IRONWORKS

PROVERBS 27:17

A 30-DAY WORKBOOK FOR MEN

NEVER ALONE.

THE WORKBOOK



LONELINESS · 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 PEOPLE

A one-page map 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 WERE NOT MADE TO DO THIS ALONE.

Plenty of men are surrounded by people and still feel alone. The friends from school drifted off. Work fills the week. A move, a divorce, the death of a wife or an empty house changed everything. Some men have never had a close friend and don't know where to start.

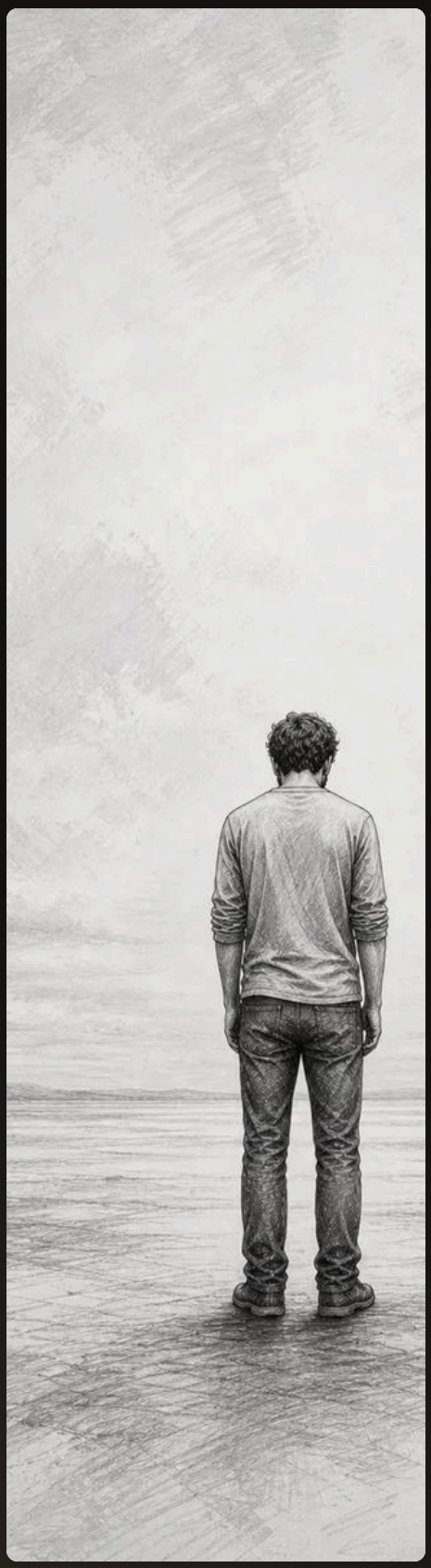
David knew that feeling. He prayed:

> *"Turn to me and be gracious to me, for I am lonely and afflicted."*
> PSALM 25:16 (ESV)

Notice where he took it. He didn't hide it or pretend he was fine. He told God the truth. That is where this workbook starts too.

For 30 days you will read about men who felt alone, Elijah, David and Paul. You will watch Jesus be left by His friends and still say, "Yet I am not alone, for the Father is with me" (John 16:32). You will hear God promise He will never leave you. And you will see that God never meant for His people to walk alone. He gave us one another.

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



FILL THIS OUT BEFORE DAY 1

MY PEOPLE

“God settles the solitary in a home” (Psalm 68:6). He has already put people around you, and He has a home for you among His people. Write down where you are now and who you could reach toward. Be specific. Update this page as you go.

WHEN DO I FEEL MOST ALONE? Time of day, day of the week, season of the year

WHERE AM I WHEN IT HITS? At home, in the truck, at work, even in a crowd

WHAT DO I REACH FOR INSTEAD OF PEOPLE? The phone, the TV, food, work, a game

MEN I USED TO BE CLOSE TO Their names, and the last time we talked

MEN AT CHURCH I COULD KNOW BETTER Their names, and one way to start

THE MAN I WILL CALL OR TEXT THIS WEEK His name, and when

ONE STEP TOWARD PEOPLE I WILL TAKE A meal, a Bible class, a breakfast, a visit

DAYS 1–7

NOT GOOD TO BE ALONE



READINGS

- ☐ DAY 1 — Genesis 2:15–25
- ☐ DAY 2 — Ecclesiastes 4:7–12
- ☐ DAY 3 — Psalm 25:16–22
- ☐ DAY 4 — Psalm 102:1–12
- ☐ DAY 5 — Psalm 142
- ☐ DAY 6 — 1 Kings 19:1–8
- ☐ DAY 7 — 1 Kings 19:9–18

