IRONWORKS

PROVERBS 27:17

A 30-DAY WORKBOOK FOR MEN

RUN LIKE JOSEPH.

THE WORKBOOK



SEXUAL TEMPTATION · 30 DAYS · ABOUT 15 MINUTES A DAY

HOW TO USE THIS WORKBOOK

ONE PASSAGE A DAY. ONE HONEST ANSWER AT A TIME.

This workbook goes with the 30-day reading plan on joinironworks.com. You don't need any Bible background. You need a Bible, a pen and about 15 minutes a day.

SECTION OPENERS

Five short sections. Each one opens with the readings, a key verse and what the section is about.

DAILY PAGES

Read the passage first. Then read a short devotional thought and answer three questions.

MAN TO MAN

At the end of each section, a question to talk over with another man you trust.

FORGE IT

One specific action to take before you start the next section.

MY WAY OF ESCAPE

A one-page plan you fill out before Day 1 and update as you go.

VERSE AND PRAYER

A memory verse for each section and prompts to help you pray about what you read.

THREE QUESTIONS EVERY DAY

SEE IT

What does the passage say?

UNDERSTAND IT

What does it mean?

LIVE IT

What will you do?



THIS WORKBOOK BELONGS TO

STARTED ON

READING PARTNER

BEFORE YOU BEGIN

YOU ARE NOT THE FIRST MAN TO FIGHT THIS.

If you picked up this workbook, you are in a fight. Maybe it is pornography. Maybe it is a wandering eye, a relationship you know is wrong, or a habit no one else knows about. Whatever it is, you are not the first man to face it, and you are not beyond help.

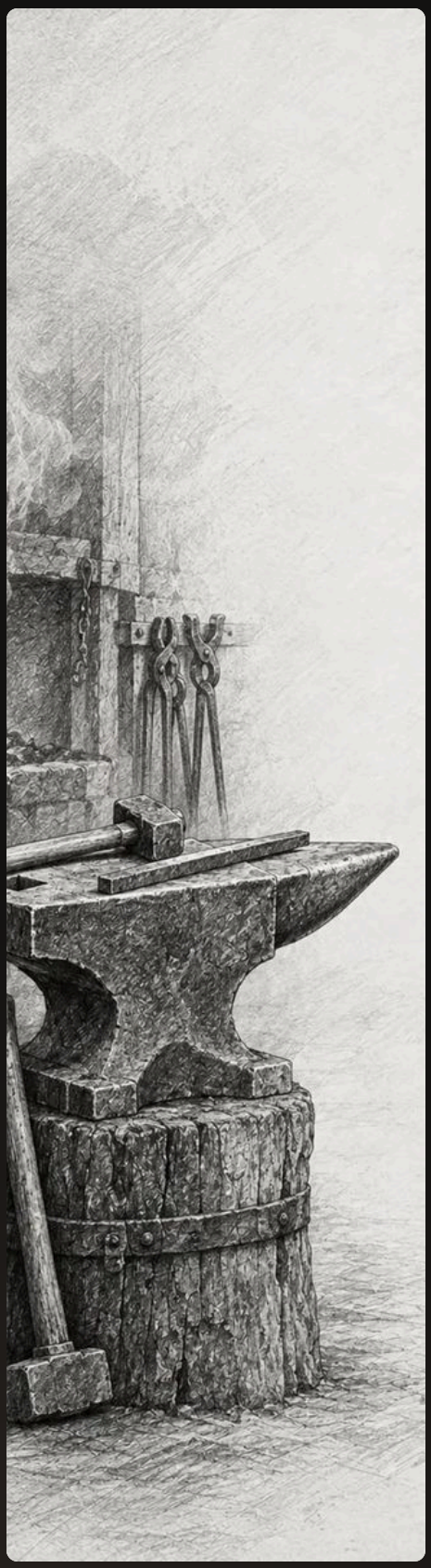
Paul wrote to Christians who struggled with the same thing:

> *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*
>
> 1 CORINTHIANS 10:13 (ESV)

Three things are true in that verse. Your temptation is common, so you are not alone. God is faithful, so you are not without help. And there is a way of escape, so you are not without hope.

This workbook will not hand you a trick or a technique. It will put you in God's word every day for 30 days. You will see men who ran and men who fell. You will learn why God made desire, how temptation works, and how a man renews his mind. And you will be pointed again and again to the grace and forgiveness found only in Jesus Christ.

Be honest on these pages. No one has to see them but you and the Lord.



FILL THIS OUT BEFORE DAY 1

MY WAY OF ESCAPE

God promises a way of escape (1 Corinthians 10:13). Your part is to know your patterns and plan your exit before the moment comes. Be specific. Update this page as you learn.

