STAND YOUR POST

CHURCH MEN'S GROUP — LEADER GUIDE

Running the Four Posts Challenge as a group.

28 days. 4 weeks. One post at a time.

"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)

Read this first, leader.

You are not being asked to preach, teach a class, or have answers you do not have. Your job is simpler and harder than that: **keep the order, open the Scripture, ask the questions, and make sure no man drifts off unnoticed.** The challenge itself does the work — one Scripture and one concrete action a day, for 28 days. You hold the room while men do it together instead of alone.

What is in this kit

- **This Leader Guide** — how to run the four weeks, meeting by meeting.
- **Sign-Up Sheet** — one printable page: name, phone/email, and an optional shirt size. Print enough copies for your first meeting.
- **Four Discussion Sheets** — one for each week. Print one per man, per week. Each sheet is built from that week's actual days — same Scriptures, same actions, turned into questions.
- **Each man also needs** his own copy of **The Four Posts Challenge** (the 28-day PDF), a Bible, and a pen. That is all.

The order is the teaching

A man has four posts, and they stand in order: **Post 1 — GOD** (his own soul), **Post 2 — HOME** (his wife, his children, his household), **Post 3 — VILLAGE** (his schools, his city, his church, his neighbors), **Post 4 — NATION & BELIEFS** (his state, his country, and the standard he sets). Let one post go unguarded and the others fall in time — and they fall in that order. When a man wants to spend the whole meeting on the nation while his home is undone, bring him back — kindly, and by name if you must: *"Brother, Week 4 will come. This week, stand the post in front of you."*

Before Week 1 — leader's checklist

[ ] Set the four meeting dates and the room. Same day, same time, every week — men build a rhythm around a fixed post, not a floating one.

[ ] Print: sign-up sheets for Meeting 1, Discussion Sheet 1 for every man, and a Challenge PDF for any man without one.

[ ] Invite personally. A text blast fills a list; a man's name spoken by another man fills a chair. Ask each man face to face where you can.

[ ] Tell married men to tell their wives what they are doing and why — the Challenge itself asks them to.

[ ] Decide the start date. Day 1 is the morning after Meeting 1, unless your group meets in the morning — then Day 1 is that day.

Start date: _____ **Meeting day & time:** _____ **Room:** _____

The weekly rhythm

Run the same shape every week. Men relax into a rhythm they can predict, and the hour goes to the men — not to figuring out what happens next. Sixty to seventy-five minutes is enough.

TIME	PART	WHAT HAPPENS
0–10 min	**Open**	Open in prayer. Read the week's anchor Scripture out loud, together or by one man. No announcements first — Scripture first.
10–20 min	**Check the days**	Go around: each man names one day he did and one day that got him. No explaining, no fixing. A missed day is finished the next morning, in order — nobody doubles up, nobody is shamed.
20–50 min	**Discuss**	Work the week's Discussion Sheet. Five questions. Every man answers at least one out loud. You ask and listen — you do not lecture.
50–65 min	**Commit & pray**	Each man says his one commitment for the week ahead out loud (it is written on his sheet). Close by praying for men by name — their homes first.
That night	**Follow up**	Text any man who was absent. One line is enough: you were missed, here is next week's sheet, Day __ is tomorrow. Men who drift are usually one text away from coming back.

The four weeks at a glance

WEEK	POST	DAYS	ANCHOR (KJV)	THE WEEK IN ONE LINE
1	**GOD**	1–7	1 Corinthians 16:13-14	Your own soul first. A man cannot lead where he will not kneel.
2	**HOME**	8–14	Joshua 24:15 · Ephesians 5:25	Husband, father, head of household — as a servant, not a tyrant.
3	**VILLAGE**	15–21	Nehemiah 4:14 · Jeremiah 29:7	Schools (Days 15–18) and cities (Days 19–21): what is taught to your children and what is promoted in your town are a man's business.
4	**NATION & BELIEFS**	22–28	Acts 5:29 · Daniel 3	States (Days 22–24) and country / the standard (Days 25–28): steward your state, be counted in your nation, and be a standard men can see.

Opening a meeting — say it plainly

"Men, we are on Post __ this week. Before anything else, we open the Book." Read the anchor. Pray short and specific: for the men in the room, by name, and for the post you are standing this week. Then start. Do not open with church business, sports, or news — the world gets those men all week. This hour starts different on purpose.

