

Men of the Way

# The Narrow Road

## *Companion*

*A printable journal for the forty-day rule.  
For the man who would rather write it down  
than tap it in.*

On using this companion

# How to *walk the road*.

This is your companion for the next forty days. Print it. Bind it if you can — a simple staple binding or a strip of tape down the spine will do. Carry it. Write in it with a pen, not a pencil. The smudges, the dated entries, the first morning you forgot and had to go back — those marks are part of the work.

There is no grading. There is no submission. No one will read this but you, and possibly your accountability brother if he asks to see it on Day 20. The companion exists for one reason: *so that on Day 41 you have proof of what you did, in your own hand.*

## Before Day 1

Three things must be done before the morning of Day 1, in this order:

- i. Read the Rule (page 4) and the Seven Disciplines (page 5).
- ii. Name your vice on page 6 in ink. The thing that has power over you. Once written, it is locked in for forty days.
- iii. Mark the fast on page 7. Days 39 and 40 are reserved for a 48-hour fast.
- iv. Tell one other man you are doing this. Page 8 has space to record his name and the date he was told.

## During the forty days

Each day has its own page. Tick the boxes as the disciplines are completed. Write the evening reflection by hand. Use the lines provided — and if they run out, the back of the page is yours. **Sunday is a Sabbath: no training, only a 20-minute walk.** The other disciplines remain. Your scheduled fast may fall on a Sunday.

*If you miss any daily discipline on any day, you restart at Day 1. Cross out the entries and begin again at the next Day 1 page. Restarts are not failure — they are evidence.*

The sentence this is built on

*“But seek first the kingdom of God  
and his righteousness, and all these  
things will be added to you.”*

MATTHEW 6 : 33

Everything in this companion — the disciplines, the rule, the forty days — is downstream of that one instruction. *Seek first*. Everything else follows.

# The *only* rules.

*The Rule is not about what a man acquires — it is about what a man becomes.*

Simple enough to understand on the first read. Hard enough to change the kind of man who finishes it. That is not a boast — it is a warning and an invitation.

- i.*        **All seven disciplines must be honoured across the 40 days.** The six daily disciplines apply every single day. The fast is one 48-hour fast on Days 39 and 40 — the final two days of the rule.

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- ii.*       **If you miss any daily discipline on any day, you restart at Day 1.** Not Day 2. Not “I will make it up tomorrow.” Day 1. The counter resets.

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- iii.*      **The 48-hour fast must be honoured on Days 39 and 40.** A fast chosen only when convenient is not a fast. It is a skipped meal.

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- iv.*       **Tell at least one other man you are doing this before you begin.** A commitment made in private is a preference. A commitment made before others is a vow.

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- v.*        **No modifications.** You may not swap disciplines, adjust durations, or negotiate with yourself about what “counts.”

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- vi.*       **Document it.** This companion is the documentation. Write in it. For yourself, on Day 41, when you want proof of what you did.

# The *seven* practices.

**Discipleship of the Saviour requires discipline.** It is not a casual endeavour. It does not happen by accident. It is a practice of every day, every hour. The beginning may be small — *and that is right*. Growth happens gradually and patiently. But also consistently. And unrelentingly.

**I. Read the Scriptures. (*Lectio*)**

Minimum 10 minutes of Scripture daily. Not a podcast about it. Not a devotional summary. *The text itself*, slowly, with attention. **No substitutes permitted.**

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**II. Train your body. (*Labora*)**

45 minutes of physical training daily, plus a walk that grows each week: **20 min in week 1, 30 min in week 2, 40 min in week 3, 45 min in week 4, 50 min in week 5, 60 min in week 6. Sunday is rest from training** — a 20-minute walk only, every week. Discomfort is the aim. The body is a temple, not a trophy.

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**III. Write & reflect. (*Ora*)**

Ten minutes of handwritten journaling. *Did I draw closer to the Saviour today? What made me feel close to Him? What did I observe about myself and my growth?* Write honestly.

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**IV. Cut one vice. (*Abstine*)**

Before Day 1, name one thing that has power over you — alcohol, pornography, social media, processed food, gaming. **Declared on page 6 in ink. Cannot be changed.**

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**V. Serve someone. (*Servi*)**

One deliberate act of service per day — to your wife, your children, a neighbour, a stranger. It cannot be your job. It must cost you something. Unannounced service preferred.

