IRONWORKS

PROVERBS 27:17

A 30-DAY WORKBOOK FOR MEN

BE SOBER-MINDED.

THE WORKBOOK



ALCOHOL · 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 WATCH PLAN

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

KEEP A CLEAR HEAD.

Drink is everywhere a man goes. The cooler at the tailgate, the work party, the deer lease, the steakhouse, the bottle in the cabinet that helps him sleep. For some men it has never been a question. For others it has quietly become the way they unwind, the way they cope or the way they fit in. And some men are fighting a hold they never thought it would have.

The Bible is honest about what drink does to men, and God gives His people a clear call:

> *"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."*
>
> 1 PETER 5:8 (ESV)

This workbook is not about rules for their own sake. It is about being the kind of man God can use: awake, clear-headed and ready, because a lion is real and the people who count on you are real too.

For 30 days you will look at what drink did to strong men in Scripture, what God says about drunkenness, why He calls His men to be sober-minded, how your choices lead the people who follow you, and the new life God gives in Christ.

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



FILL THIS OUT BEFORE DAY 1

MY WATCH PLAN

"Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires" (Romans 13:14). A watchman knows where the enemy comes from. Write down when and why drink calls to you, what you will cut off, and what you will do instead. Be specific. Update this page as you go.

WHEN DOES DRINK CALL TO ME? After work, on weekends, when I can't sleep, when I'm stressed

WHERE AM I, AND WHO AM I WITH? At home alone, with the crew, at games, on trips, at parties

WHAT AM I REALLY LOOKING FOR? Relief, sleep, courage, fitting in, numbing something

WHAT HAS/COULD IT COST ME? My health, my money, my marriage, my kids' trust, my witness

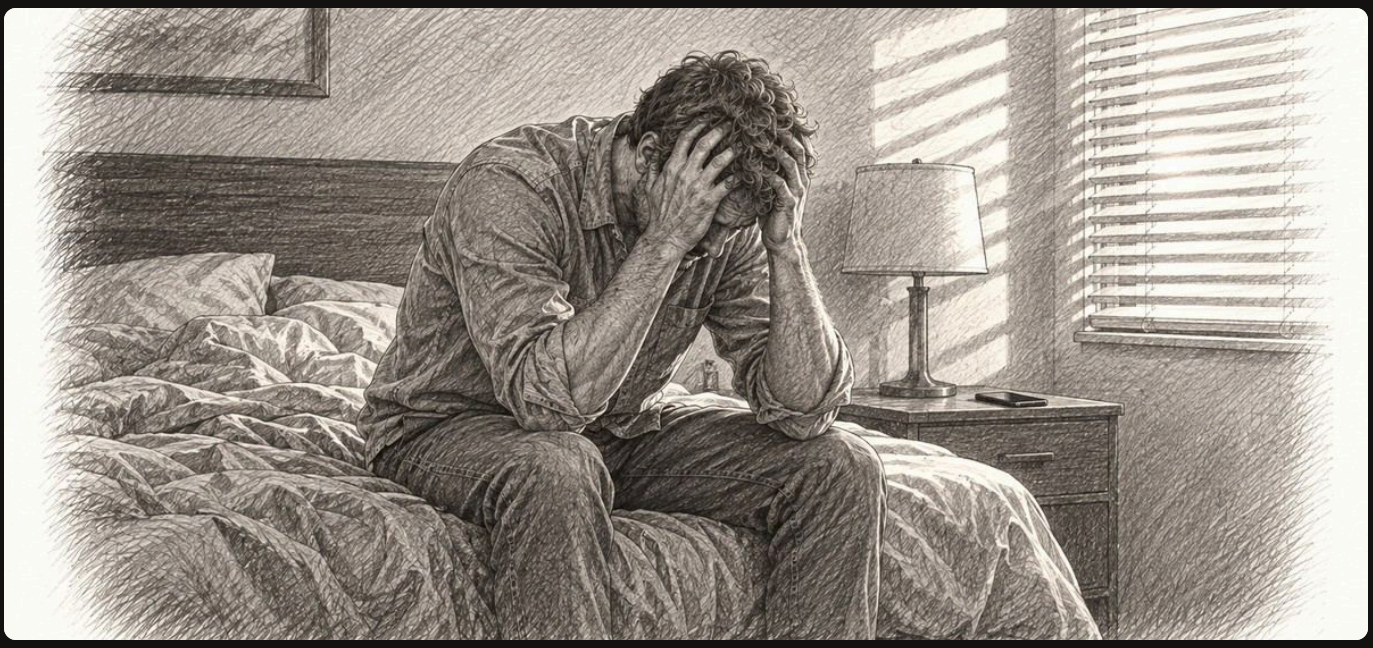
WHAT I WILL CUT OFF Romans 13:14: the stops, the stock at home, the invitations

