RESGEN

All HEART – A 5-Day Devotional

INTRODUCTION

Our world desperately needs men who lead their families and communities well. Men who love and serve those around them. Men who are real and approachable. Men who desire to become more like Jesus every day. Men who are 'All HEART'. And this 5-day devotional will help you in your journey of becoming that kind of man. A man who is:

- Helpful
- Excellent
- Authentic
- Relational
- True to God's Word

Each day includes biblical truths to read, questions to help you reflect, and specific calls to intentionally act on. This isn't just another resource—it's a tool designed to help you be the leader, husband, father, friend, and man God created you to be.

A statement I love to share in both corporate settings and at faith-based events is, "What you do matters. How you do it matters more. But who you *are* matters most." And who you are comes from your heart. And just like your heart pumps blood throughout the rest of your body and gives you life, the motivations, attitudes, emotions, and messages that fill your heart determine how you live your life. So, the question is, what fills your heart? Is it faith or fear? Passion or pain? Hope or hurt? Joy or sadness? Selfishness or selflessness. This is an important question because here's the reality: Whatever fills your heart rules your life.

This is why scripture instructs us to **Guard your heart above all else, for it determines the course of your life. (Proverbs 4:23)**

As you go through this devotional over the next five days, I encourage you to reflect on what fills your heart. Allow God to speak to you and give you insight into what is truly ruling your life. Let His Word shape your motives, renew your mind, and order your steps. As you do, I have no doubt you'll know more about what it means to live an All HEART life—not out of obligation, but out of overflow—and to be a man who leads with love, lives with purpose, and stands firm in truth.

I am proud of you and grateful you're on this journey.

All HEART,



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H – HELPFUL

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. (1 Peter 4:10)

As men, one of the biggest challenges we face is the constant pull toward self-focus. Our time, energy, and abilities often feel like they're in short supply—and the world tells us to protect them at all costs. We are in a battle between selfishness and stewardship.

What is your first instinct when someone asks for help? (Check One)

_____ *I protect my schedule*
_____ *I consider how I can serve*
_____ *I pretend I didn't hear them*
_____ *Other:* _____

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; instead, serve one another humbly in love. (Galatians 5:13)

What does Paul say our freedom should be used for? _____
_____

Paul reminds us that freedom isn't for self-indulgence but for service. What he's saying is that true freedom is found not in guarding what we have but in giving it away. When we see ourselves as stewards—not owners—everything shifts. Our gifts, time, and resources aren't ours to hoard but instead, they are tools to reflect God's grace to others.

As you reflect on your life, do you think it's possible to more effectively view and steward your calendar, skills, and possessions as things God has entrusted to you to bless others? I know I sure could.

Paul writes this in **Philippians 2:3–4: Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.**

How does this passage help shift your mindset from a focus on self to one of stewardship?

_____
_____

Stewards live with humility. They notice others. They put aside selfish ambition and choose compassion instead. Jesus modeled this kind of service—not self-serving but self-giving—and He calls us to follow His lead.

Is there anything currently holding you back from serving freely and joyfully? If so, what? _____
_____

What area is God nudging you to loosen your grip and live more generously with your time or talent?
_____

Next Steps:
What are you currently clinging to that God has called you to give away? _____
_____

What is one area of your life you need to shift from selfishness to stewardship this week (relational, financial, schedule, etc.)? _____
_____

How can you serve someone with "no strings attached" today? _____
_____

Prayer:
God, forgive me for the times I've chosen selfishness over service. Help me see myself as a steward of all You have given me. Show me where I can serve with joy, generosity, and humility, and empower me to step out in faith and do what you have called me to do. Amen.

Other Takeaways or Calls to Action:
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E – EXCELLENT

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. (Colossians 3:23-24)

Sometimes when we hear the word excellence, another word enters our mind—perfection. But excellence isn't about being perfect. It's about being wholehearted. It's about putting your whole heart into whatever you do and bringing your best wherever you are – whether that be at home, work, church, or in the community. And as Christ followers, this is especially important because scripture says that everything we do is to be an act of worship to the Lord.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God. This is your true and proper worship. (Romans 12:1)

How often do you think about your life as an act of worship?

_____ *All the time*
_____ *Occasionally*
_____ *When I am at church*
_____ *Never*

Having the mindset that everything we do in life is worship, including how we work, is a game-changer. It reminds us why we are here, who we are working for, and how we are to live.

Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. (Romans 12:11)

Zeal means great energy or enthusiasm in pursuit of a cause or objective. With that in mind, would you say that you are zealous and bringing your best wherever you are, in worship and service to the Lord?

What do you think serving the Lord with zeal looks like in each of these areas of your life?

At work: _____
As a husband: _____
As a dad: _____
As a friend: _____

Is there any area of your life where you have been cutting corners rather than giving your best? If so, where and in what way? _____
_____

Whatever your hand finds to do, do it with all your might. (Ecclesiastes 9:10)

Don't underestimate the value of pursuing excellence in your life. Excellence honors God and inspires others. It models integrity and intentionality, and it points others to the One we serve. Here's the reality—the way we work and how we live is a direct reflection of who we serve. So, the question is, who are you

serving? Yourself? Human Masters? Or The Lord? Whether we are at work, at home, at board meetings, or out in the community, our commitment to excellence reflects our reverence for God's calling on our lives.

