



Called For More

Why Most Christians Stay Stuck and How Discipline Prepares You for God's Purpose

A Nazir Guide to Stewardship, Discipline, and Living Prepared for Purpose

You Were Called For More

There is a feeling you have carried for a long time. It is not loud. It does not announce itself at the dinner table or demand attention in a crowded room. But in the quiet moments — when the house settles, when the day is done, when you are alone with your thoughts — it rises like smoke from a fire you cannot see. It whispers that there is **more**. More than this. More than what you are currently living. More than the cycle you keep repeating. More than the version of yourself you have resigned to being.

That feeling is not anxiety. It is not arrogance. It is not wishful thinking. That feeling is a calling. And the Scriptures confirm it with unmistakable clarity.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

— Ephesians 2:10

Read that again. *Prepared in advance*. Before your mistakes. Before your inconsistency. Before the years you feel like you wasted. God designed you with intention, carved purpose into your bones, and set works before you like a table waiting to be sat at. You were not an accident. You were not assembled without a plan. You were **crafted for something specific**.

And yet — if that is true — why do so many believers feel so utterly stuck? Why does the gap between who you sense you are called to be and who you are showing up as every day feel like a canyon you cannot cross? Why does the calling feel real but the preparation feel incomplete? Why does potential feel abundant but progress feel impossible?

This is the central tension of the Christian walk that no one talks about honestly enough. God has called you. That part is settled. The question is whether you are being *prepared* for the call. And preparation, it turns out, has everything to do with a word most people in today's culture have deeply misunderstood — a word that has been weaponized as punishment, shamed as rigidity, and abandoned as unnecessary. That word is **discipline**.

This ebook is not a fitness guide. It is not a motivational speech. It is not a list of habits to copy from high performers. This is a journey into the truth that changed everything for those who discovered it: **Discipline is not punishment. Discipline is preparation**. And if you are truly called for more, the path forward begins not with more information, but with a deeper kind of formation.

The Hidden Enemy

Every great story has a villain. In fairy tales, the villain wears a dark cloak and announces itself with thunder. In real life, the villain is far more dangerous — because it comes wearing your favorite clothes, speaking in your own voice, and offering you exactly what you want in this exact moment. The villain in your story does not look like failure. It looks like rest. It feels like peace. It sounds like wisdom.

Its name is **Comfort**.

"Start tomorrow."

The most productive lie Comfort ever told. Tomorrow is always one day away — and Comfort knows it. Every tomorrow you hand it becomes another day of drift, another morning you wake up exactly where you were. Comfort does not need forever. It only needs today.

"You deserve a break."

Comfort speaks the language of mercy but deals in paralysis. Yes, rest is sacred — God ordained it. But Comfort has twisted rest into retreat. It has taken what God designed for renewal and turned it into an escape hatch from every hard thing He is calling you toward.

"One day won't matter."

This is the most subtle lie of all. Because it is technically true. One day rarely matters. But one day becomes one week. One week becomes one month. One month becomes one year. And then you are standing in the same spot again, wondering how you drifted so far from where you intended to be.

Here is what makes Comfort truly dangerous: it does not destroy your calling in a single dramatic moment. It does not arrive as catastrophe. It arrives as convenience. It erodes your preparation so slowly that you do not notice the erosion until the opportunity comes — and you are not ready. The door opens, and you cannot walk through it. Not because God did not prepare the door, but because you were not prepared for the door.

Think about the athlete who was supposed to compete but spent the off-season in comfort. Think about the musician who had natural talent but never practiced. Think about the leader who was given a vision but spent years consuming rather than becoming. The calling was real. The opportunity arrived. But preparation was never made — and Comfort was the reason why.

"A little sleep, a little slumber, a little folding of the hands to rest — and poverty will come on you like a thief."

— Proverbs 24:33–34

Comfort is not your friend. It masquerades as self-care while silently bankrupting your future. The believer who is truly called for more must learn to recognize Comfort for what it is — not a reward, not a destination, not a lifestyle. It is a thief. And it is stealing the very preparation that your purpose depends upon.

