

Incredible Health

imm

Incredible Health

*A Biblical Field Guide for the Man Ready to
Get His Health Back*

PASTOR DUSTIN SAMPLE

TABLE OF CONTENTS

INTRODUCTION

More Than a Mirror

DAY 1

God's Number One Value

The Priority Every Man Skips

DAY 2

Made From the Dirt

What Your Body Was Actually Designed to Eat

DAY 3

Whose Voice Is Guiding Your Health?

Discernment in a World Selling You Quick Fixes

DAY 4

Fuel and Fire

The Temple You're Actually Called to Maintain

DAY 5

Sun, Water, Ground

The Free Inputs Every Man Skips

DAY 6

Your Day Starts the Evening Before

The Rhythm God Built Into Sleep

DAY 7

If Jesus Gave His Life for Yours

The Incredible Man's Whole-Life Health

CONCLUSION

The Man Who Has Decades Left to Give

INTRODUCTION

More Than a Mirror

Let me clear something up before we go any further.

This is not a resource about how you look in a mirror.

Every January, gyms fill up with men who want to look better. Fill out a shirt again. Lose the gut before summer. There's nothing wrong with wanting that. But if that's the only reason you're doing this, you'll quit the first time life gets busy — because vanity is a weak motivator. It only shows up when someone's watching.

Stewardship is different. Stewardship says: **this body isn't mine to neglect or worship — it's on loan, and I answer for how I take care of it.**

Here's the real reason New Year's resolutions never survive February, and "I'll start Monday" never actually arrives: it isn't a discipline problem. It's a value problem.

You treat things according to how you value them. A man who loves his truck changes the oil on schedule and rotates the tires before they're bald — nobody has to talk him into it. A man who's proud of his boat, his motorcycle, his gun collection, cleans it and maintains it without being told. If you're neglecting your body, it isn't because you lack willpower. It's because somewhere along the way, you stopped valuing it the way you value things you actually treasure.

So this resource isn't going to lead with willpower. It's going to lead with worth. When a man learns to value himself the way Christ values him, he stops needing a resolution. He starts taking care of himself on accident, the same way he can't help maintaining anything else he actually treasures.

Think of it like the oxygen mask on an airplane. You put yours on first — not because you matter more than the people next to you, but because you're no good to them unconscious. Your calling as a man is to help and serve: your wife, your kids, the men God's placed around you. But you cannot serve for long from a body, a mind, and a soul you've stopped maintaining.

Look at these two numbers for a second before we go further. The average young American man today is carrying nearly a quarter less testosterone than a young man his age had twenty years ago — not because he got older, but because of how an entire generation of men is living. And more than half of every calorie the average American adult eats in a day now comes from something manufactured in a plant, not grown in a field.

You didn't choose either one of those numbers walking in. But you get to choose what you do next.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

— 3 John 2

Look at how that verse is built. God didn't write a separate prayer for your body and a separate one for your soul. He put both in the same sentence, prayed by the same man, over the same friend. Not "I hope your heart is right with Me, and good luck with the rest." One sentence. One man. Fully cared about.

If you don't have your health, you don't have anything else the way you were meant to have it. You can't fully enjoy the money. You can't fully show up for your wife. You can't chase your kids around a backyard the way you want to. You can still do the assignment God gave you — you'll just be present for less of it than you were built for.

No one can do this for you. Not your wife. Not your doctor. Not me. I can hand you a map. You're the only one who can walk it.

Over the next seven days we're going to walk through who you actually are, what your body was actually built for, what broke it, and what it looks like to steward it instead of neglecting it or worshiping it. Let's start with who God says you are — because that's the foundation everything else in this resource stands on.

God's Number One Value

The Priority Every Man Skips

DAY 1

Why Is Your Health God's Number One Value?

You'll spend more time maintaining your truck than you spend maintaining your own body. Oil changed on schedule. Tires rotated before they're bald. The body you'll actually live and die in gets whatever's left over after everything else.

That has to change, because you cannot pour into anyone from a tank that's already empty. Not your wife. Not your kids. Not the men God has placed in front of you.

