



LEANING ON
the
PROMISES
OF GOD
for
MEN

*But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.*

ISAIAH 40:31

TONY DUNGY
AND NATHAN WHITAKER

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A Note from the Coach

Men today get pulled in every direction by people and society. Everyone has a different expectation for us: be a provider, be tough, be sensitive, don't cry, stay home, go to work, change diapers, go hang out with the boys, *don't* go hang out with the boys, and so on.

Some have said that being a man today means to be sensitive and caring, to be nurturing, quick to comfort, open to talk. Still others have said that we've been created to explore caves and beat our chests in some sort of masculine cosmic rhythm.

It's easy to get swept along, borne by the current with no idea where you're headed. Sometimes you find yourself miles out from shore with the lighthouse no longer visible. I've seen it over and over through the years,

and I've even felt the pull myself. There have been plenty of times when I've looked around and wondered, *Now, how did I get here? Where is here? And who are these people floating alongside me?*

Unfortunately, that seems to be the path that way too many of us naturally take. A world in which things are accepted as normal without any thought as to whether they should be, or that there might be a better way. Too often we resign ourselves to accepting that things just *are* the way they are.

In football, when our team isn't playing well, I might say, "We have to get back to our fundamentals," referring to those basic principles that allow us to play the game successfully—blocking, tackling, running, catching.

We need to get back to the fundamentals as men as well. The basic principles found there will allow us to succeed as men. We can be certain there will always be obstacles along the way. However, having the fundamentals to fall back on will help us to overcome those obstacles.

And for me, most—if not *all*—of those fundamentals are firmly rooted in Scripture.

In fact, I cannot think of a better playbook to help you navigate the game of life.

While I don't pretend to have all the answers, I hope this little book will help ground you in your daily interactions, provide encouragement when life gets difficult, and help you think about where you're headed and who you want to be.

Because the simple truth is, you *can* be more. In fact, you were *created* to be more.

Tony Dungy

A PERSONAL TRAINING PLAN

Self-control. Discipline. Getting in shape.

How many times have you written down these goals when committing to a new program of self-improvement? In a CNN report, it wasn't surprising to learn that losing weight is the most common goal people set. And then we come to our senses—about a month later.

When I was a player, professional football wasn't a year-round enterprise, and when camp began, some guys would show up totally out of shape.

As followers of Christ, we should maintain self-control and discipline, especially when it comes to taking care of our bodies. Getting in shape and making a commitment to stay that way honors God. He has given us our bodies through the miracle of creation. Taking care of

them, watching what we put into them, and being careful about how we use them each day are responsibilities we shouldn't take lightly.

But that mindset is not only important for our physical bodies. That desire and discipline also apply to the training we do and the commitment we make to ourselves and to God. We commit to learn more about Him and about how we can be better disciples. It's not a passive endeavor. It takes resolve and repetition, consistently working at it for maximum results. And results will happen as we grow closer to Him.

Real success in achieving goals—no matter when we set them—comes when we know we can't do it by ourselves and look to the Lord for strength.

His Promises

No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

HEBREWS 12:11

God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 TIMOTHY 1:7

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

1 CORINTHIANS 9:25