WHEN AM I MOST TEMPTED? Time of day, day of the week

WHERE AM I USUALLY? The room, the place, the situation

WHAT IS USUALLY IN MY HAND? The device, the app, the channel

HOW AM I USUALLY FEELING? Tired, lonely, angry, bored, stressed, rejected

MY WAY OF ESCAPE What I will do instead, and where I will go

THE MAN I WILL CALL OR TEXT His name, and when we will check in

ONE CHANGE I WILL MAKE TODAY A filter, a password, a rule for my phone

DAYS 1–7

THE BATTLE IS REAL



READINGS

- [ ] DAY 1 — Genesis 39
- [ ] DAY 2 — 2 Samuel 11
- [ ] DAY 3 — 2 Samuel 12
- [ ] DAY 4 — Psalm 51
- [ ] DAY 5 — Proverbs 5
- [ ] DAY 6 — Proverbs 6:20–35
- [ ] DAY 7 — Proverbs 7

WHAT THIS SECTION IS ABOUT

Two men, two choices. Joseph ran out the door and kept his integrity. David stayed home, looked from the roof and lost far more than he ever imagined. Then a father in Proverbs tells his son the truth about where this road leads. This week is about seeing the fight clearly.

> *"How then can I do this great wickedness and sin against God?"*
>
> GENESIS 39:9 (ESV)

DAY 1 · THE BATTLE IS REAL

☐ READ GENESIS 39

JOSEPH RUNS

Joseph was young, single, far from home and a slave in a foreign land. If any man had excuses, he did. Potiphar's wife came after him "day after day" (39:10), and his answer was the same every time: "How then can I do this great wickedness and sin against God?" (39:9).

Notice two things. Joseph saw this first as a sin against God. And when she finally grabbed him, he didn't stay to argue: "he left his garment in her hand and fled and got out of the house" (39:12). Some temptations are not meant to be resisted. They are meant to be run from.

SEE IT What reasons did Joseph give for refusing her (39:8–9)?

UNDERSTAND IT Joseph lost his coat and went to prison anyway. Why is doing right still worth it when it costs you?

LIVE IT What is your "get out of the house" moment, the point where you need to leave instead of linger?

WHAT I'M TAKING WITH ME TODAY

DAY 2 · THE BATTLE IS REAL

☐ READ 2 SAMUEL 11

DAVID STAYS HOME AND LOOKS

"In the spring of the year, the time when kings go out to battle, David sent Joab ... But David remained at Jerusalem" (11:1). David's fall didn't start in the bedroom. It started when he wasn't where he was supposed to be, with time on his hands and nothing to do.

Then came a look, a question, a message, a sin, a cover-up and finally a murder. Every step was a choice, and every step made the next one easier. A man after God's own heart was not too strong to fall. Neither are we.

SEE IT List each step David took, from the roof to Uriah's death.

UNDERSTAND IT Where could David have stopped? Why does sin get harder to stop the further you go?

LIVE IT When are you most like David on the roof: bored, tired, alone, late at night? What will you do with that time instead?

WHAT I'M TAKING WITH ME TODAY

DAY 3 · THE BATTLE IS REAL

☐ READ 2 SAMUEL 12

THE COST COMES DUE

For months David acted as if nothing had happened. Then God sent Nathan with a story about a rich man who took a poor man's only lamb. David was furious, until Nathan said, "You are the man!" (12:7).

David's answer is the turning point: "I have sinned against the Lord." And Nathan replied, "The Lord also has put away your sin; you shall not die" (12:13). God forgave him, but the consequences remained in his house for years. Forgiveness is real, and so are the scars. Both are reasons to stop now.

SEE IT How did Nathan get David to see his own sin?

UNDERSTAND IT God put away David's sin, but the consequences remained (12:10–14). What does that teach about forgiveness and consequences?

LIVE IT Is there anything you have been hiding the way David did? Who is the man in your life who will tell you the truth?

WHAT I'M TAKING WITH ME TODAY

DAY 4 · THE BATTLE IS REAL

☐ READ PSALM 51

A MAN COMES CLEAN

This is David's prayer after Nathan's visit. He doesn't make excuses or blame anyone else. He says, "For I know my transgressions, and my sin is ever before me" (51:3).

And he doesn't stop at feeling bad. He asks God to change him: "Create in me a clean heart, O God, and renew a right spirit within me" (51:10). Real repentance is more than being sorry you got caught. It is a man asking God for a clean heart and then living differently.

SEE IT What words does David use for his sin? What does he ask God to do?