I know that trade-off personally — years of running on fumes and calling it sacrifice, when it was really just neglect wearing a noble word.

"Bless the LORD, O my soul... who forgives all your iniquity, who heals all your diseases."

— Psalm 103:2-3

You know the first half of that verse by heart. **Forgives all your iniquity.** We build sermons on it, testimonies on it, our whole hope on it.

Then we skip right past the second half like it doesn't belong in the same verse. **Who heals all your diseases.** Same breath. Same God. He never filed your body under a different department than your soul.

IF YOU DON'T HAVE YOUR HEALTH, YOU DON'T HAVE ANYTHING.

YOU CAN'T EVEN FULLY ENJOY WHAT YOU DO HAVE.

Who Does God Say You Are?

Before you can steward your body, you need to know what you're actually stewarding — not what the mirror says, not what your last mistake says. What God says. This is the part most health advice skips entirely, and it's the part that actually changes anything.

"You are... members of the household of God."

— Ephesians 2:19

"You have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!' The Spirit himself bears witness with our spirit that we are children of God."

— Romans 8:15-16

"If the Spirit of him who raised Jesus from the dead dwells in you, he... will also give life to your mortal bodies through his Spirit who dwells in you."

— Romans 8:11

"If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

— 2 Corinthians 5:17

"You are a chosen race, a royal priesthood, a holy nation, a people for his own possession."

— 1 Peter 2:9

Read those five again, slower. Household of God. Adopted son. The same Spirit that raised Jesus from the dead, living in you. A new creation. Royal priesthood.

That's not motivational language — that's your actual, spiritual identity. Your DNA, spiritually speaking, is royalty. Kings and priests don't treat their bodies like an afterthought. Neither should you.

Bought With a Price

**"You were bought with a price;
do not become slaves of men."**

— 1 Corinthians 7:23

You are valuable enough that Jesus paid for you with His own blood — not a metaphor, an actual beating, an actual cross. He took that beating for your health, too. Why would you waste what He paid that much for?

"Am I a Good Man?"

At the end of *Saving Private Ryan*, an old man kneels at a grave in Normandy. Soldiers died so he could live — stormed a beach, held a bridge, gave everything so Private Ryan could go home. Decades later, he turns to his wife and asks: "Tell me I've led a good life. Tell me I'm a good man." He needed to know their deaths were worth it.

Jesus didn't just cover a beach for you. He took a beating for your body and gave His life so you could live. Not so you could live carelessly and destroy the very body He died to give you back. If a man paid with his life for you to be healthy, neglecting your health isn't humility — it's a slap in His face.

**IT'S A SLAP IN THE FACE TO JESUS
TO NOT STEWARD YOUR HEALTH.**

The Order Actually Matters

**"Well done, good servant! Because
you have been faithful in a very little,
you shall have authority over ten
cities."**

— Luke 19:17

Stewardship of the small, unglamorous thing comes before authority over the bigger thing. Your body is the very little

you've been entrusted with. Everything else you're believing God for is downstream of it.

Your Health Is Your Business Card

How you carry your body is a form of self-respect — read before you ever say a word. Men size each other up by it. Your wife reads it. Your kids absorb it as normal.

This isn't about shame. It's about ownership. Shame says you're worthless. Ownership says you're responsible — and

responsible men fix what they own.

OUR EXCUSES START TO SOUND SO GOOD WE START BELIEVING THEM. I'M TOO OLD. TOO INJURED. NO TIME.
EVERY MAN I'VE MET HAS A LOT OF PROBLEMS — UNTIL HE HAS A HEALTH PROBLEM. THEN HE ONLY HAS ONE.

The Fruit, Not the Root

I've worked with men for twenty-five years, and I can tell you what I've watched happen over and over: when a man gets healthy spiritually and emotionally, taking care of his body follows as fruit.

He puts the beer down without white-knuckling it. He puts the bag of chips down. He starts moving more — not because he forced himself to, but because a man who likes who he is starts treating himself like it.

So If You Don't Care About Your Body...

...you likely have a bigger problem than your body. An unhealthy body is often the fruit of a soul that doesn't yet know how valuable it is.

