# Men Crossing the Finish Line with Joy



A 7-day journey encouraging men to live with grace and gratitude, embracing eternity and modeling Christ-like joy today.





#### Table of contents

Introduction	3
Day 1: Running the Race with Purpose	4
Day 2: X Living with Grace and Humility	10
Day 3: A Gratitude as a Lifestyle	16
Day 4:  Strength Through God's Power	22
Day 5: A Living with Eternal Perspective	28
<u>Day 6:   Modeling Joy and Gratitude to Others</u>	34
Day 7: A Crossing the Finish Line with Joy	40







#### Introduction

**Men,** as we journey through life, facing challenges and triumphs alike, we are called to cross the finish line not just weary but rejoicing. *Crossing the Finish Line with Joy* invites you to live with eternity in focus, modeling grace and gratitude here on earth.

In a world that often defines success by wealth, power, or status, true fulfillment comes from aligning our hearts with God's eternal purposes. The Bible offers inspiring examples and teachings for men who desire to run their race well, balancing strength with humility, endurance with thankfulness, and leadership with love.

This study offers seven days of reflection and devotion to remind you that your earthly race is a preparation for the eternal celebration that awaits. By embracing grace—both giving and receiving it—and cultivating gratitude daily, you become a living testimony of God's transformative power. Each day you'll encounter scripture that challenges, encourages, and equips you to embody the joy that comes from knowing Christ deeply.

Let this journey renew your perspective, strengthen your faith, and fill your heart with everlasting hope. May you finish your race with joy, energized by the promise of eternity, and motivated to reflect God's grace and gratitude in all you do. Let's begin this race together, looking forward with faith and running with purpose!















#### Your Verse

2 Timothy 4:7 - "I have fought the good fight, I have finished the race, I have kept the faith."

#### **Supporting Scriptures**

- Hebrews 12:1 "...let us run with perseverance the race marked out for us."
- Philippians 3:14 "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."







#### Devotional: Running with Purpose and Perseverance

**Paul's declaration in 2 Timothy 4:7** reminds us of the enduring strength it takes to finish well. As men, our lives are often a series of races: career challenges, family responsibilities, spiritual growth. Running with purpose means knowing your finish line is not worldly success but eternal joy with Christ.

God calls us to keep the faith throughout the course, not just at the start. When distractions or hardships arise, remember that perseverance is key. Press on with your eyes fixed on the prize — the heavenly call of God.

Ask yourself: is my daily walk aligned with this eternal goal? Am I running the race God set before me? Let today's scripture inspire tenacity and faithfulness in your journey.







# Reflect and Apply

1.	What does 'keeping the faith' look like in your daily life?
2.	How can you strengthen your perseverance during challenging seasons?
3.	Are your current pursuits aligned with God's eternal purpose for you?







Day 1: Parpose Running the Race with Purpose

## **Journaling Prompts**

	Write about a time you felt you finished a race well and what kept you going.
	List ways you can focus more on the eternal prize instead of temporary achievements.
3.	Describe what 'running with purpose' means for you today.







#### Prayer for Today

Lord, help me run my race with purpose and perseverance. When challenges come, strengthen my faith and fix my eyes on You. May I keep the eternal prize always in mind, and finish my journey with joy and confidence in Your promises. Help me model grace and gratitude day by day. *In Jesus' name, Amen.* 🙏 🎘 😭







# Day 2: 🗱 Living with Grace and Humility









Day 2: 💥 Living with Grace and Humility

#### Your Verse

Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."

#### **Supporting Scriptures**

- Colossians 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience."
- James 4:6 "God opposes the proud but shows favor to the humble."







Day 2: 💥 Living with Grace and Humility

#### Devotional: Clothed in Grace Through Humility

Grace thrives where humility lives. Ephesians 4:2 invites us to embody humility, gentleness, and patience as we interact with others. For men, societal pressures often push towards toughness or dominance, but Scripture reveals true strength lies in grace-filled humility.

Living with grace means offering patience when frustrated, gentleness when anger arises, and love when others fall short. It is a daily choice to reflect Christ's heart rather than our own pride.

Consider what it means to be gentle yet strong, patient but resolute, and humble yet confident in God's love. These qualities prepare us to finish the race well and influence those around us positively.