UNDERSTAND IT What is the difference between being sorry you got caught and being sorry you sinned against God (51:4, 17)?

LIVE IT Write a short prayer of your own, using verse 10 as your starting point.

WHAT I'M TAKING WITH ME TODAY

DAY 5 · THE BATTLE IS REAL

☐ READ PROVERBS 5

A FATHER'S WARNING

A father sits his son down and tells him the truth. The forbidden woman's words are smooth at first, "but in the end she is bitter as wormwood" (5:4). Sin always advertises the beginning and hides the end.

His counsel is practical: "Keep your way far from her, and do not go near the door of her house" (5:8). Then he points his son to something better: "rejoice in the wife of your youth" (5:18). God's answer to lust isn't only "don't." It is distance from what tempts you and delight in what He has given.

SEE IT What does this chapter say sexual sin costs a man (5:9–14)?

UNDERSTAND IT Why does the father say to stay away from the door, instead of just saying no once you get there?

LIVE IT What "door" do you need to stay far away from: a website, an app, a place, a person?

WHAT I'M TAKING WITH ME TODAY

DAY 6 · THE BATTLE IS REAL

☐ READ PROVERBS 6:20–35

FIRE IN A MAN'S LAP

"Can a man carry fire next to his chest and his clothes not be burned?" (6:27). Every man knows the answer. Yet many men believe they can play with sexual sin and walk away unhurt.

The passage is blunt: "He who commits adultery lacks sense; he who does it destroys himself" (6:32). It costs a man his name, his family and his peace. God's protection is His word kept close, guiding you when you walk, watching over you when you lie down and talking with you when you wake (6:22).

SEE IT What pictures does this passage use for sexual sin? List them.

UNDERSTAND IT Verse 22 says God's word leads, watches and talks with you. How does that actually protect a man?

LIVE IT Where have you been carrying fire, thinking you won't get burned?

WHAT I'M TAKING WITH ME TODAY

DAY 7 · THE BATTLE IS REAL

☐ READ PROVERBS 7

THE ROAD TO HER HOUSE

The young man in this chapter didn't fall in a moment. He was "passing along the street near her corner, taking the road to her house in the twilight, in the evening, at the time of night and darkness" (7:8–9). He put himself on the wrong road at the wrong time.

Then, "All at once he follows her, as an ox goes to the slaughter" (7:22). It felt sudden, but it wasn't. The decision was made when he chose the road. Many men walk the same road today with a screen in their hand late at night.

SEE IT Trace the young man's steps from verse 7 to verse 23.

UNDERSTAND IT Why does the father call him "lacking sense" (7:7) before anything has even happened?

LIVE IT What is your "street near her corner"? What road will you stop taking?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 1–7

THE BATTLE IS REAL

FORGE IT

If you haven't yet, fill out your "My way of escape" page. Then show it to one man you trust and ask him to check in with you once this week.

MAN TO MAN

JOSEPH RAN. DAVID LINGERED. WHERE ARE YOU MOST LIKELY TO LINGER?

FOLLOW-UP: Nathan told David the truth when no one else would. Who has permission to ask you the hard questions?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Create in me a clean heart, O God, and renew a right spirit within me."

PSALM 51:10 (ESV)

PRAYER PROMPTS

- Thank God that He forgives the man who comes clean.
- Confess anything you have been hiding, as David did.
- Ask God to show you your "roof," the place where you linger.
- Pray for the man you will ask to hold you accountable.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 8–14

GOD'S DESIGN FOR DESIRE



READINGS

- ☐ DAY 8 — Genesis 2:18–25
- ☐ DAY 9 — Malachi 2:13–16
- ☐ DAY 10 — Matthew 5:27–30
- ☐ DAY 11 — 1 Corinthians 6:12–20
- ☐ DAY 12 — 1 Corinthians 7:1–5
- ☐ DAY 13 — 1 Thessalonians 4:1–8
- ☐ DAY 14 — Hebrews 13:1–8

WHAT THIS SECTION IS ABOUT

Sexual desire is not the enemy. God made it, and He called it good inside the covenant of marriage. This week you will see God's design from the beginning, Jesus' standard for the heart, and why your body belongs to the Lord. The goal is not to hate desire. It is to guard it.

> *"Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh."*
>
> GENESIS 2:24 (ESV)

DAY 8 · GOD'S DESIGN FOR DESIRE

☐ READ GENESIS 2:18–25

MADE FOR ONE WOMAN

Desire is not the enemy. God made it. When He saw the man alone, He said, "It is not good that the man should be alone; I will make him a helper fit for him" (2:18). Then He brought the woman to the man.

