

SEASONS OF CHANGE

Weight Season – Faith-Based Men’s Track Workbook

The Weight Season is about learning to carry what’s yours — and release what’s not. It’s a journey through responsibility, resilience, and rest, showing men that strength is not in silent suffering but in surrendered stewardship. This season helps you examine your foundations, evaluate your systems, and redefine what it truly means to live light while leading strong.

Seasons of Change – Weight Track

WEEK 1 – ROOT

SEASON: Weight

THEME: Pressure • Capacity • Hidden Stress

CORE MESSAGE

The weight you're carrying may not be visible to others — but it's real. This season is about acknowledging what you've been silently managing. In this first week, we examine the root systems beneath your stress: the beliefs, expectations, and silent agreements that may be creating internal pressure.

Faith-Based Script

INTRO

God doesn't want you to live under constant strain. But to lay it down, you first have to name it. This week, we go to the root: What pressure are you carrying that God never asked you to bear?

SPIRITUAL INSIGHT

Matthew 11:28–30 says, 'Come to me, all who are weary and burdened... For my yoke is easy and my burden is light.' Heavy doesn't always mean holy. Sometimes you're carrying weight that didn't come from Him. Root that out. Exchange it for His peace.

ACTIVATION

Journal Prompt:

- What roles, responsibilities, or expectations feel heavy right now?

- What belief about myself is underneath that weight?

- 1.
- 2.
- 3.
- 4.

- Where did I learn that pressure equals worth?

- 1.
- 2.
- 3.
- 4.
- 5.

Practical Action:

Write down every source of current stress. Next to each, write: 'Is this mine to carry?' Ask God to highlight one to lay down.

Rhythm:

Each morning, breathe deeply and ask: 'What weight am I choosing today — mine or His?'

CLOSE

You weren't designed to carry everything. Root out false burdens. Freedom starts with surrender.

Seasons of Change – Weight Track

WEEK 2 – SOIL

SEASON: Weight

THEME: Systems • Support • Environment

CORE MESSAGE

The weight you carry is either increased or eased by your environment. This week is about examining your 'soil' — the systems, habits, and people that either nourish you or keep you depleted. Your support system determines how long you can carry what you carry — and whether you were meant to carry it at all.

Faith-Based Script

INTRO

God never meant for you to carry your burdens alone. But if your soil — your environment — is filled with chaos, codependency, or disconnection, the pressure grows. This week, God is asking: Who's helping you carry the weight, and who's adding to it?

SPIRITUAL INSIGHT

Ecclesiastes 4:9–10 says, 'Two are better than one... If either of them falls down, one can help the other up.' Even Jesus had circles — the crowd, the twelve, and the three. Who's in your circle? What needs to be pruned or re-aligned in your environment?

ACTIVATION

Journal Prompt:

- What parts of my environment drain me most?

- 1.
- 2.
- 3.
- 4.
- 5.

- Who helps me feel lighter — and who adds silent pressure?

- 1.
- 2.
- 3.

- 4.
- 5.

- What daily habit is keeping me stuck in survival mode?

- 1.
- 2.
- 3.
- 4.
- 5.

Practical Action:

Identify 1 system or relationship that needs adjustment — and take a step to shift it.

Rhythm:

Each day ask: 'Am I watering peace or pressure in my environment today?'

CLOSE

God designed you to thrive in community — and alignment. You can't stay healthy in toxic soil. Tend your ground. Protect your growth.

Seasons of Change – Weight Track

WEEK 3 – SEED

SEASON: Weight

THEME: Permission • Margin • Micro-Actions

CORE MESSAGE

Weight isn't just reduced by subtraction — it's replaced by intentional choices. This week, you'll plant the seeds of lightness, margin, and emotional clarity. These are the small shifts that counteract overwhelm: a pause, a boundary, a breath. They seem tiny, but they reroute your nervous system and reclaim your peace.

Faith-Based Script

INTRO

God never called you to burnout. He calls you to be fruitful, not frantic. This week, plant seeds of intentional rest and realignment. Not everything that demands you deserves you.

SPIRITUAL INSIGHT

Isaiah 30:15 says, 'In repentance and rest is your salvation, in quietness and trust is your strength.' You don't need to earn your peace — you need to protect it. Let the small seed of stillness be your offering this week.

ACTIVATION

Journal Prompt:

- What do I feel guilty resting from — and why?

- 1.
- 2.
- 3.
- 4.
- 5.

- Where is God inviting me to slow down?

- 1.
- 2.
- 3.
- 4.

5.

- What would planting peace look like in my current season?

1.

2.

3.

4.

5.

Practical Action:

Plant one new habit of rest or clarity: a 10-minute walk, a screen-free hour, a protected bedtime, etc.

Rhythm:

Each day speak: 'I plant peace with my pace. I give myself permission to pause.'

