need to study or practice more?
3. What lies have you believed about repentance that this lesson corrected?
4. Who in your life needs to hear the Gospel from you this week?
5. What’s holding you back from boldly sharing your faith?

# Lesson 2: What Does It Mean to Truly Love Your Wife?

🌟 **Let's be honest:** Most men say they love their wives, but do we really understand what that means? Loving your wife isn't just about providing for her, being physically present, or saying *"I love you"* once in a while. The Bible calls husbands to a much deeper, sacrificial, Christ-like love — and that's a much heavier lift than most of us realize.

## 1. Love Her Like Christ Loved the Church ❤️

*"Husbands, love your wives, even as Christ also loved the church, and gave himself for it."* – **Ephesians 5:25**

When Paul wrote this, he wasn't talking about surface-level affection. He was talking about **sacrifice** — Christ *died* for His bride. He put her needs above His comfort, His reputation, and even His life.

Loving your wife means laying yourself down for her:

- Dying to your pride.
- Dying to the "my way or the highway" mindset.
- Dying to selfishness so she can flourish.

If your love doesn't cost you something, it's probably not the Christ-like love Scripture commands.

## 2. The Ultimate Example of Humility 🙏

*"Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."* – **Philippians 2:5–8**

Guys, let's be real: sometimes we act like our wives exist to serve us. But Jesus — the King of Kings — **didn't demand to be served. He took on the form of a servant.**

If you're wondering how to love your wife, start here: **be willing to humble yourself and serve her.** That's not weakness — that's Christlikeness.

## 3. Don't Be Bitter, Be Tender 💬

*"Husbands, love your wives, and be not bitter against them."* – **Colossians 3:19**

Bitterness is poison — it doesn't just affect your marriage, it affects your prayers (1 Peter 3:7 says that harshness toward your wife can literally hinder your prayers!).

True love chooses tenderness even when tension rises. Instead of slamming doors or walking away, take a breath and pray:

*"Lord, help me respond like You — slow to anger, rich in mercy."*

## 4. My Confession as a Husband 🙄

I wish I could tell you I've nailed this. But truthfully? **I fail my wife often.**

I love her deeply, but there are days I don't live like it. I've been selfish. I've let stress make me short with her. I've failed to listen when she needed me.

Maybe you've been there too — feeling like you let her down constantly.

Here's the truth: **we all fall short.** But God's grace is bigger than our failures, and His Word doesn't just call us out — it calls us up.

## 5. Learn Her, Don't Just Live With Her 🧐

*“Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife...”* – **1 Peter 3:7**

This means **study her**. Know what makes her feel safe. Learn her fears, her hopes, her love language. She's not just “your wife” — she's a unique, complex image-bearer of God, entrusted to you.

You can't love her well if you don't take time to know her deeply.

## 6. Rejoice in Her, Don't Just Tolerate Her 🎉

*“Rejoice with the wife of thy youth... and be thou ravished always with her love.”* – **Proverbs 5:18–19**

If your marriage feels dry, it's time to rekindle pursuit. **Rejoicing in her means celebrating her — not comparing her to anyone else, not daydreaming about what could've been, but cherishing what is.**

Plan dates. Compliment her in front of others. Make her feel like she's the only woman on the planet.

## 7. Build a Marriage That Points to Jesus ✝️

At the end of the day, marriage isn't just about companionship — it's about **showing the world what Christ's love looks like.**

When you love her sacrificially, forgive quickly, and pursue her relentlessly, you're preaching a sermon louder than words ever could.

### 💡 Sidebar: When You Feel Like a Failure

Sometimes the weight of “not being enough” can crush you. But God hasn't called you to perfection — He's called you to progress.

Here are a few Scriptures for when you feel like you've blown it:

- *Romans 8:1* – “There is therefore now no condemnation to them which are in Christ Jesus.”
- *Micah 7:8* – “Rejoice not against me, O mine enemy: when I fall, I shall arise.”

- *2 Corinthians 12:9* – “My grace is sufficient for thee: for my strength is made perfect in weakness.”

