STAND YOUR POST

THE FOUR POSTS CHALLENGE

28 days for the man who is done drifting.

GOD · HOME · VILLAGE · NATION

"Watch ye, stand fast in the faith, quit you like men, be strong.
Let all your things be done with charity."
— 1 Corinthians 16:13-14 (KJV)

A man has four posts.

Post 1 — **GOD**: your own soul. Post 2 — **HOME**: your wife, your children, your household. Post 3 — **VILLAGE**: your schools, your city, your church, your neighbors. Post 4 — **NATION**: your state, your country, and the standard you set for every man watching. Let one post go unguarded and the others fall in time — and they fall in that order. A man loud about the nation and absent at home has already lost the only war he was sure to fight.

How the 28 days work

One post per week, one day at a time. Each day gives you a Scripture (KJV), one concrete action, and a box to mark when it is done. Most days take under 20 minutes. None of them are complicated. All of them are the kind of thing a man either does or keeps meaning to do. Do not skip ahead and do not double up to catch up — a missed day is finished the next morning, in order. The order is the teaching.

What you need

A Bible. A pen. Twenty honest minutes a day. That is all. If you are married, tell your wife what you are doing and why. If you have a friend with any spine, rope him in — two men standing post hold each other up.

Begin tomorrow morning. Day 1 is waiting.

WEEK 1 · POST 1 — GOD

Your own soul first. A man cannot lead where he will not kneel.

DAY 1 — Watch and Stand

"Watch ye, stand fast in the faith, quit you like men, be strong." — 1 Corinthians 16:13 (KJV)

Today's action: Get up 15 minutes before anyone needs you. Read 1 Corinthians 16 out loud, then pray standing up — literally on your feet, at your post.

■ Done — date: _____ One line on what happened: _____

DAY 2 — Pray First

"My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up." — Psalm 5:3 (KJV)

Today's action: Prayer before phone. No screen touches your hand before your voice reaches God. Pray by name for your wife, your children, and one man who needs to stand up.

■ Done — date: _____ One line on what happened: _____

DAY 3 — Repent Quickly

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." — 1 John 1:9 (KJV)

Today's action: Name one sin plainly to God — no excuses, no generalities. If it harmed someone in your house, confess it to them today and ask forgiveness.

■ Done — date: _____ One line on what happened: _____

DAY 4 — Scripture Before Scroll

"Thy word is a lamp unto my feet, and a light unto my path." — Psalm 119:105 (KJV)

Today's action: Read one full chapter before any news or feed. Write down the one verse that confronts you. Carry it on paper in your pocket all day.

■ Done — date: _____ One line on what happened: _____

DAY 5 — Obey One Thing

"But be ye doers of the word, and not hearers only, deceiving your own selves." — James 1:22 (KJV)

Today's action: Pick the one thing you already know God has told you to do and have delayed. Do the first real step today — a call, a payment, an apology, a resignation from a bad habit.

■ Done — date: _____ One line on what happened: _____

DAY 6 — Strong, in Love

"Let all your things be done with charity." — 1 Corinthians 16:14 (KJV)

Today's action: Strength checked: do one hard thing today with a gentle voice — correct a child, face a bill, settle a conflict — firm on truth, soft in tone.

■ Done — date: _____ One line on what happened: _____

DAY 7 — Rest Like You Trust Him

"Remember the sabbath day, to keep it holy." — Exodus 20:8 (KJV)

Today's action: Take real rest today. Put the phone in a drawer for the afternoon. A man who cannot stop does not yet believe God runs the world without him.

■ Done — date: _____ One line on what happened: _____

WEEK 2 · POST 2 — HOME

Husband, father, head of household — as a servant, not a tyrant.

DAY 8 — Take Your Chair

"...as for me and my house, we will serve the LORD." — Joshua 24:15 (KJV)

Today's action: Say it out loud in your own home, to your own family: 'As for me and my house, we will serve the LORD.' Then lead one short family reading tonight — five minutes is a start.

■ Done — date: _____ One line on what happened: _____

DAY 9 — Love as Christ Loved

"Husbands, love your wives, even as Christ also loved the church, and gave himself for it;" — Ephesians 5:25 (KJV)

Today's action: Do the costly thing your wife actually needs today — the one that costs you time, pride, or comfort, not money. Headship is measured in sacrifice.

■ Done — date: _____ One line on what happened: _____

DAY 10 — Honour Her

"Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered." — 1 Peter 3:7 (KJV)

Today's action: Ask your wife one question about her world and listen to the whole answer without fixing anything. Then pray with her before sleep.

■ Done — date: _____ One line on what happened: _____

DAY 11 — Teach Diligently

"And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." — Deuteronomy 6:7 (KJV)

Today's action: Teach your children one true thing today in an ordinary moment — in the truck, at the table, at bedtime. Not a lecture. A father's normal talk.

■ Done — date: _____ One line on what happened: _____

DAY 12 — Provide — All of It

"But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel." — 1 Timothy 5:8 (KJV)

Today's action: Provision is more than a paycheck: review one neglected area — money, safety, presence, or your children's spiritual food — and make one concrete provision today.

■ Done — date: _____ One line on what happened: _____

DAY 13 — One Hard Conversation

"But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:" — Ephesians 4:15 (KJV)

Today's action: Have the conversation you have been avoiding — with your wife, a child, or your own father. Truth, in love, today. Not by text.

■ Done — date: _____ One line on what happened: _____

DAY 14 — Serve First at Home

"If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet." — John 13:14 (KJV)

Today's action: Take the lowest job in your house today without being asked and without being noticed — dishes, diapers, trash, the repair that has waited. Lead from your knees.