Closing a meeting — three things, every time

1. **One commitment, spoken.** No man leaves with a vague intention. He says the one thing he will do, and the room hears it.
2. **Prayer by name.** Close praying for each man and his household by name. It takes five minutes and it is the part men remember.
3. **The next post named.** End with the next meeting's date and next week's post, so every man leaves knowing where he stands next.

Week by week — what to watch for

Week 1 — GOD (Days 1–7)

This week is about the man's own soul before anyone else's. Expect two traps: the man who makes every answer about other people (bring him back to his own prayer, his own repentance, his own delayed obedience — Days 2, 3 and 5), and the man who treats rest (Day 7) as laziness. It is not. A man who cannot stop does not yet believe God runs the world without him.

Week 2 — HOME (Days 8–14)

The tender week. Headship here is measured in sacrifice (Ephesians 5:25), not volume. Set the rule at the top of this meeting: **what a man shares about his home stays in the room.** If a man uncovers something heavy — a marriage in real trouble — listen, pray with him, and walk him to the pastor after. The group supports; it does not counsel a marriage.

Week 3 — VILLAGE: Schools & Cities (Days 15–21)

Push the room from opinions to presence. Days 15–18 are schools: what his children are actually being taught, and a father's instruction louder than the world's. Days 19–21 are the city: pray for it by name, learn who represents his street, thank what is right or respectfully oppose what corrupts — in person. The win this week is a date on a calendar: a school board or council meeting a man will actually attend.

Week 4 — NATION & BELIEFS: State, Nation & the Standard (Days 22–28)

Days 22–24 are the state God placed him in — its identity, one real issue, prayer that starts with God's people humbling themselves (2 Chronicles 7:14), not with the capitol. Days 25–28 are the country and the standard: be counted once publicly (Acts 5:29), let his household be visibly a standard on his street (Matthew 5:14-16), and pass it on to one man outside the house (Day 28). Leave time at the end of this meeting for the Declaration — see the last page of this guide.

When the meeting gets hard

- **A man missed most of the week.** No shame, no doubling up. He finishes the missed day tomorrow morning, in order, and keeps going. The order is the teaching — falling behind is recoverable; quitting is the only failure.
- **One man talks over everyone.** Thank him, name the next man: "Hold that — I want to hear from ___." Protect the quiet men; they are often carrying the most.
- **A man gets emotional.** Let the room be quiet. Pray right then, briefly. Do not rush past a man to keep a schedule.
- **The room wants to argue about the nation in Week 1 or 2.** Do not shut it down cold — write it on the board for Week 4 and bring the room back to the post in front of it. Then actually return to it in Week 4, so men learn their concerns are kept, not buried.
- **A man stops coming.** Text him that night (see the rhythm). If he misses two weeks, go see him. A visit says what a reminder cannot.

The last meeting, and after

At the end of Meeting 4, turn to the last page of the Challenge. Read the Declaration out loud together — Daniel 3:18 (KJV): *"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."* Then let each man sign his own copy: *"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."*

Day 29 and after — the rhythms that stay

The challenge ends. The posts do not. Name these four rhythms out loud at the last meeting and ask the men to keep them: **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). If the group wants to keep meeting, monthly is enough to hold those rhythms — same shape, same order.

Where this points next: the battlegrounds

In Weeks 3 and 4 the men already stood on the ground where the posts get tested. Name it plainly at the last meeting, because that is where they will be standing after this kit is put away:

- **SCHOOLS** — what is being taught to our children. (Deuteronomy 6:7 — teach them diligently unto thy children.)
- **CITIES** — what is being promoted in our towns. (Jeremiah 29:7 — seek the peace of the city.)
- **STATES** — our own state's identity within the nation, ours to steward. (Acts 17:26 — the bounds of their habitation.)
- **COUNTRY** — a nation, and a man, called to reach out and **BE A STANDARD**.

"Ye are the light of the world. A city that is set on an hill cannot be hid. … Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." — Matthew 5:14, 16 (KJV)

There is no second challenge hidden in this kit and no new curriculum to wait for. The call on the other side of these 28 days is the same one, carried further out: keep standing at home, and carry the standard into the schools, the city, the state, and the country — visibly, by name, in person. A standard is not an opinion. It is a flag planted where men can see it and rally to it. Plant yours.

