



March

Scripture (The Sermon on the Mount)

Daily - For this month, your Daily disciplines include:

- **Scripture reading** - Read all assigned passages for the month of January
- **Journaling** - Use the H.E.A.R. acrostic to read and study Scripture
- **Prayer** - Use the R in H.E.A.R. to guide your prayers

Weekly - Weekly disciplines include:

- **Scripture Memory** - This month, you will memorize:
 - Matthew 5:16
 - Matthew 6:14-15
 - Matthew 7:7-8, 11
- **Reading** - [The Narrow Path](#); [Rich Villodas](#)
- **Group Check-In** - Stay connected with your group throughout the month for encouragement and accountability

Monthly - Monthly disciplines include:

- **The Spiritual Discipline:** The 48-Hour [See Next Page]
 - This month, participate in the David's Men 48-hour fast to seek God with urgency and faith. Throughout your fast, commit to praying consistently and persistently over one major prayer request.
- **Man Date** - Schedule a one-on-one Man Date with one of the guys in your group for a time to get to know each other more and to talk about things that are going on in each other's lives.
- **Book Review**- Prepare notes to share with your group. Your notes should include the following:
 - List your key takeaways.
 - Discuss how you will apply it to your life now.
 - Bring your takeaways and application points to your monthly meeting.
- **Group Meeting** - Your group will meet each month for accountability and to deepen your relationship with one another. You will come prepared to discuss the book, review Scripture memory, and share reflections from journaling, your man-date, and your spiritual discipline.

REMINDER: Each month, go to <https://biltmorechurch.com/davidsmen> to download materials.

The 48-Hour Fast

The “Why”

The busyness of our world has the tendency to drown out the voice of God in our lives. Our culture pushes us toward excess, distraction, and addiction. For many of us, the desires of our body have come to hold more power over us than the desires of the Spirit. What we need is an opportunity to say *no* to certain things so we can say *yes* to something better. That’s what fasting is all about.

Put simply, *fasting* is going without food for a set amount of time to awaken the body and soul to its deep hunger and need for God. A fast can be a powerful act of devotion, a chance to align our hearts with God’s. It’s also an opportunity to pray with greater intensity and power over the areas we need God to intervene.

Fasting is not just about *abstaining*; it’s about *replacing*—trading literal food for spiritual nourishment, silencing the noise of life to hear His voice more clearly. It can create space for breakthroughs in prayer, renewal, and greater intimacy with God, inviting His presence to transform our hearts, reveal His will, and strengthen our faith.

The “How”

This month, identify a major area in your life—or in the life of someone close to you—where you are desperate for God’s intervention. Set aside a 48-hour period to fast completely from food, dedicating this time to seeking Him with urgency and faith. Throughout your fast, commit to praying consistently and persistently, lifting up your request and believing for God’s power to move in a transformative way.

- Pray for your marriage/family
- Pray for God’s direction and wisdom. Ask God where he’s calling you.
- Pray over your specific prayer request

Check out [this article](#) for further guidance to help you prepare for your fast.