Why We Keep Starting Over

You have started before. You know this. Maybe more times than you want to count. January 1st has seen your best intentions. Monday mornings have received your most sincere recommitments. You have downloaded the apps, bought the journals, written the goals, prayed the prayers, and felt genuinely different — *this time*. And then somewhere between the intention and the follow-through, something collapsed. Again.

Here is the most important thing this ebook will tell you about that cycle, and it may be the most liberating sentence you read all year: **The problem is not information.**

You already know what to do. You know you should move your body. You know you should eat better. You know you should pray consistently and study the Word. You know you should wake up earlier, think more clearly, and protect your time. You do not lack knowledge. The internet has made sure of that. You have access to more wisdom, strategy, and instruction than any generation in history. And yet — the gap remains.

The issue is never information. The issue is always **follow-through**. And follow-through is not a knowledge problem. It is a formation problem. It is a character problem. It is a discipline problem. More specifically, it is a problem of identity — because we tend to follow through on the things we believe are true about ourselves, and abandon the things we are still trying to convince ourselves of.

The Real Problem

Most people know what to do.

Most people fail at the level of **identity** — not information.

Until you see yourself as someone who is disciplined, you will keep trying to *act* disciplined without ever *becoming* it.

Here is the painful truth: if you see yourself as "someone who always starts over," you will always start over. If your internal narrative is "I'm just not disciplined," then every attempt at discipline becomes a performance you are waiting to fail. You are not broken. You are not weak. You are not beyond hope. You are simply operating from an identity that has not yet been renewed — and renewal, the Scriptures remind us, is exactly what God specializes in.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

— Romans 12:2

The cycle of starting over ends not when you find better tactics, but when you build a new identity from the inside out. That identity is not built through one great decision. It is built through small, consistent acts of follow-through that accumulate into an unshakeable sense of who you are. Every time you do what you said you would do — even in small things — you cast a vote for the person you are becoming. Enough votes, cast consistently enough, and the identity shifts. The pattern breaks. The cycle ends.

This is not self-help philosophy. This is the principle of stewardship that runs through every parable Jesus ever told about faithfulness. Be faithful in small things. The large things follow. Not because of talent, not because of motivation, but because of the character formed in the faithful daily doing of what is right even when it is hard.

The Broken Wall

"Like a city whose walls are broken through is a person who lacks self-control."

— Proverbs 25:28

Picture an ancient city at dusk. The sky is painted in amber and violet as the last merchants close their gates. Children play near the fountains. The elders speak in doorways. Inside the walls, there is order, warmth, and life. But outside the walls, the wilderness waits. Bandits camp in the shadows. Wild animals move through the dark. Chaos presses against the stone. The city does not fear the night — because the walls are standing.

Now picture the same city. Same streets. Same people. Same sky. But this time, the walls are cracked. Not fallen completely — just compromised. A section here. A gap there. Nothing catastrophic — just enough opening that what was once kept out can now slip in. The first night, nothing comes. The second night, something small crosses the threshold. By the third week, chaos has taken residence in the streets. And no one can remember exactly when the city stopped being safe.

This is **you without self-control**. This is what the ancient proverb is describing with devastating accuracy. You are the city. Your walls are your discipline. And what enters when the walls are broken is not abstract — it is deeply, personally familiar.



Anxiety

When the walls are down, the mind becomes ungoverned. Thoughts race without boundary. Fear fills every unguarded space.



Temptation

What once required effort to resist now walks freely through the open gate. Without walls, every craving becomes a visitor you cannot refuse.



Laziness

Laziness does not announce itself. It settles quietly into the spaces where discipline once lived. It makes a home in the rooms you stopped maintaining.



Inconsistency

Without the structure of daily discipline, every new start feels like the first. There is no momentum. No foundation. Only the exhausting cycle of beginning again.



Fear

Fear is the ultimate squatter. It moves into unwalled places and convinces you it was always there. It whispers that you were never capable of more than this.

Here is the truth that changes everything: self-control is not primarily about restriction. It is about **protection**. When you build discipline — when you keep the walls standing through consistent daily choices — you are not punishing yourself. You are protecting your peace. You are protecting your purpose. You are maintaining the city so that when the King needs to do something great through it, the city is ready to be used.

