

Cultivating Godly Masculinity

A Jewish-Christian Workbook

Introduction

This workbook is designed to help men explore, understand, and embody godly masculinity as exemplified by Yeshua (Jesus) and other righteous men of Scripture. Drawing from both Jewish and Christian traditions, we will examine biblical principles and practices that cultivate masculine virtues for the glory of God, the fulfillment of His will, and the service of others.

As you journey through these pages, remember that true masculinity is not about dominance or self-glorification, but rather about strength under God's authority, courage in righteousness, and sacrificial love. As Yeshua demonstrated, the greatest among us is the servant of all.

How to Use This Workbook

1. **Daily Practice:** Begin each day with the morning prayers from the liturgy
 2. **Weekly Focus:** Each week focuses on a different aspect of godly masculinity
 3. **Scripture Study:** Meditate on the provided passages
 4. **Reflection Questions:** Write your thoughts in the spaces provided
 5. **Action Steps:** Implement practical applications
 6. **Evening Review:** End each day with the evening reflection from the liturgy
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Week 1: Identity as a Man of God

Day 1: Created in God's Image

Scripture Reading: Genesis 1:26-28

"Then God said, 'Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.' So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them."

Reflection Questions:

- What does it mean to be created in God's image specifically as a man?
- How does your identity as an image-bearer of God differ from the world's definition of masculinity?

- In what ways are you currently exercising "dominion" in your life? Is this reflecting God's character?

Prayer Focus: Thank God for creating you with purpose and intention. Ask for wisdom to understand your masculine identity in Him.

Action Step: Identify three areas where you can better reflect God's character through your masculine strength this week.

1. _____
2. _____
3. _____

Day 2: Yeshua as the Model Man

Scripture Reading: Philippians 2:5-11

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."

Reflection Questions:

- How did Yeshua demonstrate godly masculinity through obedience to the Father?
- In what ways did Yeshua use His strength and authority differently than the world expects?
- Which aspects of Yeshua's character do you find most challenging to emulate?

Prayer Focus: Ask God to form you more into the image of Yeshua, the perfect man.

Action Step: Choose one situation today where you will intentionally respond as Yeshua would, with both strength and humility.

Day 3: Covenant Identity

Scripture Reading: Deuteronomy 7:6-9

"For you are a people holy to the LORD your God. The LORD your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth."

Reflection Questions:

- What does it mean to be part of God's covenant people?
- How does your covenant identity shape your understanding of masculine responsibility?

- In what ways can you guard and honor the covenant relationship with God?

Prayer Focus: Thank God for bringing you into covenant relationship. Commit to living as a man worthy of this calling.

Action Step: Read the terms of God's covenant in Deuteronomy 28:1-14. Circle the promises that most speak to your current situation.

Days 4-7: Continue with additional Scripture readings and reflections on identity in God

Week 2: Strength and Courage for Righteousness

Day 1: Divine Strength

Scripture Reading: Psalm 18:32-34

"The God who equipped me with strength and made my way blameless. He made my feet like the feet of a deer and set me secure on the heights. He trains my hands for war, so that my arms can bend a bow of bronze."

Reflection Questions:

- Where does true masculine strength come from according to this passage?
- For what purpose does God give us strength?
- In what areas of your life do you need God's strength right now?

Prayer Focus: Ask God to fill you with His strength, not for your glory but for His purposes.

Action Step: Identify a physical discipline (exercise, fasting, etc.) you will practice this week as a reminder that your body is a vessel for God's strength.

Day 2: Courage of Joshua

Scripture Reading: Joshua 1:6-9

"Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go."

Reflection Questions:

- What connection does this passage make between courage and obedience?

- What fears are currently preventing you from stepping into God's calling?
- How can meditating on God's Word build courage in your life?

Prayer Focus: Ask God to reveal any areas where fear is holding you back from obedience.

Action Step: Identify one fear-inducing situation you need to face with godly courage this week. Write out a plan for facing it with God's strength.

Day 3: Yeshua's Righteous Zeal

Scripture Reading: John 2:13-17

"In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables."

Reflection Questions:

- How did Yeshua demonstrate righteous anger in this passage?
- What is the difference between righteous zeal and sinful anger?
- What injustices or unrighteousness might God be calling you to confront?

