

**Incredible Fun**

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# Incredible Fun

*A Biblical Field Guide for the Man Who  
Forgot How to Enjoy His Life*

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### **The Man Who Knows How to Laugh**

## INTRODUCTION

# The Riot of Joy You Were Made For

Let me say something that might sound strange coming from a pastor: I don't think most men know how to have fun anymore.

Ask a room full of grown men what they did for fun last month and watch the silence. Some will mention a game they watched. A few will mention a drink they had. Almost none of them will describe something that actually made them come alive — something that left them lighter than it found them, instead of heavier.

Somewhere along the way, we swapped fun for consumption. We stopped playing and started watching other people play. We stopped creating and started scrolling. We call it "relaxing," but most of it leaves us more drained than when we sat down.

Here is what I want to convince you of before we go any further: Jesus was not a joyless man. Scripture backs that up in more places than we usually notice — a wedding He crowned with a miracle, meals He was criticized for enjoying too much, a joy He is described as possessing "beyond His companions." The most alive man who ever lived was also, by every biblical account, a genuinely fun man to be around.

This is not a resource that tells you fun is a waste of time, or that mature men put away childish things and grind until they die. This is a real alternative to the counterfeit fun the world keeps selling you — a fun rooted in purpose, planned on purpose, and enjoyed on purpose.

Here is a question worth sitting with before we go any further:

## Are you having fun — or are you just being entertained?

There is a version of "fun" that requires nothing of you but a couch and a screen, and it will never actually replenish you. Real fun costs something. It requires planning. It requires community. It requires knowing yourself well enough to know what actually fills your tank instead of just numbing the ache of an empty one.

**I have lived on both sides of that line.**

God's original design for you was never a life of either grinding or numbing. It was a life so aligned with your purpose that real joy — real fun — would follow you almost everywhere you went. Let's find out what that actually looks like.

**"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."**

— Psalm 16:11

# Bread and Circus

The Counterfeit of Fun

**DAY 1**

## Where Did “Bread and Circus” Come From?

Around 100 AD, a Roman satirist named Juvenal watched his fellow citizens trade something priceless for something cheap. Rome’s poor had once held real political power — their votes, their voice, their say in how the empire was run.

But by Juvenal’s day, the emperors had discovered something simpler than governing well: keep the crowd fed and keep the crowd entertained, and the crowd stops asking hard questions. Free grain. Gladiator fights. Chariot races at the Circus Maximus, tens of thousands of seats roaring at once.

Juvenal coined the phrase *panem et circenses* — “bread and circuses” — not as a compliment, but as a lament. He wrote that a people who once cared deeply about their own future now “meddle no more, and long eagerly for just two things — bread and circuses.”

A nation that once shaped its own destiny had traded it for a full stomach and a good show, and hardly noticed the trade had happened.

**KEEP A MAN FED AND ENTERTAINED,  
AND HE WILL RARELY NOTICE WHAT IS QUIETLY  
BEING TAKEN FROM HIM.**

## Is Entertainment Really America’s Highest Value?

Look at where our treasure goes. Recent tracking puts the average American adult’s daily screen time at just over seven hours — roughly a third of every waking day, and for many men, more hours than they spend with their wife, their kids, or their Bible combined. That is not an accusation. It’s arithmetic.

Jesus said it plainly: **“For where your treasure is, there your heart will be also”** (Matthew 6:21). Watch where a man’s

hours and dollars actually go, and you will find his god — whether he’d ever call it that or not.

This matters because entertainment and fun are not the same thing, even though we use the words interchangeably. Entertainment is something done to you — you watch, you consume, you scroll, and it asks almost nothing of you in return. Fun, real fun, is something you do — it asks something of you and gives something back.

One leaves you passive. The other leaves you alive. Most men aren't actually against having fun. They've just been sold

a cheap, passive counterfeit for so long they've forgotten the real thing exists.

**ENTERTAINMENT IS SOMETHING DONE TO YOU.**  
**FUN IS SOMETHING YOU DO.**

# How Did We Trade Our Lives for a Paycheck and a Pension?

For most of human history, men worked where they lived. A farmer worked land his family owned, in rhythm with the seasons, present at home even while he labored — his children watched him work, his wife often worked beside him, and meals happened together because nothing yet separated “home” from “job.”

Then the Industrial Revolution moved work off the land and into factories owned by somebody else. A man no longer worked directly for his own household’s benefit. He sold his hours to a stranger, and his presence at home quietly became a scheduling problem instead of the default.

