

INDIVIDUAL FIELD GUIDE (30 minutes)

The 30-minute Individual Field Guide is built for real life — focused, simple, and steady. It gives you enough time to read, reflect, anchor in Scripture, and choose one practical step without feeling rushed or overwhelmed.

This isn't about fitting God into your schedule; it's about creating space to hear His voice in a way that's clear, doable, and consistent. Thirty minutes. One truth. One step. Real growth over time.

1. Settle Your Heart (1 minute)

Pause. Breathe. Slow down.

- “Lord, speak to me through Your Word today.”

Purpose: shift from distraction to attention.

2. Read the Devotional (5–7 minutes)

Read slowly. Let phrases land.
Don't skim. Don't rush.

Purpose: absorb God's truth, not just complete a task.

3. Identify the Key Insight (2 minutes)

Ask yourself:

- “What truth stood out most?”
- “What challenged or convicted me?”
- “What clarified something in my walk?”

Write down **one sentence**.

Purpose: anchor the main idea.

4. Read the Key Scripture (2–3 minutes)

Read it twice—once normally, once out loud.

Then ask:

- “What does this verse actually say?”
- “What does it call a man to do?”
- “What does it correct in me?”

Purpose: let Scripture form the foundation.

5. Reflect on the Theme (3–5 minutes)

Use one simple, reflective question:

- “What does this devotional reveal about how men typically handle this issue?”
- “What does obedience look like in real life?”
- “Where does this theme commonly trip men up?”

Keep answers **principle-based**, not personal if needed.

Purpose: wrestle with truth honestly.

6. Choose One Action Step (2 minutes)

Ask:

- “What’s one thing I can practice this week that aligns with this truth?”

Examples:

- A verse to memorize
- A temptation to avoid
- A conversation to have
- A habit to reinforce

Purpose: move from reflection to application.

7. Pray to Close (1–2 minutes)

Short and direct:

- “Lord, strengthen me to obey. Help this truth take root. Shape my heart today.”

Purpose: depend on God for the follow-through.

Total Time: 15–20 minutes

Simple. Repeatable. Focused on growth, not perfection.