

30-MINUTE ONE-ON-ONE CADENCE

This cadence creates unrushed space for two men to slow down, listen well, and let God set the plumb line of their lives. Like hanging wallpaper, getting the first line right matters—everything else follows.

1. SETTLE IN & CLEAR THE ROOM (4 MINUTES)

Remove distractions before the work begins.

Prompts:

“How has your week really been?”

“Anything you need to lay down before we start?”

Allow silence if needed.

Purpose:

Help both men shift from noise to presence—clearing mental and emotional clutter.

2. OPEN PRAYER (2 MINUTES)

Invite God to set the reference line.

Prayer:

“Lord, give us humility and clarity. Help us hear what You’re saying and trust Your guidance.”

Purpose:

Frame the time as listening, not fixing.

3. SCRIPTURE READING & OBSERVATION (5 MINUTES)

Read aloud twice—once by each man.

Questions:

“What word or phrase stands out?”

“What does this reveal about how wisdom grows?”

Purpose:

Let Scripture establish the plumb line before discussion.

4. DEVOTIONAL REFLECTION (6 MINUTES)

Focus on one or two elements from the devotional.

Prompts:

“What part of the wallpaper story stuck with you?”

“Where do you see yourself resisting guidance?”

“What does a teachable spirit look like at your stage of life?”

Purpose:

Move from story to self-awareness.

5. THEME DISCUSSION: (8 MINUTES)

Choose **one direction** and stay there.

Discussion Options:

- Independence vs. guidance
- Learning from proximity, not observation
- Who you’re aligned to and learning from

Tie back to the metaphor:

- “What happens when the first strip is off?”
- “Who helped set your plumb line early—and who is helping now?”

Purpose:

Expose patterns, not assign fixes.

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

Keep it practical and relational.

Prompt:

“What’s one step this week where you’ll move closer to someone God wants you to learn from?”

Examples:

- Ask for counsel—and follow it
- Invite a seasoned man into conversation
- Admit where you don’t know the next step

Purpose:

Translate humility into action.

7. CLOSING PRAYER & COMMITMENT (2 MINUTES)

Pray for humility, clarity, and obedience.

Prayer:

“Lord, help us remain teachable. Align our lives to Your truth and place the right men beside us to walk this out.”

Purpose:

Seal the time with surrender, not self-effort.

TOTAL TIME: 30 MINUTES

Clear, steady, and practical — built for real-life discipleship.

SNAG THIS PRINT-FRIENDLY VERSION FOR YOUR NEXT ONE-ON-ONE STUDY.