Somewhere in that transition, the deal changed. Give us your best years — your health, your strength, the decades your

body works without complaint — and in exchange we’ll give you two weeks of vacation a year and a 401(k) you can access once you’re too worn out to enjoy it.

Most men take that deal without ever being told there was another option, then spend forty years cashing it in, only to retire with a modest nest egg, a depleted body, and a spirit too tired to actually enjoy the freedom they finally have.

That isn’t provision. That’s slow-motion sacrifice on an altar nobody asked you to build — and it is bread and circus updated for a modern economy: just enough time off each year to keep a man from ever asking whose vision his one life is actually building.

**MEN USED TO WORK THEIR OWN LAND AND LIVE WITH THEIR FAMILY.**

**NOW MANY TRADE THEIR BEST YEARS FOR A TWO-WEEK VACATION AND A RETIREMENT THEY’RE TOO WORN OUT TO ENJOY.**

## DAY 1

# Reflection & Response

**1. Where does most of your free time and free money actually go — and does that match what you say you value?**

Be honest about the gap between what you spend on and what you claim matters most.

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**2. What is the difference for you personally between being entertained and actually having fun?**

Think of the last time you felt genuinely alive versus the last time you just felt numb after hours on a screen.

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**3. What would it cost you to trade one hour of bread-and-circus entertainment this week for one hour of something that actually replenishes you?**

Name the hour and the trade specifically.

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**4. Have you unknowingly accepted the trade of your best years and health for a two-week vacation and a 401(k) you're too worn out to enjoy?**

What would it look like to renegotiate that deal on purpose, instead of by default?

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### ACTION STEP

Track your screen time for three days this week — don't change anything yet, just watch it honestly. Then ask God: "Show me what I've been feeding instead of what I actually need."

### PRAY

*God, forgive me for feeding on bread and circuses when You offered me something real. Show me the difference between what entertains me and what actually gives me life.*

# A Riot of Joy

Did Jesus Actually Have Fun?

**DAY 2**

## Was Jesus Really a Man of Joy?

Most men carry an unspoken picture of Jesus that looks like a stained-glass window — solemn, serious, somber. But follow the text and a different picture emerges.

His first public miracle wasn't a healing or an exorcism. It was at a wedding in Cana, when the party ran out of wine and Jesus made more of it — roughly 120 to 180 gallons, and by every account, better than what came first (*John 2:1-11*). That's not a somber move. That's a man extending a party.

His critics noticed too — though they meant it as an insult.

**"The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners!'"**

— Matthew 11:19

Nobody says that about a man who declines every dinner invitation. Jesus was at the table so often, enjoying people so fully, that the religious establishment mistook His joy for indulgence.

**NOBODY ACCUSES A JOYLESS MAN  
OF BEING A GLUTTON AND A DRUNKARD.**

## Where Does Joy Actually Come From?

Hebrews describes Jesus as anointed **"with the oil of gladness beyond your companions"** (*Hebrews 1:9*). That oil isn't a mood. Throughout Scripture, anointing oil is a picture of the Spirit of God resting on a person.

Isaiah makes the connection plain. The same passage that says **"The Spirit of the Lord God is upon me, because the Lord has anointed me"** promises to give **"the oil of gladness instead of mourning"** (*Isaiah 61:1-3*). Jesus stood

up in His hometown synagogue, read those exact words, and said they were about Him (*Luke 4:18-21*).

So the source of Jesus' joy was not His circumstances. It was the Spirit of God.

That's the same breath God blew into Adam's nostrils in the garden, when dust became a living man (*Genesis 2:7*). You were made to run on the life of God inside you. Without Him, you can chase fun all day and still come home empty.

**"For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit."**

— Romans 14:17

Joy isn't something you manufacture. It's fruit — listed right alongside love, peace, and self-control as what the Spirit grows in a surrendered man (*Galatians 5:22-23*).

**THE SOURCE OF JOY ISN'T YOUR CIRCUMSTANCES.**  
**IT'S THE SPIRIT OF GOD LIVING IN YOU.**

## How Can I Have Joy When My Circumstances Don't Line Up?

This is the question underneath everything else. The bills are stacked up. The marriage is strained. The job is a grind. How are you supposed to have joy right now?

Paul wrote ***"Rejoice in the Lord always; again I will say, rejoice"*** (*Philippians 4:4*) from a prison cell. Habakkuk said that even if the fig tree didn't blossom, the vines had no fruit, and the stalls were empty, ***"yet I will rejoice in the Lord; I will take joy in the God of my salvation"*** (*Habakkuk 3:17-18*).

Neither man was in denial. They had simply found a source of joy that their circumstances couldn't reach.