You don't need another diet plan shouted louder. You need to actually believe what Ephesians and Romans and 1 Peter just told you about who you are. The body follows the soul. Always has.

DAY 1

Reflection & Response

Slow down before you answer. This one gets uncomfortable fast if you're honest.

1. Which of the five identity verses above did you need to hear the most today?

Read it again. Sit with it, not just past it.

2. Where in your life have you treated your body as an afterthought — whatever gets whatever's left over?

Name the specific area. Sleep, food, movement, checkups — be exact, not general.

3. If an unhealthy body is fruit of an undervalued soul, what's the root you actually need to deal with?

This might be a harder, more honest question than it looks.

ACTION STEP

Write out the five identity verses on a card. Read them out loud before you eat, train, or make a health decision this week — not as a ritual, as a reminder of who's actually stewarding what.

PRAY

God, forgive me for treating this body like an afterthought when You paid this much for it. Teach me who I actually am, so I stop needing willpower to do what love should do naturally.

Made From the Dirt

What Your Body Was Actually Designed to Eat

DAY 2

What Were You Actually Made Of?

"Then the LORD God formed the man of dust from the ground..."

— Genesis 2:7

Not synthetic. Not manufactured. Dust — the raw material of creation itself. God didn't design your body to run on something invented in a lab a century ago. He designed it to run on what He'd already made.

"So, whether you eat or drink, or whatever you do, do all to the glory of God."

— 1 Corinthians 10:31

Even what you put on your plate falls under that verse.

"It Cannot Be This Hard to Eat Right"

I used to look at pescatarian, vegetarian, vegan, paleo, carb-counting, macro-weighting diets and feel exhausted before I

even started. I cried out to God and said, it cannot be this hard to eat right.

He took me back to one question: what are you made of? Dirt. So eat what comes from the dirt — real, whole, grown things, and the animals that eat them.

"Whatever parts the hoof and is cloven-footed and chews the cud, among the animals, you may eat."

— Leviticus 11:3

Scripture sets apart ruminant animals — grass-fed, cud-chewing, split-hoofed — as clean. Dr. Paul Saladino, a board-certified physician who's spent his career studying this, calls grass-fed red meat one of the most nutrient-dense foods on the planet. He's right.

**GOD MADE YOU FROM THE GROUND.
HE DIDN'T DESIGN YOU TO RUN ON WHAT COMES
OUT OF A BAG.**

Nose to Tail, Not Just Muscle

Look at what's actually on Saladino's own plate: ribeye, liver, kidney, egg yolk, salt. Notice what's on that list beyond the

steak. Organs — because muscle meat alone doesn't carry everything your body needs.

That's not a contradiction of "made from the dirt." It's the fuller picture of it: waste nothing, eat the way meat was eaten before we started only wanting the boneless, skinless, easy cut.

Macros and Micros

Macros are protein, carbs, and fat — they determine what you look like. Protein and carbs run about 4 calories per gram, fat

about 9. You need all three; the question is quality and ratio, not eliminating any of them.

Micros are your vitamins and minerals — they determine how you feel. A bag of chips has macros. It has almost no micros. That's the difference between filling yourself and actually fueling yourself.

The Numbers Behind the Aisle

More than half of every calorie the average American adult eats today — 53 percent — comes from something engineered in a plant, not grown in a field, according to CDC data.

You are what you eat, in the most literal sense: eat trash consistently and you will feel like it and look like it. Eat real food consistently and you will feel like it and look like it. Eat nothing that comes out of a package: if your great-grandmother wouldn't recognize it as food, your body doesn't fully recognize it either.

Supplements Are Not Food

A supplement is called a supplement for a reason — it supplements something. It adds to a foundation that already exists. It was never meant to be the foundation itself.

Somewhere in the health food craze, that order got flipped. Men are living on protein bars, protein shakes, and a fistful of vitamins every morning and calling it health. Your body can only absorb so much of a synthetic vitamin at once — the rest passes right through you. A lot of what's in that bottle, you're quite literally paying to flush.

If God wanted you to eat a protein bar, He would have made one. He made a cow. He made a chicken. He made a field of vegetables. He didn't make a wrapper with thirty ingredients you can't pronounce.

