

The Role of a Man

Ephesians 5:25-33; 1 Corinthians 16:13-14; Genesis 2:15

singleness

February 1, 2026

A NOTE TO OUR READERS

As you read through this devotional, you will notice that it is primarily aimed at men and their role within the family. However, we believe there are important truths here for all of us to understand. Regardless of who we are or what stage of life we are in, each of us can begin to allow God's design for family to shape our hearts, perspectives, and practices.

We encourage everyone to read and make use of this resource.

DAY 1: WATCHFUL AND ALERT

READING: 1 CORINTHIANS 16:13-14

Paul's charge to "be watchful" calls men to spiritual alertness in an age of distraction. Being watchful means staying awake to God's purposes while guarding against spiritual drift in your family. This isn't passive observation but active protection—anticipating threats to your family's faith, identifying compromises before they take root, and staying alert to the enemy's schemes. Jesus asked His disciples to watch and pray in the garden; they fell asleep. Today, will you stay awake? Consider what spiritual dangers lurk around your home. Are you alert to the influences shaping your children? Are you watchful over your marriage? Are you vigilant in your own faithfulness? True biblical manhood begins with eyes wide open, standing guard over what God has entrusted to you.

Reflection: What areas of spiritual drift do I need to address in my life or family?

DAY 2: STANDING FIRM IN FAITH

READING: EPHESIANS 6:10-18

To stand firm in faith means refusing to compromise truth when culture pressures you to bend. Paul understood that families face constant assault from worldly philosophies that water down the gospel. Standing firm requires discernment—the ability to recognize fluffy faith ideas that dilute Christ's message. It demands courage to hold biblical convictions even when they're unpopular. This isn't about being argumentative or harsh; it's about being immovable on what matters eternally. Your family needs you to be a rock, not shifting sand. When everyone around you compromises, your firm faith becomes a lighthouse guiding your household. Put on the full armor of God daily. Your strength isn't in your own power but in standing on the unshakable foundation of Scripture.

Reflection: Where am I tempted to compromise biblical truth for cultural acceptance?

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DAY 3: STRENGTH MARKED BY LOVE

READING: 1 CORINTHIANS 13:1-13

Biblical manhood shatters two cultural lies: that men are incompetent buffoons or that real men dominate through power. Scripture presents a third way—strength saturated in love. Love doesn't soften masculinity; it gives it depth and purpose. Strength without love becomes domineering and destructive. But strength marked by love becomes courage that protects, serves, and sacrifices. This love is patient with your wife's weaknesses, kind when frustration rises, and persevering through difficult seasons. It's not emotional sentimentality but determined commitment to seek another's highest good. When Paul commands husbands to love their wives, he's calling you to the most courageous act possible—laying down your life daily. Let everything you do be done in love. This transforms your strength from something feared into something that brings security and peace.

Reflection: How can I demonstrate strength marked by love in my home today?

DAY 4: SACRIFICIAL LOVE LIKE CHRIST

READING: EPHESIANS 5:25-33

Christ's love for the church sets the standard for husbands—total self-giving sacrifice. Jesus didn't demand the church serve Him; He gave Himself up for her. This revolutionizes marriage. Leading your home doesn't mean kicking back and demanding service; it means washing feet, bearing burdens, and dying to selfish desires. Your wife's highest good becomes your mission. This isn't about her deserving it or earning it—Christ loved us while we were still sinners. Your sacrificial love points your family to the gospel. When you lay down your agenda to serve your wife, you're preaching Christ without words. This is countercultural and uncomfortable, but it's your calling. Marriage is a living picture of Christ and the church. What does your marriage reveal about the gospel? If you're not married, it's never too early to begin to prepare yourself for this self-sacrificing love.

Reflection: What specific way can I lay down my life this week?

DAY 5: TAKING RESPONSIBILITY AND MATURING

READING: 1 CORINTHIANS 13:11; HEBREWS 5:11-14

Paul's command to "act like men" calls you to maturity—putting away childish things and taking full responsibility for your life and family. Too many men remain boys, pouring energy into fantasy leagues, gaming, and entertainment while their families drift. Biblical manhood means growing up spiritually, stepping into responsibility, and protecting what God has entrusted to you. This isn't about abandoning joy or hobbies; it's about priorities. Your family needs a man, not an overgrown child. Maturity means making hard decisions, having difficult conversations, leading family devotions even when uncomfortable, and fighting for your marriage on your knees. Stop waiting for permission or perfect conditions. Your family is worth dying for. Make the changes needed. Deal with past wounds. Overcome addictions. Find godly men to sharpen you. Rise up and lead with sacrificial love.

Reflection: What childish pattern do I need to put away to lead my family well?