Take these to God. Own your failures. Then get back up and love her like Christ.

## Practical Steps This Week:

- **Pray over her out loud** — nothing says “I’ve got your back” like bringing her name before God.
- **Speak life** — replace criticism with encouragement.
- **Make a sacrifice** — give up something (time, preference, hobby) this week to meet a need of hers.

## Prayer for Husbands:

*“Lord, thank You for the gift of my wife. Help me love her the way You love the Church — sacrificially, humbly, and tenderly. Forgive me for where I’ve failed, and give me the courage to grow. Make me a husband who reflects Your heart. Amen.”*

## WEEK TWO: What Does It Mean to Truly Love Your Wife?

**Focus: Sacrificial love, humility, and emotional tenderness**

1. How would your wife describe your love for her — sacrificial or self-centered?
2. Which area do you struggle with most: humility, tenderness, or consistency?
3. What’s one practical way you can serve your wife this week without being asked?
4. How does your love reflect (or fall short of) Christ’s love for the Church?
5. When’s the last time you rejoiced over your wife — not just tolerated her?

## WEEK TWO (Singles Edition): What Does It Mean to Truly Love a Future Wife?

**Focus: Becoming the man before finding the woman**

1. If God gave you a wife today, would she experience Christ-like love from you? Why or why not?
2. What selfish habits now could destroy a future relationship if left unchecked?
3. How do you practice humility and sacrifice today — even without a spouse?
4. Are you seeking God to shape your heart or just waiting on “the right person” to come along?
5. What does rejoicing in your singleness look like while still preparing for marriage?

# Lesson Three: The Brotherhood – Where No Man Fights Alone 🛡️🤝

*"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith..." – Hebrews 12:1-2 (KJV) 📖*

## 🔥 Introduction: Jesus' Men's Group

When Jesus began His ministry, He could have gone it alone — but He didn't. He called **twelve ordinary men** to walk with Him, learn from Him, and stand beside Him in the greatest mission in history.

Fishermen 🐟, tax collectors 💰, political zealots ⚔️ — each from different walks of life, yet forged into a single unit under the Master's command. Over three years, He turned them into a **brotherhood** that would carry the Gospel to the ends of the earth — often at the cost of their lives.

## 1 Training Under the Master

*"Follow me, and I will make you fishers of men."* – **Matthew 4:19** 🎯

The disciples didn't just listen to sermons — they **lived in the trenches** with Jesus:

- Witnessing miracles together ✚
- Facing hostility from the Pharisees 🛡️
- Enduring storms at sea 🌊
- Watching Jesus pray 🙏, serve 🍞, and lay down His life 🩸

They learned that **real growth happens shoulder to shoulder** in the mission field, not from the sidelines.

## 2 Their Brotherhood Became Their Battle Unit

After Jesus ascended into Heaven, they **locked shields** instead of scattering:

- **Courage under fire** – Acts 4:13 💪
- **Boldness in the face of threats** – Acts 5:29 🗣️
- **Sacrificial generosity** – Acts 2:44-45 ❤️

Their unity was a force multiplier.

## 3 How They Lived... and How They Died

This wasn't a casual friendship — it was a covenant forged in blood and mission:






- **Peter** – crucified upside down.
- **Andrew** – crucified on an X-shaped cross.
- **James** (son of Zebedee) – executed by sword.
- **John** – exiled to Patmos after persecution.
- **Thomas** – speared in India.
- **Matthew** – killed by the sword.

They didn't die alone — they fought knowing their brothers would carry on the mission.

## 4 The Brotherhood Blueprint

### Supporting Verses:




- Proverbs 27:17 – *Iron sharpeneth iron...* 
- Ecclesiastes 4:9–10 – *Two are better than one...* 
- Galatians 6:2 – *Bear ye one another's burdens...* 
- 1 Peter 5:9 – *Your brethren face the same fight...*

### Core Truths:

1. **Your Unit Matters** – Isolation is spiritual suicide.
2. **Train Like Lives Depend on It** – Because they do.
3. **Share the Load** – Their burdens are your burdens.
4. **Bleed Together, Win Together** – Shared victory is stronger victory.

