

The Watchman's Course

Participant Field Workbook - fill it, save it, review it.

How to use this workbook

This PDF is fillable. Tap any shaded box and type - or handwrite on the lines - whichever fits how you work.

- Notability / GoodNotes: import the PDF, then write with the pencil or type into the fields. Your work saves inside the app, synced across devices.
- Apple Books / Preview / Acrobat: tap a field and type; it saves with the file.
- Print it: the ruled boxes are sized for a pen.

One section per task, three tasks a week, plus a weekly Watchman's Audit.

By Week 12 this becomes the record of who you became over twelve weeks.

TASK 1

Write Your Watchman's Charter

Five lines. What AI is for. What it never replaces.

Scripture: Ezekiel 33:7 - "So you, son of man, I have made a watchman... therefore hear a word from My mouth, and give them warning from Me." The watchman is told his charge before he stands his post. Write yours.

What I did:

What shipped / what I learned:

TASK 2

Apply the Tiered Autonomy Framework

Classify before you delegate. Informational, Contextual, Sensitive.

Scripture: Luke 16:10 - "He who is faithful in a very little is faithful also in much." Faithfulness with the small classifications is what earns you trust with the larger ones.

What I did:

What shipped / what I learned:

TASK 3

Build Your Watchman's Tool Stack

Two to four tools. One line of purpose each. Empty rows are honest.

Scripture: Proverbs 27:23 - "Be diligent to know the state of your flocks, and attend to your herds." Know what's on your belt the same way you'd know your herd. Tools you can't account for own you.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 1

What did AI do for me this week, and where did I keep it under my hand?

BLOCK I - FOUNDATION

WEEK 2: Prompting Discipline + Voice Mastery

TASK 1

Anatomy of a Watchman's Prompt

The five-part structure that turns a vague ask into a sharp answer.

Scripture: Proverbs 18:13 - "He who answers a matter before he hears it, it is folly and shame to him." The same is true in reverse: ask before you've thought it through and you'll get folly back. Structure is how you think before you ask.

What I did:

What shipped / what I learned:

TASK 2

Voice Capture + Whisper Workflow

Talk faster than you type. Build the dictation loop.

Scripture: Habakkuk 2:2 - "Write the vision, and make it plain." Dictation is how a busy man makes it plain without stopping the work. Capture the thought before the day buries it.

What I did:

What shipped / what I learned:

TASK 3

The Watchman's Audit (Weekly Rhythm)

Saturday afternoon. AI summarizes the week. You set one anchor.

Scripture: Lamentations 3:22-23 - "His mercies... are new every morning." The audit closes the old week clean so you can receive the new one. Don't drag last week's failures into Monday; name them, set the anchor, move.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 2

What did AI do for me this week, and where did I keep it under my hand?

BLOCK II - HOME MASTERY

WEEK 3: Home Foundations

TASK 1

The 5-Minute Wife Audit

A clean look at how you've actually been showing up.

Scripture: Ephesians 5:25 - "Husbands, love your wives, as Christ also loved the church." Christ knew His bride intimately. AI is a tool to break your self-deception; knowing her is still your work.

What I did:

What shipped / what I learned:

TASK 2

Write Your 5-Year Watchman's Vision

One paragraph each: marriage, fathering, body, money, spirit.

Scripture: Proverbs 29:18 - "Where there is no vision, the people perish." The people in your house included - and so does the watchman himself.

What I did:

What shipped / what I learned:

TASK 3

Prep One Hard Conversation

AI prepares the watchman. The watchman shows up.

Scripture: Ephesians 4:15 - "Speaking the truth in love." AI can help you find the words; only the Spirit gives the courage to say them face to face.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 3

What did AI do for me this week, and where did I keep it under my hand?

BLOCK II - HOME MASTERY

WEEK 4: Home Systems & Stewardship

TASK 1

Family AI Policy + Friday Devotion Generator

Write the policy WITH your kids. Then generate this Friday's devo.

Scripture: 1 Timothy 3:4-5 - "One who rules his own house well... for if a man does not know how to rule his own house, how will he take care of the church of God?" The home is the first command. Lead it on this too.

What I did:

What shipped / what I learned:

TASK 2

Family Rhythm Asset

A cadence map for the household. AI drafts; you iterate; you post it.

Scripture: 1 Corinthians 14:40 - "Let all things be done decently and in order." Order in the home isn't rigidity - it's the trellis the relationships grow on.