Real food first. Eat your vitamins and minerals before you ever open a bottle — the produce, the meat, the eggs, the whole things God already built with everything you need inside them.

If you're genuinely busy and genuinely can't get a proper meal in, take the supplement, drink the shake — that's exactly what it's there for. But it's the backup, not the plan.

IF GOD WANTED YOU TO EAT THAT, HE WOULD HAVE MADE IT.

EAT YOUR VITAMINS. SUPPLEMENT WHAT YOU CAN'T.

The Half Pipe

I was a youth pastor in Kaufman, Texas. Always active — snowboarder, skater, held my own. We'd just wrapped a youth outreach event. Kids got saved. It was an incredible night. We'd built a sixteen-foot half pipe down at the altar inside the church to reach the skate kids, and afterward, while we were cleaning up, I was still in my dress clothes — no tennis shoes. I dropped in on that sixteen-foot half pipe anyway.

I laid my leg over and broke it. Pins, screws, the whole thing. But the injury also severed a nerve, and I started having phantom pain across my whole body. It spiraled into a season of real depression. On crutches, on the couch, not mobile at all.

In that season, I realized something I'd never admitted: I had never once valued my health. Never valued not being in pain. Never valued my eyesight, my hearing, my ability to just walk or run. Every workout I'd ever done up to that point had been vanity — I wanted to look good. I had never once stewarded my body out of gratitude for what it actually cost to give it to me.

No painkiller touched that nerve pain. Nothing worked. So I prayed: *God, if You heal me — if You take this pain away — I will steward my body from this point forward.*

And He did. The pain left. I got the pins and screws removed, and that started an actual health journey — running, triathlons, back in the gym — but this time the fuel behind it wasn't vanity. It was gratitude for a healing I never should have needed a body that neglected to nearly force.

I'll be fifty-two this year. I'm a Level 2 CrossFit coach, a competitive masters athlete, ranked in the top one percent of my age division in the world. I take care of my body now because I want to — not because I'm trying to prove anything to anyone.

**YOU ARE WHAT YOU EAT. EAT TRASH, FEEL AND
LOOK LIKE TRASH.
EAT WELL, FEEL AND LOOK LIKE IT.**

DAY 2

Reflection & Response

Be honest here — this isn't about guilt, it's about seeing clearly.

1. Look back at what you ate yesterday. How much of it came from the ground, and how much came from a package?

Don't estimate generously. Actually count it.

2. What's one processed staple in your regular rotation you could replace with something closer to how God made it?

Pick one thing you actually eat often — not a hypothetical.

3. Where have you been doing something out of vanity that God wants you to do out of gratitude instead?

It might be exercise. It might be something else entirely. Name it.

ACTION STEP

For one week, before you eat anything, ask one question: did this come from the ground, or from a factory? Move one meal a day closer to the ground.

PRAY

God, thank You for forming me from what You made, not what man invented. Teach me to fuel this body with gratitude, not vanity — and give me the discipline to stop settling for what's just convenient.

Whose Voice Is Guiding Your Health?

Discernment in a World Selling You Quick Fixes

DAY 3

The Man Who Got His Miracle

I've watched this play out more than once. A man came to church with chronic back pain — years of it, on medication, doctors and chiropractors who couldn't fix it.

The elders laid hands on him, straight out of James 5, and prayed the prayer of faith. He was healed instantly. About three weeks later, the pain came back.

Not because God's healing wasn't real. Because the source of the problem never got addressed. He was carrying forty

extra pounds every single day — like strapping on a forty-pound sack of feed and never taking it off. Something was always going to give.

He needed the miracle. He also needed to steward his body, value himself enough to lose the weight, and walk in the divine health that miracle was pointing him toward. God wasn't judging him for being overweight. But the responsibility to steward his body was never lifted off him either.

DIVINE HEALING IS GOD'S BUSINESS.
DIVINE HEALTH IS OUR BUSINESS.

Two Systems, Two Promises

The world's health system sells a quick fix: a pill, a shot, a shortcut that lets you keep living the same way while it mutes the consequences. God's system asks something harder and more honest — deal with the root, not just the symptom.