## Challenge for the Week

Find **2–3 men** in this group you'll treat as your **battle brothers**.

- Swap numbers 
- Share your current fight 
- Pray daily for each other 
- Commit to not letting any man go AWOL.

## Prayer

*"Lord, bind me to men who will fight with me, pray for me, and speak truth to me. Make me the kind of brother who will not run when the battle rages, but will lock shields until the day You call me home. Amen."*

## Discussion Questions

### For Married & Single Men Alike:

1. Who are your "foxhole brothers" right now — and do they know it?
2. How have you seen God work through the unity of other believers in your life?
3. Which disciple's story challenges you the most — and why?

# Lesson 4: Zero Dark Thirty

💣 When most of the world is still asleep, soldiers move under the cover of darkness.

Missions are launched in the early hours — because the enemy is not expecting it. Spiritually, your war is no different. The enemy attacks in the unseen hours, when your guard is down. This is the time to suit up, lock in, and go to war for your soul and the souls you're called to protect.

## 1. Know Your Battlefield 🌐

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” – Ephesians 6:12

Your fight isn't against people. It's against unseen forces of evil.

That means:

- Your wife isn't the enemy.
- Your kids aren't the enemy.
- Satan is.

If you don't see the battlefield clearly, you'll waste all your energy fighting the wrong targets.

Single Man Intel 🎯

Your battlefield might look different, but the stakes are just as high. The enemy wants your purity, your purpose, and your focus before you ever get a wife or kids — so you'll have nothing left to offer them when the time comes.

## 2. Suit Up Every Day 🛡️

“Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.” – Ephesians 6:13

You wouldn't go into combat in your underwear. So why do so many men try to fight spiritual battles unarmed?

Here's your daily gear checklist (Ephesians 6:14–18):

- Belt of Truth – Ground yourself in God's Word every morning.
- Breastplate of Righteousness – Guard your heart with holiness and integrity.
- Shoes of the Gospel of Peace – Be ready to bring peace into every room you enter.
- Shield of Faith – Trust God when fear and lies come at you like bullets.
- Helmet of Salvation – Protect your mind by remembering who you are in Christ.
- Sword of the Spirit – Use Scripture to fight back against the enemy's attacks.
- Prayer – Stay on comms with your Commander at all times.

Single Man Intel 🎯

This isn't “pre-season.” This is game time. The habits you're building now will determine if you're a warrior later. Start suiting up every morning before your feet hit the floor.

### 3. Provide & Protect Like a Warrior

“Husbands, love your wives, even as Christ also loved the church, and gave himself for it.” – **Ephesians 5:25**

As a husband and father, you’re called to provide and protect — not just financially, but spiritually and emotionally.

- Pray over your wife and kids daily (out loud, where they can hear you).
- Set boundaries in your home (what you allow in — media, influences, habits — shapes their souls).
- Stand between them and anything that threatens their faith or safety.

#### Single Man Intel

You can still provide and protect — it just looks different.

- Provide for your own spiritual growth (Bible, prayer, accountability).
- Protect your heart from relationships, environments, and habits that pull you away from God.
- Be the kind of man now that a future wife and kids would thank God for later.

### 4. Train Like Your Life Depends On It

A soldier doesn’t train once and call it good — he trains every day.

#### Your Training Plan:

- **Daily Scripture** – 10–15 minutes in the Word (start with Ephesians 5–6).
- **Daily Prayer** – Start your day in God’s presence, end it thanking Him.
- **Weekly Fellowship** – Surround yourself with brothers who sharpen you (**Proverbs 27:17**).
- **Fast & Worship** – Build disciplines that starve the flesh and feed the Spirit.

#### Single Man Intel

This is the season to go all in. No split loyalties, no excuses. Use your freedom from family obligations to build deep spiritual muscle.

### 5. Stand Your Ground

“Stand therefore, having your loins girt about with truth...” – **Ephesians 6:14**

When the attacks come — and they will — don’t run.