The wall is rebuilt one stone at a time. Not in a single heroic moment, but in the daily, unglamorous, faithful act of choosing what is right over what is easy. That is what discipline is. It is the mortar between the stones. It is the maintenance of the wall. And a city with strong walls does not fear what the night brings — because it has spent its days preparing.

Why Fitness Matters

You have been told that fitness is about how you look. The gym culture has hammered that message with the relentless precision of a sledgehammer: lean enough, sculpted enough, defined enough. Social media has built an entire economy on the aesthetics of the body. And in response, many Christians have wisely rejected the vanity — but in rejecting the vanity, some have also abandoned the practice. Which is a profound loss, because fitness is not primarily about appearance.

Fitness is a training ground for discipline itself.

Consider the forge. In ancient metallurgy, a blacksmith did not produce a blade by placing iron in a gentle warmth. The forge had to be blazing — temperatures that would consume what was weak and leave only what was strong. The iron was beaten, stressed, folded back on itself, heated again, hammered again. Not to punish the iron, but to form it into something that could hold an edge. Something that could serve a purpose. Something that could not be made any other way.

"Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

— 1 Timothy 4:8

Paul did not say physical training has *no* value. He said it has *some* value. And "some value" from the apostle who wrote most of the New Testament is not a dismissal — it is an endorsement. The body is the temple of the Holy Spirit. Caring for it, training it, disciplining it is not vanity. It is **stewardship**. And the discipline you build through physical training does not stay in the gym. It migrates. It transfers. It changes who you are when you walk out the doors.

The Workout as Metaphor

Every set you push through when your body wants to quit is a rehearsal for every moment in life when quitting will feel like the only option. Every early morning you choose the gym over the comfort of the bed is a vote for the version of you that does not negotiate with Comfort. Every rep is a small promise you make to yourself — and every promise you keep builds the wall higher.

Nutrition as Theology

Choosing what to eat is not merely a health decision — it is a theology of the body. Every time you choose what nourishes over what merely satisfies, you are practicing the ancient discipline of choosing long-term purpose over short-term pleasure. This is the exact same muscle you will need when God asks you to choose faithfulness over convenience in far more significant areas of life.

The point is never the bicep. The point is never the number on the scale. The point is the *character being formed in the process of showing up*. You do not go to the gym to become impressive. You go to become the kind of person who does what they said they would do — even when they do not feel like it. That is the discipline God uses. That is the preparation purpose requires. That is why fitness matters to a man or woman called for more.

Discipline Creates Confidence

We have misdiagnosed the confidence problem for too long. The cultural prescription for low confidence is almost always external: speak more boldly, dress better, fake it until you make it, tell yourself you are enough. These are not entirely wrong — but they are treating symptoms without addressing the source. Because real confidence — the kind that does not collapse when tested, the kind that holds up under pressure, the kind that allows a person to step into a room and believe they belong there — does not come from affirmations. It comes from **a record of kept promises**.

Think about the people in your life who carry genuine confidence. Not arrogance — that is different. Arrogance is loud and defensive. True confidence is quiet and immovable. Now trace it back. In almost every case, that confidence was built on a foundation of consistent follow-through. They did hard things, repeatedly, over time. They kept showing up when it would have been easier to quit. They built a track record with themselves — and that track record became the bedrock of their self-belief.

1

Daily Discipline

Small acts of follow-through, repeated consistently

2

Self-Respect

The deep knowing that you are someone who does what they say

3

True Confidence

An unshakeable belief in your ability to handle what is ahead

4

Capability

The real-world skills and character to execute when called upon

Here is the painful but liberating truth: every time you break a promise to yourself — even a small one — you send a message to your own soul that you cannot be trusted. And a person who does not trust themselves cannot walk confidently into the future God has prepared for them. They hesitate at the threshold. They second-guess the calling. They shrink back from the opportunity because deep down, they have learned to expect their own failure.