WHAT THIS SECTION IS ABOUT

Before sin ever entered the world, God looked at a man by himself and said it was not good. This week you will see that loneliness is not weakness. It is a need God built into you. And you will meet men of God who felt it deeply and took it to Him.

> *"It is not good that the man should be alone; I will make him a helper fit for him."*
>
> GENESIS 2:18 (ESV)

DAY 1 · NOT GOOD TO BE ALONE

☐ READ GENESIS 2:15–25

NOT GOOD TO BE ALONE

Everything God made, He called good. Then He looked at Adam, alone in a perfect garden with a perfect relationship with God, and said, “It is not good that the man should be alone” (2:18). The first thing God called “not good” was a man by himself.

That means the ache you feel is not a flaw. God built you for other people. Marriage is part of His answer (2:24), but it is not the whole answer. He made you to live connected, to give and to receive.

SEE IT What did God say was “not good,” and what did He do about it (2:18–22)?

UNDERSTAND IT Why do you think God made people to need one another, even with God right there?

LIVE IT Where in your life are you trying to be enough on your own?

WHAT I’M TAKING WITH ME TODAY

DAY 2 · NOT GOOD TO BE ALONE

☐ READ ECCLESIASTES 4:7–12

WOE TO HIM WHO IS ALONE

Solomon saw a man with “no other, either son or brother,” working without end and never asking, “For whom am I toiling?” (4:8). Plenty of men live that way: busy, successful and alone.

“Two are better than one,” he says. “For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” (4:9–10). Every man falls. The question is whether anyone will be there when you do.

SEE IT List the things two can do that one cannot (4:9–12).

UNDERSTAND IT Why does staying busy so often hide loneliness instead of fixing it?

LIVE IT If you fell this week, who would know? Who would come?

WHAT I’M TAKING WITH ME TODAY

DAY 3 · NOT GOOD TO BE ALONE

☐ READ PSALM 25:16–22

LONELY AND AFFLICTED

David did not hide his loneliness. He named it: “Turn to me and be gracious to me, for I am lonely and afflicted” (25:16). A warrior and a king said those words out loud to God.

Notice what comes with it: “The troubles of my heart are enlarged” (25:17). Loneliness makes everything heavier. But David does not stay there. “Let me not be put to shame, for I take refuge in you” (25:20). Saying it to God is the first step out.

SEE IT What does David ask God to do for him (25:16–21)?

UNDERSTAND IT Why is it hard for men to admit they are lonely, even to God?

LIVE IT Write your own honest prayer, starting with “Turn to me…”

WHAT I’M TAKING WITH ME TODAY

DAY 4 · NOT GOOD TO BE ALONE

☐ READ PSALM 102:1–12

A LONELY SPARROW

This psalm is the prayer of a man worn down to nothing. He cannot eat. He cannot sleep. “I lie awake; I am like a lonely sparrow on the housetop” (102:7). Anyone who has stared at the ceiling at 2 a.m. knows this verse.

Then the turn: “But you, O Lord, are enthroned forever” (102:12). His days are like a shadow, but God does not change. Loneliness tells you your situation is permanent. God’s word tells you He is.

SEE IT Find every picture the psalmist uses for how he feels (102:3–11).

UNDERSTAND IT What changes when he looks up in verse 12?

LIVE IT When are your “housetop” hours, and what could you do with them instead?

WHAT I’M TAKING WITH ME TODAY

DAY 5 · NOT GOOD TO BE ALONE

☐ READ PSALM 142

NO ONE CARES FOR MY SOUL

David wrote this hiding in a cave. “Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul” (142:4). That is about as alone as a man can feel.

But his next words are, “I cry to you, O Lord; I say, ‘You are my refuge, my portion in the land of the living’” (142:5). And he ends with hope: “The righteous will surround me” (142:7). The cave was not the end of his story.