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**VI. Rise before the house. (*Surge*)**

Wake before everyone else in your home. **No phone for the first 30 minutes.** The morning belongs to God.

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**VII. Fast once, deeply. (*Jejunium*)**

**One 48-hour water-only fast, on Days 39 and 40 — the final two days of the rule.** Begin on the evening of Day 38 with prayer and intention; end on the evening of Day 40 with prayer. *The hunger is not the point — the prayer is.*

# Declare your *vice*.

Name one thing that has power over you. Not the thing you have already learned to manage. *The thing further down.* The thing you would resist writing here, even on a private page. Once written, it is locked in. You will not negotiate with it for forty days.

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MY VICE

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WHY IT HAS POWER OVER ME

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WHAT I WILL DO INSTEAD WHEN I FEEL THE PULL

DATE

SIGNED

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# The *fast*.

**One fast. Forty-eight hours.** On Days 39 and 40 — the final two days of the rule. Christ fasted forty days in the wilderness; you fast the final forty-eight hours of yours. The fast carries you across the threshold to Day 41.

**Water only.** No coffee, no juice, no bone broth. **Begin the fast with prayer and intention. End the fast with prayer.** Spoken, written, kneeling, walking — however you pray. The hunger is not the point — *the prayer is*. Hunger is the soil; prayer is what grows in it.

MY FAST · DATES

DAY 38 EVENING (FAST BEGINS)

DAY 40 EVENING (FAST ENDS)

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BEFORE THE FAST · OPTIONAL SPACE FOR REFLECTION

*If you wish to write — what you are bringing to this fast, what you ask of it, what you would like to receive. Or leave blank.*

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AFTER THE FAST · OPTIONAL SPACE FOR REFLECTION

*What did this fast give you? What did it take from you? What did you hear?*

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# Tell *one* other man.

A commitment made in private is a preference. A commitment made before others is a vow. Choose one man — not your wife, not your pastor (unless he is also your friend), not your therapist. **One man** who will hold you to this without flattery. Tell him what you are doing. Hand him this page if you can.

MY ACCOUNTABILITY BROTHER

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HOW I CAN REACH HIM

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DATE I TOLD HIM

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*On Day 20, you will write to him. Whatever has happened — you have kept the rule, you have restarted, you have abandoned it — you tell him. That is the work, too.*

On adversity

# What you do not *escape*, you are made by.

The Rule will produce hardship by design. **That is the point.** When the morning is cold and your body wants to stay in bed, when the fast is at hour eighteen and you would do almost anything for food, when you feel foolish journaling for the seventh time that week — *that is when the work is happening.*

*“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*

JAMES 1 : 2–4

Hardship is not the enemy of formation — *it is the means.* The man who endures adversity is not a man who got unlucky. He is a man being made.

Do not despair when difficulty comes. Do not look for escape. **Stand in the trial until it changes you.**

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*And if you are reading this on the far side of a season that has nearly broken you — know this: all of us can have a new beginning through and because of **Jesus Christ.** Even you. Even now.*

How to use the daily pages

# Forty days, *by hand*.

What follows are forty pages, one for each day. Each page contains:

**The day number and date.** Write the date in the corner each morning.

**The seven discipline boxes.** Tick each box as the discipline is completed. Six boxes to be ticked daily; the seventh (Fast) only on Days 39 and 40. **Sunday: Discipline II is replaced by a 20-minute walk.** The weekday walk grows each week — see the schedule on page 5.

**The evening reflection.** Ten minutes of writing, by hand, before bed. Three questions. Lined space below.

*Write in pen. Smudges and crossed-out words are part of the document. **Do not skip the reflection.** The disciplines are easier than the reflection. The reflection is where the rule does its real work.*

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*The first daily page begins on the next page. Begin on the morning you have decided to begin — not before, not after.*

















































































On the morning after

# *Day 41.*

If you are reading this page, and the previous forty are filled in your own hand — you have completed the Rule. Not the version of you that started. *You*. The version on the far side.

*Write to us when you are ready: [letters@menoftheway.com](mailto:letters@menoftheway.com)*

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WHAT I FOUND BY DAY 40

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*Soli Deo Gloria.*

Men of the Way  
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