But the reverse is equally true. Every time you do what you said you would do — wake up when you planned to wake up, train when you planned to train, read when you planned to read, pray when you planned to pray — you send a different message. You are telling your soul: *You are reliable. You can be trusted. You are not the person who always quits.* Enough of those messages, delivered consistently enough, and something shifts. The anxiety around big opportunities diminishes. The hesitation at thresholds fades. You begin to move through the world like someone who knows what they are made of — because they have tested it.

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.'"

— Matthew 25:23

God's model for promotion has always been faithfulness in small things first. Not because the small things are the destination, but because the small things are where character is formed. Where confidence is built. Where the person capable of handling the large things is forged. Start small. Be faithful. Watch the confidence that follows.

Prepared for Purpose

Imagine a door. It is not a metaphor yet — just picture it literally. A large, heavy door, set into a wall you have been walking alongside for years. You have noticed the door. You have prayed about the door. You have felt, in the deepest part of you, that something extraordinary waits on the other side. And then one morning — perhaps sooner than you expect, perhaps exactly when you stopped straining for it — the door swings open.

What happens next is entirely determined by what you have been doing while waiting for the door to open.

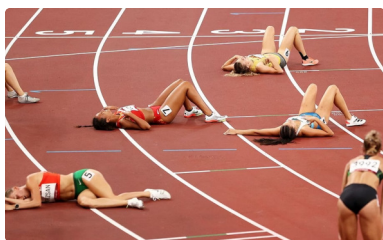
This is the Nazir conviction. This is the beating heart of everything the Called For More framework is built upon:

Preparation. Not the feverish, anxious preparation of someone who is afraid they will be left behind. Not the performative preparation of someone trying to earn God's favor. But the quiet, steady, daily preparation of someone who knows that a door is coming — and has resolved to be ready when it does.

"Do you see someone skilled in their work? They will serve before kings; they will not serve before officials of low rank."

— Proverbs 22:29

The word translated as "skilled" in this proverb carries the weight of *diligence* — someone who has not merely tried but has prepared thoroughly, faithfully, over time. The promise is not that the skilled person will seek kings. The promise is that kings will seek *them*. The door does not have to be chased. It finds those who are prepared.



Discipline as Pre-Work

Every act of discipline today is invisible preparation for a visible moment tomorrow. The world only sees the open door — it never sees the years spent becoming someone worthy of walking through it.



Responsibility Increases

As you grow in preparedness, God entrusts more. Greater assignments. Greater influence. Greater responsibility. Those who are ready to be found faithful will be found — and then given more to steward.