God also set the boundary from the beginning: "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh" (2:24). One man and one woman, for life. Inside that covenant, sex is a gift. Outside it, the same gift turns against the man who takes it.

SEE IT What does God say and do in these verses?

UNDERSTAND IT Why does it matter that God designed marriage before sin ever entered the world?

LIVE IT Do you think of desire as dirty, or as a gift that must stay inside God's boundaries? How does that change the fight?

WHAT I'M TAKING WITH ME TODAY

DAY 9 · GOD'S DESIGN FOR DESIRE

☐ READ MALACHI 2:13–16

FAITHFUL TO THE WIFE OF YOUR YOUTH

The men of Malachi's day wept at the altar and wondered why God didn't accept their offerings. His answer: "the Lord was witness between you and the wife of your youth, to whom you have been faithless, though she is your companion and your wife by covenant" (2:14).

Faithfulness to your wife and faithfulness to God are tied together. A man cannot be careless with his marriage and right with God. "So guard yourselves in your spirit, and let none of you be faithless to the wife of your youth" (2:15). If you are single, that faithfulness starts now.

SEE IT What was God's complaint against these men?

UNDERSTAND IT Why does God call marriage a covenant and not just a feeling or an arrangement?

LIVE IT "Guard yourselves in your spirit." What does guarding your spirit look like for you this week?

WHAT I'M TAKING WITH ME TODAY

DAY 10 · GOD'S DESIGN FOR DESIRE

☐ READ MATTHEW 5:27–30

IT STARTS IN THE HEART

Jesus raised the standard: "everyone who looks at a woman with lustful intent has already committed adultery with her in his heart" (5:28). Avoiding the act isn't enough. God wants the heart.

Then He spoke as strongly as He ever did: if your right eye causes you to sin, tear it out and throw it away (5:29). Jesus isn't telling a man to harm his body. He is telling him to take drastic action against whatever leads him into sin. Today that may mean deleting an app, installing a filter or getting rid of a device.

SEE IT What does Jesus say about the eye and the hand?

UNDERSTAND IT Why does Jesus care about the look and not just the act?

LIVE IT What is one drastic, practical step you will take this week to remove what makes you stumble?

WHAT I'M TAKING WITH ME TODAY

DAY 11 · GOD'S DESIGN FOR DESIRE

☐ READ 1 CORINTHIANS 6:12–20

YOUR BODY IS NOT YOUR OWN

Some in Corinth treated sex like eating: the body wants it, so the body gets it. Paul answered, "The body is not meant for sexual immorality, but for the Lord, and the Lord for the body" (6:13).

His command is short: "Flee from sexual immorality" (6:18). His reason is personal: "You are not your own, for you were bought with a price. So glorify God in your body" (6:19–20). Christ paid for your body with His own blood. That changes what you do with it.

SEE IT What reasons does Paul give for fleeing sexual immorality?

UNDERSTAND IT What does it mean that your body is a temple of the Holy Spirit (6:19)?

LIVE IT If your body belongs to the Lord, what needs to change in how you use your eyes, your hands and your time?

WHAT I'M TAKING WITH ME TODAY

DAY 12 · GOD'S DESIGN FOR DESIRE

☐ READ 1 CORINTHIANS 7:1–5

MARRIAGE AS GOD DESIGNED IT

Paul writes, "because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband" (7:2). Marriage is one of God's answers to temptation.

Inside marriage, husband and wife belong to each other: "Do not deprive one another" (7:5), except for a short time by agreement, "so that Satan may not tempt you because of your lack of self-control" (7:5). A husband serves his wife here too, with patience, tenderness and faithfulness. For the single man, this passage shows that God's plan is good and worth waiting for.

SEE IT What does Paul say husbands and wives owe each other?

UNDERSTAND IT Why does Paul connect a healthy marriage with protection from temptation?

LIVE IT Married: how can you serve your wife better in this part of your marriage? Single: how will you keep yourself pure for the marriage God may give you?

WHAT I'M TAKING WITH ME TODAY

DAY 13 · GOD'S DESIGN FOR DESIRE

☐ READ 1 THESSALONIANS 4:1–8

GOD'S WILL FOR YOU

Men often ask, "What is God's will for my life?" Here is part of the answer in plain words: "For this is the will of God, your sanctification: that you abstain from sexual immorality" (4:3).

Paul calls each man to "know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God" (4:4–5). Self-control is not a personality trait some men happen to have. God expects every man to learn it. And the man who ignores this "disregards not man but God" (4:8).

SEE IT What does Paul say God's will is in these verses?

UNDERSTAND IT Verse 6 says this sin wrongs other people. Who besides you is hurt by sexual sin?

LIVE IT Where do you most need to learn to control your own body?

