



**40 DAY
FORGE**
UNLEASH YOUR
SPIRITUAL
POTENTIAL

**A JOURNEY INTO THE
WILDERNESS**

DAILY

- 0430 Wake up
- Reflect on Ephesians 6
- Thank God for this life
- 33 Push Ups
- Daily scripture readings and/or current weekly brotherhood Scripture (Genesis)
- Daily Prayer Flow (Gratitude, Requests (pray for others and for your growth), Reflect.)
- Pray for unity in the Church
- Pray for the Warriors in the Church
- Pray for the unborn
- Pray for our brotherhood
- Pray to meet people where they are/The conversation starts with Christ
- Daily workout 30-90 min total (broken up how ever you can. For example strength train for 30, row for 30 min, and then bike ride for 30, but you must be actively moving.)
- Daily Mass
- Daily Prayer 9am-12pm-3pm (Liturgy of the hours/memorize Scripture)
- Daily rosary (at night with my Son)
- Cold showers only (as cold as possible, no short cuts.)
- 1 intentional act of love to loved ones/Wife and all kids
- Nightly examination of conscious (treat this as an AAR for the day. What could we have done better and how can we apply that learning to tomorrow)

Weekly Habits

Be very intentional about the intake of food. No over eating.

Wednesday OMAD

Fridays full fast (Water/tea only)

Friday honor workouts

Friday Family rosary/Stations of the Cross

Serve/Almsgiving

Write down and Create specifics.

Can you help your local Church during this time?

Who is struggling right under your own roof that needs more of your time? Who do you know in your family that could use to hear your voice?

Are there people you can help feed or give time to in your area?

What have you done for your actual neighbors recently? How can we serve them?

Go to the lowest place

This might mean something for everyone. An example is to spend time with someone that you know is really struggling in your family or could be feeling very alone. Or it could be a part of your community that needs love and service brought there. My challenge for myself is to start identifying this and spend time each week/weekend being intentional about it. Where do I go? Dig deep into some research here. Who needs help? Inner cities? Late at night? Where can we lend a hand and bring light where there may be frequent darkness? My Scripture this week from James 5:7 reminds me to be patient. Sometime we toil with where we can make huge impacts but sometimes it is in the simple moments that get put into our lives as beautiful opportunities to make a difference. Even if its a few min with the person standing on the side of the road, or giving a hand to someone in need.

X IIST

Sacrifice/X out (What disciplines do you need to X out or put into place that are distracting you from being the best version of yourself? Be honest. What habits take you away from honoring God and the life he has given you that would make you better without? know why you're doing it and do not just make it superficial) Remember these small examples below should be allowing us to take the time or energy we would have spent on these things, and turn them into something useful and faithful.

My list of X (these are a few to give you an idea of what things I am focusing on)

- **Zero unintentional and purposeful Scrolling on Social Media.**
 - **Zero fried foods**
 - **Zero Sweets**
- **Zero spending except gas/groceries/essentials (no eating out)**
 - **Zero anger/frustration Philippians 4:4 The book of James**

Other Suggested X and examples

- **Zero Gossip**
- **Zero alcohol**
- **Zero Games**
- **Zero wasted time**
- **Zero non essential use of Phone**

READING LIST

GENESIS (You do not know where you are going if you do not know where you are coming from)

Beautiful Eucharist (Matthew Kelly)

Consecration to Saint Joseph: Starts Feb 16th Ends on March 19th (doing it again because I was not as disciplined as I should have been when I did it this year)

1 book read in faithful service to my wife Still looking for the right book.

Holy Week Plan

6 day fast (See below)

Daily Mass (no exceptions)

2 Hour Adoration

Holy Thursday Mass

Stations of the cross on Friday

Good Friday

Passion of the Christ with family

Holy Saturday Silence (encouraged to take a quiet day and keep your talking to a minimum)

5 Day Holy Week Fast

Monday-Sat (Water, Electrolyte water (no sugars), and tea only)

Feast on Sunday

AAR/FOLLOW THROUGH

It is so important to take what we learn about ourselves and instead of wasting the forging that you did, apply it to the best version of your current and future self. Below I put a list of questions that will help you identify what and how you can create new habits and life changing momentum. Take notes now and while you are going through this forging. Be intentional about every step of the way.

What is your plan to prayerfully apply what your learned about yourself and about Gods calling for you?

What Actions will you now take differently in your life?

What new Habits have you created that are here to stay?

What impacted you the most out of this Lenten journey?

What will you try next year for Lent?

Take Solid Notes and review them often