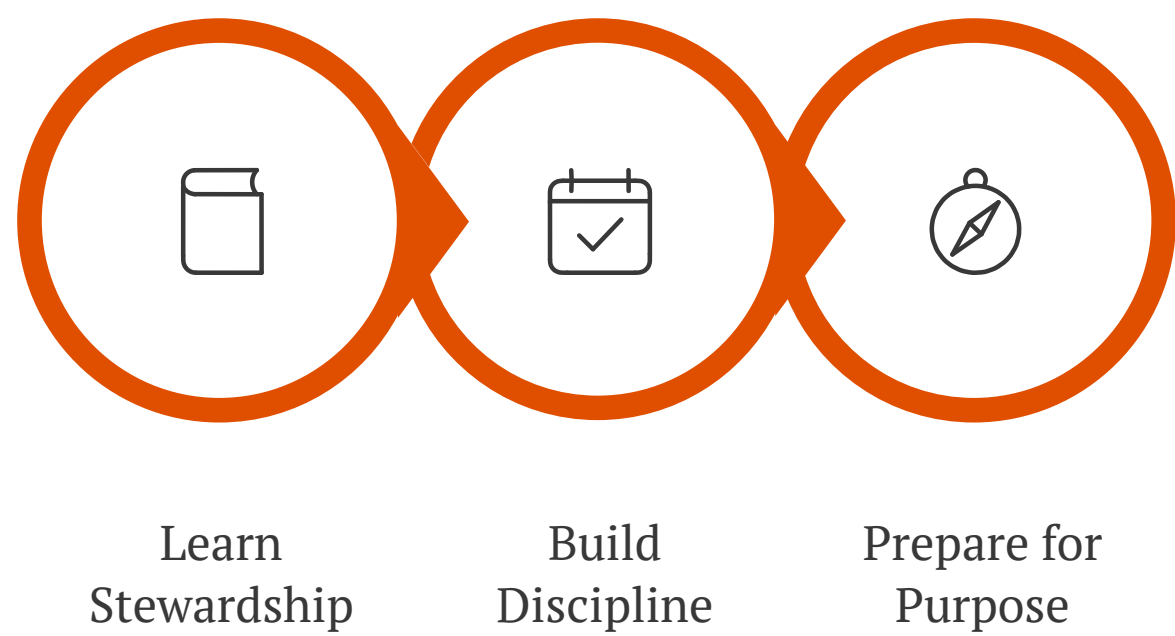
Opportunity Arrives

The prepared person does not scramble when opportunity knocks. They answer calmly, clearly, and with the full capability of someone who has been in training. Preparation removes the panic. It replaces it with poise.

This is why fitness matters beyond the physical. This is why waking up early matters beyond productivity. This is why choosing discipline over comfort, day after day, in the small and unsexy details of daily life, matters more than any single breakthrough moment. Because when the door opens — and it will — you will not be scrambling to become who you need to be. You will already *be* that person. You will have been becoming them all along.

The Called For More Framework

Everything in this ebook has been building toward this: a framework that is not a list of tips, not a collection of habits to add to an already overcrowded life, but a complete reorientation of how you understand yourself, your body, and your calling. Three steps. Deeply simple. Profoundly transformative when followed in order and with commitment.



1	2	3
Learn God's Design for Stewardship Everything shifts when you understand that your body, your time, your energy, and your potential are not yours alone — they are entrusted to you. You are a steward. A steward does not treat what has been entrusted to their care with carelessness. A steward studies the value of what they have been given. A steward learns the principles that govern wise management of resources. This step is not about acquiring more information — it is about receiving a revelation that transforms how you see the ordinary details of your daily life. When you truly understand that caring for your body is an act of worship, that managing your time is a form of faithfulness, and that building discipline is not self-worship but preparation for God's work, everything changes. The workout is no longer vain. The early morning is no longer optional. The discipline becomes sacred.	Build Discipline Through Daily Action Revelation without action is only inspiration. And inspiration without follow-through is, ultimately, just another starting point in a long history of starting points. Step Two is where the rubber meets the road, where the vision meets the pavement, where the person you are called to become confronts the person you currently are. Daily action does not mean perfect action. It does not mean never missing a day, never failing, never struggling. It means building a practice of showing up — consistently, persistently, faithfully — in the small decisions that form the character God needs you to have. This is the work of the forge. This is where the blade is made. It is not dramatic. It is daily. And the daily, unsexy, unglamorous work of doing what you said you would do is where the most important transformation in your life will occur.	Become Prepared for Your Purpose This is not the beginning of your purpose — it is the arrival of the version of you who is actually capable of living it. At some point in the faithful practice of Steps One and Two, something shifts. You stop trying to become disciplined and you simply <i>are</i> disciplined. The wall is standing. The city is secure. The confidence is genuine rather than performed. And in that state — prepared, stable, faithful, capable — you become someone that God can trust with the extraordinary. The doors that open for you in this step are not rewards for good behavior. They are simply the natural trajectory of a person who has been faithfully preparing for what God prepared in advance. This is Ephesians 2:10 lived out in real time.

The Future Version of You

Close your eyes for a moment. Actually close them after you read this paragraph. Picture yourself ten years from today. Do not rush the image. Let it develop like a photograph in a darkroom — slowly, deliberately, with detail. There are two versions of this future you. Two possible photographs. And the difference between them is not talent. It is not opportunity. It is not even God's willingness to move in your life. The difference is a single decision, made again and again, beginning today.

Future A: Comfort Wins

You are ten years older. The calling is still there — you can feel it, that same restless sense that there is more. But it is quieter now, more like an echo than a voice. You have started over enough times that starting over has become your identity. Your body carries the weight of years of inattention — not just physically, but spiritually, emotionally. Anxiety is a familiar companion. Confidence is something you admire in others but have never fully claimed for yourself.