Key thought for today: When Christ is our motivation, excellence becomes our standard.

Be honest, what motivates you more?

_____ *Impressing/Pleasing People*
_____ *Honoring God with Excellence*

Based on how others perceive you, what would they say? Would they agree with your answer?

_____ *Yes*
_____ *No*

What are one or two ways you can raise the bar in your work or relationships, not to impress others, but in honor, worship, and service to God? _____
_____
_____

Next Steps:

At 211 degrees, water is really hot. Adding one more degree, however, takes it to another level and causes the water to boil. What is one area of your life where you can add another degree to this week? Where can you level up in your pursuit of excellence, whether it be in your attitude, effort, or follow-through?

My area of focus this week: _____
Specific ways I am going to add a degree: _____

Prayer

Lord, help me bring my best to everything you've entrusted to me. Empower me to work with integrity, serve with zeal, and honor you with my consistent pursuit of excellence. May everything I do glorify you and inspire others to know more about you. Amen.

Other Takeaways or Calls to Action:

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A – AUTHENTIC

You can't keep your true self hidden forever; before long you'll be exposed. You can't hide behind a religious mask forever; sooner or later the mask will slip and your true face will be known. You can't whisper one thing in private and preach the opposite in public; the day's coming when those whispers will be repeated all over town. (Luke 12:2-3, MSG)

As men, we're often tempted to wear masks—at work, at church, at home, and even with God. But God calls us to be the same man in every setting—real, honest, and open. Living authentically doesn't mean being perfect. It means allowing both God and others to see who we really are – just a dude on the journey of life who doesn't have everything together all the time and who is desiring to become more like Jesus every day.

Which of the following do you relate to most right now?

_____ *I feel free to be myself with others*
_____ *I keep most people at a surface level*
_____ *I struggle with pretending or hiding parts of who I am*
_____ *I find myself in "performance mode" a lot*
_____ *Other:* _____

For great is His love towards us, and the faithfulness of the Lord endures forever. (Psalm 117:2)

How does this scripture speak to our ability to be real and vulnerable before God? _____

_____

_____

Authenticity leads to genuine connection—and not just with God but also with people. When we remove our masks and let others in, we create space for encouragement, accountability, and growth. Hiding leads to isolation, but being known leads to community, safety, and healing. And vulnerability is the key that unlocks living our lives with true authenticity.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

Here's the deal: we all have failures and fears—every single one of us. And deep and meaningful relationships are experienced when we are willing to share those things with others—which often paves the way for others to share the same with us. You see, authenticity makes you approachable, and you leading with vulnerability may be the permission someone else needs in their quest to live an authentic life with God, their family, and others.

What's one area of your life where you feel pressure to pretend or perform? _____

What is a fear that keeps you from being more open and real with others? _____

Who is someone you are currently being truly transparent and honest with in your life? With whom do you share your challenges and your victories? _____

If you don't have someone with whom you are doing this, who could be? _____

Next Steps

1. *Identify one area where you've been wearing a mask.*
2. *Share openly and honestly with a trusted friend or mentor this week.*
3. *Invite someone to pray with you and walk with you in that area.*

Prayer

God, help me live in truth. I don't want to hide or pretend. Teach me to walk in the light—with integrity, vulnerability, and consistency. Bring people into my life who will sharpen me and walk beside me, and help me live more authentically. Amen.

Other Takeaways or Calls to Action:

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R – RELATIONAL

"Teacher, what is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the greatest commandment. And the second is like it: Love your neighbor as yourself." (Matthew 22:36–39)

God didn't design us to go through life alone. From the very beginning, we were created for relationships with God and with one another. Jesus understood this, which is why one of the first things He did when He started His ministry was assemble a group of men to journey alongside Him. Even still, many men choose to live in isolation, keep others at arm's length, and journey through life alone. But again, this is God's design! Being a man who is all HEART relationally means intentionally investing in others, choosing to love them, and walking with them in deep, meaningful relationships.

With that definition in mind, who are a few of the most relational people you know? Why would you define them as such? _____

_____

On a scale of 1-10, how would you rate yourself in being relational? Why? _____

_____

What would it take for you to "move up" the rating you gave yourself? _____

_____

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another. (John 13:34–35)

Relational strength doesn't come from having lots of people around you—it comes from being real and being present. Jesus didn't just tell people He loved them, He showed up. He leaned in. And ultimately, He gave His life for them. That's the model we follow. Of course, this is much easier said than done. If we are honest, sometimes we struggle relationally because this world is full of complicated people—people who are difficult to work with, live with, and deal with. People who challenge us and who are different than us. But even though that's true, it's not an excuse for us, because it wasn't an excuse for Jesus.

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. (1 John 3:16)

Who, or what group of people, do you find it hardest to show Christlike love to? _____

_____

What would it take for you to "lay down your life" for them? What needs to change for that to happen?