Prayer Focus: Ask God for discernment to know when to act with bold righteousness.

Action Step: Identify one situation that requires your righteous action rather than passive acceptance.

Days 4-7: Continue with additional Scripture readings and reflections on strength and courage

Week 3: Leadership and Service

Day 1: Servant Leadership

Scripture Reading: Mark 10:42-45

"And Jesus called them to him and said to them, 'You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.'"

Reflection Questions:

- How does Yeshua redefine leadership in this passage?

- In what ways have you been influenced by the world's model of leadership?
- How can you exercise servant leadership in your current roles and responsibilities?

Prayer Focus: Ask God to give you a servant's heart while maintaining strong leadership.

Action Step: Choose one practical way to serve someone under your authority today without recognition.

Day 2: Shepherding Like David

Scripture Reading: Psalm 78:70-72

"He chose David his servant and took him from the sheepfolds; from following the nursing ewes he brought him to shepherd Jacob his people, Israel his inheritance. With upright heart he shepherded them and guided them with his skillful hand."

Reflection Questions:

- What qualities made David a good shepherd of both sheep and people?
- How does shepherding differ from merely managing or controlling?
- Who has God called you to "shepherd" in your life?

Prayer Focus: Ask God for a shepherd's heart toward those in your care.

Action Step: List those who are under your care or influence. Next to each name, write one specific way you can better "shepherd" them this week.

Day 3: Authority Under God

Scripture Reading: Matthew 8:8-10

"But the centurion replied, 'Lord, I am not worthy to have you come under my roof, but only say the word, and my servant will be healed. For I too am a man under authority, with soldiers under me. And I say to one, "Go," and he goes, and to another, "Come," and he comes, and to my servant, "Do this," and he does it.' When Jesus heard this, he marveled and said to those who followed him, 'Truly, I tell you, with no one in Israel have I found such faith.'"

Reflection Questions:

- How did the centurion demonstrate understanding of true authority?
- How does being under God's authority enable you to exercise proper authority?
- In what areas of your life are you struggling to submit to God's authority?

Prayer Focus: Submit all your authority and leadership to God's greater authority.

Action Step: Identify one area where you need to better acknowledge God's authority and adjust your leadership accordingly.

Days 4-7: Continue with additional Scripture readings and reflections on leadership and service

Week 4: Protection and Provision

Day 1: Protector of the Vulnerable

Scripture Reading: Psalm 82:3-4

"Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked."

Reflection Questions:

- How does God call men to use their strength to protect others?
- Who are the vulnerable people in your sphere of influence?
- How can you better fulfill your role as a protector?

Prayer Focus: Ask God to show you who needs your protection and how to provide it appropriately.

Action Step: Identify one practical way you can stand up for or protect someone vulnerable this week.

Day 2: Faithful Provider Like Joseph

Scripture Reading: Genesis 41:46-49, 53-57

"Joseph was thirty years old when he entered the service of Pharaoh king of Egypt. And Joseph went out from the presence of Pharaoh and went through all the land of Egypt. During the seven plentiful years the earth produced abundantly, and he gathered up all the food of these seven years, which occurred in the land of Egypt, and put the food in the cities. He put in every city the food from the fields around it. And Joseph stored up grain in great abundance, like the sand of the sea, until he ceased to measure it, for it could not be measured."

Reflection Questions:

- What qualities enabled Joseph to be an effective provider?
- How did Joseph's foresight and planning demonstrate godly masculinity?
- In what ways can you better provide for those in your care?

Prayer Focus: Ask God for wisdom to be a faithful steward and provider.

Action Step: Create or review your financial plan with an eye toward provision and generosity.

Day 3: Defender of the Faith

Scripture Reading: 1 Peter 3:15-16

"But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect."

Reflection Questions:

- How does this passage instruct us to defend our faith?
- What is the balance between boldness and gentleness in defending truth?
- How prepared are you to defend your faith when challenged?

Prayer Focus: Ask God to equip you with knowledge and wisdom to defend the faith.

Action Step: Study one aspect of your faith that you struggle to articulate or defend.