WHAT I WILL DO INSTEAD A walk, a call, prayer, the gym, a Bible, an early night

THE MAN WHO WILL HOLD ME TO IT His name, and when I will tell him

DAYS 1–7

WHAT DRINK DOES



READINGS

- ☐ DAY 1 — Proverbs 23:29–35
- ☐ DAY 2 — Proverbs 20:1
- ☐ DAY 3 — Genesis 9:18–27
- ☐ DAY 4 — Genesis 19:30–38
- ☐ DAY 5 — 1 Samuel 25:32–38
- ☐ DAY 6 — Daniel 5
- ☐ DAY 7 — Isaiah 5:11–23

WHAT THIS SECTION IS ABOUT

Before God gives a single command about drink, He shows you what it has done. This week you will read the honest picture in Proverbs and watch strong men fall: Noah, the preacher of righteousness, exposed in his tent; Lot, who did not know what he had done; Nabal, a fool on his last good night; and a king who drank from the Lord's vessels while the hand wrote on the wall.

> *"Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise."*
>
> PROVERBS 20:1 (ESV)

DAY 1 · WHAT DRINK DOES

☐ READ PROVERBS 23:29–35

WHO HAS WOE?

Solomon starts with a string of questions: “Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness of eyes?” (23:29). The answer comes next: “Those who tarry long over wine” (23:30). Drink promises a good time. It delivers woe.

Then he warns a man not to even look at it “when it sparkles in the cup and goes down smoothly. In the end it bites like a serpent and stings like an adder” (23:31–32). The saddest line is the last one: “When shall I awake? I must have another drink” (23:35). The trap is that it keeps calling a man back.

SEE IT List the six things that come to “those who tarry long over wine” (23:29–30).

UNDERSTAND IT Why does Solomon warn a man not even to look at it (23:31)?

LIVE IT Where have you seen “woe” and “strife” follow drink in your own life or family?

WHAT I’M TAKING WITH ME TODAY

DAY 2 · WHAT DRINK DOES

☐ READ PROVERBS 20:1

WINE IS A MOCKER

One verse, three warnings. “Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise” (20:1). A mocker laughs at you. It makes a fool of the man who thought he was in control.

A brawler starts fights. Think about how many fights, harsh words, wrecks and regrets began with a few drinks. Solomon does not say a man is a fool for being tempted. He says the man who is “led astray by it” is not wise. Drink leads. The question is whether you will follow.

SEE IT What three things does this verse say about wine and strong drink?

UNDERSTAND IT What does it mean that drink “mocks” the man who drinks it?

LIVE IT Has drink ever made a fool of you, or led you into a fight you regret?

WHAT I’M TAKING WITH ME TODAY

DAY 3 · WHAT DRINK DOES

☐ READ GENESIS 9:18–27

NOAH'S SHAME

Noah was the man who walked with God, built the ark and came through the flood. Then "He drank of the wine and became drunk and lay uncovered in his tent" (9:21). A lifetime of faithfulness, and one of the first things the Bible records about him after the flood is a night of shame.

His sons were affected. Ham looked and told; Shem and Japheth walked in backward and covered their father. Drink rarely shames only the man who drinks. It spills over onto his children. Strong men are not immune. Noah's story is a warning to men who think, "It could never happen to me."

SEE IT What happened to Noah, and how did each of his sons respond (9:21–23)?

UNDERSTAND IT Why do you think God recorded this about such a faithful man?

LIVE IT How could your drinking, or your choice not to drink, affect your children?

WHAT I'M TAKING WITH ME TODAY

DAY 4 · WHAT DRINK DOES

☐ READ GENESIS 19:30–38

LOT DID NOT KNOW

Lot had escaped Sodom. Then, hiding in a cave, his daughters made a plan: “Come, let us make our father drink wine” (19:32). Twice the Bible says, “he did not know when she lay down or when she arose” (19:33, 35).

Drink takes away the one thing a man needs most when temptation comes: a clear head. Lot did not plan to sin that night, but he made himself unable to stop it. The fruit of those nights, Moab and Ammon, troubled God’s people for generations. A man who gives up his judgment does not get to choose what happens next.

SEE IT What phrase is repeated twice about Lot in this passage (19:33, 35)?

UNDERSTAND IT How did drink make Lot unable to stand against sin?

LIVE IT What could happen around you on a night when you did not know what you were doing?

WHAT I’M TAKING WITH ME TODAY

DAY 5 · WHAT DRINK DOES

☐ READ 1 SAMUEL 25:32–38

NABAL'S HEART DIED

Nabal was a rich man and a fool. While his wife Abigail rode out to save his household from David, "he was holding a feast in his house, like the feast of a king. And Nabal's heart was merry within him, for he was very drunk" (25:36).

He was celebrating while his life hung by a thread. He had no idea. Abigail "told him nothing at all until the morning light" (25:36). When she did, "his heart died within him, and he became as a stone" (25:37). Drink makes a man feel like a king at the very moment he is in the most danger.

SEE IT What was Nabal doing while Abigail saved his household (25:36)?

UNDERSTAND IT Why did Abigail wait until morning to tell him what had happened?

LIVE IT When has drink made you feel fine when you were actually in danger?