Stand firm.

Stand on God’s promises.

Stand for the people God has entrusted to you.

When everything in you wants to quit, remember the Cross. Your Commander already won the war. You’re just holding the line until He calls you home.

#### Single Man Intel

Stand for your brothers in the fight. Stand for your future. Stand for the call God’s put on your life — even if no one else is watching.

## Practical Steps This Week:

- Read **Ephesians 5–6** daily this week.
- Pray over your family, your brothers, and your future — out loud.
- Write down three areas where you’ve left a door open for the enemy — and slam them shut.

## Prayer for Men 🙏

“Lord, train me for the battle. Help me put on Your armor every day, stand my ground against the enemy, and fight for my brothers, my wife, my children, or my future family. Make me a protector, a provider, and a warrior for Your Kingdom. Amen.”

## Your Turn 🦊

What’s one thing you need to do this week to start fighting for the people God’s entrusted to you?

Write it. Pray it. Do it.

## Discussion Questions:

1. Where have you been fighting the wrong enemy?
2. Which piece of the armor do you tend to neglect?
3. How would your week change if you prayed before reacting?
4. What’s one way you can “advance” in your faith this week?
5. Who do you know that needs you to help them gear up?

**Single Man Intel** 🎯 – The enemy doesn’t wait until you’re married to attack. He wants your purity, your purpose, and your future leadership potential *right now*.



# 28-Day Spiritual Basic Training: Becoming Battle-Ready for Your Home

This is your daily training guide to fight for your family, faith, and future. Each day includes a Scripture (KJV), a mission objective, an action step, and a prayer prompt.

## **Week 1: Foundation & Identity Focus: Who you are in Christ and why this fight matters.**

### Day 1

Scripture: Romans 12:1-2

Mission: Present yourself as a living sacrifice.

Action: Write down areas of your life you haven't surrendered.

Prayer: "Lord, renew my mind and make me battle-ready."

### Day 2

Scripture: 2 Corinthians 5:17

Mission: Walk as a new creature.

Action: Remove or destroy something tied to your old life.

Prayer: "Help me walk like the man You've made me."

### Day 3

Scripture: Romans 5:8

Mission: Understand God's love for you.

Action: Meditate on the cross and write what it means to you.

Prayer: "Thank You for loving me even in my worst moments."

### Day 4

Scripture: John 1:12

Mission: Embrace your identity as a child of God.

Action: Write "I am a son of God" somewhere you'll see it daily.

Prayer: "Remind me who I am and whose I am."

### Day 5

Scripture: Romans 8:1

Mission: Reject condemnation.

Action: Identify one area where you feel shame and speak truth over it.

Prayer: "There is no condemnation in You. Help me walk free."

### Day 6

Scripture: Romans 6:6

Mission: Reckon the old man dead.

Action: Write a eulogy for your old self.

Prayer: "Thank You that I'm no longer a slave to sin."

### Day 7

Scripture: Galatians 2:20

Mission: Live by faith in Christ.

Action: Memorize this verse.

Prayer: "Jesus, live through me today."

# 28-Day Spiritual Basic Training: Becoming Battle-Ready for Your Home

**Week 2: Marriage & Leadership Focus: Love, lead, and protect your wife and family.**

Day 8

Scripture: Ephesians 5:25

Mission: Love your wife sacrificially.

Action: Do one thing for her that costs you.

Prayer: "Teach me to love her like You love me."

Day 9

Scripture: 1 Peter 3:7

Mission: Learn your wife.

Action: Ask her one question that shows you want to understand her.

Prayer: "Open my heart to her needs and voice."

Day 10

Scripture: Proverbs 18:21

Mission: Speak life.

Action: Give your wife one specific verbal encouragement.

Prayer: "Help me speak words that heal."

Day 11

Scripture: Colossians 3:19

Mission: Reject bitterness.

Action: Confess any unresolved bitterness and let it go.

Prayer: "Soften my heart toward her."