CLOSE

Small seeds of rest create large roots of peace. This week isn't about doing more — it's about planting differently.

Seasons of Change – Weight Track

WEEK 4 – PRUNE

SEASON: Weight

THEME: Elimination • Efficiency • Sacred No

CORE MESSAGE

You've started to plant peace — now it's time to protect it. Pruning is the intentional removal of what's unnecessary, unsustainable, or no longer aligned. In the Weight season, pruning is essential. It creates space. It restores clarity. It lets your energy go where it matters most.

Faith-Based Script

INTRO

Jesus said in John 15:2 that even fruitful branches get pruned. This isn't punishment — it's preparation for more purpose. This week, ask God: What good thing have I said yes to, that You never asked me to carry?

SPIRITUAL INSIGHT

When you carry too much, you confuse motion with mission. Pruning brings your life back to focus. It eliminates the clutter so the call can breathe again. God's not calling you to do everything. Just the right things — with faith, obedience, and margin.

ACTIVATION

Journal Prompt:

- Where is my energy being scattered?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
- What am I afraid to cut back — even though it's draining me?
 - 1.
 - 2.
 - 3.

- 4.
- 5.

- What would obedience look like this week in saying no?

- 1.
- 2.
- 3.
- 4.
- 5.

Practical Action:

Choose one activity, commitment, or expectation to lay down this week. Make it visible.

Rhythm:

Morning prayer: 'God, prune what is good but not right. Give me peace about letting go.'

CLOSE

You don't have to do everything to be faithful. You just need to obey the pace and priorities God is revealing. Cut back with confidence. Your peace is worth protecting.

Seasons of Change – Weight Track

WEEK 5 – FRUIT

SEASON: Weight

THEME: Strength • Endurance • Emotional Integrity

CORE MESSAGE

After weeks of releasing, replanting, and pruning — now comes the proof. Fruit in the Weight season doesn't always look like rest. Sometimes, it's resilience. You're not breaking under pressure the way you used to. That's fruit. This week is about noticing your inner durability, your strengthened rhythms, and your steady heart.

Faith-Based Script

INTRO

Spiritual fruit isn't always soft — sometimes it's strong. God has been shaping your capacity, your patience, and your rootedness. This week is a chance to celebrate how pressure no longer defines your posture — His peace does.

SPIRITUAL INSIGHT

James 1:3–4 says, 'The testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete.' The pressure was producing something. Your strength is proof that God was present in the process.

ACTIVATION

Journal Prompt:

- Where do I see strength now that used to feel like struggle?

- 1.
- 2.
- 3.
- 4.
- 5.

- How has my response to pressure changed?

- 1.
- 2.
- 3.

- 4.
- 5.

- What fruit do I want to preserve as I move forward?

- 1.
- 2.
- 3.
- 4.
- 5.

Practical Action:

Write a 'strength snapshot' a short letter to yourself describing who you've become through this season.

Rhythm:

Each morning declare: 'Today, I lead from rootedness — not reaction.'

CLOSE

You are stronger than you were. You've outgrown panic. You're walking in quiet power. Celebrate the fruit — even if it's silent, it's still sacred.

Seasons of Change – Weight Track

WEEK 6 – CULTIVATE

SEASON: Weight

THEME: Capacity • Integration • Lifestyle Protection

CORE MESSAGE

This final week is about integration — taking everything you've learned in the Weight season and embedding it into your lifestyle. You've built strength, margin, and resilience. Now, you must protect them through rhythms, routines, and clarity. Cultivation turns transformation into a way of life.

Faith-Based Script

INTRO

God never asked you to carry it all — but He does ask you to carry what aligns with your assignment. Now that you've surrendered false weights and built new capacity, He wants you to protect what He's cultivated in you. This week is about sustainable stewardship.

SPIRITUAL INSIGHT

1 Corinthians 9:25 says, 'Everyone who competes in the games goes into strict training... we do it to get a crown that will last forever.' Cultivation is sacred discipline. It turns emotional healing into daily rhythm — and that rhythm protects your peace.

ACTIVATION

Journal Prompt:

- What new rhythms helped lighten my internal load?

- 1.
- 2.
- 3.
- 4.
- 5.

- What boundaries or practices must remain in place?

- 1.
- 2.
- 3.

4.

5.

- How will I protect this peace in busy or stressful seasons?

1.

2.

3.

4.

5.

Practical Action:

Design a 30-day 'Light Living Plan' — your daily and weekly practices that support peace, order, and margin.

Rhythm:

Daily affirmation: 'I live light. I lead from rest. I carry only what's mine.'

CLOSE

Your strength isn't an accident — it's a result of obedience, surrender, and intentional rhythm. Protect it. Nurture it. Live light — on purpose.