_____

_____

Think about the numerous barriers Jesus had to overcome so He could pour his life into others. After all, His time and attention were in high demand! But even though that was the case, He consistently demonstrated a commitment to spending time with each person that crossed His path. He prioritized relationships and didn't allow the distractions of the day to get in the way of Him accomplishing His mission—being fully present with people, showing them they have value, and intentionally connecting them with God, the Father.

As you think about your life, what barriers keep you from going deeper in relationships with others?

_____ *Time/Busy Schedule*
_____ *Apathy/Lack of Desire*
_____ *Transactional View of People*
_____ *Fear of Getting Hurt*
_____ *Other:* _____

Who in your life do you need to show up for and invest in more intentionally at this moment? How can you do that today? _____
_____

One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. (Proverbs 18:24)

Next Step Ideas:

1. *Identify one relational area (marriage, children, friendships, etc.) that has become transactional ("I'll do this for you if you do this for me.") and ask God to help you view them as a person and not a product.*
2. *Set up a time to grab lunch or coffee with someone in your relational world to deepen your relationship and ask how you can help/serve them.*
3. *Think of one person who is different from you and ask them to share their story with you. You may find out that you're not that different after all.*

Prayer

Jesus, thank you for loving me and for showing me how to love others. Empower me to love others like You did—with humility, patience, and grace. Place within me a desire to deepen my current relationships and give me Your heart to reach out, embrace, and serve new people, especially those who are not like me. Amen.

Other Takeaways or Calls to Action:

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T – True to God's Word

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17)

Our world is constantly shifting, and the definition of truth is becoming increasingly fluid. What was once considered to be universally right is now regarded as optional, and what was once deemed questionable is now being celebrated. History has shown us that trends come and go, opinions constantly change, and values tend to be rewritten by every generation. However, as men of faith, we are to be anchored in God and His Word. We are to follow the Truth, not trends.

Where do you typically go for truth and information? _____
_____

Knowing that the truth we believe determines how we live, does where you go for truth match up with how you want to live?

Yes _____
No _____

What area(s) in your life do you have the tendency to follow trends? _____
_____

The phrase "follow your heart" is said a lot. From movies to TV to motivational speakers, that encouragement is everywhere! But scripture says that our heart cannot be trusted without God's help. In fact, Jeremiah 17:9-10 tells us that our heart is a deceitful liar. This is why we should never just "follow our feelings" and/or build our lives around our current culture's definition of truth. Instead, we are to be guided and directed by the Truth of God's Word. When we make decisions, according to what the Bible says, we never have to wonder if we are "doing the right thing" because God's Word is always right – and always true.

Why is it so difficult for us to live according to God's Word today? _____
_____

Who would you say has been an example of living true to God's Word to you and others? How so?

_____
_____

Who is someone in your life who can help and hold you accountable to being a man of the Word?

_____

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. (Colossians 2:8)

What does Paul warn us about in this passage? _____

_____

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will. (Romans 12:2)

The temptation to be swayed by popular beliefs is extremely heavy today. And the pressure to give in or conform is applied daily as well. The Bible helps us stand firm in the face of all that. You see, the Bible is more than just a book full of good teaching and wise sayings. The Bible instructs, corrects, and helps us grow. It teaches us how to live like Jesus, strengthens us for whatever life throws at us, and equips us to live a life full of purpose and meaning. The man who builds his life on Scripture is not easily shaken, because his foundation is built on the unchanging Truth of God.

All your words are true; all your righteous laws are eternal. (Psalm 119:160)

Next Steps:

1. *What is one area of your life (home, work, family, friends, or personal) where you want to be more aligned with God's Word? What would you like to see from that alignment?* _____
   _____

2. *Who is a person you can (and will) share this desire with?* _____

3. *Commit to spending at least 10 minutes a day in God's Word this week.*

Prayer

Lord, I want to build my life on Your unshakable truth. Guard my heart from deception, fill my mind with Your wisdom, and give me the strength to follow Your Word in every area of my life. Help me follow your eternal Truth, and not trends. Amen.

Other Takeaways or Calls to Action:

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Congratulations on completing the All HEART devotional! Now that you've completed it, we'd love to hear how God used this resource, ways you have grown, or any other thoughts you'd like to share. Simply scan the QR code or go to https://forms.gle/2e7v3DCVCSrx3dEv8 to share your feedback. We look forward to hearing from you!

ABOUT RESGEN

We pour our hearts into ENGAGING, EQUIPPING, and ENCOURAGING men to become more like Jesus every day. Since starting the ministry in 2010, RESGEN has reached hundreds of thousands of people at conferences, businesses, churches, schools and other events nationwide. RESGEN hosts several annual events in Sioux Falls, SD, including the RESGEN Men's Summit, Date Night Comedy, the RESGEN Men's Lunch, and our Men's Retreats. In 2020, RESGEN launched the Giving Life Podcast -- Conversations about being a man whose life in Christ gives life to others.

The RESGEN Giving Life Podcast

Looking for great conversations about walking with Christ in your everyday normal life? Check out the RESGEN Giving Life Podcast. Episodes are available on all major podcast platforms, on YouTube, and at resgen.org/podcast.

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