WHAT I'M TAKING WITH ME TODAY

DAY 6 · WHAT DRINK DOES

☐ READ DANIEL 5

WEIGHED AND FOUND WANTING

King Belshazzar threw a feast for a thousand lords, and "when he tasted the wine, commanded that the vessels of gold and of silver" from God's temple be brought in so they could drink from them (5:2). Drink loosened his judgment, and he mocked the holy things of God.

Then a hand wrote on the wall. Daniel told him what it meant: "you have been weighed in the balances and found wanting" (5:27). "That very night Belshazzar the Chaldean king was killed" (5:30). He had a feast to remember and no tomorrow to remember it in.

SEE IT What did Belshazzar do after he tasted the wine (5:2–4)?

UNDERSTAND IT How did drink lead the king to treat holy things as common?

LIVE IT If God weighed your habits with drink today, what would the scale show?

WHAT I'M TAKING WITH ME TODAY

DAY 7 · WHAT DRINK DOES

☐ READ ISAIAH 5:11–23

WOE TO THOSE WHO RISE EARLY

"Woe to those who rise early in the morning, that they may run after strong drink, who tarry late into the evening as wine inflames them!" (5:11). Isaiah describes people whose days were built around drink. Music, feasts and wine, "but they do not regard the deeds of the Lord" (5:12).

He also mocks the men who were proud of how much they could hold: "Woe to those who are heroes at drinking wine, and valiant men in mixing strong drink" (5:22). The world still praises the man who can drink everyone under the table. God calls it a woe.

SEE IT What did these people "not regard" while they feasted and drank (5:12)?

UNDERSTAND IT Why would God say "woe" to men who are "heroes at drinking wine" (5:22)?

LIVE IT Has drink ever crowded out God in your day or week? How?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 1–7

WHAT DRINK DOES

FORGE IT

Fill out your “My watch plan” page. Then write down the last three times you drank, or were tempted to, and what was going on in your heart each time.

MAN TO MAN

WHICH OF THESE MEN SOUNDS MOST LIKE A NIGHT YOU REMEMBER, OR A MAN YOU LOVE?

FOLLOW-UP: Tell another man honestly what drink has cost you or someone close to you.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

“Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.”

PROVERBS 20:1 (ESV)

PRAYER PROMPTS

- Ask God to open your eyes to what drink really is.
- Confess the times it has led you where you should not have gone.
- Pray for a man you know who is caught in it.
- Thank God that He tells you the truth before it bites.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 8–14

WHAT GOD SAYS



READINGS

- ☐ DAY 8 — Galatians 5:16–24
- ☐ DAY 9 — 1 Corinthians 6:9–11
- ☐ DAY 10 — Ephesians 5:15–21
- ☐ DAY 11 — Romans 13:11–14
- ☐ DAY 12 — 1 Peter 4:1–6
- ☐ DAY 13 — Luke 21:34–36
- ☐ DAY 14 — Habakkuk 2:15–16

WHAT THIS SECTION IS ABOUT

Some men say the Bible only says not to get drunk, so they decide how close to the line they can live. This week you will read what God actually says: drunkenness is a work of the flesh, drunkards will not inherit the kingdom, and drinking parties belong to the life a Christian left behind. You will also see the good news: "such were some of you."

> *"And do not get drunk with wine, for that is debauchery, but be filled with the Spirit."*
>
> EPHESIANS 5:18 (ESV)

DAY 8 · WHAT GOD SAYS

☐ READ GALATIANS 5:16–24

THE WORKS OF THE FLESH

Paul lists the works of the flesh, and drunkenness is on the list right beside sexual immorality and idolatry: "envy, drunkenness, orgies, and things like these" (5:21). Then the warning: "those who do such things will not inherit the kingdom of God" (5:21).

Against that list he sets the fruit of the Spirit, and the last one is "self-control" (5:23). The Christian does not fight drink by willpower alone. "Those who belong to Christ Jesus have crucified the flesh with its passions and desires" (5:24). The old cravings were nailed down. Don't pull them back up.

SEE IT Which works of the flesh are listed beside drunkenness (5:19–21)?

UNDERSTAND IT What does it mean that those in Christ "have crucified the flesh" (5:24)?

LIVE IT Which fruit of the Spirit do you most need to grow in place of drink?

WHAT I'M TAKING WITH ME TODAY

DAY 9 · WHAT GOD SAYS

☐ READ 1 CORINTHIANS 6:9–11

SUCH WERE SOME OF YOU

"Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God" (6:9–10). God does not treat drunkenness as a small thing.

But then comes the best line in the passage: "And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God" (6:11). Some of the men in Corinth had been drunkards. They were not anymore. That is what the gospel does.

SEE IT Who does Paul say will not inherit the kingdom of God (6:9–10)?

UNDERSTAND IT What three things happened to the Corinthians that changed them (6:11)?

LIVE IT What would it mean for you to say about drink, "such were some of you"?

WHAT I'M TAKING WITH ME TODAY

DAY 10 · WHAT GOD SAYS

☐ READ EPHESIANS 5:15–21

DO NOT GET DRUNK WITH WINE

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil" (5:15–16). Paul's first concern is the clear-eyed walk of a wise man. Then he names a specific danger: "And do not get drunk with wine, for that is debauchery" (5:18).