And here's something honest: a lot of us have never paused long enough to enjoy what we already have. We work so hard to get what we don't have that we walk right past what God has already put in front of us — the wife across the table, the kids in the backyard, the breath in our lungs, the sunrise we drove right through on the way to work.

Joy doesn't start when everything lines up. It starts when you stop long enough to notice what God has already done.

**STOP WORKING SO HARD FOR WHAT YOU DON'T HAVE**  
**THAT YOU NEVER ENJOY WHAT YOU DO.**

# Have You Received the Holy Spirit?

If the source of Jesus' joy was the Spirit of God, the most important question in this whole resource is simple: **have you received that same Spirit?**

It isn't complicated. Jesus said all you have to do is ask.

**"If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"**

— Luke 11:13

The Holy Spirit is not a religious feeling or a church word. He is a Person. He's fun. He's full of adventure. And He knows you better than you know yourself — He searches the depths of your heart and prays for you when you don't even have the words (*Romans 8:26-27*).

**"And do not get drunk with wine, for that is debauchery, but be filled with the Spirit."**

— Ephesians 5:18

Paul sets the two side by side on purpose. A lot of men reach for a drink to loosen up, to laugh, to finally relax. God offers something better: drink deeply of His Spirit.

On the day of Pentecost, when the Spirit filled the disciples, the crowd accused them of being drunk at nine in the morning (*Acts 2:13-15*). That's what a man filled with the Spirit looks like from the outside — so full of joy that people can't explain it.

**DON'T GET DRUNK ON WINE.  
DRINK DEEPLY OF THE SPIRIT.**

## Laughter Is Medicine for Your Heart

**"A joyful heart is good medicine, but a crushed spirit dries up the bones."**

— Proverbs 17:22

God built laughter into you as medicine. And like any medicine, it only works if you actually take it. Be intentional about it — get yourself in places and around people where laughter happens.

If you can't remember the last time you laughed hard, that's not a personality trait. It's a warning light. On Day 6, we'll get practical about the laughter, traditions, and real fun that

actually replenish you.

## Tell Your Life What to Do

If you don't tell your life what to do, your life will tell you what to do. Your boss will. Your inbox will. Your bills will. If you're not having fun, in most cases it's because you're choosing not to — not on purpose, but by default.

You only get one life. Don't spend the majority of it living someone else's life — or chasing someone else's dream. On Day 4, we'll sit down and design what a fun day, and a fun work day, actually look like for you.

## Real Fun Is Being Led by the Spirit

Real fun isn't an escape from your purpose. It's being led by the Spirit in pursuit of the dream He put in your heart.

That's why Jesus had so much joy. He wasn't chasing entertainment. He was chasing His Father's heart. ***"My food is to do the will of him who sent me and to accomplish his work"*** (John 4:34).

And His joy was tied directly to that purpose: ***"for the joy set before him he endured the cross"*** (Hebrews 12:2). The cross itself — the worst thing that ever

happened to the best man who ever lived — He endured because of a joy He could already see waiting on the other side.

A man walking in step with the Spirit isn't signing up for a grim, joyless slog. He's signing up for an adventure — the same gladness that overflowed out of Jesus at that wedding in Cana.

That dream God put in your heart has a name. I call it your **Opus Gloria** — and that's where we're headed next.

**REAL FUN IS BEING LED BY THE SPIRIT  
IN PURSUIT OF THE DREAM HE PUT IN YOUR  
HEART.**

## DAY 2

# Reflection & Response

**1. What is your honest, gut-level picture of Jesus — joyful and inviting, or solemn and distant?**

Where did that picture actually come from — Scripture, or something else?

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**2. Where are you waiting for your circumstances to line up before you let yourself have joy?**

Name one thing God has already given you that you've been too busy to enjoy.

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**3. Have you received the Holy Spirit — not just believed in Him, but asked Him to fill you?**

If you're not sure, that's your answer. Ask today.

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**4. When was the last time you laughed so hard you couldn't breathe?**

Who were you with, and how do you get back in that room?

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**5. What dream has God put in your heart that you've stopped pursuing?**

Write it down. Tomorrow we'll give it a name.

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### ACTION STEP

Get alone today and ask God, out loud, to fill you with His Holy Spirit (Luke 11:13). Then do one thing this week for no other reason than it makes you laugh.