Day 12

Scripture: Proverbs 5:18-19

Mission: Rejoice in your wife.

Action: Plan a time of connection or a small surprise for her.

Prayer: "Thank You for the gift of my wife."

Day 13

Scripture: Proverbs 31:11

Mission: Be trustworthy.

Action: Keep your word today, no matter what.

Prayer: "Make me a man she can safely trust."

Day 14

Scripture: Joshua 24:15

Mission: Lead spiritually.

Action: Pray over your wife and children today.

Prayer: "As for me and my house, we will serve the Lord."

# **28-Day Spiritual Basic Training: Becoming Battle-Ready for Your Home**

**Week 3: Spiritual Warfare Focus: Understanding your enemy, your armor, and your authority.**

Day 15

Scripture: Ephesians 6:10-12

Mission: Know your battlefield.

Action: Identify the wrong enemies you've been fighting.

Prayer: "Lord, help me see the real war."

Day 16

Scripture: Ephesians 6:13-14

Mission: Put on the belt of truth.

Action: Start your day reading one chapter of Scripture.

Prayer: "Wrap me in Your truth, Lord."

Day 17

Scripture: Ephesians 6:14

Mission: Wear the breastplate of righteousness.

Action: Choose one area to walk in integrity today.

Prayer: "Guard my heart with Your righteousness."

Day 18

Scripture: Ephesians 6:15

Mission: Walk in peace.

Action: Be a peacemaker in one situation today.

Prayer: "Use me to bring peace into this world."

Day 19

Scripture: Ephesians 6:16

Mission: Hold the shield of faith.

Action: Write down a current fear and declare God's promise over it.

Prayer: "I choose faith over fear."

Day 20

Scripture: Ephesians 6:17

Mission: Guard your mind.

Action: Take captive one lie and replace it with Scripture.

Prayer: "Protect my thoughts and renew my mind."

Day 21

Scripture: Ephesians 6:18

Mission: Stay in communication.

Action: Pray three times today intentionally.

Prayer: "Help me stay connected to You, Commander."

# 28-Day Spiritual Basic Training: Becoming Battle-Ready for Your Home

**Week 4: Discipline & Deployment Focus: Lock in habits. Prepare for lifelong leadership.**

Day 22

Scripture: Proverbs 27:17

Mission: Find your foxhole brothers.

Action: Text one man and ask him to check in with you weekly.

Prayer: "Surround me with men who sharpen me."

Day 23

Scripture: Hebrews 12:1-2

Mission: Lay aside every weight.

Action: Identify a distraction or hobby that needs boundaries.

Prayer: "Help me run the race with focus."

Day 24

Scripture: Psalm 119:11

Mission: Hide the Word in your heart.

Action: Memorize one verse today.

Prayer: "Write Your Word on my heart."

Day 25

Scripture: Matthew 6:33

Mission: Prioritize the Kingdom.

Action: Rearrange your day to put God first.

Prayer: "I seek You first in all things."

Day 26

Scripture: Galatians 5:16

Mission: Walk in the Spirit.

Action: Journal what it means to deny the flesh today.

Prayer: "Lead me by Your Spirit."

Day 27

Scripture: James 1:22

Mission: Be a doer.

Action: Apply one sermon or verse to your life this week.

Prayer: "Help me walk it, not just talk it."

Day 28

Scripture: Philippians 4:13

Mission: Believe you can change.

Action: List three impossible things God has already done.

Prayer: "You strengthen me. I will not quit."



# SITREP – Weekly Status Report

(Situation Report)

Name: \_\_\_\_\_

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

Week #: \_\_\_\_\_

## 1. Current Position

Where are you in your spiritual walk this week?

## 2. Victories This Week

What battles did you win? Big or small.

## 3. Struggles & Enemy Contact

Where did the enemy hit you hardest? Be honest.

## 4. Reinforcements Needed

Where do you need prayer, accountability, or backup from your brothers?

## 5. Next Week's Battle Plan

One actionable thing you will do to move forward.

## Commander's Notes

(Optional space for leader feedback)

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