WHAT I'M TAKING WITH ME TODAY

DAY 14 · GOD'S DESIGN FOR DESIRE

☐ READ HEBREWS 13:1–8

HONOR THE MARRIAGE BED

"Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous" (13:4). God takes marriage seriously, and so must we.

Notice the very next verse: "Keep your life free from love of money, and be content with what you have" (13:5). Lust and greed grow from the same root, a heart that isn't content with what God has given. The answer to both is the promise that follows: "I will never leave you nor forsake you" (13:5).

SEE IT What does verse 4 say about marriage and about God's judgment?

UNDERSTAND IT How is lust a form of discontentment?

LIVE IT What would honoring marriage look like for you this week, whether you are married or single?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 8–14

GOD'S DESIGN FOR DESIRE

FORGE IT

Married: plan one evening this week just for your wife, with phones put away. Single: write down three reasons God's plan for marriage is worth waiting for, and keep them where you will see them.

MAN TO MAN

DO YOU SEE DESIRE AS AN ENEMY, OR AS A GIFT FROM GOD THAT MUST BE GUARDED?

FOLLOW-UP: Jesus said lust is adultery in the heart (Matthew 5:28). What changes when you treat your thoughts as seriously as your actions?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"You are not your own, for you were bought with a price. So glorify God in your body."

1 CORINTHIANS 6:19–20 (ESV)

PRAYER PROMPTS

- Thank God for designing marriage and calling it good.
- Ask Him to guard your heart, not just your actions.
- Pray for your wife by name, or for the wife God may give you.
- Ask for the courage to take one drastic step against what makes you stumble.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 15–21

HOW TEMPTATION WORKS



READINGS

- ☐ DAY 15 — Genesis 3
- ☐ DAY 16 — James 1:12–18
- ☐ DAY 17 — Matthew 4:1–11
- ☐ DAY 18 — 1 Corinthians 10:1–13
- ☐ DAY 19 — Job 31:1–12
- ☐ DAY 20 — Romans 6
- ☐ DAY 21 — Romans 8:1–17

WHAT THIS SECTION IS ABOUT

Temptation has a pattern. It questions what God said, it promises you won't get hurt, and it works through your own desire. This week you will watch the first temptation, see how Jesus answered the devil, and learn the way of escape God promises. You will also see that in Christ there is no condemnation.

> *"God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*
>
> 1 CORINTHIANS 10:13 (ESV)

DAY 15 · HOW TEMPTATION WORKS

☐ READ GENESIS 3

THE FIRST TEMPTATION

The serpent started with a question about God's word: "Did God actually say ...?" (3:1). Then he denied it outright: "You will not surely die" (3:4). Temptation still works the same way. It makes you doubt what God said and promises you won't get hurt.

Then the woman "saw that the tree was good for food, and that it was a delight to the eyes" (3:6). The eyes, the desire, the reach. And her husband was "with her" (3:6), saying nothing. Sin promised freedom and delivered shame and hiding.

SEE IT What did the serpent say, and what did Adam and Eve do afterward?

UNDERSTAND IT How does temptation still question or twist what God has said?

LIVE IT What lie does temptation tell you most often? Write down the truth from God's word that answers it.

WHAT I'M TAKING WITH ME TODAY

DAY 16 · HOW TEMPTATION WORKS

☐ READ JAMES 1:12–18

DESIRE, SIN AND DEATH

James tells us where temptation comes from: “each person is tempted when he is lured and enticed by his own desire” (1:14). Not God, not the woman, not the screen. Our own desire.

Then he shows where it leads: “Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death” (1:15). The time to kill sin is before it is conceived, while it is still a thought. And the man who endures has a promise: “the crown of life” (1:12).

SEE IT What are the steps from desire to death in verses 14–15?

UNDERSTAND IT Why does James say we can’t blame God for our temptations (1:13)?

LIVE IT At what point in that chain do you usually start to fight? How could you fight earlier?

WHAT I’M TAKING WITH ME TODAY

DAY 17 · HOW TEMPTATION WORKS

☐ READ MATTHEW 4:1–11

JESUS ANSWERS WITH SCRIPTURE

Jesus was alone and hungry after forty days in the wilderness when the devil came to tempt Him. Three times He answered the same way: “It is written” (4:4).

“Man shall not live by bread alone, but by every word that comes from the mouth of God” (4:4). The Son of God fought temptation with the word of God. If He had Scripture ready in the moment, how much more do we need it? A man can’t use a sword he never picks up.

SEE IT What were the three temptations, and which Scripture did Jesus use for each?

UNDERSTAND IT Why do you think the devil came when Jesus was hungry and alone?