What I did:

What shipped / what I learned:

TASK 3

Legacy Plan Starter

Will, beneficiaries, the letter your family opens if you're gone.

Scripture: Proverbs 13:22 - "A good man leaves an inheritance to his children's children." An inheritance isn't only money - it's a family that isn't left scrambling. Plan it.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 4

What did AI do for me this week, and where did I keep it under my hand?

BLOCK III - BUSINESS LAYER

WEEK 5: Operator Foundations

TASK 1

Subscription Audit

Every recurring charge. Keep, kill, downgrade. Cancel three.

Scripture: Luke 14:28 - "Which of you, intending to build a tower, does not sit down first and count the cost?" Counting the cost includes the costs that auto-renew while you're not looking.

What I did:

What shipped / what I learned:

TASK 2

Body as Platform (Movement + Sleep)

AI designs the cadence. You fix one variable.

Scripture: 1 Corinthians 6:19-20 - "Do you not know that your body is the temple of the Holy Spirit... therefore glorify God in your body." Stewarding the platform is worship, not vanity.

What I did:

What shipped / what I learned:

TASK 3

Ship One Real Cowork Workflow

One operator task, end to end. Review every step. Keep what works.

Scripture: Proverbs 16:3 - "Commit your works to the Lord, and your thoughts will be established." Commit the work, supervise the tool, own the result.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 5

What did AI do for me this week, and where did I keep it under my hand?

TASK 1

Read Your Numbers (P&L Review with AI)

Pull three months. AI digests. You face the numbers you've avoided.

Scripture: Luke 16:11 - "If you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches?"

Faithfulness with the money you can see is the proving ground for what God trusts you with next.

What I did:

What shipped / what I learned:

TASK 2

Client-Comms Workflow

Your highest-frequency outbound message, systematized once.

Scripture: Proverbs 22:29 - "Do you see a man who excels in his work? He will stand before kings." Excellence is partly speed at the routine so you have room for the exceptional.

What I did:

What shipped / what I learned:

TASK 3

Tithe-First Budget

Giving comes off the top. AI drafts; you commit.

Scripture: Proverbs 3:9-10 - "Honor the Lord with your possessions, and with the firstfruits of all your increase." Firstfruits, not last. The order is the point.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 6

What did AI do for me this week, and where did I keep it under my hand?

BLOCK III - BUSINESS LAYER

WEEK 7: Cowork as Operator Infra

TASK 1

Cowork Inventory + Redlines

Five things to automate end to end. Five things you never will.

Scripture: Proverbs 22:3 - "A prudent man foresees evil and hides himself, but the simple pass on and are punished." Foreseeing where a tool shouldn't go is prudence, not paranoia.

What I did:

What shipped / what I learned:

TASK 2

Build Your Cowork Prompt Library

Five reusable workflows you'll run every week. Use two now.

Scripture: Proverbs 21:5 - "The plans of the diligent lead surely to plenty." A prompt library is diligence stored up - plans you don't have to re-make every week.

What I did:

What shipped / what I learned:

TASK 3

Multi-Step Research Workflow

Cowork researches across sources. You decide.

Scripture: Proverbs 18:17 - "The first one to plead his cause seems right, until his neighbor comes and examines him." A good research brief brings the neighbor - the other side - before you decide.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 7

What did AI do for me this week, and where did I keep it under my hand?

BLOCK III - BUSINESS LAYER

WEEK 8: Operator Output

TASK 1

Strip the AI Fingerprint

Read it aloud. Cut what you wouldn't say. Ship the rewrite.

Scripture: Colossians 3:23 - "And whatever you do, do it heartily, as to the Lord and not to men." Heartily means from your heart, in your voice - not outsourced wholesale to a machine.

What I did:

What shipped / what I learned:

TASK 2

Decision-Support Memo

One decision you've avoided. AI builds the case. You sign.

Scripture: James 1:8 - "A double-minded man is unstable in all his ways." The memo exists to get you single-minded - clear-eyed about the trade, then committed to the call.

What I did:

What shipped / what I learned:

TASK 3

Ship One Piece in Your Voice

Public writing under your name. AI-assisted, you-edited, you-signed.

Scripture: Ezekiel 33:6 - "But if the watchman... does not blow the trumpet, and the people are not warned... his blood I will require at the watchman's hand." The warning unspoken is the warning failed. Ship the piece.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 8

What did AI do for me this week, and where did I keep it under my hand?