### PRAY

*Father, Your Word says You give the Holy Spirit to those who ask. I'm asking. Fill me with Your Spirit and the oil of gladness. Teach me to enjoy what You've already given me, to laugh again, and to follow You into the adventure You put in my heart.*

# Your Opus Gloria

Living From Purpose Is Fun

**DAY 3**

## What Is Your Opus Gloria?

*Opus* is Latin for “work.” *Gloria* means “glory.” Put them together and you get your **Opus Gloria** — your work of glory. It’s the contribution God built you to make with your one life: the gifts, the calling, and the dream He put in your heart, lived out in a way that points back to Him.

**“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”**

— Ephesians 2:10

Your Opus Gloria isn’t your job title. It isn’t your bank balance. It’s what your life actually contributes — to your family, to

the men around you, and to the kingdom of God.

So what is your contribution to life?

For a lot of men, if they’re honest, the answer is the old saying: get all you can, and can all you get. Stack it up. Protect it. Sit on it. Then one day it all goes to somebody else.

**“Fool! This night your soul is required of you, and the things you have prepared, whose will they be?”**

— Luke 12:20

That’s not a contribution. That’s a collection. And nobody stands up at a funeral to talk about a man’s collection.

**GET ALL YOU CAN AND CAN ALL YOU GET  
IS A COLLECTION, NOT A CONTRIBUTION.**

## What Will They Say at Your Funeral?

Picture it. Your life is over. Your wife, your kids, your friends, and the men you’ve walked with stand up one by one to speak about you.

What do you want them to actually say?

Not what would sound nice. What do you want to be true? That you were present. That you loved her well. That you laughed

with your kids. That you followed God when it cost you something. That you helped other men find their way.

Now the harder question: are you living that?

The eulogy isn’t written at the funeral. It’s written every day before it — in how you spend your hours, where you put your energy, and who gets the best of you.

**"So teach us to number our days that we may get a heart of wisdom."**

— Psalm 90:12

If you're reading this, the pen is still in your hand. You can start living that eulogy today.

**THE EULOGY ISN'T WRITTEN AT THE FUNERAL.  
IT'S WRITTEN EVERY DAY BEFORE IT.**

## Why Does Purpose Produce Fun?

A fish doesn't struggle to swim. A bird doesn't strain to fly. When something operates inside the design it was built for, it doesn't just function — it flourishes, and there's a kind of joy built into that flourishing nothing else can replicate.

The same is true of you. God didn't design you to grind against the grain of who you are and call the exhaustion "maturity." He designed you with specific gifts and callings, and when you live inside that design — your **Opus Gloria** — real fun tends to follow you almost on accident.

This is not a promise that purposeful work never feels like work. It does. But there's a difference between the ache of meaningful effort and the ache of forced striving against your design.

**"Whether you eat or drink, or whatever you do, do all to the glory of God."**

— 1 Corinthians 10:31

When your daily labor is aimed at God's glory instead of your own survival, something shifts — the work itself becomes a source of joy instead of just a means to one.

**YOU WILL HAVE MORE FUN ON ACCIDENT LIVING  
FROM YOUR PURPOSE  
THAN YOU EVER WILL ON PURPOSE CHASING  
ENTERTAINMENT.**

# Does Scripture Actually Call Work Enjoyable?

Ecclesiastes has a reputation as the gloomy book of the Bible, but read it closely and a stunning phrase repeats again and again:

**"There is nothing better for a person than that he should eat and drink and find enjoyment in his toil."**

— Ecclesiastes 2:24

And again:

**"Everyone should eat and drink and take pleasure in all his toil — this is God's gift to man."**

— Ecclesiastes 3:13

Enjoying your work isn't a spiritual bonus level. Scripture calls it a gift from God.

There's an old saying, true long before anyone put it on a poster: find work you love, and you'll never work a day in your life. Scripture said it first, and said it better — your labor was never meant to be separated from your joy.

Align your income with your Opus Gloria — the work God actually built you to do — and you're not just building a paycheck. You're building a life that produces joy as a byproduct of obedience, not a reward you chase after the obedience is done.

**IF YOU CAN MAKE AN INCOME DOING THE WORK  
GOD BUILT YOU FOR,  
YOU WILL NEVER WORK A DAY IN YOUR LIFE.**

## DAY 3

# Reflection & Response

**1. When your life is over, what do you want your family and friends to actually say about you?**

Write it down. Be specific.

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**2. Are you living that right now?**

Where is the biggest gap between that eulogy and your actual week?

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**3. What has God clearly gifted you to do — the thing that feels like flourishing instead of straining when you do it?**

Name it, even if it isn't currently how you make a living.

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**4. Is your current work aligned with that gifting, or are you grinding against your design just to survive?**

Be honest about the gap, however large it is.

