NEW COVENANT MISSIONARY BAPTIST CHURCH

Dr. F.L. Crouther, Pastor

WE ARE

ROOTED *in Faith*

ANCHORED *in Hope*

ABIDING *in God's Love*

MEN'S MINISTRY

30 DAYS OF TRANSFORMATION

Transforming the Mind,
Strengthening the Body,
Growing in Christ

ROMANS 12:2

"Do not be conformed to this world, but be transformed by the renewing of your mind..."

PARTICIPANT NAME: _____

Commit to spending time with God daily, caring for your body, and encouraging others.

CHECK EACH BOX DAILY AS YOU COMPLETE THE CHALLENGE.

DAY	PRAY (15 MINUTES)	READ SCRIPTURE	EXERCISE / WALK (30 MINUTES)	HEALTHY CHOICE (WATER / NUTRITION)	ENCOURAGE SOMEONE	JOURNAL ONE BLESSING	DAY COMPLETE
1–10	☐	☐	☐	☐	☐	☐	☐
11–20	☐	☐	☐	☐	☐	☐	☐
21–30	☐	☐	☐	☐	☐	☐	☐

WEEKLY REFLECTION

- What did God teach me this week?
- How has my thinking become more like Christ's?
- How did I care for my body?
- How did I encourage or serve someone?
- What is my goal for next week?

MEN OF TRANSFORMATION

Lord, transform my mind, strengthen my body, renew my spirit, and use me to glorify You in my home, my church, and my community. Amen.

BE TRANSFORMED.
MAKE AN IMPACT.
LEAVE A LEGACY.

FAITH • HEALTH • LEADERSHIP • SERVICE • LEGACY

TO GOD BE THE GLORY!

Transformed Men:

Renewing the Mind, Strengthening the Body, and Growing in Christ

Men of the New Covenant,

Think about the last time a brother truly checked in on you. Usually, we ask the standard questions: *How's your prayer life? Have you been reading the Word? Are you serving?* While those are essential, let me ask you a question that rarely gets a framework in our conversations: **How is your mind doing? Are you at peace, under pressure or somewhere in between?**

Too often in church, when a brother is spiraling, trapped in negative thought patterns, or fighting a silent battle in his head, our default response is, "*Just go pray about it.*" Prayer is absolutely vital—but prayer without a change in thinking becomes a monologue. God doesn't just care about your spiritual disciplines; He cares deeply about your mental and physical health. Both matter to Him.

This month, we are hitting the reset button. We are stepping into a focused, disciplined season to undergo complete internal renovation.

The Trap of Conformity vs. The Power of Transformation

In Romans 12:1-2, Paul writes:

"*Do not be conformed to this world, but be transformed by the renewal of your mind...*"

There is a massive difference between being *conformed* and being *transformed*:

- **Conformity is External Modification:** It's just learning the rules, swapping out bad behaviors for good ones, and performing. You might stop drinking, cursing, or living promiscuously—which are good things—but if only the outside changes, it's just behavior modification.
- **Transformation is Internal Renovation:** The word Paul uses for *transform* means a change in your very nature that works its way outward. Conformity starts on the outside hoping the inside catches up. Transformation starts on the inside, and the outside naturally follows.

When we are merely conformed but never transformed, we look great until life applies pressure. Then, the old patterns of anger, fear, withdrawal, or lack of control react all over again. It doesn't mean you're a bad Christian; it just means you've been shaped, not changed.

