Men of Honor: Resisting the Playboy Culture



Discover how to reject false masculinity tied to promiscuity by embracing godly discipline, genuine love, and biblical truth in your daily walk.





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Introduction

In today's world, many men face pressure to equate masculinity with sexual conquest and a careless lifestyle. This pervasive "playboy culture" promotes a lie that a real man must be promiscuous to prove his worth, strength, and identity. However, the Bible tells a different story—one where true masculinity is rooted in discipline, love, respect, and faithfulness.

This 7-day study plan invites you to examine the biblical foundation for what it really means to be a man in God's eyes. Instead of pursuing fleeting pleasures or false identities, you'll learn to foster self-control, integrity, humility, and genuine love. Through daily scripture, reflections, and prayer, you'll build spiritual habits that honor God and bless your relationships.

Resisting cultural lies is never easy, but God's Word equips and strengthens us to fight for something better. By committing to this journey, you not only protect your heart but also model the kind of godly manhood that draws others toward Christ. Let this study be a commitment to walk courageously in truth and grace, refusing the shallow definitions of masculinity and embracing the powerful calling to be men of honor.

















Day 1: ① Embracing True Strength

Your Verse

1 Corinthians 16:13 - "Be on your guard; stand firm in the faith; be courageous; be strong."

Supporting Scriptures

- Ephesians 6:10 "Be strong in the Lord and in his mighty power."
- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."







Day 1: **(**) Embracing True Strength

Devotional: Strength Rooted in God, Not Culture

The world's definition of strength often centers on dominance, conquest, and control, especially in the realm of masculinity. But the Bible presents strength as rooted in faith, courage, and steadfastness in God's promises. When you feel pressured to prove your manhood through promiscuity or reckless behavior, remember that true strength means standing firm against temptation and societal lies.

Paul's call to the church in Corinth reminds us to be vigilant and courageous, anchored by faith. This is not weakness; it is bold strength that resists what is false and fleeting.

Ask yourself: Where are you currently leaning on your own strength instead of God's? What areas in your life need a stronger guard against temptation?

Choose today to embrace a strength that flows from God's power—a strength that enables discipline, love, and honor.







Day 1: **(**) Embracing True Strength

Reflect and Apply

1.	How do you currently define strength and masculinity?
2.	In what ways have you felt pressure to conform to the 'playboy culture'?
3.	What does standing firm in faith look like in your daily life?







Day 1: ① Embracing True Strength

Journaling Prompts

1.	Write about moments you've felt truly strong in God's presence.
2.	Identify temptations or lies you need to guard against.
3.	Journal a prayer asking God for courage to resist cultural pressures.







Day 1: **(**) Embracing True Strength

Prayer for Today

Lord, help me stand firm in my faith and find my strength in You alone. When the world tells me false stories about masculinity, give me courage to reject those lies and embrace Your truth. Guard my heart, help me live with honor, and empower me to resist temptation. Fill me with the boldness that comes from knowing You are always with me. Amen. \bigwedge







Day 2: Defining Masculinity Through Love









Day 2: V Defining Masculinity Through Love

Your Verse

Ephesians 5:25 – "Husbands, love your wives, just as Christ loved the church and gave himself up for her."

Supporting Scriptures

- 1 Corinthians 13:4–5 "Love is patient, love is kind...It does not dishonor others..."
- John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."







Day 2: V Defining Masculinity Through Love

Devotional: Love as the Mark of a Godly Man

Masculinity is often misunderstood as a license for self-centered pleasure, but the Bible reshapes this perspective by elevating love as the defining attribute of a man, especially in relationships. Paul's words to husbands in Ephesians reveal a love marked by sacrifice, care, and selflessness—qualities that run counter to the playboy mentality.

True masculinity is not about conquest for gratification; it's about laying down your life in love, reflecting the heart of Christ. This type of love seeks the good of others, practices patience, kindness, and respect, and refuses to exploit or harm.

Consider how your actions—whether in dating, marriage, or friendships—reflect this love. Are your relationships marked by genuine care or selfish desires?