He puts something better in its place: "be filled with the Spirit" (5:18), and he shows what that looks like: songs, thankfulness and submitting to one another. Men often drink to loosen up and feel close to others. God gives a better way to joy and fellowship, and it leaves no regrets in the morning.

SEE IT What does Paul command in place of getting drunk (5:18–21)?

UNDERSTAND IT Why does Paul connect drink with "making the best use of the time"?

LIVE IT What are you looking for in drink that God offers a better way?

WHAT I'M TAKING WITH ME TODAY

DAY 11 · WHAT GOD SAYS

☐ READ ROMANS 13:11–14

NOT IN DRUNKENNESS

"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). Paul writes like a man waking his friends up. Time is short. Get dressed for the day.

Then he gets specific: "not in orgies and drunkenness" (13:13). And he tells how to fight it: "put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires" (13:14). Provision is planning ahead. The cooler stocked, the stop on the way home, the bottle in the cabinet. A wise man plans the other way.

SEE IT What does Paul tell us to cast off and put on (13:12–14)?

UNDERSTAND IT What does it mean to "make no provision for the flesh" (13:14)?

LIVE IT What provision for drink do you need to remove from your home, truck or schedule?

WHAT I'M TAKING WITH ME TODAY

DAY 12 · WHAT GOD SAYS

☐ READ 1 PETER 4:1–6

NO MORE DRINKING PARTIES

Peter describes the life a Christian left behind: “living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry” (4:3). He says “the time that is past suffices” for that (4:3). Enough is enough.

He also warns what will happen when you stop: “they are surprised when you do not join them in the same flood of debauchery, and they malign you” (4:4). Some friends will not understand. Some will make fun of you. Peter reminds you who you answer to: “they will give account to him who is ready to judge the living and the dead” (4:5).

SEE IT What does Peter list as part of the life a Christian leaves behind (4:3)?

UNDERSTAND IT Why are old friends “surprised” and why do they “malign” (4:4)?

LIVE IT Who in your life might push back if you change your habits, and how will you answer?

WHAT I’M TAKING WITH ME TODAY

DAY 13 · WHAT GOD SAYS

☐ READ LUKE 21:34–36

WEIGHED DOWN

Jesus warned His disciples: “But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap” (21:34). Notice what He puts side by side: drink and worry. Both weigh a man’s heart down.

Many men drink because of the cares of this life. Jesus says both will dull you to what matters most. His answer: “But stay awake at all times, praying that you may have strength to escape” (21:36). Prayer, not a drink, is the way to carry the weight.

SEE IT What three things does Jesus say can weigh a heart down (21:34)?

UNDERSTAND IT Why do you think Jesus put drunkenness and the “cares of this life” together?

LIVE IT What cares do you carry that you have tried to drown, and what would it look like to pray about them instead?

WHAT I’M TAKING WITH ME TODAY

DAY 14 · WHAT GOD SAYS

☐ READ HABAKKUK 2:15–16

WOE TO HIM WHO MAKES HIS NEIGHBOR DRINK

God does not only warn the man who drinks. He warns the man who pours: “Woe to him who makes his neighbors drink— you pour out your wrath and make them drunk, in order to gaze at their nakedness!” (2:15).

Pushing drinks on someone to loosen him up, to get the better of him or to have a laugh at him is not hospitality. It is using him. God’s judgment answers in kind: “You will have your fill of shame instead of glory” (2:16). A godly man protects his neighbor’s judgment. He does not take it away.

SEE IT What does God say about the man who “makes his neighbors drink” (2:15)?

UNDERSTAND IT Why is getting someone else drunk such a serious sin?

LIVE IT Have you ever pushed drink on someone, or been the one who was pushed? What do you need to do about it?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 8–14

WHAT GOD SAYS

FORGE IT

Remove one "provision for the flesh" this week (Romans 13:14). Clear it out of the house, skip the stop on the way home, or turn down the invitation.

MAN TO MAN

WHERE HAVE YOU DRAWN THE LINE WITH DRINK, AND DID YOU DRAW IT WHERE GOD DOES?

FOLLOW-UP: Ask another man to tell you honestly whether your habits with drink look different from the world's.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy."

ROMANS 13:13 (ESV)

PRAYER PROMPTS

- Thank God that He washes, sanctifies and justifies sinners.
- Confess any place you have lived close to the line on purpose.
- Ask Him for the fruit of self-control.
- Pray for the men you work with who think drink is just part of life.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 15–21

SOBER-MINDED MEN



READINGS

- [ ] DAY 15 — 1 Peter 5:6–11
- [ ] DAY 16 — 1 Thessalonians 5:1–11
- [ ] DAY 17 — Titus 2:1–8
- [ ] DAY 18 — 1 Timothy 3:1–7
- [ ] DAY 19 — Proverbs 31:1–9
- [ ] DAY 20 — Leviticus 10:8–11
- [ ] DAY 21 — Daniel 1:8–17

WHAT THIS SECTION IS ABOUT

God does not only tell His men what to avoid. He tells them what to be: sober-minded, watchful, awake. This week you will read about a lion on the prowl, men who belong to the day, elders who must not be drunkards, a king who was told it was not for kings, priests who had to keep a clear head before God, and a young man who resolved not to defile himself.