Days 4-7: Continue with additional Scripture readings and reflections on protection and provision

Week 5: Integrity and Moral Courage

Day 1: Joseph's Purity

Scripture Reading: Genesis 39:6-12

"Now Joseph was handsome in form and appearance. And after a time his master's wife cast her eyes on Joseph and said, 'Lie with me.' But he refused... 'How then can I do this great wickedness and sin against God?' And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her. But one day, when he went into the house to do his work and none of the men of the house was there in the house, she caught him by his garment, saying, 'Lie with me.' But he left his garment in her hand and fled and got out of the house."

Reflection Questions:

- What motivated Joseph's moral stand against temptation?
- What practical steps did Joseph take to maintain his integrity?
- What boundaries have you established to protect your moral integrity?

Prayer Focus: Ask God for strength to flee temptation and maintain purity.

Action Step: Identify your greatest moral temptation and create a specific plan to guard against it.

Day 2: Daniel's Conviction

Scripture Reading: Daniel 1:8-16

"But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself."

Reflection Questions:

- What made Daniel's stand significant in his context?
- How did Daniel balance respect for authority with obedience to God?
- What convictions do you need to uphold despite cultural pressure?

Prayer Focus: Ask God for resolve to stand firm in your convictions.

Action Step: Identify one area where you need to take a stand for godly values despite cultural pressure.

Day 3: Integrity Like Job

Scripture Reading: Job 31:1-8

"I have made a covenant with my eyes; how then could I gaze at a virgin? What would be my portion from God above and my heritage from the Almighty on high?... If I have walked with falsehood and my foot has hastened to deceit; (Let me be weighed in a just balance, and let God know my integrity!)"

Reflection Questions:

- What preemptive commitments did Job make to ensure his integrity?
- How does Job connect his personal integrity with his relationship with God?
- What "covenant with your eyes" might you need to make in today's visual culture?

Prayer Focus: Confess any compromise and ask God to restore full integrity.

Action Step: Write your own "integrity covenant" modeled after Job's example.

Days 4-7: Continue with additional Scripture readings and reflections on integrity and moral courage

Week 6: Brotherhood and Community

Day 1: David and Jonathan's Covenant

Scripture Reading: 1 Samuel 18:1-4

"As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul. And Saul took him that day and would not let him return to his father's house. Then Jonathan made a covenant with David, because he loved him as his own soul. And Jonathan stripped himself of the robe that was on him and gave it to David, and his armor, and even his sword and his bow and his belt."

Reflection Questions:

- What qualities characterized the friendship between David and Jonathan?
- How does their covenant friendship differ from casual male friendships today?
- What would it look like to develop covenant friendships with other godly men?

Prayer Focus: Ask God to bring covenant friendships into your life.

Action Step: Identify one man with whom you could develop a deeper spiritual friendship. Take a concrete step toward that relationship this week.

Day 2: Iron Sharpening Iron

Scripture Reading: Proverbs 27:17

"Iron sharpens iron, and one man sharpens another."

Reflection Questions:

- What does it mean for one man to "sharpen" another?
- How have you experienced this kind of sharpening relationship?
- In what areas of your life do you need the sharpening influence of other men?

Prayer Focus: Thank God for men who have sharpened you. Ask for humility to receive correction and wisdom to offer it.

Action Step: Schedule a conversation with a trusted brother where you intentionally seek his perspective on an area where you need growth.

Day 3: The Disciples' Community

Scripture Reading: Acts 2:42-47

"And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers... And all who believed were together and had all things in common."

Reflection Questions:

- What elements characterized the early community of believers?
- How can these principles apply to male fellowship today?
- What is preventing you from deeper community with other believers?

Prayer Focus: Ask God to show you how to foster authentic community.

Action Step: Commit to regular participation in a men's group or spiritual community.

Days 4-7: Continue with additional Scripture readings and reflections on brotherhood and community

Week 7: Warrior Spirit

Day 1: Spiritual Warfare

Scripture Reading: Ephesians 6:10-18

"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Reflection Questions:

- What does it mean to be a warrior in the spiritual realm?
- Which piece of spiritual armor is most lacking in your life right now?
- What specific battles are you currently facing?

Prayer Focus: Ask God to equip you fully with His spiritual armor.

Action Step: Choose one piece of spiritual armor to focus on developing this week. Create a specific plan for doing so.

Day 2: David's Warrior Heart

Scripture Reading: 1 Samuel 17:45-47 (David and Goliath)

"Then David said to the Philistine, 'You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.'"

