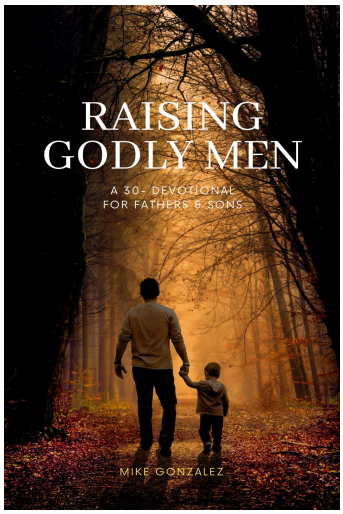
A RAISING GODLY MEN RESOURCE

30-Day Companion Guide

Read. Talk. Practice. Pray.



An original follow-up resource designed for use alongside Raising Godly Men: A 30-Day Devotional for Fathers & Sons.

MIKE GONZALEZ

raisinggodlymen.com | A resource for parents and mentors

How to use this companion

This guide does not repeat the devotional book. It helps fathers, mothers, guardians, mentors, and young men carry each day into conversation, prayer, and faithful action.

A simple daily rhythm

1. READ	Read the corresponding day in Raising Godly Men, then read the listed passage in your preferred Bible.
2. TALK	Use the conversation question as an invitation. Listen carefully and resist turning the moment into an interrogation or lecture.
3. PRACTICE	Choose the suggested action or adapt it to your family. Small, repeated obedience matters more than a dramatic performance.
4. PRAY	Pray briefly and honestly. A parent may lead, a son may lead, or each person may pray privately and reconnect later.

Use the guide with wisdom

Move at the pace of relationship. You may complete the thirty days consecutively, use several days each week, or pause when a conversation needs more time. Do not force disclosure or shame unfinished growth. When a concern requires care beyond your role, seek appropriate help through trusted pastoral, medical, counseling, legal, or emergency channels.

Second-edition companion

Updated for the second edition of Raising Godly Men. Scripture references use NASB95.
Read the full passage in your Bible alongside the corresponding day in the second edition.
Days 25 and 28 now follow the second edition: witness and repentance.

The thirty-day pathway

The sequence follows the devotional book while emphasizing four movements of spiritual formation.

DAYS 1-7	Foundations: reverence, trust, the inner life, diligence, words, generosity, and wise friendship
DAYS 8-14	Wisdom in action: conflict, plans, loyalty, grace, righteousness, influence, and self-control
DAYS 15-21	Life with others: sharpening relationships, service, anger, justice, honor, and kind instruction
DAYS 22-30	Faithful maturity: integrity, compassion, gratitude, witness, work, courage, repentance, refuge, and perseverance

Before you begin

Choose a realistic time and place. Decide whether you will write in the guide, discuss aloud, or use both. Ask God for humility: the adult is being formed too.

Our plan

What I heard

One faithful next step

DAY 1 | COMPANION TO BOOK DAY 1

Reverence that becomes wisdom

SCRIPTURE	Proverbs 1:7 (NASB95 reference)
CONVERSATION	Where do you most need God’s wisdom right now?
PRACTICE	Name one decision and pray for wisdom before discussing solutions.
PRAYER FOCUS	A teachable heart that honors the Lord.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 2 | COMPANION TO BOOK DAY 2

Trusting God beyond our understanding

SCRIPTURE	Proverbs 3:5-6 (NASB95 reference)
CONVERSATION	What makes trusting God difficult when the path is unclear?
PRACTICE	Write one concern you will entrust to God this week.
PRAYER FOCUS	Trust, discernment, and obedient next steps.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 3 | COMPANION TO BOOK DAY 3

Guarding the inner life

SCRIPTURE	Proverbs 4:23 (NASB95 reference)
CONVERSATION	What has been shaping your thoughts and desires lately?
PRACTICE	Choose one healthy influence to strengthen and one harmful influence to limit.
PRAYER FOCUS	A heart shaped by truth and love.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 4 | COMPANION TO BOOK DAY 4

Diligence without proving our worth

SCRIPTURE	Proverbs 6:6-8 (NASB95 reference)
CONVERSATION	Which responsibility is easiest to delay?
PRACTICE	Complete one small responsibility before entertainment today.
PRAYER FOCUS	Faithfulness, endurance, and joy in useful work.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 5 | COMPANION TO BOOK DAY 5

Words under wisdom

SCRIPTURE	Proverbs 10:19 (NASB95 reference)
CONVERSATION	When is it hardest for you to listen before speaking?
PRACTICE	Pause for three breaths before answering during one difficult conversation.
PRAYER FOCUS	Truthful, restrained, life-giving speech.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 6 | COMPANION TO BOOK DAY 6

Generosity that refreshes others

SCRIPTURE	Proverbs 11:25 (NASB95 reference)
CONVERSATION	Who has refreshed you, and how could you refresh someone else?
PRACTICE	Offer one specific act of service without seeking recognition.
PRAYER FOCUS	Open hands and attention to others’ needs.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 7 | COMPANION TO BOOK DAY 7

