

Division One

Peace bro.

Last week, we covered the foundation. You learned what a watchman is, what the wall represents, and why your position matters. You got the theology.

Now it's time to demonstrate it. Not in a session. Not in a discussion. In your actual life, before the week is over.

This is your Week One Challenge.

Week One Challenge — Elevated Position

Before you engage anything external this week — before the phone, before the conversation, before the agenda — you take 15 minutes and you get elevated.

Every morning. Seven days.

Step 1 — Still yourself (2 minutes)

No phone. No music. No noise. Just sit. Let the morning be quiet. Most men have never just sat in silence for two minutes. That alone will reveal something.

Step 2 — Pray over your AOR (8 minutes)

This is not a general prayer. This is a watchman's prayer — targeted, specific, and intentional. Cover what is actually under your watch:

- Pray over your *mind* — ask God to give you clarity and clean sight for the day
- Pray over your *household* — speak over your wife, your children, anyone in your home by name
- Pray over your *workplace* — the environment you walk into, the people you influence
- Pray over your *ministry* — the men you're connected to, the walls being built

You are not doing a religious exercise. You are ascending to your post and covering your territory before the day has a chance to come at it unguarded.

Step 3 — Receive before you react (5 minutes)

Read one passage of scripture. Don't study it. Don't analyze it. Just read it and sit with whatever lands. You are training yourself to hear before you speak.

The goal this week is not perfection. It is consistency. Seven mornings. Fifteen minutes.