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STAND YOUR POST

THE FOUR POSTS CHALLENGE — MEN'S GROUP SIGN-UP

28 days. Four posts — God, Home, Village, Nation & Beliefs. One Scripture and one action a day. Sign up below and show up for Meeting 1.

Church / group: _____ **Leader:** _____

Meeting day & time: _____ **Start date (Day 1):** _____

#	NAME (print)	PHONE	EMAIL	SHIRT SIZE (optional)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Shirt size is optional — fill it in only if your group is ordering shirts together. This sheet stays with the group leader.

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

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WEEK 1 · DAYS 1–7

POST 1 — GOD

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

"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)

The seven days: Day 1 Watch and Stand (1 Cor 16:13) · Day 2 Pray First (Ps 5:3) · Day 3 Repent Quickly (1 John 1:9) · Day 4 Scripture Before Scroll (Ps 119:105) · Day 5 Obey One Thing (James 1:22) · Day 6 Strong, in Love (1 Cor 16:14) · Day 7 Rest Like You Trust Him (Ex 20:8)

Leader: read the anchor out loud to open. Then go around — every man answers at least one question out loud. Do not lecture. Ask, listen, move on.

1. Prayer before phone (Day 2).
What actually got your first minutes this week — prayer, or a screen? What changed on the mornings prayer came first?

2. Repent quickly (Day 3).
Without the details: what is different in a house when a man confesses quickly and asks forgiveness, instead of defending himself? Where did you see that this week?

3. Obey one thing (Day 5).
Name the delayed obedience you already knew about before this week. What first real step did you take — and if you have not taken it, what is the step, exactly?

4. Strong, in love (Day 6).
Where did strength and tone fight each other this week — a correction, a bill, a conflict? How did you stay firm on truth and soft in tone, or where did you fail at it?

5. Scripture before scroll, and rest (Days 4 & 7).
What competes hardest for your attention and your trust — the feed, the news, the work that will not stop? What did one chapter, or one real rest, do to that?

MY COMMITMENT THIS WEEK

The one obedience step I will finish this week is:

_____

Name: _____ Pray for the man on your right this week — by name, for his home first.

Bring this sheet back next week. A missed day is finished the next morning, in order — do not double up.

WEEK 2 · DAYS 8–14

POST 2 — HOME

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

"…as for me and my house, we will serve the LORD." — Joshua 24:15 (KJV) · "Husbands, love your wives, even as Christ also loved the church, and gave himself for it;" — Ephesians 5:25 (KJV)

The seven days: Day 8 Take Your Chair (Josh 24:15) · Day 9 Love as Christ Loved (Eph 5:25) · Day 10 Honour Her (1 Pet 3:7) · Day 11 Teach Diligently (Deut 6:7) · Day 12 Provide — All of It (1 Tim 5:8) · Day 13 One Hard Conversation (Eph 4:15) · Day 14 Serve First at Home (John 13:14)

Leader: read the anchor out loud to open. Then go around — every man answers at least one question out loud. Do not lecture. Ask, listen, move on.

1. Take your chair (Day 8).
You said it out loud in your own home — or you did not. What happened when you did? If you led the family reading, what did five minutes actually look like?

2. Love as Christ loved (Day 9).
Headship is measured in sacrifice. What was the costly thing your wife actually needed this week — the one that cost time, pride, or comfort, not money? Did you do it?

3. Honour her, teach diligently (Days 10–11).
What did you learn when you listened to your wife's whole answer without fixing anything? And what one true thing did you teach your children in an ordinary moment — truck, table, bedtime?

4. Provide — all of it (Day 12).
Provision is more than a paycheck. Which neglected area did you find — money, safety, presence, or your children's spiritual food — and what concrete provision did you make?

5. The hard conversation, and serving first (Days 13–14).
Did you have the conversation you had been avoiding — truth in love, not by text? And what was the lowest job you took at home this week without being asked?

MY COMMITMENT THIS WEEK
The one thing my house will see from me this week is:

_____

Name: _____ Pray for the man on your right this week — by name, for his home first.