Today, ask God to help you cultivate love as the chief characteristic of your manhood.







Day 2: 💖 Defining Masculinity Through Love

Reflect and Apply

1.	How does culture's view of masculinity compare with Biblical love?
2.	In what ways can you demonstrate selfless love in your relationships?
3.	What steps can you take to reject selfishness and embrace sacrificial love?







Day 2: 💖 Defining Masculinity Through Love

Journaling Prompts

1.	Reflect on how you have experienced God's love and how it motivates you.
2.	Write about a relationship you want to grow in love and respect.
3.	Journal prayers asking God to help you embody Christ-like love.







Day 2: **9** Defining Masculinity Through Love

Prayer for Today

Father, teach me to love as You love—sacrificially, patiently, and kindly. Help me to reject selfish desires and seek the well-being of those around me. Shape my heart to mirror Christ's love, so that my masculinity honors You and blesses others. Strengthen me to be a man who loves without condition. Amen.

















Your Verse

1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear..."

Supporting Scriptures

- James 1:14-15 "Each person is tempted when they are dragged away by their own evil desire and enticed."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Devotional: Overcoming Temptation with God's Help

Temptations tied to sexual immorality and promiscuity are powerful, especially with cultural messages pushing you toward a playboy lifestyle. The good news is that God promises faithfulness and strength to resist. You are not alone or helpless.

Paul reminds us that every temptation is common to humanity, but God provides a way out. By relying on His strength, hiding His word in your heart, and understanding the process of temptation, you can withstand the pull to sin.

Victory over temptation is part of building godly discipline and a life that honors God. It requires prayer, accountability, and daily commitment.

Reflect deeply on the sources of your temptation and the ways you can turn instead to God's power to say no.







Reflect and Apply

1.	What are the strongest temptations you face related to sexual purity?
2.	How can Scripture help you resist these temptations?
3.	What practical steps will you take when temptation arises?







Journaling Prompts

1.	List triggers and situations where you feel most tempted.
2.	Write down Bible verses to memorize that strengthen you.
3.	Journal asking God for specific help to resist temptation.







Prayer for Today

Lord, in moments of temptation, remind me of Your faithful presence and the way of escape You provide. Strengthen my resolve and help me rely on Your Word daily. Protect my heart and mind from desires that lead away from You. Teach me discipline grounded in Your love and power. Amen.

















Day 4: Building Godly Discipline

Your Verse

Hebrews 12:11 - "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace."

Supporting Scriptures

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- 1 Timothy 4:7 "Train yourself to be godly."







Day 4: Building Godly Discipline

Devotional: The Power of Spiritual Self-Control

Discipline is challenging but essential for lasting holiness and real masculinity. It guards your heart and mind from destructive behaviors and creates space for growth in godliness.

Scripture compares a lack of self-control to a city without walls—a dangerous place vulnerable to attack. Building self-discipline is like strengthening those walls; it protects your identity and purpose in Christ.

This discipline involves prayer, fasting, accountability, and daily choices that reflect your commitment to God.

Commit today to training yourself in godliness instead of pursuing the fleeting, false pleasures the culture promotes.







Day 4: 🖀 Building Godly Discipline

Reflect and Apply

1.	Where in your life do you struggle most with discipline?
2.	How can cultivating discipline protect you from harmful patterns?
3.	What spiritual practices can help build your godly self-control?







Day 4: 🖀 Building Godly Discipline

Journaling Prompts

1.	Identify habits you want to change or develop for spiritual growth.
2.	Write a plan for daily discipline focused on prayer and Scripture.
3.	Journal your feelings and struggles around discipline honestly.







Day 4: Building Godly Discipline

Prayer for Today

God, I ask for Your strength to build discipline in my life. Help me endure the hard parts and focus on the eternal rewards. Teach me self-control, so I may glorify You in my thoughts, words, and actions. May my life reflect Your peace and righteousness. Amen.