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**5. What is one step you could take this year toward aligning your income with your Opus Gloria — even a small one?**

It doesn't have to be quitting your job. Start smaller and specific.

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### ACTION STEP

Write a one-page eulogy — what you want your family to say about you when your life is over. Then answer this: "If money were not a factor, what would I do with my time?" Together, those two answers are a clue to your Opus Gloria.

### PRAY

*God, show me the work You actually built me to do. I don't want to live for a collection — I want to make the contribution You created me for. Teach me to find joy in my labor, not just a living from it.*

# The Perfect Day You Never Planned

Building Joy on Purpose

**DAY 4**

On Day 2, I said that if you don't tell your life what to do, your life will tell you what to do. Today we put that into practice.

## What Happens When Fun Falls in Your Lap?

I remember a day years ago I never planned. It started with an easy morning — no alarm dragging me out of bed. Good coffee. Time in the Word that didn't feel rushed. I got outside, sunshine on my face, worked with my hands on something that mattered, laughed hard with people I love, and ended it full instead of drained.

I didn't plan a single hour of it. It just fell together, and driving home that night I remember thinking: that was one of the best days I've had in years.

And then a harder thought followed: why don't I have more days like that? If I can name exactly what made that day so good — the rest, the sunlight, the people, the purpose, the laughter — why was I treating it like lightning that strikes by accident instead of a pattern I could build on purpose?

**"In his heart a man plans his course,  
but the Lord establishes his steps."**

— Proverbs 16:9

Planning isn't opposed to trusting God. It's often exactly what trusting God looks like in practice.

**I FELL INTO A PERFECT DAY BY ACCIDENT —  
THEN ASKED MYSELF WHY I DON'T PLAN FOR ONE  
ON PURPOSE.**

## What Does a Perfect Day Actually Look Like for You?

Not every day of mine is perfect now. I still have hard ones, full ones, disappointing ones. But I have far more good days than I used to — not because life got easier, but because I finally sat down and got specific.

What does a perfect work day look like for you — the hours, the pace, the people, the wins? What does a perfect day off look like — unhurried, unplugged, doing

what actually fills you? What does a perfect week look like when you zoom out?

Whatever your answers are, do the simplest and hardest part: plan it, and live it.

This is real fun — not one spectacular vacation a year, but the deliberate architecture of an ordinary week that

actually gives you life.

Once you know what your perfect day looks like, you can build your perfect week around it. Once you have your perfect week, you can build your perfect life around that. Most men never get there because they never sat down long enough to define it. They're waiting for a perfect day to fall from the sky instead of building one on the ground.

**ONCE YOU HAVE YOUR PERFECT DAY,  
YOU CAN BUILD YOUR PERFECT LIFE.**

# What If Your Life Doesn't Line Up With Your Perfect Day?

Here's what changes when you actually start living on purpose instead of by accident: your life slowly begins to rearrange itself around what you say you value. Not overnight, and not without friction — but a man who knows what his perfect day looks like starts making different decisions than the man who's never asked the question.

He stops taking the meeting that steals his morning with God. He stops the job that requires him to miss every dinner. He starts telling his life what to do, instead of endlessly reacting to what life throws at him.

Sometimes that process reveals something uncomfortable: your current job, business, or vocation may simply not be able to hold your perfect day, no matter how you rearrange the pieces.

If that's true for you, don't ignore it. It may be time to plan toward a different job, a different schedule, different obligations, or an entirely new vocation — not recklessly, but deliberately, the way you'd plan anything else that matters.

This is your one life. Take charge of it instead of waiting for it to happen to you. Be on purpose, and watch how much of your life starts lining up on its own.

**STOP LETTING YOUR LIFE TELL YOU WHAT TO DO.  
START TELLING YOUR LIFE WHAT TO DO.**

## DAY 4

# Reflection & Response

**1. Think back to a day that felt genuinely perfect to you — even if it happened by accident. What specifically made it that good?**

List the actual ingredients, not the vague feeling.

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**2. What does your perfect work day look like? Your perfect day off?**

Be specific about hours, people, pace, and what's absent from the day.

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**3. What is one piece of your "perfect day" you could actually build into this coming week — on purpose, not by accident?**

Name the day and the piece.

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**4. Where in your current job, business, or schedule does your perfect day simply not fit, no matter how you rearrange it?**

Be honest about what that might mean you need to plan toward changing.

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### ACTION STEP

Write out, in detail, your perfect ordinary day — a work day and a day off, separately. Then pick one element from each and put it on your calendar this week like an appointment.