Bring this sheet back next week. A missed day is finished the next morning, in order — do not double up.

WEEK 3 · DAYS 15–21

POST 3 — VILLAGE — SCHOOLS & CITIES

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

"…fight for your brethren, your sons, and your daughters, your wives, and your houses." — Nehemiah 4:14 (KJV) · "And seek the peace of the city … and pray unto the LORD for it:" — Jeremiah 29:7 (KJV)

The seven days: SCHOOLS — Day 15 Train Up Your Child (Prov 22:6) · Day 16 Know What's Taught (Prov 1:8) · Day 17 Ask Your Child (Deut 6:7) · Day 18 Show Up Where It's Decided (Neh 4:14) · CITIES — Day 19 Seek the Peace of the City (Jer 29:7) · Day 20 Guard What Is Promoted (Ps 101:3) · Day 21 Visit the Fatherless (James 1:27)

Leader: read the anchor out loud to open. Then go around — every man answers at least one question out loud. Do not lecture. Ask, listen, move on.

1. Train up your child (Day 15).
Read the room your one-sentence lines: what are you deliberately training into each of your children this year? Where was the page blank — and why?

2. Know what's taught (Days 16–17).
You read an actual assignment, syllabus, or book this week. What did you find? And when you asked your child, "What did you learn today that you think might not be true?" — what did they say?

3. Show up where it's decided (Day 18).
What is the date of the next school board meeting, and is it on your calendar? Men who never show up surrender the room by default — what has kept you out of that room until now?

4. Seek the peace of the city (Days 19–20).
Name the officials who represent your street. What is your town displaying, funding, and celebrating right now — and this week, did you thank what is right or respectfully oppose what corrupts? In person?

5. Visit the fatherless (Day 21).
Who did you serve — a widow, a single mother, a fatherless kid — and which younger man did you encourage by name? Who in this village has no man standing for them that this group could stand for together?

MY COMMITMENT THIS WEEK

The meeting I will attend / person I will serve before we meet again:

_____

Name: _____ Pray for the man on your right this week — by name, for his home first.

Bring this sheet back next week. A missed day is finished the next morning, in order — do not double up.

WEEK 4 · DAYS 22–28

POST 4 — NATION & BELIEFS — STATE, NATION & THE STANDARD

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

"We ought to obey God rather than men." — Acts 5:29 (KJV) · "Ye are the light of the world. A city that is set on an hill cannot be hid." — Matthew 5:14 (KJV)

The seven days: STATE — Day 22 Bounds of Habitation (Acts 17:26) · Day 23 For Such a Time as This (Esth 4:14) · Day 24 Heal the Land Starts at Home (2 Chr 7:14) · COUNTRY & THE STANDARD — Day 25 Be Counted Once, Publicly (Acts 5:29) · Day 26 A City on a Hill (Matt 5:14) · Day 27 Shine, Don't Hide (Matt 5:16) · Day 28 Go, and Pass It On (Matt 28:19)

Leader: read the anchor out loud to open. Then go around — every man answers at least one question out loud. Do not lecture. Ask, listen, move on.

1. Bounds of habitation (Day 22).
God placed you in this state, this town, this decade — on purpose. Read what you wrote: what is your state, what was it built on, and what of it is worth defending?

2. One state issue, and where healing starts (Days 23–24).
Name the one state-level issue you learned this week and where it actually stands. And answer the hard half of 2 Chronicles 7:14: it starts with God's people humbling themselves — what wicked way have you been tolerating in yourself?

3. Be counted once, publicly (Day 25).
Where were you counted this week — a meeting, a letter, your name signed, the truth told in a room that did not want it? What did it cost? If you were not counted: where will you be, specifically?

4. A city on a hill (Days 26–27).
Is your household visibly a standard on your street — a family known for showing up, where a neighbor in need knows where to find a man? What good work did you do in plain view this week, and who got the credit?

5. Go, and pass it on (Day 28).
Which man outside your house are you reaching with what these four weeks taught you? Name him. What is the invitation — coffee, this challenge, your church — and when will you make it?

MY COMMITMENT THIS WEEK

The man I will invite to stand his post is: _____

I will ask him on: _____

Name: _____ Pray for the man on your right this week — by name, for his home first.

Keep this sheet. The challenge ends — the posts do not.