> *"So then let us not sleep, as others do, but let us keep awake and be sober."*
>
> 1 THESSALONIANS 5:6 (ESV)

DAY 15 · SOBER-MINDED MEN

☐ READ 1 PETER 5:6–11

BE SOBER-MINDED; BE WATCHFUL

This is the key verse of the whole plan: “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour” (5:8). A watchman cannot afford a foggy head. A lion does not wait until you are ready.

Look at what comes right before it: “casting all your anxieties on him, because he cares for you” (5:7). Many men reach for drink to quiet their anxieties. Peter says to give them to God. And look at the promise after: God “will himself restore, confirm, strengthen, and establish you” (5:10).

SEE IT What does Peter say the devil is doing, and what two commands does he give (5:8)?

UNDERSTAND IT How does casting your anxieties on God (5:7) help you stay sober-minded?

LIVE IT When is the lion most likely to find you unguarded?

WHAT I’M TAKING WITH ME TODAY

DAY 16 · SOBER-MINDED MEN

☐ READ 1 THESSALONIANS 5:1–11

KEEP AWAKE AND BE SOBER

Paul says the day of the Lord will come "like a thief in the night" (5:2). But Christians are "children of light, children of the day" (5:5). Then he draws the line: "So then let us not sleep, as others do, but let us keep awake and be sober. For those who sleep, sleep at night, and those who get drunk, are drunk at night" (5:6–7).

Drink belongs to the night. A Christian man belongs to the day. Paul tells him to dress for it: "the breastplate of faith and love, and for a helmet the hope of salvation" (5:8). Then, "encourage one another and build one another up" (5:11). Staying sober is easier with other men beside you.

SEE IT What does Paul say belongs to the night, and what belongs to the day (5:5–8)?

UNDERSTAND IT What armor does Paul tell sober men to put on (5:8)?

LIVE IT Who is one man you can encourage, and be encouraged by, to stay awake?

WHAT I'M TAKING WITH ME TODAY

DAY 17 · SOBER-MINDED MEN

☐ READ TITUS 2:1–8

OLDER MEN AND YOUNGER MEN

Paul tells Titus what to teach each group in the church. The first word for older men is “sober-minded” (2:2). Older women are not to be “slaves to much wine” (2:3). Younger men are “to be self-controlled” (2:6).

Sobriety is not only for men who have a problem. It is a mark of every mature Christian, young and old. And it is taught by example: “Show yourself in all respects to be a model of good works” (2:7). Older men, the younger men are watching. Younger men, find an older man worth watching.

SEE IT What does Paul tell older men, older women and younger men to be (2:2–6)?

UNDERSTAND IT Why does Paul warn against being “slaves” to wine (2:3)?

LIVE IT Which older man is a model of sobriety for you, or which younger man is watching you?

WHAT I’M TAKING WITH ME TODAY

DAY 18 · SOBER-MINDED MEN

☐ READ 1 TIMOTHY 3:1–7

NOT A DRUNKARD

When Paul lists what an overseer must be, he includes “sober-minded, self-controlled” and “not a drunkard, not violent but gentle” (3:2–3). God wants the men who lead His church to have clear heads and steady hands.

These are not strange rules for a few men at the top. They describe what every Christian man should be growing toward. Paul also says an elder “must be well thought of by outsiders, so that he may not fall into disgrace, into a snare of the devil” (3:7). People notice what a man does with drink.

SEE IT What does Paul say an overseer must be, and must not be (3:2–3)?

UNDERSTAND IT Why would drink keep a man from leading God’s people well?

LIVE IT Could you lead your home, or one day serve God’s church, with the habits you have now?

WHAT I’M TAKING WITH ME TODAY

DAY 19 · SOBER-MINDED MEN

☐ READ PROVERBS 31:1–9

IT IS NOT FOR KINGS

A mother taught her son, King Lemuel: “It is not for kings, O Lemuel, it is not for kings to drink wine, or for rulers to take strong drink, lest they drink and forget what has been decreed and pervert the rights of all the afflicted” (31:4–5).

A king had people depending on his judgment. Drink would make him forget his duty and hurt the weak. Instead, she tells him, “Open your mouth for the mute, for the rights of all who are destitute” (31:8). A man who leads a home has people depending on his judgment too. Christians are called “a royal priesthood” (1 Peter 2:9).

SEE IT Why did Lemuel’s mother tell him wine was “not for kings” (31:4–5)?

UNDERSTAND IT What did she want him to do instead (31:8–9)?

LIVE IT Who depends on your judgment the way a kingdom depended on its king?