LIVE IT Choose one verse from this workbook to memorize as your “It is written” for the moment temptation hits.

WHAT I’M TAKING WITH ME TODAY

DAY 18 · HOW TEMPTATION WORKS

☐ READ 1 CORINTHIANS 10:1–13

THE WAY OF ESCAPE

Paul reminds the church of Israel in the wilderness. They had every blessing, yet "We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day" (10:8). His warning: "let anyone who thinks that he stands take heed lest he fall" (10:12).

Then comes the promise this whole plan rests on: "God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it" (10:13). There is always a door. Your part is to look for it and walk through it.

SEE IT What happened to Israel, and why does Paul say it was written down (10:11)?

UNDERSTAND IT What does verse 13 promise, and what does it not promise?

LIVE IT Look back at your "My way of escape" page. Is your plan still realistic? What would you change?

WHAT I'M TAKING WITH ME TODAY

DAY 19 · HOW TEMPTATION WORKS

☐ READ JOB 31:1–12

A COVENANT WITH YOUR EYES

Job made a decision ahead of time: “I have made a covenant with my eyes; how then could I gaze at a virgin?” (31:1). He didn’t wait for temptation to show up and then decide. He settled it in advance.

Job knew God was watching: “Does not he see my ways and number all my steps?” (31:4). And he knew where lust leads: “a fire that consumes as far as Abaddon” (31:12). A covenant with your eyes means deciding now where they will and won’t go.

SEE IT What does Job say he has not done, and what does he say he would deserve if he had?

UNDERSTAND IT Why is a decision made ahead of time stronger than one made in the moment?

LIVE IT Write your own covenant with your eyes: what you will not look at, and what you will do when you are tempted to.

WHAT I’M TAKING WITH ME TODAY

DAY 20 · HOW TEMPTATION WORKS

☐ READ ROMANS 6

DEAD TO SIN, ALIVE TO GOD

Paul asks, “Are we to continue in sin that grace may abound? By no means!” (6:1–2). Then he points back to baptism: “We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life” (6:4).

A Christian has died to the old life, so “Let not sin therefore reign in your mortal body, to make you obey its passions” (6:12). You are not a slave who has to obey every urge. You belong to a new Master. If you have never been buried with Christ in baptism, this chapter shows where that new life begins.

SEE IT What happened to us in baptism, according to verses 3–6?

UNDERSTAND IT What does it mean that sin no longer has to reign in your body?

LIVE IT Whose servant have you acted like this week? What would it look like to present your body to God instead (6:13)?

WHAT I’M TAKING WITH ME TODAY

DAY 21 · HOW TEMPTATION WORKS

☐ READ ROMANS 8:1–17

NO CONDEMNATION

Many men in this fight live under a cloud of shame. Paul writes to Christians: “There is therefore now no condemnation for those who are in Christ Jesus” (8:1). In Christ, your past is not your master.

But grace is not permission. “For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live” (8:13). God’s forgiveness is the ground you stand on to fight, not a reason to stop fighting.

SEE IT What does Paul say about living by the flesh and living by the Spirit?

UNDERSTAND IT How can “no condemnation” and “put to death the deeds of the body” both be true?

LIVE IT Is shame keeping you stuck? Write down what God says about the man who is in Christ.

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 15–21

HOW TEMPTATION WORKS

FORGE IT

Make one real change to your devices this week: install a filter or accountability app, change a password, or keep your phone out of the bedroom at night.

MAN TO MAN

WHAT IS YOUR WAY OF ESCAPE WHEN TEMPTATION HITS: THE PLACE, THE TIME, THE DEVICE?

FOLLOW-UP: James 1:14–15 describes desire, then sin, then death. Where in that chain do you usually notice the fight, and how could you notice it sooner?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"I have made a covenant with my eyes; how then could I gaze at a virgin?"

JOB 31:1 (ESV)

PRAYER PROMPTS

- Thank God that He always provides a way of escape.
- Ask Him to help you notice temptation earlier.
- Pray the verse you are memorizing back to God.
- Thank Him that in Christ there is no condemnation.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 22–28

A RENEWED MIND



READINGS

- ☐ DAY 22 — Psalm 119:9–16
- ☐ DAY 23 — Romans 13:8–14
- ☐ DAY 24 — Galatians 5:16–26
- ☐ DAY 25 — Ephesians 5:1–21
- ☐ DAY 26 — Philippians 4:4–9
- ☐ DAY 27 — Colossians 3:1–17
- ☐ DAY 28 — 2 Timothy 2:20–26

WHAT THIS SECTION IS ABOUT

You can't win this fight by trying not to think about something. You win it by filling your mind with something better and walking a different road. This week is about storing up God's word, making no room for the flesh, putting on Christ and running with other men who call on the Lord from a pure heart.