Friendships that form character

SCRIPTURE	Proverbs 13:20 (NASB95 reference)
CONVERSATION	Which friendships help you become wiser and more faithful?
PRACTICE	Encourage one wise friend and identify one boundary that protects your character.
PRAYER FOCUS	Courage to choose companions wisely.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 8 | COMPANION TO BOOK DAY 8

Gentleness in conflict

SCRIPTURE	Proverbs 15:1 (NASB95 reference)
CONVERSATION	What changes when someone answers anger with gentleness?
PRACTICE	Repair one tense interaction with a calm and honest response.
PRAYER FOCUS	Gentleness without avoiding truth.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 9 | COMPANION TO BOOK DAY 9

Submitting plans to the Lord

SCRIPTURE	Proverbs 16:3 (NASB95 reference)
CONVERSATION	What plan are you holding most tightly?
PRACTICE	Review one goal and ask whether its purpose and methods honor Christ.
PRAYER FOCUS	Plans aligned with God’s character and calling.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 10 | COMPANION TO BOOK DAY 10

Loyal presence in hard seasons

SCRIPTURE	Proverbs 17:17 (NASB95 reference)
CONVERSATION	What does dependable friendship look like when life becomes inconvenient?
PRACTICE	Check on someone who may need steady presence.
PRAYER FOCUS	Faithfulness, compassion, and healthy loyalty.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 11 | COMPANION TO BOOK DAY 11

Patience, grace, and wise boundaries

SCRIPTURE	Proverbs 19:11 (NASB95 reference)
CONVERSATION	What is the difference between extending grace and ignoring harm?
PRACTICE	Release one minor offense; seek help or set a boundary where safety or repeated harm is involved.
PRAYER FOCUS	Patience joined with truth and wisdom.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 12 | COMPANION TO BOOK DAY 12

Pursuing righteousness and steadfast love

SCRIPTURE	Proverbs 21:21 (NASB95 reference)
CONVERSATION	Where can doing what is right and showing love feel like competing goals?
PRACTICE	Choose one action that is both truthful and compassionate.
PRAYER FOCUS	Christlike character in motives and actions.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 13 | COMPANION TO BOOK DAY 13

Passing faith through example and relationship

SCRIPTURE	Proverbs 22:6 (NASB95 reference)
CONVERSATION	Who has helped point you toward Christ by the way they lived?
PRACTICE	Thank one trusted adult and identify one younger person you can encourage appropriately.
PRAYER FOCUS	Faithful influence without pressure or control.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 14 | COMPANION TO BOOK DAY 14

Self-control as protection

SCRIPTURE	Proverbs 25:28 (NASB95 reference)
CONVERSATION	Which situation most often weakens your self-control?
PRACTICE	Build one practical boundary before the next tempting or emotionally charged moment.
PRAYER FOCUS	Strength from the Spirit and willingness to seek help.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 15 | COMPANION TO BOOK DAY 15

Relationships that sharpen with grace

SCRIPTURE	Proverbs 27:17 (NASB95 reference)
CONVERSATION	Who can challenge you without humiliating you?
PRACTICE	Ask a trusted person for honest feedback about one growth area.
PRAYER FOCUS	Humility, courage, and trustworthy community.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 16 | COMPANION TO BOOK DAY 16

Seeing and serving people in need

SCRIPTURE	Proverbs 28:27 (NASB95 reference)
CONVERSATION	Whose need is easiest for us not to notice?
PRACTICE	Give time, attention, or resources through a safe and accountable pathway.
PRAYER FOCUS	Compassion that becomes wise action.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 17 | COMPANION TO BOOK DAY 17

Responding to anger without being ruled by it

SCRIPTURE	Proverbs 29:11 (NASB95 reference)
CONVERSATION	What warning signs tell you anger is taking control?
PRACTICE	Use a pause plan: step away safely, calm your body, name the issue, and return to repair.
PRAYER FOCUS	Self-control, honest emotion, and peaceful repair.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 18 | COMPANION TO BOOK DAY 18

Using strength to pursue justice

SCRIPTURE	Proverbs 31:8-9 (NASB95 reference)
CONVERSATION	When have you seen someone overlooked or treated unfairly?
PRACTICE	Choose one safe, truthful way to support someone whose voice is being ignored.
PRAYER FOCUS	Courage, humility, and justice without self-importance.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 19 | COMPANION TO BOOK DAY 19

Valuing godly character above appearance

SCRIPTURE	Proverbs 31:30 (NASB95 reference)
CONVERSATION	What messages teach young men to value people mainly by appearance?
PRACTICE	Name and affirm a Christlike quality in someone without commenting on appearance.
PRAYER FOCUS	Purity of sight, honor, and discernment.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 20 | COMPANION TO BOOK DAY 20