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

— Romans 12:2

Renewing your mind isn't only about Sunday. It's about how you think on a Tuesday when an ad tells you there's a pill for the thing your own lifestyle caused.

Where I Stand

If I'm in a wreck and my bones are broken, I want a doctor and I want drugs — no hesitation, no debate. Medicine has a place, and it's not small.

But for the everyday exhaustion, weight, and creeping disease so many of us are quietly managing: medication rarely solves the actual problem. It manages the number on the chart. It was never built to replace what your plate, your legs, and your sleep were supposed to be doing all along.

I'm not against medication. I'm against medication being the automatic answer for a man who isn't willing to take care of

himself.

Sit with this number: America spends nearly twice what any other wealthy country spends per person on healthcare, and still has a shorter life expectancy than almost all of them. If more prescriptions were the fix, we'd be the healthiest nation on earth. We're not.

Some of that isn't even the doctors' fault. Most physicians get less than 25 hours of nutrition education across four years of medical school — they're trained extensively to diagnose and prescribe, and rarely trained to ask what you're eating.

**NO ONE MEDICATES THEIR WAY
OUT OF A LIFESTYLE.**

DAY 3

Reflection & Response

This one requires some honesty about where your information actually comes from.

1. Where have you settled for managing a problem you could actually address at the root?

Energy, weight, sleep, mood — where have you reached for a shortcut instead of a cause?

2. What voices — advertising, culture, convenience — have quietly been setting your health standards instead of God's Word?

Be specific about where the message is coming from.

3. What's one root cause you've been avoiding looking at?

Name it, even if you're not ready to act on it yet.

ACTION STEP

This week, for one health issue you're managing, ask a doctor or a trusted, qualified source one root-cause question you haven't asked before.

PRAY

God, give me discernment. Show me where I've settled for managing a symptom instead of pursuing the root. Renew my mind so I stop taking the world's shortcuts at face value.

Fuel and Fire

The Temple You're Actually Called to Maintain

DAY 4

Not a Machine You Ignore Until It Breaks

"Or do you not know that your body is a temple of the Holy Spirit within you...? You are not your own, for you were bought with a price. So glorify God in your body."

— 1 Corinthians 6:19-20

A temple gets maintained, not just occupied. Nobody let the temple in Jerusalem fall apart and called it faith.

"Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

— Romans 12:1

A sacrifice that's exhausted, neglected, and running on empty isn't much of an offering.

Train for Decades, Not for a Look

That testosterone number from the introduction isn't destiny. Muscle, sleep, sunlight, and real food all move it back in the right direction. Exercise stops being vanity the moment it's aimed at strength for the next forty years instead of a look for the next forty minutes.

A simple starting benchmark: roughly one gram of protein per pound of your goal bodyweight, spread through the day, prioritizing animal sources — they carry more usable protein per bite than any plant source can match.

**A NEGLECTED BODY ISN'T HUMILITY.
IT'S NOT MUCH OF AN OFFERING.**

The Forge

A blacksmith with the finest coal in the country and a forge he never lights will never make a blade. A blacksmith who keeps the fire roaring but only ever feeds it wet, green wood will never get it hot enough either. It takes both — the right fuel, and the fire actually being worked — to forge anything strong.

Your body works the same way. You can eat perfectly and never train, or train like a maniac and eat garbage, and either way you forge nothing. Fuel without fire is wasted potential, sitting in the bag. Fire without fuel burns hot for a minute and leaves you with nothing but ash and a man who's exhausted by Thursday.

FUEL WITHOUT FIRE IS WASTED POTENTIAL.
FIRE WITHOUT FUEL BURNS OUT AND LEAVES YOU WITH ASH.

What a Day of Eating Actually Looks Like

You don't need a personal chef or three hours in the kitchen. You need real food, prioritizing protein, prepared simply enough that a busy, working man will actually do it.

Morning: Three or four whole eggs, cooked however you like them. Coffee, black. If you're genuinely in a hurry, hard-boil a dozen eggs on Sunday night and grab two on your way out the door.

