

- "Watch or read out loud the closing speech from the movie Courageous" (Chapter One)*
- "Pray for God to give you His vision for generational faithfulness." (Chapter Two)*
- "Consecrate your family by praying and dedicating them to God." (Chapter Three)*
- "Identify and initiate this week at least one important conversation you need to have with your son(s) [or daughter(s)]." (Chapter Four)*
- "Begin the habit this week of reading at least one chapter of God's Word every day." (Chapter Five)*
- "Set up one or more new protective moral boundaries in your life this week to help you guard your heart and your marriage." (Chapter Six)*
- "Talk with your kids this week and "bless" them by telling them how much you love them and are proud of them." (Chapter Seven)*
- "Ask your children if you hurt them in any way in the past and never made it right. If so, apologize." (Chapter Eight)*
- "Contact your local police department or youth detention center and ask them what the biggest concerns are in your city. Then pray for God to raise up strong men to help confront those specific issues." (Chapter Nine)*
- "Write a letter of appreciation to your father or pastor." (Chapter Ten)*
- "Begin the practice of doing weekly family devotions." (Chapter Eleven)*
- "Write out a list of names of those who have hurt you in the past, and forgive each of them just as Christ has forgiven you. Mark off their names one by one." (Chapter Twelve)*
- "Write out a list of the top five sins that keep entangling you in your life, and begin praying for God to give you the grace to fully repent of each one." (Chapter Thirteen)*
- "Make a commitment to attend church and a small Bible study group every week for the next month." (Chapter Fourteen)*
- "Commit alone or with a group of others to be a man of Resolution. Sign your own Resolution print during a special ceremony with your family." (Chapter Fifteen)*