### PRAY

*Lord, You establish my steps when I plan my course with You. Help me stop waiting for good days to fall on me and start building them with You, on purpose.*

# Sabbaths and Sabbaticals

Vacation Was God's Idea First

**DAY 5**

## Did God Actually Command His People to Celebrate?

Most men assume vacation is a modern invention — something HR came up with, not something God ordained. Scripture disagrees.

Buried in Deuteronomy is one of the most surprising commands in the whole Old Testament: set aside a tithe — a tenth of your income — and spend it. Not save it. Not invest it. Spend it, joyfully, in the presence of God.

**“And you shall spend the money for whatever you desire — oxen or sheep or wine or strong drink, whatever your appetite craves. And you shall eat there before the Lord your God and rejoice, you and your household.”**

— Deuteronomy 14:26

Wine. Strong drink. Whatever your appetite craves. This is God, in His own Word, commanding His people to throw a celebration and actually enjoy it.

And this wasn’t reckless indulgence — it was rhythm, built directly into Israel’s calendar. Leviticus 23 lays out a full annual cycle of feasts, and Leviticus 25 commands an entire sabbatical year every seventh year where the land itself rested and debts were released, culminating in the Year of Jubilee every fiftieth year.

**GOD COMMANDED HIS PEOPLE TO SET ASIDE MONEY AND SPEND IT ON CELEBRATION — IN HIS OWN PRESENCE.**

## What Does This Mean for You?

If you’ve ever felt guilty spending money or time on something that was purely for joy — no productivity attached, no ministry angle, just genuine celebration — Deuteronomy 14 should free you from that

guilt permanently. Celebration before the Lord is not indulgence. In the mouth of God, it’s a command.

A Sabbath is a weekly rhythm of rest and worship. A sabbatical is a longer season — a vacation, a sabbatical year, an extended break — built for the same reason.

This doesn't mean every dollar goes to celebration, or that Deuteronomy 14 is a permission slip for reckless living — the

same book that commands this feast also commands diligent stewardship elsewhere.

But it does mean a portion of your time and treasure set aside, on purpose, for real joy in God's presence is not a compromise of biblical manhood. It's obedience to it.

**A SABBATH IS A WEEKLY RHYTHM OF REST AND WORSHIP.**

**A SABBATICAL IS A LONGER SEASON OF THE SAME.**

# Why Did God Put Rest and Celebration in His Top Ten?

Of all the laws God could have carved in stone with His own finger, He chose ten. Do not murder. Do not steal. Do not commit adultery. Honor your father and mother. And right alongside those:

***“Remember the Sabbath day, to keep it holy” (Exodus 20:8-11).***

Most men would never casually skip “do not steal.” But they skip Sabbath rest and celebration constantly, without a second thought, as if it were optional advice instead of one of God’s non-negotiable top ten.

That placement is not an accident. God didn’t bury rest and celebration in a footnote — He put it in the same list as the commands that protect life, marriage, and family.

Which means neglecting your Sabbath rhythm isn’t merely a scheduling problem or a productivity hack you haven’t gotten around to. It’s disobedience to one of the ten things God considered important enough to speak with His own voice, on the same mountain, in the same breath as everything else you’d never dream of ignoring.

**GOD DIDN’T BURY REST AND CELEBRATION IN A FOOTNOTE.**

**HE PUT IT IN HIS TOP TEN.**

## DAY 5

# Reflection & Response

**1. Do you feel guilty spending time or money purely on joy, with no productive justification attached?**

Where does that guilt actually come from?

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**2. What would it look like for you to plan a genuine “tithe of celebration” — time or money set apart specifically for rejoicing before God?**

Get concrete about the amount or the hours.

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**3. When was your last real Sabbath, and when is your next planned sabbatical or extended rest?**

If you don’t have one scheduled, ask yourself honestly why not.

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**4. Sabbath sits in the same Ten Commandments as “do not steal” and “do not murder.”**

Do you actually treat it with that same weight — or as optional advice you skip when busy?

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### ACTION STEP

Set a real date on your calendar this month for a celebration — a feast, a trip, a gathering — funded and planned on purpose, not left to chance. Invite your family or your community into it.

### PRAY

*God, thank You for commanding rest and celebration instead of just permitting it. Free me from guilt over genuine joy, and teach me to plan for it the way I plan for everything else that matters.*

# Practical Fun

What Actually Replenishes You

**DAY 6**

Back on Day 2, we called laughter medicine for your heart and promised to get practical. This is that day.