BLOCK IV - MINISTRY LAYER
WEEK 9: Ministry Tools

TASK 1

Sermon -> Watchman's Actions

This Sunday's sermon becomes five actions you'll do this week.

Scripture: James 1:22 - "But be doers of the word, and not hearers only, deceiving yourselves." The deception is feeling fed without ever being changed. Turn the meal into movement.

What I did:

What shipped / what I learned:

TASK 2

10-Minute Scripture Study with AI

Claude is the study partner, not the teacher. Learn to ask.

Scripture: 2 Timothy 3:16-17 - "All Scripture is given by inspiration of God, and is profitable for doctrine." The Word is the authority; AI is, at best, a fast concordance. Keep the order straight.

What I did:

What shipped / what I learned:

TASK 3

Build a Teaching Aid for One Passage

A handout, discussion questions, application points. Use it Sunday.

Scripture: Ezra 7:10 - "Ezra had prepared his heart to seek the Law of the Lord, and to do it, and to teach." The order is seek, do, then teach. The aid serves the third; it can't replace the first two.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 9

What did AI do for me this week, and where did I keep it under my hand?

BLOCK IV - MINISTRY LAYER

WEEK 10: Discipleship at Scale

TASK 1

The Watchman's Daily Devotion (Personal)

AI builds your personal devo. Run it seven days. Tune it.

Scripture: John 15:5 - "He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." The devotion is abiding, not box-checking. Stay connected to the Vine first.

What I did:

What shipped / what I learned:

TASK 2

Pastoral Counseling Prep Workflow (with Redlines)

AI assists the prep. Never the content of the conversation.

Scripture: Proverbs 11:13 - "A talebearer reveals secrets, but he who is of a faithful spirit conceals a matter." Faithfulness here is non-negotiable. The tool never gets what the brother told you in trust.

What I did:

What shipped / what I learned:

TASK 3

Build a Discipleship Cohort Prompt-Pack

Ten prompts for a man you're mentoring. Test on one.

Scripture: 2 Timothy 2:2 - "The things that you have heard from me... commit these to faithful men who will be able to teach others also." Four generations in one verse. The pack is a tool for the handoff.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 10

What did AI do for me this week, and where did I keep it under my hand?

TASK 1

Local AI Smoke Test

Install a local model. Run three prompts. Verify nothing left your machine.

Scripture: Proverbs 22:3 - "A prudent man foresees evil and hides himself." Some things you hide on your own hardware before there's even a breach to react to. That's prudence, not paranoia.

What I did:

What shipped / what I learned:

TASK 2

Define Your Watchman's Redlines

Five categories that never leave your machine. Make it architectural.

Scripture: Proverbs 4:23 - "Keep your heart with all diligence, for out of it spring the issues of life." Guarding what's sensitive is guarding the heart of your home and ministry. Build the wall on purpose.

What I did:

What shipped / what I learned:

TASK 3

MCP Server Setup

Wire one local server. Validate it sees only what you scoped.

Scripture: Luke 16:10 - "He who is faithful in what is least is faithful also in much." Faithful scoping of a small server is the same muscle as faithful stewardship of everything larger.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 11

What did AI do for me this week, and where did I keep it under my hand?

BLOCK VI - WATCHMAN'S CHARTER

WEEK 12: Watchman's Charter

TASK 1

Build Your Personal AI Adjutant

Synthesize eleven weeks into one document and one daily workflow.

Scripture: 2 Timothy 1:14 - "That good thing which was committed to you, keep by the Holy Spirit." The Adjutant is how you keep what you've been given - ordered, written, and ready to pass on.

What I did:

What shipped / what I learned:

TASK 2

Teach One Person One Thing

Pick one brother. Walk him through one thing. Watch him do it once.

Scripture: 2 Timothy 2:2 - "Commit these to faithful men who will be able to teach others also." You are the "faithful men" of someone's verse. Now be the Paul of someone else's.

What I did:

What shipped / what I learned:

TASK 3

Sign Your Watchman's Charter (Commissioning)

Sign it. Name the one tool you'll keep. Say what changed in you.

Scripture: Ezekiel 33:7 - "So you, son of man, I have made a watchman for the house of Israel." The same verse you started with - but now it's yours, signed, and standing. Hear the word, and give the warning.

What I did:

What shipped / what I learned:

WATCHMAN'S AUDIT - WEEK 12

What did AI do for me this week, and where did I keep it under my hand?