SEE IT What does David say about the people around him, and what does he say about God (142:4–5)?

UNDERSTAND IT How can God be your “portion” when people let you down?

LIVE IT What “cave” are you in right now? What would it look like to cry out from it?

WHAT I’M TAKING WITH ME TODAY

DAY 6 · NOT GOOD TO BE ALONE

☐ READ 1 KINGS 19:1–8

IT IS ENOUGH

Elijah had just watched God send fire from heaven. One threat from Jezebel later, he ran, left his servant behind and sat alone under a tree in the wilderness. “It is enough; now, O Lord, take away my life” (19:4).

God’s first answer was not a lecture. It was sleep, food and a touch. “Arise and eat, for the journey is too great for you” (19:7). Sometimes loneliness is tied to exhaustion. God cares about the whole man, body and soul.

SEE IT What did Elijah do right after he got scared (19:3–4)?

UNDERSTAND IT Why do you think God gave Elijah rest and food before He gave him answers?

LIVE IT Are you tired, run down or not eating right? What is one way to care for your body this week?

WHAT I’M TAKING WITH ME TODAY

DAY 7 · NOT GOOD TO BE ALONE

☐ READ 1 KINGS 19:9–18

I, EVEN I ONLY, AM LEFT

Twice God asked, “What are you doing here, Elijah?” And twice Elijah said, “I, even I only, am left” (19:10, 14). He was sure no one else was faithful. He was wrong.

God told him, “Go, return on your way” (19:15), gave him work to do and a man to train, and said, “Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal” (19:18). Loneliness lies. You are not the only one, and God still has work for you.

SEE IT What three things did God give Elijah (19:15–18)?

UNDERSTAND IT Why does loneliness make us believe we are the only ones who care or try?

LIVE IT Who are the “seven thousand” around you, the faithful men you haven’t noticed?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 1–7

NOT GOOD TO BE ALONE

FORGE IT

Fill out your “My people” page. Then reach out to one name on it this week, by a call, a text or a cup of coffee.

MAN TO MAN

WHEN WAS THE LAST TIME YOU FELT TRULY ALONE, AND DID YOU TELL ANYONE?

FOLLOW-UP: Elijah thought he was the only one left. Who is one man you could call just to ask how he is doing?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

“Turn to me and be gracious to me, for I am lonely and afflicted.”

PSALM 25:16 (ESV)

PRAYER PROMPTS

- Tell God honestly how alone you feel.
- Thank Him that He knows your way even when no one else notices.
- Ask Him to show you who He has already put around you.
- Pray for another man you know who is probably alone too.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 8–14

JESUS KNOWS ALONE



READINGS

- ☐ DAY 8 — Isaiah 53:1–6
- ☐ DAY 9 — Mark 14:32–42
- ☐ DAY 10 — Mark 14:43–52
- ☐ DAY 11 — Matthew 27:45–50
- ☐ DAY 12 — John 16:25–33
- ☐ DAY 13 — Hebrews 4:14–16
- ☐ DAY 14 — Matthew 11:28–30

WHAT THIS SECTION IS ABOUT

No one has been more alone than Jesus. He was rejected by men, left by His closest friends in the garden and forsaken on the cross as He carried our sin. This week you will see that your High Priest understands, and that He invites you to come to Him.

> *"Yet I am not alone, for the Father is with me."*
>
> JOHN 16:32 (ESV)

DAY 8 · JESUS KNOWS ALONE

☐ READ ISAIAH 53:1–6

DESPISED AND REJECTED

Seven hundred years before Jesus came, Isaiah described Him: “He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not” (53:3).

Jesus knows what it is to be looked past, misunderstood and turned away. And He bore it for us: “Surely he has borne our griefs and carried our sorrows” (53:4). Whatever rejection you carry, He has carried more, and He carried it for you.

SEE IT List every word in verse 3 that describes how people treated Him.

UNDERSTAND IT Why does it matter that our Savior was “acquainted with grief”?

LIVE IT What rejection are you still carrying that you need to hand to Him?

WHAT I’M TAKING WITH ME TODAY

DAY 9 · JESUS KNOWS ALONE

☐ READ MARK 14:32–42

COULD YOU NOT WATCH ONE HOUR?