## What Replenishes You — Specifically?

Generic advice to “have more fun” rarely changes anything, because fun isn’t generic. What replenishes one man might drain another. Some men come alive on the water. Some in a workshop with sawdust on the floor. Some on a trail, some on a stage, some around a table with people they love, telling stories until midnight.

The question isn’t “what does fun look like?” The question is “what replenishes you, specifically — and are you actually doing it?”

**“A time to weep, and a time to laugh;  
a time to mourn, and a time to dance.”**

— Ecclesiastes 3:4

God built rhythm into every season of life, including joy. But rhythm requires intention. Nobody accidentally becomes an expert fisherman, an accidental musician, or accidentally builds deep friendships around a monthly game night. The things that replenish you require the same three ingredients as everything else worth having: intention, planning, and investment.

**THE QUESTION ISN’T “WHAT DOES FUN LOOK LIKE?”**

**IT’S “WHAT REPLENISHES YOU, SPECIFICALLY — AND ARE YOU ACTUALLY DOING IT?”**

## How Do You Actually Build This Into Your Life?

Be intentional. Don’t wait for fun to find a gap in your schedule — it never will. Plan it, the same way you’d plan a client meeting or a doctor’s appointment. Put it on the calendar.

Budget for it. If it costs money and you never budget for it, it will always lose to whatever feels more urgent that week. A man who says he values rest and recreation but never funds either one doesn’t actually value them — he just likes the idea of them.

Be part of a community that does it, and invite people in. Fun multiplies in community and shrinks in isolation. A hobby you do entirely alone rarely lasts. A hobby shared with other men becomes a rhythm, a tradition, sometimes a lifeline.

**"Two are better than one... for they have a good reward for their toil."**

— Ecclesiastes 4:9

That's true of your labor. It's just as true of your leisure.

**PLAN IT. BUDGET IT.**

**BUILD A COMMUNITY AROUND IT. INVITE PEOPLE IN.**

### **Real Fun That Actually Replenishes**

**Get on the water or in the woods.** Fishing at sunrise, a hike with no phone, a campfire after dark.

**Play something.** A pickup game, golf with buddies, a round of cards at the kitchen table.

**Build something with your hands.** A workshop project, a smoker going all afternoon, fixing up something old.

**Gather your people.** A backyard cookout, a game night with your kids, a long dinner with friends who make you laugh.

**Go on an adventure.** A road trip with your wife, a new place, something you've never tried before.

**Learn something new.** Guitar, jiu-jitsu, a language — anything that makes you a beginner again.

## **What Does Practical Fun Actually Look Like Day to Day?**

**Laughter:** Remember Proverbs 17:22 — a cheerful heart is good medicine. That's not just poetry — laughter measurably

lowers stress hormones and lifts mood almost immediately. Seek it out on purpose instead of waiting for it to find

you.

**Traditions and Milestones:** things become important because you make them important. Mark the ordinary — a weekly game night, an annual trip — and mark the milestones. Turning 18, 21, 40, 50, or 60 is worth throwing a real celebration for, not letting slide by unnoticed.

**Finish Lines:** most men chase one goal straight into the next without ever stopping to celebrate what they actually

finished. Set real finish lines, and when you cross one, stop and celebrate it before you sprint toward the next. A life with no finish lines is just an endless treadmill dressed up as ambition.

**Fun in Work:** work doesn't have to sit on the opposite side of the ledger from fun. Celebrate wins with your team. Build small rhythms of enjoyment into the grind itself — a lunch to mark a closed deal, a Friday tradition, an inside joke that makes Monday easier to walk into.

**THINGS BECOME IMPORTANT  
BECAUSE YOU MAKE THEM IMPORTANT.**

## DAY 6

# Reflection & Response

**1. Name, specifically, three things that genuinely replenish you.**

Not what you think should replenish you — what actually does.

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**2. Which of those three is currently absent from your calendar and your budget?**

Be honest about which one you've let slide the longest.

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**3. Who could you invite into that activity with you, so it becomes a shared rhythm instead of a solo escape?**

Name the person.

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**4. Which of the four — laughter, traditions and milestones, finish lines, or fun in your work — is most missing from your life right now?**

Name one way to bring it back in this month.

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### ACTION STEP

Pick one activity that genuinely replenishes you. Put it on your calendar for this month, put money behind it if it requires any, and invite at least one other person into it.

### PRAY

*God, show me what actually replenishes me — not what I think should. Give me the discipline to plan for it and the humility to invite others into it.*

# The Forgotten Hierarchy

The Greatest Fun Is Helping Another Man Find His

**DAY 7**

## What Did Maslow Actually Discover?

In 1943, psychologist Abraham Maslow published a theory that has since become one of the most famous diagrams in psychology: a pyramid of human needs. At the base: physiological needs — food, water, sleep. Above that: safety. Above that: love and belonging. Above that: esteem — being respected, respecting yourself.