Day 5: O Accountability and Brotherhood









Day 5: 🌣 Accountability and Brotherhood

Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."







Day 5: 🌣 Accountability and Brotherhood

Devotional: Strength in Christian Fellowship

You were never meant to walk this journey alone. God designed relationships and community as vital supports in fighting temptations and living godly lives.

Brotherhood and accountability sharpen your character, provide encouragement, and create spiritual safety. Having trusted friends or mentors allows you to confess struggles, receive prayer, and find help when tempted.

Building strong community is a practical way to resist the playboy culture, which thrives in isolation and secrecy.

Seek out or deepen relationships with men who will hold you accountable and walk with you in truth.







Day 5: 🎔 Accountability and Brotherhood

Reflect and Apply

1.	Who do you trust to hold you accountable in your spiritual walk?
2.	How can you foster deeper relationships of honesty and support?
3.	What obstacles keep you from seeking or accepting accountability?







Day 5: 🎔 Accountability and Brotherhood

Journaling Prompts

List men in your life who encourage your faith.
Write about ways you can build or improve accountability.
Journal your fears or hopes about deeper brotherhood.







Day 5: 🌣 Accountability and Brotherhood

Prayer for Today

Father, surround me with godly brothers who will walk alongside me. Help me be honest, humble, and open to support and accountability. Teach me how to build meaningful relationships that glorify You and guard my heart. Amen. 🙏 💝 🕡

















Day 6: Renewing Your Mind

Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- Philippians 4:8 "Whatever is true, noble, right, pure...think about such things."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 6: Renewing Your Mind

Devotional: Transforming Thoughts to Transform Life

Changing actions starts in the mind. The playboy culture floods our thoughts with lies and temptations, but God calls us to a higher way.

Renewing your mind with Scripture and godly focus helps break old patterns and aligns your desires with God's will. Your thoughts shape your choices; therefore, feeding your mind with truth is essential to resisting false masculinity.

Fill your mind with things that are true, pure, and noble. Replace cultural messaging with God's Word and promises.

Today, commit to mental renewal as a pathway to genuine, lasting change.







Day 6: 🖓 Renewing Your Mind

Reflect and Apply

	What thoughts or messages from culture influence your beliefs about masculinity?
2.	How can you actively renew your mind daily with Scripture?
3.	What mental habits do you want to replace with godly ones?







Day 6: Renewing Your Mind

Journaling Prompts

1.	Reflect on ways your thought patterns have shifted or need to.
2.	Write down scriptures that inspire and renew your mind.
3.	Journal your plan for daily mental renewal habits.







Day 6: Renewing Your Mind

Prayer for Today

Lord, renew my mind and help me reject worldly lies. Fill my thoughts with Your truth and pure things. Train my heart and mind to desire what honors You. Transform me from the inside out, so my actions reflect Your glory. Amen. \bigwedge

















Your Verse

Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Psalm 37:4 "Delight yourself in the Lord, and He will give you the desires of your heart."







Devotional: Purpose That Honors God

True masculinity finds fulfillment not in fleeting pleasures but in walking humbly with God and fulfilling His purposes. Micah's timeless words challenge you to pursue justice, mercy, and humility—values that counter the empty promises of the playboy culture.

Trusting God wholly means surrendering your own understanding and desires to His divine plan. When your identity is anchored in your role as a faithful follower, you find lasting peace and joy.

Today, embrace this calling and seek to live intentionally for God's glory and the good of others.







Reflect and Apply

What does walking humbly with God mean in your life?
How can you act justly and love mercy in your daily interactions?
In what ways can fulfilling God's purpose shape your masculinity?







Journaling Prompts

1.	Write about your understanding of God's purpose for your life.
2.	Journal ways to practically live out justice and mercy.
3.	Reflect on how surrendering to God affects your identity.







Prayer for Today

Lord, help me walk humbly with You and live out Your purposes. Teach me to act justly, love mercy, and fully trust You. Shape my identity in You alone, so I may be a man who honors Your name through every thought, word, and deed. Amen.







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