In His darkest hour, Jesus wanted His friends close. He took Peter, James and John and said, “My soul is very sorrowful, even to death. Remain here and watch” (14:34). Even the Son of God wanted company.

They fell asleep three times. “Simon, are you asleep? Could you not watch one hour?” (14:37). Wanting people near you when life is hard is not weakness. Jesus wanted it too. And He kept praying when they let Him down.

SEE IT What did Jesus ask of His three friends, and how did they respond (14:33–41)?

UNDERSTAND IT What does it tell you that Jesus wanted friends nearby in His suffering?

LIVE IT Who has fallen asleep on you when you needed him? Who have you fallen asleep on?

WHAT I’M TAKING WITH ME TODAY

DAY 10 · JESUS KNOWS ALONE

☐ READ MARK 14:43–52

THEY ALL LEFT HIM AND FLED

A friend's kiss. A crowd with swords and clubs. And then one of the saddest lines in the Bible: "And they all left him and fled" (14:50). Men who had walked with Him for three years were gone in a moment.

Jesus had told them it would happen. He went forward anyway, for them. If you have been betrayed or left by people you counted on, your Savior knows exactly what that feels like, and He did not stop loving the men who ran.

SEE IT Who left Jesus in this passage, and how fast (14:43–52)?

UNDERSTAND IT Why do you think Jesus kept loving the disciples who deserted Him?

LIVE IT Is there someone who left you that you need to forgive?

WHAT I'M TAKING WITH ME TODAY

DAY 11 · JESUS KNOWS ALONE

☐ READ MATTHEW 27:45–50

WHY HAVE YOU FORSAKEN ME?

Darkness covered the land, and Jesus cried out, “My God, my God, why have you forsaken me?” (27:46). He was quoting Psalm 22, and He was carrying the full weight of our sin.

This is the loneliest moment in history. Jesus was forsaken so that everyone who obeys Him would never be. Because He was cut off on the cross, you can be brought near. Whatever you feel, you are not as alone as He was that day.

SEE IT What did Jesus cry out, and how did the bystanders respond (27:46–49)?

UNDERSTAND IT Why was Jesus forsaken on the cross?

LIVE IT How does His being forsaken for you change the way you see your loneliness?

WHAT I’M TAKING WITH ME TODAY

DAY 12 · JESUS KNOWS ALONE

☐ READ JOHN 16:25–33

YET I AM NOT ALONE

Jesus knew exactly what was coming: “you will be scattered, each to his own home, and will leave me alone.” Then He said, “Yet I am not alone, for the Father is with me” (16:32).

Being left by people and being alone are not the same thing. Jesus faced the night with His friends gone and His Father near. Then He gave them this: “In the world you will have tribulation. But take heart; I have overcome the world” (16:33).

SEE IT What did Jesus say would happen, and why was He still not alone (16:32)?

UNDERSTAND IT What is the difference between feeling alone and being alone?

LIVE IT Write John 16:32 in your own words, as true of you in Christ.

WHAT I’M TAKING WITH ME TODAY

DAY 13 · JESUS KNOWS ALONE

☐ READ HEBREWS 4:14–16

ABLE TO SYMPATHIZE

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin" (4:15). Jesus is not looking down on your loneliness from far away. He has been there.

So the writer says, "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (4:16). When you feel most alone, that is the time to draw near, not pull away.

SEE IT What does this passage say Jesus is able to do (4:15)?

UNDERSTAND IT Why can a Christian come to God "with confidence"?

LIVE IT What "time of need" do you need to bring to the throne of grace today?

WHAT I'M TAKING WITH ME TODAY

DAY 14 · JESUS KNOWS ALONE

☐ READ MATTHEW 11:28–30

COME TO ME

Jesus' invitation is not to the strong. It is to the tired: "Come to me, all who labor and are heavy laden, and I will give you rest" (11:28).

He doesn't say, "Go get it together, then come." He says, "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls" (11:29). A yoke is built for two. You were never meant to pull alone.

SEE IT What does Jesus invite you to do, and what does He promise (11:28–30)?

UNDERSTAND IT What does it mean to take His yoke and learn from Him?