And at the top, the level most people know by name: self-actualization — becoming fully who you were made to be, realizing your own potential and purpose.

What most men have never heard is what came next. Late in his life, Maslow revisited his own pyramid and added a level above self-actualization — one that never made it onto the posters and textbooks the way the original five did.

He called it **self-transcendence**: the recognition that the highest human need isn't just realizing your own purpose. It's helping someone else realize theirs. Discovering your purpose is incredible. Helping another man discover his is greater still.

**MASLOW'S FORGOTTEN LEVEL WASN'T  
DISCOVERING YOUR OWN PURPOSE.  
IT WAS HELPING SOMEONE ELSE DISCOVER  
THEIRS.**

## Does Scripture Back This Up?

It does, and it said it centuries before Maslow.

**"As iron sharpens iron, so one man sharpens another."**

— Proverbs 27:17

Jesus Himself described His own joy this way: He endured the cross **"for the joy set before him"** (Hebrews 12:2) — and

that joy is described elsewhere as the multitude of "sons" His sacrifice would bring **"to glory"** (Hebrews 2:10).

This is the final, deepest layer of real fun. Not just enjoying your own perfect day. Not just discovering your own Opus Gloria.

The greatest fun available to you is watching another man come alive — helping him find his purpose, his perfect

day, his own Opus Gloria, and watching  
the same joy you found take root in him.  
That is not a burden added on top of your

fun. It is fun's highest form.

**THE GREATEST FUN AVAILABLE TO YOU  
IS WATCHING ANOTHER MAN COME ALIVE.**

## DAY 7

# Reflection & Response

**1. Have you ever experienced more joy helping someone else succeed than you did from your own success?**

Describe the moment specifically.

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**2. Who is one man in your life right now who needs help discovering his purpose, his gifting, or his own version of a perfect day?**

Name him.

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**3. What would it look like for you to invite him — specifically, this month — into what you've walked through in this resource?**

Get concrete about how and when.

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### ACTION STEP

Name one man. Reach out to him this week. Invite him into one piece of what you've learned here — your perfect day, your Opus Gloria, your rhythm of rest and celebration. Watch what happens to your own joy in the process.

### PRAY

*God, thank You for the joy of my own purpose. Now give me the greater joy of helping another man find his. Bring someone across my path this week, and give me the courage to invest in him.*

## CONCLUSION

# The Man Who Knows How to Laugh

Your family will not remember how entertained you were. They will remember whether you were actually present, actually alive, actually fun to be around.

They will not remember how many hours you spent in front of a screen. They will remember the perfect days you built on purpose — the ones you planned instead of the ones you just hoped would happen.

God's design was never bread and circuses — a life numbed by entertainment and starved of real purpose. It was rhythm: work that flows from purpose, rest that flows into celebration, and joy that overflows into the lives of the men around you.

**"You make known to me the path of life; in your presence there is fullness of joy."**

— Psalm 16:11

## You are that man.

Not entertained. But alive.

Not numbed. But replenished.

Not chasing fun on accident. But building it on purpose — and multiplying it in someone else.

**Go build a good day on purpose. Then help another man build his.**

## A CLOSING WORD

# Final Prayer

**Father God,**

Thank You for building joy into creation before sin ever touched it, and for sending Jesus — a man of real, riotous joy — to show me what that actually looks like.

Forgive me for settling for bread and circuses when You offered me fullness of joy in Your presence. Forgive me for waiting on perfect days to fall from the sky instead of planning for them the way I plan for everything else that matters.

Teach me to live from my purpose, my Opus Gloria, so that joy follows me instead of something I have to chase. Teach me to rest and celebrate the way You commanded Your people to — without guilt, without apology.

And when I've found my own joy, don't let me stop there. Give me the greater joy of helping another man find his.

Not for my comfort alone. For my family's good, for the men around me, and for Your name's sake.

**Amen.**



## Stay Connected

If you've made it this far — well done. You've invested in your soul instead of running past it, and that's what makes you incredible.

I'm proud of you.

Remember — being an Incredible Man isn't about perfection. It's about showing up, leading with integrity, and pursuing the man God created you to be. The road is long, but you don't have to walk it alone.

Stay connected at **IncredibleMan.org** — where men like you are growing stronger in faith, leadership, health, and purpose.

With you in the fight,

**Pastor Dustin Sample**

*Founder, Incredible Man*