■ Done — date: _____ One line on what happened: _____

WEEK 3 · POST 3 — VILLAGE: SCHOOLS & CITIES

What is taught to your children and what is promoted in your town are a man's business.

DAY 15 — Train Up Your Child

"Train up a child in the way he should go: and when he is old, he will not depart from it." — Proverbs 22:6 (KJV)

Today's action: Write down, in one sentence each, what you are deliberately training into each of your children this year. If the page is blank, today it stops being blank.

■ Done — date: _____ One line on what happened: _____

DAY 16 — Know What's Taught

"My son, hear the instruction of thy father, and forsake not the law of thy mother:" — Proverbs 1:8 (KJV)

Today's action: Look at what your child is actually being taught: read one assignment, syllabus, or library book they brought home. Father's instruction must be louder than the world's.

■ Done — date: _____ One line on what happened: _____

DAY 17 — Ask Your Child

"And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house..." — Deuteronomy 6:7 (KJV)

Today's action: Ask each child: 'What did you learn today that you think might not be true?' Listen fully. Correct gently, with Scripture open. Repeat this weekly from now on.

■ Done — date: _____ One line on what happened: _____

DAY 18 — Show Up Where It's Decided

"...be not ye afraid of them: remember the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses." — Nehemiah 4:14 (KJV)

Today's action: Find the date of the next school board meeting and put it on your calendar. Better: attend one this month. Men who never show up surrender the room by default.

■ Done — date: _____ One line on what happened: _____

DAY 19 — Seek the Peace of the City

"And seek the peace of the city whither I have caused you to be carried away captives, and pray unto the LORD for it: for in the peace thereof shall ye have peace." — Jeremiah 29:7 (KJV)

Today's action: Pray for your town by name — its mayor, council, sheriff, teachers, and pastors. Then learn the names of the officials who represent your street.

■ Done — date: _____ One line on what happened: _____

DAY 20 — Guard What Is Promoted

"I will set no wicked thing before mine eyes:" — Psalm 101:3 (KJV)

Today's action: Walk your town with open eyes: what is displayed, funded, and celebrated in public? Thank one business or official doing right — or respectfully oppose one thing that corrupts. In person counts.

■ Done — date: _____ One line on what happened: _____

DAY 21 — Visit the Fatherless

"Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." — James 1:27 (KJV)

Today's action: Serve one widow, single mother, or fatherless kid in your village today — yard, repair, ride, or meal. Encourage one younger man by name while you are at it.

■ Done — date: _____ One line on what happened: _____

WEEK 4 · POST 4 — STATE, NATION & THE STANDARD

Steward your state, be counted in your nation, and be a standard men can see.

DAY 22 — Bounds of Habitation

"...and hath determined the times before appointed, and the bounds of their habitation;" — Acts 17:26 (KJV)

Today's action: God placed you in this state, in this town, in this decade — on purpose. Write down what your state is, what it was built on, and what of it is worth defending.

■ Done — date: _____ One line on what happened: _____

DAY 23 — For Such a Time as This

"...who knoweth whether thou art come to the kingdom for such a time as this?" — Esther 4:14 (KJV)

Today's action: Pick one state-level issue that touches your family — schools, life, land, taxes, faith — and learn where it actually stands. Ignorance is not humility.

■ Done — date: _____ One line on what happened: _____

DAY 24 — Heal the Land Starts at Home

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." — 2 Chronicles 7:14 (KJV)

Today's action: The verse starts with God's people, not the capitol. Humble yourself, pray for your state by name, and turn from the one wicked way you have been tolerating in yourself.

■ Done — date: _____ One line on what happened: _____

DAY 25 — Be Counted Once, Publicly

"Then Peter and the other apostles answered and said, We ought to obey God rather than men." — Acts 5:29 (KJV)

Today's action: Be counted once this week where it costs a little: speak at a meeting, write the letter, sign your name, or tell the truth in a room that does not want it. Respectfully — and unmistakably.

■ Done — date: _____ One line on what happened: _____

DAY 26 — A City on a Hill

"Ye are the light of the world. A city that is set on an hill cannot be hid." — Matthew 5:14 (KJV)

Today's action: Make your household visibly a standard on your street: a flag flown right, a porch light on for a neighbor in need, a family known for showing up. Let them know where to find a man.

■ Done — date: _____ One line on what happened: _____

DAY 27 — Shine, Don't Hide

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." — Matthew 5:16 (KJV)

Today's action: Do one good work in public view today — not for applause, but because hidden light helps no one find the road. Point the credit to your Father.

■ Done — date: _____ One line on what happened: _____

DAY 28 — Go, and Pass It On

"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:" — Matthew 28:19 (KJV)

Today's action: Day 28. Reach one man outside your house with what these four weeks taught you — and invite him to stand his post: coffee, this challenge, your church. Then sign the declaration on the last page.

■ Done — date: _____ One line on what happened: _____

Day 29 and after

The challenge ends. The posts do not. Keep the four weekly rhythms that now exist in your life: daily prayer and Scripture (God), a weekly family reading and one act of service at home (Home), one meeting attended or neighbor served each month (Village), and prayer for your state and nation with your name on the record when it counts (Nation).

THE DECLARATION

"But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up." — Daniel 3:18 (KJV)

I have stood my post for 28 days. By God's grace I will keep standing — for my God, my home, my village, and my nation — and I will teach my household to do the same.

Signed: _____ Date: _____

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