Midday: Whatever real protein you can get your hands on fastest — a rotisserie chicken from the grocery store, leftover steak from last night, a can of tuna, a couple of burger patties with no bun. Add whatever vegetables are easy: a bag of frozen broccoli, a pre-made salad kit, an apple.

Afternoon, if you need it: Real food, not a candy bar wearing a protein label. A handful of nuts, a piece of real jerky, one more hard-boiled egg.

Evening: The biggest protein portion of your day — ground beef, chicken thighs, a steak, whatever you can afford and cook simply. Vegetables on the side. Skip the bread, skip the pasta, skip the second helping of whatever came out of a box.

That's it. No app, no scale required to start. Just real food, protein first, at every meal you actually eat.

DAY 4

Reflection & Response

Movement is the easiest thing to say yes to in theory and skip in practice. Get specific.

1. Right now, are you closer to fuel without fire, or fire without fuel?

Be honest about which half of the forge you're neglecting.

2. Looking at the sample day above, which single meal is your actual weak point?

Not all four. Just the one that's honestly the hardest for you.

3. What's kept exercise occasional instead of consistent for you?

Name the real obstacle — time, energy, embarrassment, or just never deciding.

ACTION STEP

Pick one meal from the sample day above and make it your new default this week — not a someday goal, the actual plate in front of you tomorrow.

PRAY

God, let my strength be an offering, not a performance. Teach me to train for the decades You've called me to, not the mirror in front of me.

Sun, Water, Ground

The Free Inputs Every Man Skips

DAY 5

Light You Didn't Have to Earn

God hung a light in the sky on day four and called it good, long before anyone had heard of vitamin D. You spend your daylight hours under fluorescent light and your evenings under a screen — then wonder why you're exhausted and can't sleep.

Get sunlight on your face, without sunglasses, especially early in the day. It's one of the simplest, most overlooked resets available to you. It's also free.

Water and Ground

Walk around dehydrated long enough and you'll mistake it for hunger, fatigue, or a short temper. Drink water like it's part of the job — because it is.

Get outside, off the screen, feet on real ground when you can.

"The heavens declare the glory of God."

— Psalm 19:1

You were never meant to take all of that in through a window.

The Sound of a World You Didn't Build

Waves on a shore. Wind moving through leaves. A river running over rock. Crickets and frogs after dark. Fire crackling in a pit. None of it costs anything, and all of it is older than the stress it undoes.

This isn't just a nice feeling. Researchers have measured it: exposure to natural sounds like water and wind reliably lowers cortisol, slows heart rate, and drops blood pressure — in some studies, in as little as three to six minutes. Your nervous system reads mechanical noise as a threat and natural sound as safety, because that's what it was built to do for most of human history.

You were designed for a world you didn't build with your hands — concrete, fluorescent light, notification sounds. None of that existed when God formed you from the dirt. The sound of an actual fire, an actual river, an actual night outside isn't a luxury. It's closer to your factory setting than the sound of your own phone.

You don't need a cabin in the woods. You need fifteen unplugged minutes by a fire pit, on a porch after dark, or near moving water, on a regular basis — not once a year on vacation.

THE MOST OVERLOOKED PART OF YOUR HEALTH PLAN IS ALREADY OUTSIDE YOUR DOOR.

What's Free, and What's Worth Paying For

Sun, water, ground, and quiet don't cost you anything. But some of what you need isn't free, and that's fine.

If you need a coach, pay for the coach. If you need a personal trainer or a nutritionist, pay for it. We pay for plenty of things that quietly destroy our lives — why hesitate to pay for something that builds one?

I've never met a man who regretted giving his life to Jesus. Not one, ever.

I've also never met a man who regretted getting in better shape and actually taking care of himself. Investing in yourself is one of the few purchases nobody looks back on with regret.

DAY 5

Reflection & Response

These are the disciplines that feel too simple to matter, so it's easy to skip them. They matter.

1. How much of your day happens under artificial light, a roof, and a screen — versus outside?

Estimate honestly, then notice how that number makes you feel.

2. When did you last spend unplugged time near water, fire, or open sky, with no agenda?

If you can't remember, that's the answer.

3. Is there a coach, trainer, or professional you've been putting off hiring because of the cost?

Weigh that cost against what you already spend on things that don't build you up.