WHAT I’M TAKING WITH ME TODAY

DAY 20 · SOBER-MINDED MEN

☐ READ LEVITICUS 10:8–11

BETWEEN THE HOLY AND THE COMMON

Right after Nadab and Abihu died for offering unauthorized fire, God spoke to Aaron: “Drink no wine or strong drink, you or your sons with you, when you go into the tent of meeting, lest you die” (10:9). The men who served God had to keep a clear head.

God gave the reason: “You are to distinguish between the holy and the common, and between the unclean and the clean, and you are to teach the people of Israel” (10:10–11). Drink blurs exactly those lines. Every Christian is now a priest (1 Peter 2:5), and every day is service.

SEE IT What did God command Aaron and his sons, and why (10:9–11)?

UNDERSTAND IT Why does serving God call for a clear head?

LIVE IT Where do you need clear judgment to tell the holy from the common this week?

WHAT I’M TAKING WITH ME TODAY

DAY 21 · SOBER-MINDED MEN

☐ READ DANIEL 1:8–17

DANIEL RESOLVED

Daniel was a teenager, far from home, in the most powerful palace on earth. The king's wine was on the table every day. "But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank" (1:8).

He decided before the pressure came, and he asked respectfully for another way: "let us be given vegetables to eat and water to drink" (1:12). God honored him: "God gave them learning and skill in all literature and wisdom" (1:17). The best time to decide about drink is before it is offered.

SEE IT What did Daniel resolve, and how did he ask for another way (1:8–12)?

UNDERSTAND IT Why does deciding ahead of time make a man stronger?

LIVE IT What do you need to resolve now, before the next time drink is offered?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 15–21

SOBER-MINDED MEN

FORGE IT

Like Daniel, resolve something in advance. Write down your decision about drink, sign it and date it, and tell one man you trust.

MAN TO MAN

WHO IS COUNTING ON YOU TO BE CLEAR-HEADED: YOUR WIFE, YOUR CHILDREN, YOUR CHURCH, THE MEN AT WORK?

FOLLOW-UP: Tell another man one decision you will make ahead of time, before the next party, trip or hard night.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

1 PETER 5:8 (ESV)

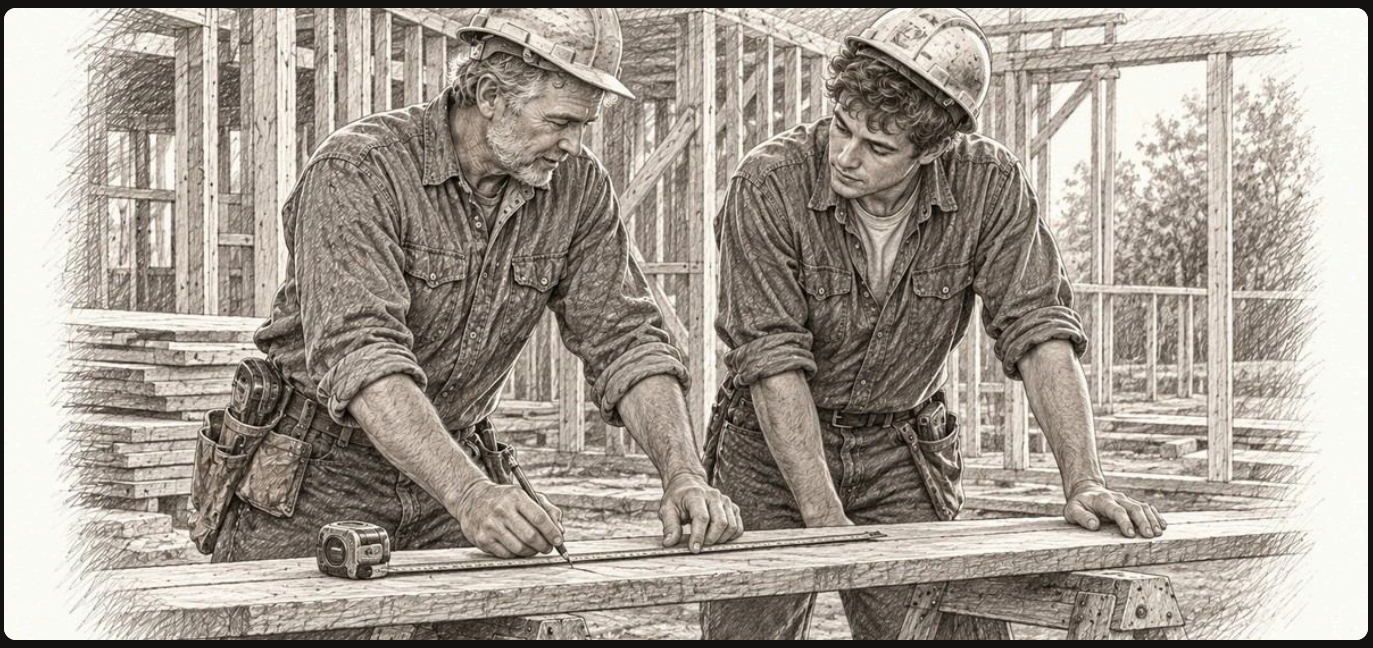
PRAYER PROMPTS

- Ask God to make you watchful and awake.
- Pray by name for the people who count on you to be clear-headed.
- Ask for Daniel's courage to decide before the moment comes.
- Thank Him that He will restore, confirm, strengthen and establish you.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 22–28