LIVE IT What weight have you been carrying by yourself that you need to bring to Him?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 8–14

JESUS KNOWS ALONE

FORGE IT

This week, pray out loud on your own for ten minutes. Tell the Lord what you would tell a friend.

MAN TO MAN

WHAT DOES IT MEAN TO YOU THAT JESUS WAS LEFT ALONE BY HIS FRIENDS?

FOLLOW-UP: Jesus asked three friends to stay close in His darkest hour. Who could you ask to stay close in yours?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Come to me, all who labor and are heavy laden, and I will give you rest."

MATTHEW 11:28 (ESV)

PRAYER PROMPTS

- Thank Jesus that He was forsaken so you never have to be.
- Bring Him the hurt of being left or forgotten.
- Draw near to the throne of grace with confidence.
- Ask Him for rest for your soul.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 15–21

YOU ARE NEVER ALONE



READINGS

- ☐ DAY 15 — Deuteronomy 31:1–8
- ☐ DAY 16 — Psalm 139:1–12
- ☐ DAY 17 — Isaiah 41:8–13
- ☐ DAY 18 — Psalm 23
- ☐ DAY 19 — John 14:15–23
- ☐ DAY 20 — Romans 8:31–39
- ☐ DAY 21 — Matthew 28:16–20

WHAT THIS SECTION IS ABOUT

God makes a promise again and again in His word: He will not leave you or forsake you. This week you will read it from Moses, David, Isaiah, Jesus and Paul. Feelings come and go. His presence with His people does not.

> *"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."*
>
> DEUTERONOMY 31:8 (ESV)

DAY 15 · YOU ARE NEVER ALONE

☐ READ DEUTERONOMY 31:1–8

HE WILL NOT LEAVE YOU

Moses was about to die, and Israel was about to lose the only leader they had known. So he gave them a promise to hold on to: “It is the Lord your God who goes with you. He will not leave you or forsake you” (31:6).

Then he said it again to Joshua, the man who would have to lead without him: “It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed” (31:8). People leave. Leaders pass on. The Lord stays.

SEE IT What does Moses promise the people and Joshua (31:6–8)?

UNDERSTAND IT Why did Israel need this promise at that moment?

LIVE IT What change or loss makes you need this promise right now?

WHAT I’M TAKING WITH ME TODAY

DAY 16 · YOU ARE NEVER ALONE

☐ READ PSALM 139:1–12

WHERE SHALL I GO FROM YOUR SPIRIT?

"O Lord, you have searched me and known me!" (139:1). God knows when you sit down and when you get up, and your words before you say them. No one is more fully known than you are.

"Where shall I go from your Spirit? Or where shall I flee from your presence?" (139:7). The highest place, the lowest place, the far side of the sea, the middle of the night: "even the darkness is not dark to you" (139:12). There is no place God is not.

SEE IT List the places David names where God is still present (139:8–12).

UNDERSTAND IT Is it comforting or uncomfortable that God knows you this well? Why?

LIVE IT Where do you feel most alone? Write, "Even there, you are with me."

WHAT I'M TAKING WITH ME TODAY

DAY 17 · YOU ARE NEVER ALONE

☐ READ ISAIAH 41:8–13

I HOLD YOUR RIGHT HAND

God calls Abraham “my friend” (41:8), and He speaks to His people like a friend: “fear not, for I am with you; be not dismayed, for I am your God” (41:10).

Then the picture gets closer: “For I, the Lord your God, hold your right hand; it is I who say to you, ‘Fear not, I am the one who helps you’” (41:13). Think about a father holding a child’s hand in a crowd. That is how near He is.

SEE IT What does God promise to do in verse 10?

UNDERSTAND IT What does it mean that God “holds your right hand”?

LIVE IT What fear grows when you feel alone? Answer it with verse 13.

WHAT I’M TAKING WITH ME TODAY

DAY 18 · YOU ARE NEVER ALONE

☐ READ PSALM 23

FOR YOU ARE WITH ME

Most men know this psalm from funerals. Read it again as a promise for right now. “The Lord is my shepherd; I shall not want” (23:1). A shepherd never leaves his sheep alone in the field.

Look at the turn in verse 4. David stops talking about God and starts talking to Him: “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.” The valley is still dark. But you do not walk it alone.