ACTION STEP

Tomorrow morning, get outside within the first hour of waking — no sunglasses, no phone, at least ten minutes. Do it again the next day.

PRAY

God, thank You for the sun, the water, the ground, and the sound of a world You made before You made me. Teach me not to overlook what You built in plain sight, and give me the wisdom to invest in myself when it's worth it.

Your Day Starts the Evening Before

The Rhythm God Built Into Sleep

DAY 6

The Order Matters

"And there was evening and there was morning, the first day."

— Genesis 1:5

Notice the order. Not morning, then evening. Evening, then morning. God built the day to start with rest, not end with it.

This Is Biology, Not Just Theology

We already covered trusting God enough to stop striving — that ground belongs to *Incredible Rest*. This is about your actual body: hormones regulate overnight, muscle repairs overnight, your mind sorts and files overnight. Skip it consistently and you're not being tough. You're running the tank empty and calling it discipline.

What Your Evening Actually Determines

Most men have a decent morning routine — Bible, prayer, coffee, a workout. But the morning was never the start of the day. According to Genesis, the evening is. If you want a good day tomorrow, you build it tonight.

Screens off at least two hours before bed.

Prep tomorrow tonight — clothes laid out, food ready if you meal prep, your calendar reviewed so you know what meetings and what prep you're walking into. You're not lying there at 11 p.m. reconstructing tomorrow from scratch.

With your kids: a goodnight kiss, a hand laid on them, a real prayer over them — not a rushed one.

Journal it out. Anyone you need to forgive. Anything you're anxious about. Anything you're afraid you'll forget by morning. Get it out of your head and onto paper before your head hits the pillow, not after.

Read your Bible. Let it be the last real input of the day, not a scroll through your phone.

Wind down. Good hygiene, something calming — sleepy time tea, chamomile, whatever settles you. Set the thermostat to 67 or 68 degrees; you sleep measurably better in a cold room than a warm one.

Do all of that, and you wake up to a car that's already full of gas — ready to attack the day instead of scrambling to survive it.

YOUR DAY DOESN'T START WHEN YOUR ALARM GOES OFF.

IT STARTS THE NIGHT BEFORE.

Or Here's the Other Version

You stay up late watching the game. Three or four beers, a pizza or a plate of lasagna. You're up half the night with your stomach upset, running to the bathroom, replaying tomorrow's meeting in your head because you never got it off your chest.

You didn't pray over your kids. You didn't pray with your wife. And you probably weren't intimate with her either — because the game and the beer got the best hours of your evening, and she got what was left over.

Same man. Same calling. Completely different morning — built the night before, either way.

DAY 6

Reflection & Response

Be honest about what your nights actually look like, not what you wish they looked like.

1. What time do you actually fall asleep most nights, and what time do you tell yourself you do?

Check the gap between the two answers.

2. Which version of the evening — the prepared one or the football-and-beer one — is closer to your normal week?

Don't answer for the week you wish you had. Answer for the one you actually live.

3. Who gets your best hours in the evening, and who gets what's left over?

Kids. Wife. God. Be honest about the order.

ACTION STEP

Pick one evening habit to change this week — a screen cutoff time, a wind-down routine, praying over your kids before bed — and protect it like you'd protect a morning meeting.

PRAY

God, teach me that stopping at night isn't weakness — it's how You built me to be renewed. Help me guard my evenings the way I guard everything else I actually value, starting with the people in my house.

If Jesus Gave His Life for Yours

The Incredible Man's Whole-Life Health

DAY 7

He Took a Beating for Your Health, Too

"He himself bore our sins in his body on the tree... by his wounds you have been healed."

— 1 Peter 2:24

We already talked about the price paid for you. Here's the specific part: your physical healing was purchased at the same cross as your forgiveness.

If Jesus gave His life for yours, what are you giving in return? Not as guilt. As gratitude with some muscle in it.

Health Was Never Just Physical

Mental — guarding what you let run through your head.

Emotional — making real deposits instead of running on empty.

Social — "iron sharpens iron, and one man sharpens another" (*Proverbs 27:17*).

Physical — everything the last six days have covered.