> *"But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."*
>
> ROMANS 13:14 (ESV)

DAY 22 · A RENEWED MIND

☐ READ PSALM 119:9–16

STORE UP THE WORD

"How can a young man keep his way pure? By guarding it according to your word" (119:9). It is the right question for a man of any age, and the answer hasn't changed.

"I have stored up your word in my heart, that I might not sin against you" (119:11). A man who fills his mind with Scripture has less room for what pulls him down, and he has the right words ready when temptation comes.

SEE IT List everything the psalmist says he does with God's word in these verses.

UNDERSTAND IT How does storing up the word help in the moment of temptation?

LIVE IT Write out the verse you are memorizing. When during the day will you review it?

WHAT I'M TAKING WITH ME TODAY

DAY 23 · A RENEWED MIND

☐ READ ROMANS 13:8–14

MAKE NO PROVISION FOR THE FLESH

Paul says it is time to wake up: “The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light” (13:12).

Then he gets specific: “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires” (13:14). To make provision is to plan ahead for sin, leaving a door open just in case. Look at your phone, your schedule and your habits. Where have you been leaving room for the flesh?

SEE IT What does Paul tell us to cast off, and what does he tell us to put on?

UNDERSTAND IT What does it mean to make provision for the flesh? Give an example.

LIVE IT Name one provision you will remove this week: an app, a password, a late-night habit.

WHAT I’M TAKING WITH ME TODAY

DAY 24 · A RENEWED MIND

☐ READ GALATIANS 5:16–26

WALK BY THE SPIRIT

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh" (5:16). The flesh and the Spirit want opposite things, and every man feels that pull.

Paul's list of the works of the flesh begins with "sexual immorality, impurity, sensuality" (5:19). His list of the fruit of the Spirit ends with "self-control" (5:23). Walking by the Spirit means following where the Spirit leads in the word He has given, one step at a time. "And those who belong to Christ Jesus have crucified the flesh with its passions and desires" (5:24).

SEE IT Which works of the flesh and which fruit of the Spirit stand out to you?

UNDERSTAND IT What does it mean that those who belong to Christ have crucified the flesh?

LIVE IT Which fruit of the Spirit do you most need to grow this week, and what step will you take?

WHAT I'M TAKING WITH ME TODAY

DAY 25 · A RENEWED MIND

☐ READ EPHESIANS 5:1–21

WALK AS CHILDREN OF LIGHT

Paul sets a high bar: “But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints” (5:3). That includes the jokes, the shows and the talk, not just the acts.

“For at one time you were darkness, but now you are light in the Lord. Walk as children of light” (5:8). Light exposes. Sin grows in secret, and it loses its power when it is brought into the open (5:11–13).

SEE IT What does Paul tell us to put away, and what should replace it (5:4)?

UNDERSTAND IT Why does sin grow in the dark and weaken in the light?

LIVE IT What part of your life needs to be brought into the light, and who will you tell?

WHAT I’M TAKING WITH ME TODAY

DAY 26 · A RENEWED MIND

☐ READ PHILIPPIANS 4:4–9

THINK ABOUT THESE THINGS

You can't stop thinking about something by trying not to think about it. Paul gives a better way: fill your mind with something else.

"Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (4:8). Then put it into practice, "and the God of peace will be with you" (4:9). The mind follows what you feed it.

SEE IT List the things Paul tells us to think about.

UNDERSTAND IT How does what you watch and read shape what you want?

LIVE IT What will you put in place of what you are cutting out: Scripture, music, exercise, time with your family?

WHAT I'M TAKING WITH ME TODAY

DAY 27 · A RENEWED MIND

☐ READ COLOSSIANS 3:1–17

PUT TO DEATH, PUT ON

"Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry" (3:5). Paul doesn't say manage it or cut back. He says put it to death.

But he doesn't leave a man empty. He tells him what to put on: "compassionate hearts, kindness, humility, meekness, and patience" (3:12), and above all, love. The old self comes off, and the new self goes on, "renewed in knowledge after the image of its creator" (3:10).

SEE IT What does Paul tell us to put to death, and what does he tell us to put on?

UNDERSTAND IT Why does Paul call covetousness idolatry? How can lust become an idol?

LIVE IT "Set your minds on things that are above" (3:2). What would that change about your evenings this week?

WHAT I'M TAKING WITH ME TODAY

DAY 28 · A RENEWED MIND

☐ READ 2 TIMOTHY 2:20–26

FLEE AND PURSUE, WITH OTHERS

"So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart" (2:22). Notice three things: flee, pursue and along with.