SEE IT List everything the shepherd does for His sheep in this psalm.

UNDERSTAND IT Why does David switch from “he” to “you” in the valley (23:4)?

LIVE IT What valley are you walking through, and what would change if you believed “you are with me”?

WHAT I’M TAKING WITH ME TODAY

DAY 19 · YOU ARE NEVER ALONE

☐ READ JOHN 14:15–23

I WILL NOT LEAVE YOU AS ORPHANS

The night before the cross, Jesus told His disciples He was leaving. Then He promised, "I will not leave you as orphans; I will come to you" (14:18). He promised "another Helper, to be with you forever" (14:16).

And He made a promise to everyone who loves Him and keeps His word: "my Father will love him, and we will come to him and make our home with him" (14:23). The man who obeys Christ is never homeless and never alone.

SEE IT What does Jesus promise to those who love Him and keep His word (14:15–23)?

UNDERSTAND IT What does it mean that God "makes His home" with an obedient Christian?

LIVE IT Is there a part of His word you are not keeping? How might that be affecting how close you feel to Him?

WHAT I'M TAKING WITH ME TODAY

DAY 20 · YOU ARE NEVER ALONE

☐ READ ROMANS 8:31–39

NOTHING CAN SEPARATE US

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?" (8:35). Paul lists the worst things a man can face, and none of them can cut a Christian off from Christ's love.

Then he goes further: "neither death nor life, nor angels nor rulers, nor things present nor things to come … will be able to separate us from the love of God in Christ Jesus our Lord" (8:38–39). Loneliness can make you feel unloved. It cannot make you unloved.

SEE IT List everything Paul says cannot separate us from Christ's love (8:35–39).

UNDERSTAND IT What is the difference between feeling unloved and being unloved?

LIVE IT What do you need to stop believing about yourself because of this passage?

WHAT I'M TAKING WITH ME TODAY

DAY 21 · YOU ARE NEVER ALONE

☐ READ MATTHEW 28:16–20

I AM WITH YOU ALWAYS

Jesus' last words in Matthew are a mission and a promise. The mission: "Go therefore and make disciples of all nations" (28:19). The promise: "And behold, I am with you always, to the end of the age" (28:20).

Notice the promise comes with the mission. Jesus is with His people as they go, teach and baptize. One of the best cures for loneliness is joining Christ in His work, alongside His people.

SEE IT What does Jesus command, and what does He promise (28:18–20)?

UNDERSTAND IT Why do you think the promise of His presence is tied to the work He gives us?

LIVE IT How could you be part of His work this week with another Christian?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 15–21

YOU ARE NEVER ALONE

FORGE IT

Write Deuteronomy 31:8 on a card and put it where you are when you feel most alone: the truck, the nightstand, the desk.

MAN TO MAN

WHICH PROMISE THIS WEEK DID YOU MOST NEED TO HEAR, AND WHY?

FOLLOW-UP: Tell another man one promise from this section that he needs to hear too.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

ISAIAH 41:10 (ESV)

PRAYER PROMPTS

- Thank God that He knows you completely and is with you everywhere.
- Ask Him to help you believe His promises over your feelings.
- Thank Jesus that nothing can separate you from His love.
- Pray for a man who is walking through a dark valley right now.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 22–28

BUILT FOR FELLOWSHIP



READINGS

- ☐ DAY 22 — Psalm 68:1–6
- ☐ DAY 23 — Proverbs 18
- ☐ DAY 24 — 1 Samuel 18:1–4
- ☐ DAY 25 — 1 Samuel 23:15–18
- ☐ DAY 26 — Acts 2:42–47
- ☐ DAY 27 — Hebrews 10:19–25
- ☐ DAY 28 — Galatians 6:1–10

WHAT THIS SECTION IS ABOUT

God's answer to loneliness is not only Himself. It is also His people. This week you will see the friendship of David and Jonathan, the warning against isolating yourself, and a church that met together, ate together and carried one another's burdens.

> *"God settles the solitary in a home."*
>
> PSALM 68:6 (ESV)

DAY 22 · BUILT FOR FELLOWSHIP

☐ READ PSALM 68:1–6

GOD SETTLES THE SOLITARY IN A HOME

God is described here as “Father of the fatherless and protector of widows” (68:5). He pays special attention to the people others overlook.