Remember Day One: the body follows the soul. Get healthy spiritually and emotionally, and physical stewardship shows up as fruit — not as one more thing to white-knuckle.

**HE GAVE HIS LIFE FOR YOURS.
GIVE YOUR LIFE FOR HIS.**

Surrender, Not Just Gratitude

"If Jesus gave His life for yours, what are you giving in return?" deserves a bigger answer than trying harder. The real answer isn't a better diet or a few more workouts. It's your life, given back for His.

"Whoever would save his life will lose it, but whoever loses his life for my sake will find it."

— Matthew 16:25

That's not a riddle. It's an exchange. The life you're gripping so hard to protect is smaller than the one He's offering to replace it with.

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me."

— Galatians 2:20

Paul didn't lose himself when he surrendered. He found the version of himself that actually works.

What would your life actually look like — feel like — if you were fully surrendered to God? Not partially. Not just the parts that are convenient. All of it.

What are you holding onto right now that you are unwilling to give up? Everyone has something. Be honest about yours.

Here's the question underneath that question: do you really believe what you're holding onto is better than what God has for you? Because that's what you're saying every time you grip it tighter instead of opening your hand.

Do you actually think you're smarter than God?

What Does Surrender Look Like for Your Body?

It looks like handing God the excuses you've been gripping for years. It looks like admitting the vanity, or the neglect, you've been calling by a nicer name.

It looks like trusting that stewarding this body is part of the "yes" you already gave Him — not a separate decision you get to opt out of. He gave His life for yours. Give your life for His.

**NO ONE EVER REGRETTED
TAKING CARE OF THEMSELVES.**

DAY 7

Reflection & Response

This is the final day. Don't just reflect — decide what actually changes starting now.

1. What would your life look and feel like fully surrendered to God?

Don't answer in generalities. Picture an actual Tuesday.

2. What are you holding onto that you're unwilling to give up — and do you really believe it's better than what God has for you?

Name the thing. Then answer honestly, out loud if you have to.

3. Looking back over this week, which day's truth hit you hardest — and why?

That's usually the area God wants you to actually act on first.

ACTION STEP

Write down, specifically, what you've been holding onto instead of surrendering to God — not vaguely, name it. Underneath it, write: "God, I trust You have something better than this." Mean it when you say it.

PRAY

God, thank You for caring about all of me — not just my soul. I surrender what I've been holding onto instead of You. Teach me to steward this body as the gift it is, discipline it as the temple it is, and trust that the life You have for me is better than the one I've been gripping so tightly. Not my life for mine — my life for Yours.

CONCLUSION

The Man Who Has Decades Left to Give

Your family will not remember how many pounds you lifted or how fast you ran a mile. They will remember whether you were still standing — present, capable, engaged — twenty years from now.

They will not remember your energy on your best day. They will remember whether you had enough of it on an ordinary Tuesday to actually show up.

God's design was never for you to neglect this body until it forces you to pay attention, or to worship it until it becomes the whole point. It was stewardship — cared for because it's on loan, disciplined because you still have decades of assignment left to carry out.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

— 3 John 2

You are that man.

Not perfect. But disciplined.

Not chasing a mirror. But stewarding a temple.

No one ever regretted taking care of themselves.

Take care of the body God gave you. You still have decades of work to do in it.

A CLOSING WORD

Final Prayer

Father God,

Thank You for forming me from what You made, and for caring about my body in the same breath as my soul. Thank You for the healing purchased at the cross — for all of me, not just part of me. Thank You for telling me who I actually am — adopted, indwelt, a new creation — so I don't have to earn a worth You already gave me.

Forgive me for the years I neglected this body and called it busyness, or worshiped it and called it discipline. Forgive me for outsourcing to a pill what You designed me to address at the root.

Teach me to eat what You made me from, move for the decades ahead of me, rest the way You built into the rhythm of creation, and steward every part of what You've entrusted to me — mind, emotions, relationships, and body.

Not for vanity. For my family's good, for the years of work still ahead of me, and for Your name's sake.

Amen.



Stay Connected

If you've made it this far — well done. You've invested in your body instead of ignoring 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