

20-MINUTE INDIVIDUAL CADENCE

This cadence creates space for two men to slow down, listen well, and align their lives to truth—like setting the first strip of wallpaper straight before moving forward. The goal isn't information; it's formation.

1. SETTLE IN (2 MINUTES)

Clear the room before the work begins.

Prompt:

“How has your week been?”

“Anything weighing on you before we start?”

Purpose:

Help both men transition from distraction to presence—moving the furniture out of the way.

2. OPEN WITH PRAYER (1 MINUTE)

Invite God to set the plumb line.

Prayer:

“Lord, give us humility and clarity. Help us listen well today.”

Purpose:

Acknowledge that wisdom comes from God, not experience alone.

3. READ THE SCRIPTURE ALOUD (2 MINUTES)

Read together: ...

Ask:

“What word or phrase stands out to you?”

Purpose:

Let Scripture establish the reference line for the conversation.

4. REFLECT ON THE DEVOTIONAL (4 MINUTES)

Focus on **one insight**, not the whole story.

Prompts:

“What connected with you?”

“What challenged your thinking?”

Purpose:

Surface what God is already highlighting, not what sounds impressive.

5. DISCUSS THE THEME: (6 MINUTES)

Choose **one** question and stay there.

Options:

- “Where is independence getting in the way of growth?”
- “Who has God placed near you that you’ve admired from a distance?”
- “What keeps men from asking for guidance?”

Tie back to the wallpaper image:

- “What happens if the first strip is crooked?”

Purpose:

Help the man recognize where alignment—or misalignment—begins.

6. LIVE IT OUT: ONE CLEAR STEP (3 MINUTES)

Keep it simple and specific.

Prompt:

“What’s one step you can take this week to learn from someone who’s walked the road longer?”

Examples:

- Initiate a conversation
- Ask a question and follow the advice
- Invite a man to coffee

Purpose:

Move from observation to proximity.

7. CLOSE IN PRAYER (2 MINUTES)

Pray briefly and honestly.

Prayer:

“Lord, help us walk humbly. Give us ears to hear and hearts that are willing to be shaped.”

Purpose:

End with dependence, not resolve.

TOTAL TIME: 20 MINUTES

Simple. Repeatable. Focused on growth, not perfection.

SNAG THIS PRINT-FRIENDLY VERSION FOR YOUR NEXT PERSONAL ADVENTURE.