Day 2: 🎇 Living with Grace and Humility

## Reflect and Apply

1.	How do you demonstrate humility in your relationships and decisions?
2.	Where do you struggle most with patience or gentleness?
	How can embracing grace change your perspective on leadership and strength?







Day 2: 🎇 Living with Grace and Humility

## **Journaling Prompts**

	Recall a situation where showing grace transformed a conflict or difficulty.
2.	Identify areas in your life where pride may be hindering your growth.
	Write a prayer asking God to help you clothe yourself with humility and patience.







Day 2: 🎇 Living with Grace and Humility

### **Prayer for Today**

Father, teach me to embody Your grace through humility and patience. Help me to be gentle in strength and loving in my interactions. May I bear with others in love, reflecting Your character daily. Mold my heart to mirror Jesus' humility and kindness. *Thank You for Your unfailing grace*. Amen.

















#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."







#### Devotional: Cultivating Daily Gratitude

**Gratitude is more than a feeling — it's a lifestyle.** The Apostle Paul encourages us to give thanks in all circumstances, revealing a faith that trusts God's goodness despite life's ups and downs. For men striving to finish well, gratitude shifts focus from struggles to God's enduring love.

When you wake each day, choose to recognize God's blessings, even in small things. Gratitude nurtures joy, deepens peace, and strengthens resilience.

Ask yourself: how can I express thanks more intentionally today? How does gratitude shape my attitude and relationships? Embracing gratitude helps us model joy and grace before the world.







## Reflect and Apply

1.	What challenges make it hardest for you to be grateful?
2.	How does gratitude affect your relationship with God and others?
3.	In what ways can you cultivate a habit of thankfulness daily?







### **Journaling Prompts**

1.	Write three specific things you are thankful for today and why.
2.	Describe a past difficulty that led to growth or blessing through gratitude.
3.	Make a gratitude list focused on God's character and promises.







#### Prayer for Today

God, I choose to give thanks in every season. Help me see Your hand at work, even when life is hard. Fill my heart with joy and peace rooted in Your love. May gratitude flow from me as a testimony of Your faithfulness. Teach me to live a thankful life that honors You. *Thank You, Lord. Amen.*  $\bigwedge$ 







# Day 4: V Strength Through God's Power









Day 4: V Strength Through God's Power

#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles."

#### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Nehemiah 8:10 "The joy of the Lord is your strength."







Day 4: ① Strength Through God's Power

#### Devotional: Relying on God for Renewed Strength

Life's demands can drain us physically, emotionally, and spiritually. Isaiah 40:31 promises renewal through hope in God. As men, we are called not only to act in our own strength but to depend deeply on the Lord's power.

Renewed strength doesn't just mean energy; it's about soaring above difficulties with divine enablement. When we hope in God, we receive the joy that fuels perseverance and courage.

Reflect on where you need God's renewal today. How can you lean more on His power than your own abilities? Let this truth empower you to press on joyfully.







Day 4: ① Strength Through God's Power

## Reflect and Apply

1.	In what areas of your life are you trying to rely on your own strength instead of God's?
2.	How does hope in the Lord renew your energy and attitude?
3.	What practices help you focus on God's power daily?







Day 4: ① Strength Through God's Power

## **Journaling Prompts**

1.	Describe a time when God gave you strength beyond your own.
2.	Write about what it means to hope fully in the Lord.
3.	List ways you can remind yourself to depend on God in tough moments.







Day 4: Strength Through God's Power

#### Prayer for Today

Lord, renew my strength and help me soar on wings like eagles. Teach me to depend fully on You, finding joy and courage through Your power. When I feel weak, remind me that Your joy is my strength. May my hope in You sustain me each day. *Thank You for Your endless support. Amen.*

















#### Your Verse

Colossians 3:2 - "Set your minds on things above, not on earthly things."

#### **Supporting Scriptures**

- 2 Corinthians 4:18 "...what is seen is temporary, but what is unseen is eternal."
- Matthew 6:19-20 "Store up for yourselves treasures in heaven..."







#### Devotional: Keeping Heaven in Sight Daily

To finish well, a man must keep his focus on eternity. Colossians 3:2 challenges us to set our minds on things above, not the fleeting concerns of this world. When you prioritize the eternal, your daily choices reflect deeper values rooted in God's kingdom.

