

MEN ARE FORGED

THE FIVE QUESTIONS

Every Man in His 20s Must Answer

A short guide to the questions that quietly shape your identity,
your work, your relationships — and the man you are becoming.

IDENTITY · IMPACT · GROWTH · CONSISTENCY · LEGACY

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BEFORE YOU BEGIN

The forging process isn't an easy one, but it is a worthy one.

The question is never whether or not you are being shaped. It is do you know who — or what — is doing the shaping? Your job, your ambition, your fears, other people's expectations: each one is a forge. Most men in their 20s and early 30s are being formed yet miss it all together.

This guide is an invitation to be formed by The One Who is writing your story.

In my own twenties, I wished I had a guide — someone to walk with me through work, relationships, and faith, and give me permission to trust who God had made me instead of constantly striving to be someone else. That striving led to anxiety, frustration, and exhaustion. What finally changed things wasn't more effort. It was better questions.

The five questions in this guide come from the great stories of Scripture — Abraham, Joseph, David, and ultimately Jesus. They aren't questions you answer once. They are questions you return to for the rest of your life. Answered truthfully, they will show you where you're being forged right now, and what God may be inviting you into next.

HOW TO USE THIS GUIDE

1. Take one question per day for five days — don't rush it.
2. Find 10 quiet minutes. Read the story reference. Sit with the question.
3. Write your answers down. Honest ink changes more than vague thoughts.
4. Share one answer with another man. Formation was never meant to be solo.

Whose approval am I living for?

STORY ANCHOR: Genesis 1 · Matthew 3:17

Before Jesus preached a sermon, performed a miracle, or accomplished anything, the Father said: "This is my beloved Son, in whom I am well pleased." Approval came before achievement — not after it. Most of us live the opposite way. We perform for bosses, parents, peers, and the invisible audience in our heads, hoping enough success will finally make us feel like enough. Genesis 1 says your worth was settled before you produced anything: you bear the image of God. When performance becomes identity, rest becomes impossible. The forged man learns to work from approval, not for it.

ENTER THE FORGE — Reflect & Write

✘ Whose voice do you hear when you succeed? Whose voice when you fail?

✘ What would change this week if you truly believed you were already enough?

✘ Where has performance quietly become your identity?

THIS WEEK'S FORGE STEP

Choose one act of genuine rest this week — not escape, but rest — as a declaration that your worth isn't earned.

Who becomes better because I showed up?

STORY ANCHOR: Genesis 12 | John 10:10

God's call to Abraham wasn't just "I will bless you." It was "you will be a blessing." Blessed to bless. Gifted to give. Most young men play defense with their gifts — protecting their time, guarding their comfort, waiting until they feel qualified. But your strengths were never meant to only bring value to you. Somewhere in your office, your friend group, your family, there is someone who would be better because you showed up — with your attention, your words, your skill, your presence. The forged man goes on offense with his gifts instead of hiding them.

ENTER THE FORGE — Reflect & Write

✦ Name your top two or three God-given strengths. Who currently benefits from them besides you?

✦ Where are you playing defense — protecting comfort instead of offering presence?

✦ Who is one person in your world right now who needs what you have?

THIS WEEK'S FORGE STEP

This week, use one strength deliberately for someone else without recognition or achievement.

What is God teaching me in this season?

STORY ANCHOR: 1 Samuel 16–17 · Psalm 78:70–72 | Luke 2:51-52

David spent years in a field nobody was watching, faithfully tending sheep, before anyone called him a king. The shepherd's field wasn't a delay in his story— it was the forge itself. Most men treat their current season as an obstacle: the boring job, the waiting, the setback, the responsibility nobody sees. The reflective man asks a different question. Not "how do I get out of this?" but "what is God building in me through this?" Private faithfulness always precedes public influence. If you can't name what this season is teaching you, you may be drifting through it instead of being formed by it.

ENTER THE FORGE — Reflect & Write

✦ How would you name your current season in one direct sentence?

✦ What is this season exposing in you — and what might it be building?

✦ What are you doing with obscurity? What does faithfulness look like when no one is watching?

THIS WEEK'S FORGE STEP

Write down one lesson this season is teaching you, and one way to cooperate with it instead of resisting it.

What keeps me steady when life gets chaotic?

STORY ANCHOR: Genesis 32 · Judges 6–7 | Mark 4:35-41

Jacob spent his whole life grasping, scheming, and running —until the night he stopped running and wrestled with God. He walked away with a limp and a new name. Chaos will come for every man: the layoff, the breakup, the diagnosis, the failure you didn't see coming. The question isn't whether the storm arrives; it's what you're anchored to when it does. Careers shift. Relationships change. Applause fades. Gideon was hiding in a winepress when God called him a mighty warrior — God saw more than the fear. The grounded man builds his footing on something the storm can't touch.

ENTER THE FORGE — Reflect & Write

✦ When life shakes, where do you instinctively run — and does it actually sustain and ground you?

✦ What labels (from others or yourself) are limiting how you handle pressure?

✦ What daily practices currently connects you to your anchor? Which ones consistently don't?

THIS WEEK'S FORGE STEP

Identify your one non-negotiable practice — prayer, Scripture, a relationship, or a weekly men's group — and protect it on your calendar this week.

What story will my life tell?

STORY ANCHOR: Genesis 45–50 · Ecclesiastes 12:13 | Luke 24:13-35

At the end of his life, Joseph could look back at betrayal, slavery, and prison and say to the brothers who sold him: "You intended it for evil, but God intended it for good." His pain became a chapter, not the title. Solomon gained everything a man could want—wealth, wisdom, achievement — and still warned that success without surrender is vapor. The decisions you're making right now — in your 20s, in obscurity, in the daily grind — are not small or wasted. A forged life is measured by growth and faithfulness, not accomplishment.

ENTER THE FORGE — Reflect & Write

✂ If your last five years were a chapter, what would it be titled? What about the next five?

✂ What patterns from your family's story should continue through you? Which should stop with you?

✂ What do you want to be true at your table in 40 years — and what has to start now?

THIS WEEK'S FORGE STEP

Draft a one-sentence legacy statement: "I want my life to tell the story of a man who ____."

THE COMMISSION

*“The question is not whether God is forging you.
The question is whether you will trust the forge He has you in.”*

These five questions were never meant to be answered alone. Every man in Scripture who was forged — Abraham, Joseph, David, the disciples — was forged alongside others. If these questions stirred something in you, don't let it fade. Take a next step.

LISTEN

The MEN ARE FORGED Podcast

Weekly, insightful conversations on life as a man in his 20s and early 30s; work, identity, relationships, and becoming the man God made you to be.

JOIN

THE FORGE

A group of men walking through the Biblical story together — weekly teaching, deep discussion, and your story within His Story.
Men can join at any point.

TALK

A Free First Conversation

No pressure, no pitch.
Book a free first mentoring conversation and see if a guide would help your next season.

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