Honor and wisdom in future relationships

SCRIPTURE	Proverbs 31:10 (NASB95 reference)
CONVERSATION	What character should matter most in a close relationship?
PRACTICE	Write three qualities you want to cultivate in yourself before expecting them from someone else.
PRAYER FOCUS	Respect, faithfulness, and wise relationship choices.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 21 | COMPANION TO BOOK DAY 21

Wisdom expressed with kindness

SCRIPTURE	Proverbs 31:26 (NASB95 reference)
CONVERSATION	Why can good advice still cause harm when it is delivered without kindness?
PRACTICE	Offer one helpful word only after listening and asking permission.
PRAYER FOCUS	Speech marked by wisdom, kindness, and restraint.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 22 | COMPANION TO BOOK DAY 22

Integrity that blesses others

SCRIPTURE	Proverbs 20:7 (NASB95 reference)
CONVERSATION	Who are you when no one is likely to find out?
PRACTICE	Make one private choice that matches your public commitments.
PRAYER FOCUS	Wholeness, honesty, and a trustworthy legacy.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 23 | COMPANION TO BOOK DAY 23

Compassion with open hands

SCRIPTURE	Proverbs 31:20 (NASB95 reference)
CONVERSATION	What keeps people from responding when they notice a need?
PRACTICE	Serve through a church, family, or community pathway that protects dignity.
PRAYER FOCUS	Mercy, generosity, and respectful service.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 24 | COMPANION TO BOOK DAY 24

Practicing gratitude and honor

SCRIPTURE	Proverbs 31:28-29 (NASB95 reference)
CONVERSATION	Whose steady contribution have you begun to take for granted?
PRACTICE	Give specific thanks to a mother, caregiver, mentor, or family member.
PRAYER FOCUS	Gratitude that becomes spoken honor.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 25 | COMPANION TO BOOK DAY 25

Bearing witness to Jesus

SCRIPTURE	Acts 1:6-8; Acts 2:1-18; 1 Corinthians 12:4-7
CONVERSATION	What makes you hesitant to speak about Jesus?
PRACTICE	Pray for one person. Look for a chance to listen, share your faith, or offer prayer without pressure.
PRAYER FOCUS	The Spirit's help to speak truthfully, humbly, and with love.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 26 | COMPANION TO BOOK DAY 26

Strength used for faithful work

SCRIPTURE	Proverbs 31:17 (NASB95 reference)
CONVERSATION	How can strength serve others instead of controlling them?
PRACTICE	Use one ability or resource to carry a responsibility that helps the household or community.
PRAYER FOCUS	Diligence, service, and strength under Christ’s lordship.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 27 | COMPANION TO BOOK DAY 27

Strength and dignity for an uncertain future

SCRIPTURE	Proverbs 31:25 (NASB95 reference)
CONVERSATION	What future uncertainty produces the most fear?
PRACTICE	Identify what you can prepare for, what support you need, and what you must entrust to God.
PRAYER FOCUS	Hope, courage, and steady preparation.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 28 | COMPANION TO BOOK DAY 28

Come into the light

SCRIPTURE	1 John 1:5-2:2; Proverbs 28:13
CONVERSATION	What would an honest next step toward repentance look like?
PRACTICE	Confess the wrong to God. Identify an appropriate person who can help you take responsibility, repair harm, and change.
PRAYER FOCUS	Honesty, forgiveness through Jesus, and courage for repair.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 29 | COMPANION TO BOOK DAY 29

The fear of the Lord as refuge

SCRIPTURE	Proverbs 14:26 (NASB95 reference)
CONVERSATION	What helps a home or relationship feel spiritually and emotionally safe?
PRACTICE	Strengthen one practice of safety: prayer, honesty, predictable boundaries, repair, or asking for help.
PRAYER FOCUS	A secure life rooted in reverence for God.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

DAY 30 | COMPANION TO BOOK DAY 30

Celebrating faithful work and finishing well

SCRIPTURE	Proverbs 31:31 (NASB95 reference)
CONVERSATION	What evidence of God’s grace have you seen during these thirty days?
PRACTICE	Celebrate one area of growth, thank those who helped, and choose one rhythm to continue.
PRAYER FOCUS	Gratitude, perseverance, and ongoing formation in Christ.

What I heard

One faithful next step

Keep the conversation invitational. The goal is a faithful next step, not a perfect answer.

Continue the rhythm

Thirty days can begin a pattern, but spiritual formation grows through a lifetime of Scripture, prayer, repentance, worship, service, and life in the local church.

Look back

GIVE THANKS	Where did you see God’s grace, growth, conviction, comfort, or help during these thirty days?
NAME GROWTH	What changed in the way you listen, speak, pray, make decisions, or take responsibility?
KEEP GOING	Choose one weekly rhythm to continue together: a meal conversation, Scripture reading, prayer walk, service practice, or church-based relationship.

A closing prayer

Lord Jesus, thank You for every evidence of grace. Keep forming us through Your Word, Your Spirit, and Your people. Teach us to walk in truth, humility, courage, purity, love, and faithful service. Help us become men who seek You with everything we have. Amen.

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