Then this: “God settles the solitary in a home” (68:6). God’s answer for the lonely is not only His presence. It is also a place among His people. For a Christian, that home is the church, the family of God.

SEE IT Who does God take special care of in verses 5–6?

UNDERSTAND IT How is the church part of God’s answer to loneliness?

LIVE IT Do you treat your congregation like a home or like a place you visit? What would change if you saw it as home?

WHAT I’M TAKING WITH ME TODAY

DAY 23 · BUILT FOR FELLOWSHIP

☐ READ PROVERBS 18

WHOEVER ISOLATES HIMSELF

This chapter opens with a warning: “Whoever isolates himself seeks his own desire; he breaks out against all sound judgment” (18:1). Loneliness is something that happens to you. Isolation is something you choose. And it rarely ends well.

The chapter ends with a better way: “A man of many companions may come to ruin, but there is a friend who sticks closer than a brother” (18:24). You don’t need a crowd. You need a few faithful friends, and you need to be one.

SEE IT What does verse 1 say about the man who isolates himself?

UNDERSTAND IT Why does pulling away from people make our judgment worse?

LIVE IT In what ways have you chosen isolation? What is one way to stop this week?

WHAT I’M TAKING WITH ME TODAY

DAY 24 · BUILT FOR FELLOWSHIP

☐ READ 1 SAMUEL 18:1–4

KNIT TO THE SOUL OF DAVID

After David defeated Goliath, “the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul” (18:1). This was a friendship between two men of God, strong, loyal and centered on the Lord.

Jonathan gave David his robe, armor, sword, bow and belt (18:4). He was the king’s son, and he made room for the man God had chosen. Real friendship is not about what you get. It is about what you are willing to give.

SEE IT What did Jonathan do for David, and why (18:1–4)?

UNDERSTAND IT What made this friendship strong?

LIVE IT Do you have a Jonathan? Are you a Jonathan to anyone?

WHAT I’M TAKING WITH ME TODAY

DAY 25 · BUILT FOR FELLOWSHIP

☐ READ 1 SAMUEL 23:15–18

STRENGTHENED HIS HAND IN GOD

David was in the wilderness, hunted by Saul. “And Jonathan, Saul’s son, rose and went to David at Horesh, and strengthened his hand in God” (23:16). Jonathan went to him. He didn’t wait to be asked.

He didn’t just cheer David up. He pointed him to God and to God’s promise: “Do not fear … You shall be king over Israel” (23:17). That is what a godly friend does. He goes to you, and he turns you toward the Lord.

SEE IT What did Jonathan do and say when he found David (23:16–17)?

UNDERSTAND IT What does it mean to strengthen someone’s “hand in God”?

LIVE IT Who is in a wilderness right now? How could you go to him this week?

WHAT I’M TAKING WITH ME TODAY

DAY 26 · BUILT FOR FELLOWSHIP

☐ READ ACTS 2:42–47

DEVOTED TO THE FELLOWSHIP

The first Christians “devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers” (2:42). Fellowship was not a program. It was a devotion.

They met “day by day,” ate together “with glad and generous hearts” (2:46) and took care of anyone who had need (2:45). The early church was not a crowd of strangers. It was a family that showed up for each other.

SEE IT List the things the early church devoted themselves to (2:42–47).

UNDERSTAND IT Why do you think fellowship mattered so much to them?

LIVE IT Who could you share a meal with this week from your congregation?

WHAT I’M TAKING WITH ME TODAY

DAY 27 · BUILT FOR FELLOWSHIP

☐ READ HEBREWS 10:19–25

NOT NEGLECTING TO MEET TOGETHER

Because Jesus opened the way to God, we can draw near (10:19–22). And because we draw near to Him, we draw near to each other: "let us consider how to stir up one another to love and good works" (10:24).

Then the warning: "not neglecting to meet together, as is the habit of some, but encouraging one another" (10:25). Skipping the assembly is one of the fastest roads to loneliness. Being there, and encouraging others while you are there, is one of the surest ways out.

SEE IT What three "let us" statements are in verses 22–24?

UNDERSTAND IT Why does meeting together matter so much to our faith?

LIVE IT How will you encourage someone at the next assembly?