YOUR EXAMPLE



READINGS

- ☐ DAY 22 — Romans 14:13–23
- ☐ DAY 23 — 1 Corinthians 8:9–13
- ☐ DAY 24 — 1 Corinthians 10:23–33
- ☐ DAY 25 — 1 Corinthians 6:12–20
- ☐ DAY 26 — Jeremiah 35
- ☐ DAY 27 — Luke 1:11–17
- ☐ DAY 28 — Proverbs 23:15–21

WHAT THIS SECTION IS ABOUT

No man drinks alone, even when he is by himself. Someone is always learning from him. This week you will read about stumbling blocks and the weak, doing all to the glory of God, not being dominated by anything, a family that kept their father's word for generations, and a man of God who never touched strong drink.

> *"It is good not to eat meat or drink wine or do anything that causes your brother to stumble."*
>
> ROMANS 14:21 (ESV)

DAY 22 · YOUR EXAMPLE

☐ READ ROMANS 14:13–23

DO NOT CAUSE YOUR BROTHER TO STUMBLE

Paul tells Christians to "decide never to put a stumbling block or hindrance in the way of a brother" (14:13). Then he names drink: "It is good not to eat meat or drink wine or do anything that causes your brother to stumble" (14:21).

A man's choices are never only about himself. Someone fighting a hold on drink may be watching you. A new Christian may be watching you. A younger man at work or at church may be watching you. "For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit" (14:17).

SEE IT What does Paul say is "good" in verse 21?

UNDERSTAND IT Why does love for others limit what a Christian is willing to do (14:15)?

LIVE IT Who could stumble because of what they see you drink?

WHAT I'M TAKING WITH ME TODAY

DAY 23 · YOUR EXAMPLE

☐ READ 1 CORINTHIANS 8:9–13

A STUMBLING BLOCK TO THE WEAK

"But take care that this right of yours does not somehow become a stumbling block to the weak" (8:9). Paul says that sinning against a weaker Christian is serious: "you sin against Christ" (8:12).

His answer is willing sacrifice: "Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble" (8:13). A strong man does not insist on his rights. He gives them up to protect someone else. That is what Christ did for us.

SEE IT What does Paul say happens when we wound a weak conscience (8:11–12)?

UNDERSTAND IT Why was Paul willing to give up something he thought was his right (8:13)?

LIVE IT What would you be willing to give up to protect someone weaker than you?

WHAT I'M TAKING WITH ME TODAY

DAY 24 · YOUR EXAMPLE

☐ READ 1 CORINTHIANS 10:23–33

ALL TO THE GLORY OF GOD

"'All things are lawful,' but not all things are helpful. 'All things are lawful,' but not all things build up" (10:23). The question for a Christian is not, "How much can I get away with?" It is, "Does this help? Does this build up?"

Paul sums it up: "So, whether you eat or drink, or whatever you do, do all to the glory of God" (10:31). He lived "not seeking my own advantage, but that of many, that they may be saved" (10:33). Hold your habits with drink up to that light: does this bring glory to God and help others be saved?

SEE IT What two questions does Paul ask about things that are "lawful" (10:23)?

UNDERSTAND IT What does it mean to drink, or not drink, "to the glory of God" (10:31)?

LIVE IT Does your current practice with drink help or hinder others from coming to Christ?

WHAT I'M TAKING WITH ME TODAY

DAY 25 · YOUR EXAMPLE

☐ READ 1 CORINTHIANS 6:12–20

NOT DOMINATED BY ANYTHING

"'All things are lawful for me,' but I will not be dominated by anything" (6:12). That is the honest test for drink. Does it have a hold on you? Do you need it to unwind, to sleep or to get through the weekend?

Paul reminds us whose body it is: "your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body" (6:19–20). A Christian man's body is not his to dull and damage. It was bought by the blood of Christ.

SEE IT What does Paul refuse to let happen to him (6:12)?

UNDERSTAND IT What does it mean that "you are not your own" (6:19–20)?

LIVE IT Is there anything, drink or something else, that dominates you right now?

WHAT I'M TAKING WITH ME TODAY

DAY 26 · YOUR EXAMPLE

☐ READ JEREMIAH 35

THE RECHABITES KEPT THEIR WORD

God told Jeremiah to set wine before the Rechabites. They refused: "We will drink no wine, for Jonadab the son of Rechab, our father, commanded us" (35:6). Generations later, sons and grandsons were still keeping their father's word.

God held them up as an example to a nation that would not listen to Him, and He made them a promise: "Jonadab the son of Rechab shall never lack a man to stand before me" (35:19). One man's decision shaped his family for generations. What you decide about drink will echo through the people who come after you.

SEE IT Why did the Rechabites refuse the wine (35:6-8)?

UNDERSTAND IT Why did God use them as an example to Judah (35:13-16)?

LIVE IT What do you want the people who come after you to say about the example you set?