The doors have opened. A few of them. But each time one did, you found yourself unprepared — not because God abandoned you, but because preparation was never built. The opportunities passed to people who were ready. You watched. You told yourself your time was coming. And it still might. But every day lived in Comfort's territory is another day of drift. Another year of potential unrealized. Another version of yourself that you have not yet become.

⚠️ This is what Comfort promises you will never be — but what it delivers, quietly, year after year, if left unchallenged.

Future B: Discipline Wins

You are ten years older. And you are unrecognizable — not because you chased a different life, but because you became a different person. Your body is strong and capable, not because you worshipped it, but because you stewarded it. Your mind is clear and settled. The anxiety that once consumed you has been replaced by a quiet, rooted confidence — the kind that was built one kept promise at a time.

The doors opened. And you walked through them. Not scrambling, not terrified, not wondering if you were ready. You walked through them with the steady stride of someone who had been preparing for exactly this. The influence you carry is genuine. The impact you make is real. The people in your life are different because you became different. And the calling — that restless, beautiful, persistent calling — has been answered. Not perfectly. But faithfully.

✅ This is what discipline builds. Not in a single dramatic moment — but in ten thousand ordinary ones.

The person in Future B did not have more talent than you. They did not have a better starting point. They did not have fewer obstacles or more favorable circumstances. They had one thing that made all the difference: they decided — at a moment not unlike this one — that they were done negotiating with Comfort. They chose preparation. They chose discipline. They chose to be called for more and to *live* like it.

"I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future."

— Jeremiah 29:11

God's plans for you are extraordinary. The question has never been whether He has something prepared. The question is whether *you* will be prepared when He moves. Future B is not a fantasy. It is the natural destination of the path that discipline builds. It is available to you — beginning today, beginning now, beginning with one decision to choose preparation over comfort.

Your Next Step

You did not find this ebook by accident. The restlessness that led you here — the sense that there is more, the frustration with the cycle, the quiet hunger for something that actually changes you rather than just inspiring you for a week — that is not random. That is the fingerprint of a calling. And a calling, by its very nature, is not meant to be felt and then filed away. It is meant to be answered.

This is where the ebook becomes a bridge. Not a sales pitch — a bridge. Because everything you have read in these pages is the foundation. The framework, the revelation, the understanding that discipline is not punishment but preparation — these are the beginning. What comes next is the implementation. And implementation is exactly what Nazir was built to give you.

The Called For More Course

The Called For More course takes every principle in this ebook and builds it into a structured, transformative experience. This is not a workout program. It is a complete formation process — spiritual, physical, mental — designed to take a believer who is called but underprepared and build them into someone who is ready for every door God opens. Expect deep teaching. Expect challenging assignments. Expect to be changed, not just informed.

The Nazir App

If the course is the map, Nazir is the vehicle. The Nazir app is your daily implementation partner — tracking your disciplines, holding your commitments, and building the rhythms that preparation requires. It was designed specifically for the believer who is serious about stewardship and understands that the daily details are where character is actually formed. This is where the wall gets built, stone by stone, day by day.

You have read the vision. You have felt the tension between where you are and where you are called to be. You have seen the two futures laid out before you. Now there is only one question that matters, and it is the same question that has always separated the prepared from the comfortable: **What will you do today?**

Not tomorrow. Not Monday. Not after the holidays, after the move, after things settle down. Today. The person in Future B started on a day exactly like today. They did not wait until they felt ready. They decided to become ready. They took the next step — not because they had it all figured out, but because they understood that the path is built by walking it, and it only begins when you begin.

 The Called For More course and the Nazir app are available now. Your preparation does not have to wait. Join the community of believers who have chosen preparation over comfort — and are being transformed by it.

You Were Not Created for Comfort.

You Were Called for More.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

— Ephesians 2:10

The door is real. The calling is real. The preparation is yours to build — beginning now, beginning today, beginning with the decision to never again let Comfort steal what God has prepared for you.

Discipline is not punishment. Discipline is preparation.

And you, beloved, are called for more than you have yet become.