Our 3-Step Focus for the Month

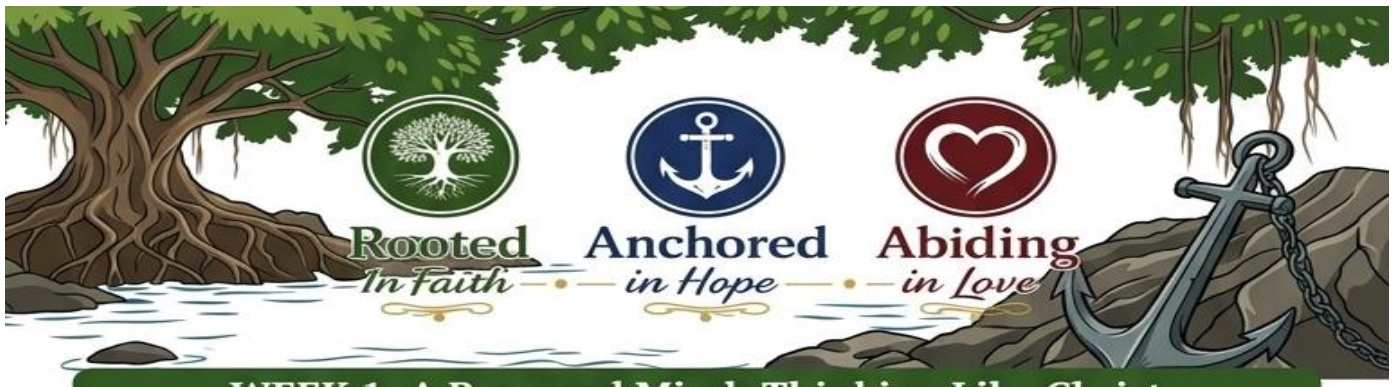
To move from performance to true brotherhood and spiritual maturity, we are asking every man to commit to a rigorous discipline of body and spirit through three specific steps:

- **Step 1: Identify Your Mindset.** Stop just looking at your behavior and look at what is driving it. When you blow up, shut down, or self-destruct, ask *why*. We cannot fix what we refuse to identify. For some of us, this step will mean pursuing therapy—whether that is inviting an honest brother into your life or sitting down with a professional counselor.
- **Step 2: Bring It into the Light.** James 5:16 reminds us to confess our struggles to one another so that we may be healed. Healing does not happen in secrecy. As men, we've been conditioned to think vulnerability equals weakness, but true strength is found in bringing our battles into the light of brotherhood.
- **Step 3: Build a God-Oriented Mindset.** We have to replace old, toxic influences with new, life-giving ones. Through dedicated scripture reading, intentional prayer, physical discipline, and monitoring what we allow into our minds, we invite the Holy Spirit to do the heavy lifting of washing and renewing us.

The Challenge

This month is a call to action. We are asking for focus, vulnerability, and discipline. Let's stop pretending, stop settling for behavior modification, and let God do the deep, transformative work from the inside out.

Are you ready to be transformed? Let's step up together.



WEEK 1: A Renewed Mind: Thinking Like Christ

Focus:
- Spiritual renewal
- Daily Bible reading
- Replacing worldly thinking with God's truth

Scriptures:
- Romans 12:2
- Philippians 2:5
- Colossians 3:2

Individual Activities:
- Read one chapter of Proverbs each day
- Spend 15 minutes daily in prayer
- Memorize Romans 12:2
- Keep a "Renewed Mind Journal" recording one lesson God teaches each day
- Text another brother one encouraging Scripture during the week

Group Activity:
- Choir Rehearsal

WEEK 2: A Healthy Mind and Healthy Body: Honoring God with Our Whole Being

Focus:
- Physical wellness
- Mental wellness
- Stewardship of the body

Scriptures:
- 1 Corinthians 6:19-20
- 3 John 2
- Psalm 139:14

Individual Activities:
- Exercise 15 minutes each day
- Drink more water
- Reduce sugary drinks
- Sleep at least seven hours each night if possible
- Schedule annual physical if overdue
- Schedule recommended screenings (blood pressure, cholesterol, diabetes, prostate health, etc., as appropriate)

Group Activity:
- Choir Rehearsal

WEEK 3: A Courageous Mind: Living Transformed Every Day

Focus:
- Christian leadership
- Emotional resilience
- Service

Scriptures:
- Joshua 1:9
- 2 Timothy 1:7
- Micah 6:8

Individual Activities:
- Visit someone who is sick
- Call a senior member
- Pray with a neighbor
- Mentor a younger man
- Help someone with a household task
- Write a note of encouragement

Group Activity:
- Lunch in the park
- Choir Rehearsal
- Men's Day

WEEK 4: The Transformation Every Man Needs

Focus:
- Leading with love, humility, and integrity
- Strengthening marriages and nurturing children, Building homes centered on biblical values

Scriptures:
- Deuteronomy 6:6–7
- Ephesians 4:2-3 ESV
- 1 Timothy 5:8

Individual Activities:
- Complete a household chore without being asked
- Spouse date night
- Babysit grandchildren

Group Activity:
- Choir Rehearsal