Running from sin is only half the plan. A man also runs toward something good, and he doesn't run alone. Find other men who call on the Lord from a pure heart and run with them. Isolation is where this sin thrives.

SEE IT What does Paul tell Timothy to flee, and what to pursue?

UNDERSTAND IT Why does it matter that we pursue these things along with others?

LIVE IT Who is one man you will ask to run with you? When will you ask him?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 22–28

A RENEWED MIND

FORGE IT

Memorize Psalm 119:11. Say it out loud every time you pick up your phone this week.

MAN TO MAN

WHO IS ONE BROTHER YOU WILL BE HONEST WITH ABOUT THIS FIGHT?

FOLLOW-UP: What will you ask him to check with you about, and how often will you talk?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"I have stored up your word in my heart, that I might not sin against you."

PSALM 119:11 (ESV)

PRAYER PROMPTS

- Ask God to renew your mind as you fill it with His word.
- Name one "provision" for the flesh and ask for help removing it.
- Pray for the man you will run with.
- Thank God for the new self you put on in Christ.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 29–30

KEEP WALKING



READINGS

- [ ] DAY 29 — 1 John 1:5–2:6
- [ ] DAY 30 — Titus 2:11–14

WHAT THIS SECTION IS ABOUT

Thirty days is a start, not a finish line. These last two readings show how a Christian keeps walking in the light: confessing sin, receiving God's forgiveness and letting grace train him day after day.

> *"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin."*
>
> 1 JOHN 1:7 (ESV)

DAY 29 · KEEP WALKING

☐ READ 1 JOHN 1:5–2:6

WALK IN THE LIGHT

"If we say we have no sin, we deceive ourselves, and the truth is not in us" (1:8). Every man in this fight has failed at some point. John doesn't pretend otherwise.

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1:9). And he adds, "I am writing these things to you so that you may not sin" (2:1). Confession is not a way to keep sinning. It is how a Christian gets back up and keeps walking in the light.

SEE IT What does John say happens when we walk in the light (1:7)?

UNDERSTAND IT How do 1:9 and 2:1 fit together?

LIVE IT Is there anything you need to confess to God, or to another man you trust (James 5:16)?

WHAT I'M TAKING WITH ME TODAY

DAY 30 · KEEP WALKING

☐ READ TITUS 2:11–14

GRACE THAT TRAINS US

"For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age" (2:11–12).

Grace doesn't only forgive. It trains. Like a coach, it teaches a man to say no to what is wrong and yes to what is right, day after day. And it points him forward, "waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ" (2:13). Thirty days is a start. Keep training.

SEE IT What does God's grace train us to do?

UNDERSTAND IT How is grace like a coach, and not only a pardon?

LIVE IT What will you keep doing after these 30 days are over?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 29–30

KEEP WALKING

FORGE IT

Choose your next step: start another 30-day plan, begin Forged in the Word, or read this plan again with another man.

MAN TO MAN

WHAT WILL YOU KEEP DOING AFTER DAY 30?

FOLLOW-UP: Look back over your answers. What has changed in 30 days, and what still needs work?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,"

TITUS 2:11–12 (ESV)

PRAYER PROMPTS

- Thank God for every victory in the last 30 days.
- Confess any failure and receive His forgiveness.
- Ask Him to keep training you by His grace.
- Pray for another man who needs to start this fight.

WHAT GOD SHOWED ME IN THIS SECTION

THE FIRST STEP

NEW LIFE STARTS WITH THE GOSPEL.

Everything in this workbook is written to Christians, men who have been forgiven and are learning to walk in the light. If you have never obeyed the gospel, that is where the fight begins.

> *"Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit."*
> ACTS 2:38 (ESV)

Hear the good news that Jesus died for your sins and rose again (1 Corinthians 15:1–4). Believe it (John 8:24). Turn from sin (Acts 17:30). Confess your faith in Christ (Romans 10:9–10). Be buried with Him in baptism and rise to walk in newness of life (Romans 6:3–4). Then keep walking with Him, together with His church.

If you would like to study this with someone, the men of Ironworks would be glad to sit down with you.

KEEP GOING

ANOTHER 30-DAY PLAN

Anger, anxiety, money, technology, AI, marriage and fatherhood, at joinironworks.com.

FORGED IN THE WORD

The one-year reading plan for men, five readings a week.

BREAKFAST

Join the men of Ironworks the third Saturday of every month.





IRON SHARPENS IRON, AND ONE MAN SHARPENS ANOTHER.

PROVERBS 27:17 (ESV)

JOINIRONWORKS.COM

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