WHAT I'M TAKING WITH ME TODAY

DAY 27 · YOUR EXAMPLE

☐ READ LUKE 1:11–17

HE MUST NOT DRINK WINE

The angel told Zechariah about the son God would give him. John would be "great before the Lord. And he must not drink wine or strong drink, and he will be filled with the Holy Spirit" (1:15).

Notice the contrast again: not wine, but the Spirit. John's life had one purpose, "to make ready for the Lord a people prepared" (1:17). He would "turn the hearts of the fathers to the children" (1:17). A clear-headed man is free to give his whole strength to God and his family.

SEE IT What did the angel say John must not do, and what would fill him instead (1:15)?

UNDERSTAND IT How was John's sober life connected to his mission (1:16–17)?

LIVE IT How could a sober life free you to give more of yourself to God and to the people around you?

WHAT I'M TAKING WITH ME TODAY

DAY 28 · YOUR EXAMPLE

☐ READ PROVERBS 23:15–21

BE NOT AMONG DRUNKARDS

A father speaks to his son: “My son, if your heart is wise, my heart too will be glad” (23:15). Then a plain instruction: “Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags” (23:20–21).

Who you spend your time with matters. The father does not only say, “Don’t get drunk.” He says, “Don’t be among them.” Some men need new places to spend their Friday nights. And every older man can say to a younger one what this father said, and then live it.

SEE IT What does the father tell his son to avoid, and why (23:20–21)?

UNDERSTAND IT Why does Solomon warn about the company we keep, not just the drinking itself?

LIVE IT Do you need to change where, or with whom, you spend your free time?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 22–28

YOUR EXAMPLE

FORGE IT

Have one honest conversation this week with a younger man, or a young person in your family, about drink and why you have chosen what you have chosen.

MAN TO MAN

WHO IS WATCHING WHAT YOU DRINK, OR WHAT YOU TURN DOWN? WHAT ARE THEY LEARNING FROM YOU?

FOLLOW-UP: Name one younger person who watches you closely, and decide what you want him to learn from your example.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"So, whether you eat or drink, or whatever you do, do all to the glory of God."

1 CORINTHIANS 10:31 (ESV)

PRAYER PROMPTS

- Ask God to make your example safe for the weakest person watching.
- Pray by name for the younger people who look up to you.
- Ask Him to free you from anything that dominates you.
- Thank Him for the men whose example helped you.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 29–30

A NEW MAN



READINGS

- ☐ DAY 29 — Ephesians 4:17–24
- ☐ DAY 30 — 2 Corinthians 5:14–21

WHAT THIS SECTION IS ABOUT

The goal is not a man who white-knuckles it forever. It is a new man. These last two days look at putting off the old self and putting on the new, and at the love of Christ that makes a man a new creation.

> *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."*
>
> 2 CORINTHIANS 5:17 (ESV)

DAY 29 · A NEW MAN

☐ READ EPHESIANS 4:17–24

PUT ON THE NEW SELF

Paul says Christians "must no longer walk as the Gentiles do, in the futility of their minds" (4:17). He describes men who "have given themselves up to sensuality" (4:19). Then he says, "But that is not the way you learned Christ!" (4:20).

The way out is a change of clothes and a change of mind: "to put off your old self… and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness" (4:22–24). Change is not only stopping. It is becoming.

SEE IT What three things does Paul say Christians do (4:22–24)?

UNDERSTAND IT What does it mean to be "renewed in the spirit of your minds" (4:23)?

LIVE IT What part of the old self do you need to put off, and what will you put on in its place?

WHAT I'M TAKING WITH ME TODAY

DAY 30 · A NEW MAN

☐ READ 2 CORINTHIANS 5:14–21

A NEW CREATION

“For the love of Christ controls us” (5:14). Drink once controlled some men. Paul says a different power should control a Christian: the love of the One who died for him, so “that those who live might no longer live for themselves but for him who for their sake died and was raised” (5:15).

Then the great promise: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (5:17). You are not stuck as the man you were. And God gives every new man a job: “we are ambassadors for Christ” (5:20). Your story might be the one another man needs to hear.

SEE IT What does Paul say controls a Christian (5:14–15)?

UNDERSTAND IT What does it mean that “the old has passed away” (5:17)?

LIVE IT Who needs to hear what God has done for you, and when will you tell him?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 29–30

A NEW MAN

FORGE IT

Read your “My watch plan” page again. Update it, and give a copy to the man who will hold you to it.

MAN TO MAN

IF DRINK HAS A HOLD ON YOU, WHO IS ONE MAN YOU WILL TELL THIS WEEK?

FOLLOW-UP: Tell that man before Sunday, and ask him to check on you every week for the next month.

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 for every change He has made these 30 days.
- Ask Him to keep renewing your mind.
- Pray for the man who will walk with you.
- Offer Him your body as a temple that belongs to Him.

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 added by the Lord to His church. If you have never obeyed the gospel, that is the first step home.

> *"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

Sexual temptation, anger, anxiety, money, loneliness, curse words, 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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