This eternal perspective fosters joy even amid earthly trials because you know your true home awaits. It shapes priorities, relationships, and your very identity as a follower of Christ.

Ask yourself: how often do I consider eternity in my daily decisions? Am I investing time, talent, and treasures toward heaven? This mindset invites grace and gratitude to flourish as you live purposefully.







## Reflect and Apply

1.	How does focusing on eternal things impact your daily life and decisions?
	What earthly distractions keep you from setting your mind on things above?
3.	In what ways can you store up treasures in heaven today?







## **Journaling Prompts**

1.	List the ways your life reflects an eternal perspective.
2.	Write about a challenge that gave you a clearer view of eternity.
	Create a plan to align your daily actions more with God's eternal purposes.







#### Prayer for Today

Father, help me set my mind on things above. Teach me to value eternal treasures over temporary gain. Guard my heart against distractions and worldly temptations. May my life be a testimony of steadfast hope and joyful expectation of eternity with You. *In Jesus' name, Amen.*  $\bigwedge$   $\bigcirc$   $\diamondsuit$   $\Longleftrightarrow$ 















#### Your Verse

Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

#### **Supporting Scriptures**

- 1 Peter 3:9 "Do not repay evil with evil or insult with insult, but with blessing..."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







#### Devotional: Living Joyfully as a Godly Example

**True joy is infectious and powerful.** Paul's urging in Philippians 4:4 to rejoice always challenges men to model unwavering joy rooted in the Lord. This joy, combined with gratitude, becomes a beacon to others struggling or observing our walk.

Modeling joy means choosing blessing over bitterness, hope over despair, and grace over judgment. It reflects the internal strength that comes from a reliance on God rather than circumstances.

How can your joy today encourage, uplift, and point others to Christ? Remember, your attitude forms a legacy of grace that can impact generations.







# Reflect and Apply

1.	What does it mean to rejoice in the Lord always, even during hardship?
2.	How do your actions and attitude model gratitude to your family and community?
3.	In what ways can you grow as an example of joyful faith?







## **Journaling Prompts**

1.	Recall someone whose joyful faith impacted you and why.
2.	Write about how you handle difficult situations with joy and gratitude.
3.	Plan specific ways to encourage others with your attitude and words.







### Prayer for Today

Lord, fill me with joy that overflows to those around me. Help me to rejoice always, modeling gratitude and grace in all circumstances. May my life be a testimony of hope and encouragement, and may others see Your love through me. Give me strength to bless rather than oppose. *In Jesus' name, Amen.* 🙏





















#### Your Verse

Hebrews 12:2 - "Let us fix our eyes on Jesus, the pioneer and perfecter of faith." "For the joy set before him he endured the cross..."

#### **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Revelation 21:4 "He will wipe every tear...there will be no more death or mourning or crying or pain."







#### Devotional: Joyful Completion and Eternal Hope

As we conclude this study, Hebrews 12:2 beckons us to fix our eyes on Jesus. He endured the cross because of the joy that awaited Him—an eternal kingdom and reconciliation with the Father.

Men, our race is much the same. Despite hardships, focusing on Jesus gives joy and purpose to every step. By modeling grace and gratitude daily, we prepare to cross the finish line with celebration, not regret.

Reflect on the joy awaiting you and the legacy your life leaves behind. Are you running with joy today while looking toward eternity?

Remember, God's promise in Revelation assures a future without pain or sorrow. Let that hope fuel your perseverance and inspire your daily living.







# Reflect and Apply

1.	What does it mean to fix your eyes on Jesus in your current season?
2.	How does the joy set before us empower you to endure trials?
2	TITL 1
3.	What legacy of grace and gratitude do you want to leave for others?







## **Journaling Prompts**

1.	Write about how focusing on Jesus changes your race running.
2.	Describe your vision for crossing the finish line with joy.
3.	List practical ways you can live out grace and gratitude starting now.







### **Prayer for Today**

**Jesus, You are my pioneer and perfecter of faith.** Help me fix my eyes on You each day. May the joy set before me give strength in trials and hope in challenges. I pray to finish my race with a heart full of grace, gratitude, and celebration. Prepare me for eternal joy with You. *In Your name, Amen.*









### Where God's Word Meets Your Daily Life

#### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### Bonus for You:

Download exclusive study bundles and resources when you create a free HolyJot account. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.