Young Gibborim Training
For 7-10 Year Old Boys

By: Cody Bobay

This training is to be completed before your son turns 11 years old and not to be started before your son is 7 years old. This training tackles the difficulty of making a disciple of your son for King Jesus before our Enemy uses this world to make him a disciple of the ways of the Kingdom of darkness. Never forget, we are at war daily, and we must train our sons to become modern day Gibborim for the one true King.

This training manual is created to go along with the two video teachings on the subscriber section of Gibborim.com. If you have this training without being a Gibborim subscriber, we ask that you do not proceed until you become a subscriber to Gibborim.com. Our Gibborim Subscribers are the men and women who commit to stand with us as we work to change the way the world interacts with the Bible from a creative productions level. They also get early access to some of our work and special programs like this built specifically for the subscribers.
Getting Started

One of the most important things I can share with you is the importance of not allowing the intimidation to start paralyze you in the process of making a disciple with your son. If we hesitate, our Enemy will not.

“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8 (ESV)

We cannot let the world teach our sons how to be men, this responsibility lands on our shoulders, and with Christ this is a challenge we must lean into. There are few things better on this planet than training your son to be ready to become a man, and there are few things more heart-breaking than seeing a son with a father that is active in their local church and community as a follower of Jesus, and they completely neglect the discipleship of their children. We are not here to play a religious game, we are here to engage in the most holy battle throughout all eternity, and our sons need to be trained to not just survive, but to truly live in victory like modern day Gibborim.

My challenge for you, right now, is to commit to never allow the distraction from the Enemy to stop you in this training. Once you start this, finishing through this program with your son(s) can be the only option. We cannot give up, no matter how many times you personally fall, you must get back up and finish.

”For the righteous falls seven times and rises again, but the wicked stumble in times of calamity.” Proverbs 24:16 (ESV)
Program Breakdown

This program is aimed to take 8 weeks to complete and I encourage you to complete this before your son(s) 11th birthday.

Make sure to grab the kids vitamins at GibborimNutrition.com before you begin. We want to train our Young Gibborim to be excellent in every area of life, including the health and nutrition of their body.

After the completion of this training, we encourage every man to head over to the ministry of Soulcon.com and take on the Soulcon Challenge with their son(s) after your son turns 11.
Week 1

YGT Fitness Training Evaluation:
- 1 min push-ups
- 1 min sit-ups
- 1 mile run
  - Record the time and challenge your Young Gibborim to improve over the course of this 8 weeks. Our goal is not to compare to others, but always improve ourselves. We are in a battle for souls on this earth, and the greatest weapon the Enemy can use to stop us is an untrained, lazy body.

Read Proverbs 1-4 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Memorize: Proverbs 1:7

Create a family mission statement before the week is over. Creating this mission statement is a task for you, not your son, but eventually you, your son(s) and hopefully your whole family will memorize and engrain this mission statement in your core of your family’s identity.

Here is my family’s mission statement for an example:

- I am a Bobay. I am committed to excellence with my body, soul, and spirit. I will love and serve others like Jesus by placing their needs above my own. My goal is not perfection, but constant forward progress in God’s grace.

Please spend time in prayer and create this before this week is complete. This will be crucial with everything we will do from this point forward as your disciple your son(s) and lead your family. As Christians, self-discipline is about making corrective actions toward the magnificence of our God-given identity. It’s an amazing process, and we have to train our son to be excited about this process. Pain in this process always comes with a great reward. It’s worth every ounce of sweat to become the Gibborim God has created us to be!
Week 2

YGT Fitness:

- Complete a 2 mile run with your son at some point this week

Read: Proverbs 5-9 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Memorize: Proverbs 1:7

Every time your son is disobedient this week, and for the future weeks, have him stand at attention (standing tall and still, with his arms at his side) and recite your family creed. This will help teach him how important it is to grow in discipline toward our God-given mission and identity, and not just punishment for our actions. We want our Young Gibborim to learn the joy found in self-discipline in the Lord, and never working to be a good religious person externally with no internal growth happening.

Encourage your son to lead in family prayer before bed time. Allow him the chance to see how to instigate leadership in the Spirit.

If this is something that you currently don’t do, don’t beat yourself up and ignore this challenge. Begin having a family prayer time before bed. This doesn’t have to be long, but we need our Young Gibborim to see us living the life of a true follower of Jesus.
Week 3

YGT Fitness:

- Run 1 mile with your son at some point this week and do the 1-minute push-up and sit-ups with him. We lead from the front brothers. Remember, it’s not about a perfect execution, but an excellent effort.

Recite: Proverbs 1:7 in front of the family (or friends) one evening this week.

Read: Proverbs 10-14 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Continue to train your son to focus on your family mission statement. Have a goal that all of your discipline is to help them realize the magnificence of your families God’s given mission. Have them recite the mission statement throughout the day and let them know they need to memorize it to graduate the Young Gibborim Training.

Get together two nights this week, just you and your son, and pray for your friends and his that don’t know the Lord.
Week 4

Fitness:
- Complete a 3 mile run with your son this week. This will be the longest run of this training, but teach them that it’s not about how fast you go, but how you will never give up when the going gets tough.

Memorize: Micah 6:8

Read: Proverbs 15-19 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Take one guys night out this week. Just you and him. No matter what your budget is, make it something intentional and give him your full attention. Only use your phone for emergencies, other than that do not look at it. Give your son your best effort with making this night special to him.

This is something that should be done ongoing at least one a month going forward as well. Your son’s brain is getting ready for puberty. And we all know how difficult it is to talk through some of the struggles you face during that time. We need to make sure there is an established place of trust in place before all of the testosterone starts to flood his body.
Week 5

YGT Fitness Evaluation:
- 1 min push-ups
- 1 min sit-ups
- 1 mile run
  - Record time and numbers and encourage your son to have the goal to beat these numbers on his final evaluation.

Memorize: Micah 6:8

Read: Proverbs 20-24 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Have your son practice your family creed out-loud in front of your family before the evening prayers. Teaching our kids the importance of stewarding the pressure of public speaking well is a great lesson we can teach them.
Week 6

Fitness:
- Run 2 miles with your son this week. During the run have your son recite the family creed, and you do it as well. Show him that you take it just as seriously as you want him to by memorizing it.

Memorize: Micah 6:8

Read Proverbs 25-28 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.

Have your son share Micah 6:8 with the family before prayer time one night and ask him to share what that verse means to him.
Week 7

Fitness:
• Run 1 mile with your son at some point this week and do the 1-minute push-up and sit-ups with him.

Memorize: Micah 6:8

Read Proverbs 29-31 out-loud with your son during this week. Only read one proverb during the course of a day so it leaves time to discuss any questions that come up.
Week 8

Final Fitness Training Evaluation
- 1 min push-ups
- 1 min sit-ups
- 1 mile run
  - Remember, our goal is not to compare to others, but always improve ourselves. We are in a battle for souls on this earth, and the greatest weapon the Enemy can use to stop us is an untrained, lazy body.
  - Share your son’s initial numbers and share his final numbers with him. Be intentional during that time to be sensitive to the Spirit and communicate healthy, Gibborim competition of the soul.

Recite: Micah 6:8 and Proverbs 1:7 out-loud in front of the family before prayer time.
Then, on another night this week have your son recite the family creed before family prayer time.

Celebrate: Take your son out with the family and celebrate him in front of them. Congratulate him on finishing the Young Gibborim Training and express with your words how much you love him and how your are well pleased with him.