WHAT I'M TAKING WITH ME TODAY

DAY 28 · BUILT FOR FELLOWSHIP

☐ READ GALATIANS 6:1–10

BEAR ONE ANOTHER'S BURDENS

"Bear one another's burdens, and so fulfill the law of Christ" (6:2). Many lonely men carry heavy things no one else knows about. God never meant for you to carry them alone, and He never meant for you to let others carry theirs alone either.

Paul says, "as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith" (6:10). One of the best ways to find a friend is to be one: notice, show up, help carry the load.

SEE IT What does Paul tell the spiritual to do for a man caught in sin (6:1–2)?

UNDERSTAND IT How can carrying someone else's burden help with your own loneliness?

LIVE IT What burden are you carrying that someone should know about? Whose burden could you help carry?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 22–28

BUILT FOR FELLOWSHIP

FORGE IT

Be at every assembly and Bible class this week, and stay afterward to talk with someone you don't know well.

MAN TO MAN

WHAT KEEPS YOU FROM BEING KNOWN BY OTHER CHRISTIAN MEN?

FOLLOW-UP: Jonathan went to David and strengthened his hand in God. Whose hand could you strengthen this week?

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Bear one another's burdens, and so fulfill the law of Christ."

GALATIANS 6:2 (ESV)

PRAYER PROMPTS

- Thank God for the church, the family He gave you.
- Confess any way you have isolated yourself.
- Ask Him for one friend who will sharpen you.
- Pray by name for the men on your "My people" page.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 29–30

REACH OUT



READINGS

- ☐ DAY 29 — 2 Timothy 4:9–18
- ☐ DAY 30 — Mark 2:1–12

WHAT THIS SECTION IS ABOUT

Paul ended his life with most of his friends gone, and the Lord stood by him. Four men once carried a friend to Jesus. These last two days ask you to stop waiting for someone to reach you and start reaching for someone else.

> *"But the Lord stood by me and strengthened me."*
>
> 2 TIMOTHY 4:17 (ESV)

DAY 29 · REACH OUT

☐ READ 2 TIMOTHY 4:9–18

BUT THE LORD STOOD BY ME

This is one of the last things Paul wrote. “Demas, in love with this present world, has deserted me … Luke alone is with me” (4:10–11). He asked Timothy, “Do your best to come to me soon” (4:9). Even the apostle Paul needed friends.

“At my first defense no one came to stand by me, but all deserted me. May it not be charged against them! But the Lord stood by me and strengthened me” (4:16–17). Paul forgave the men who left and trusted the Lord who stayed.

SEE IT Who left Paul, and who stayed (4:9–17)?

UNDERSTAND IT How could Paul forgive the people who deserted him?

LIVE IT Paul asked for help. Who do you need to ask to come alongside you?

WHAT I’M TAKING WITH ME TODAY

DAY 30 · REACH OUT

☐ READ MARK 2:1–12

FOUR FRIENDS AND A ROOF

A paralyzed man could not get to Jesus on his own. So four men carried him. When the crowd blocked the door, "they removed the roof above him," and lowered him down (2:4). "And when Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven'" (2:5).

You have spent 30 days learning that God is with you and has given you His people. Now it is your turn. Somewhere near you is a man who cannot get there on his own. Be one of the four.

SEE IT What did the four men do to get their friend to Jesus (2:3–5)?

UNDERSTAND IT Whose faith did Jesus see, and why does that matter?

LIVE IT Who is the man you will carry toward Jesus, and what is your first step?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 29–30

REACH OUT

FORGE IT

Invite one man to sit with you at church, eat with you, or come with you to the next Ironworks breakfast.

MAN TO MAN

WHO WILL YOU KEEP WALKING WITH AFTER THESE 30 DAYS?

FOLLOW-UP: Name one man you will carry toward Jesus this month, and how.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"A man of many companions may come to ruin, but there is a friend who sticks closer than a brother."

PROVERBS 18:24 (ESV)

PRAYER PROMPTS

- Thank God that He has stood by you every day of this plan.
- Ask Him to make you the kind of friend you have needed.
- Pray for the man you will invite.
- Thank Him for the day when God Himself will dwell with His people.

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, 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

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway. Used by permission. All rights reserved.