Reflection Questions:

- What gave David confidence to face Goliath?

- How did David connect his personal battle with God's larger purposes?
- What "giants" are you currently facing that require godly courage?

Prayer Focus: Ask God for David's confidence in facing your current challenges.

Action Step: Identify your current "Goliath" and write a declaration of faith regarding how you will face it in God's strength.

Day 3: Yeshua's Victory

Scripture Reading: Colossians 2:13-15

"And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him."

Reflection Questions:

- How did Yeshua demonstrate spiritual warfare in His death and resurrection?
- What does it mean that Yeshua has already "disarmed the rulers and authorities"?
- How does Yeshua's victory empower your spiritual battles?

Prayer Focus: Thank Yeshua for His victory and claim it over your areas of struggle.

Action Step: Identify one area where you need to live from Yeshua's victory rather than fighting in your own strength.

Days 4-7: Continue with additional Scripture readings and reflections on warrior spirit

Week 8: Blessing and Legacy

Day 1: Abraham's Blessing

Scripture Reading: Genesis 12:1-3

"Now the LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed.'"

Reflection Questions:

- What was the purpose of God's blessing to Abraham?

- How does this pattern of "blessed to be a blessing" apply to godly masculinity?
- How are you using the blessings God has given you to bless others?

Prayer Focus: Ask God to help you see your blessings as opportunities to bless others.

Action Step: Identify three specific blessings in your life and how you can use each to bless others.

Day 2: A Father's Blessing

Scripture Reading: Genesis 49:1-28 (Jacob blessing his sons)

Reflection Questions:

- What elements do you observe in Jacob's blessings to his sons?
- How did Jacob speak to both strengths and weaknesses?
- Who in your life needs your blessing or affirmation?

Prayer Focus: Ask God for wisdom to speak life-giving words over others.

Action Step: Write a blessing for someone in your life (child, friend, mentee) and find an appropriate time to share it.

Day 3: Leaving a Legacy

Scripture Reading: Psalm 78:1-8

"Give ear, O my people, to my teaching; incline your ears to the words of my mouth!... We will not hide them from their children, but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done."

Reflection Questions:

- What does this passage identify as key elements of spiritual legacy?
- What spiritual legacy have you received from those before you?
- What legacy do you hope to leave for the next generation?

Prayer Focus: Ask God to help you build a lasting legacy of faith.

Action Step: Create a simple plan for intentionally passing on your faith to the next generation.

Days 4-7: Continue with additional Scripture readings and reflections on blessing and legacy

Accountability and Growth Partners

This section provides guidance for finding and meeting with an accountability partner or small group of men to discuss your journey through this workbook.

Guidelines for Accountability Relationships:

- Meet regularly (weekly recommended)
- Create a safe space for honest sharing
- Ask specific questions about growth areas
- Pray for one another
- Celebrate victories and growth

Sample Accountability Questions:

1. How have you connected with God this week?
 2. In what areas have you demonstrated godly strength?
 3. Where have you struggled or failed to live out godly masculinity?
 4. What temptations are you facing, and what is your plan to overcome them?
 5. How can I pray for and support you this week?
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30-Day Challenge: Daily Disciplines for Godly Masculinity

This final section provides a 30-day challenge of practical disciplines to help establish habits of godly masculinity:

1. Rise early for prayer and Scripture reading
2. Fast from media that promotes ungodly masculinity
3. Initiate a difficult conversation you've been avoiding
4. Serve someone anonymously
5. Memorize a Scripture about godly character
6. Contact a spiritual mentor
7. Exercise as an act of stewardship
8. Write a letter of blessing to someone
9. Confess a hidden sin to God and a trusted brother
10. Practice Sabbath rest

... (and 20 more specific daily challenges)

Conclusion: The Journey Continues

Godly masculinity is not achieved through completing a workbook, but through a lifetime of walking with God. As you conclude this study, remember that growth comes through consistent practice, humble dependence on God, and the support of brothers. Continue to pray the liturgy, meditate on Scripture, and implement what you've learned.

May the God of Abraham, Isaac, and Jacob strengthen you.

May the example of Yeshua inspire you.

May the Holy Spirit empower you to live as a godly man for His glory and the blessing of others.

"The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace." (Numbers 6:24-26)