



PILLAR FOUR: NACHALAH

SECURE YOUR LEGACY GUIDE

Build a Covenant Legacy That Blesses Your Children,
Their Children, and Every Generation After You

*"A good man leaves an inheritance to his children's children."
-- Proverbs 13:22*

THE VERTICAL MAN

theverticalman.com

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01 WHY LEGACY MATTERS

One day your children will not remember the car you drove, the house you lived in, or the title on your business card. They will remember how you made them feel. They will remember whether you kept your word. They will remember whether you pointed them to God or to the world. They will carry your example -- good or broken -- into their own marriages, their own parenting, and their own faith.

Legacy is not something you build at the end of your life. It is something you are building right now, whether you intend to or not. Every conversation with your child, every decision about money, every act of faithfulness or failure -- it is all being recorded in the hearts of the people who are watching you most closely.

*"A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous."
-- Proverbs 13:22*

This is the fourth and final pillar of The Vertical Man framework: **NACHALAH** -- the Hebrew word for *inheritance* or *legacy*. It encompasses three dimensions: **Berith** (Covenant), **Zera** (Seed), and **Dor** (Generation). Together, they form the relational intelligence that governs what you leave behind.

The aim is clear: **Covenant faith and wisdom passed to your children's children -- through name, discipleship, stewardship, and generational impact.**

"The greatest legacy a man can leave is not wealth, property, or reputation. It is a generation of children who know God, love God, and serve God -- because they watched their father do it first."

The research confirms what Scripture teaches: the single greatest predictor of a child's spiritual health is the active faith of their father. Not the church. Not the youth group. Not the Christian school. **The father.** When a father takes his faith seriously, the probability that his children will carry that faith into adulthood increases dramatically.

This guide will help you move from passive existence to intentional legacy-building. You will assess where you stand, write what your family needs to hear, build a plan for mentoring the next generation, steward your resources for generational impact, and draft a family covenant that will outlive you.

02 THE LEGACY ASSESSMENT

Where Your Generational Impact Stands Today

Before you can build a legacy intentionally, you need to see where you stand right now. This is not about guilt -- it is about clarity. Answer each question below with radical honesty.

STEP 1: THE LEGACY INVENTORY

- My children can articulate what our family stands for and believes.
- I regularly tell my children stories of God's faithfulness in my life.
- I have a written will or estate plan that reflects my values.
- I am actively mentoring or discipling at least one younger man.
- My family has a generosity plan -- we give intentionally, not reactively.
- I have written letters or documents that capture my faith and wisdom for my children.
- My children have seen me repent, apologize, and seek forgiveness.
- I invest regular one-on-one time with each of my children.
- I have a clear vision for what I want my family to look like in 25 years.
- Someone younger than me could say I have invested significantly in their life.
- I have had honest conversations with my children about the hard topics (faith, sex, money, failure).
- My financial decisions today reflect a concern for future generations, not just present comfort.
- I am living a life that I would want my children to replicate.
- If I died tomorrow, my family would know exactly what I believed and what I stood for.

BOXES CHECKED	YOUR STATUS
12-14	Legacy Builder. You are actively, intentionally building something that will outlive you. This guide will sharpen your
8-11	Foundation Laid. The desire is there, but gaps remain. Focus on the sections where your boxes are unchecked.
4-7	Drift Zone. You are running on good intentions without a plan. This guide is your wake-up call.
0-3	Legacy at Risk. The most important work of your life has not yet begun. Start today. It is not too late.

03 SPIRITUAL INHERITANCE

Passing Faith to the Next Generation

The most valuable thing you will ever pass to your children is not money, property, or connections. It is **faith**. A living, breathing, tested, genuine relationship with God that your children have witnessed in the worst moments and the best moments of your life. Faith that is real because they saw you struggle, doubt, repent, and persist.

"One generation commends your works to another; they tell of your mighty acts." -- Psalm 145:4

The biblical pattern is clear: faith is transmitted generationally through intentional storytelling, modeled behavior, and relational depth. Abraham passed it to Isaac. Isaac to Jacob. Jacob to his twelve sons. The chain was never automatic -- it required intention, sacrifice, and consistency.

STEP 2: BUILD YOUR SPIRITUAL INHERITANCE PLAN

PRACTICE	WHAT IT LOOKS LIKE	FREQUENCY
Tell Your Story	Share specific moments of God's faithfulness, provision, and rescue in your life with your children.	Monthly
Pray Over Them	Lay hands on each child and pray specific prayers over their identity, calling, and future.	Weekly
Milestone Blessings	At key ages (13, 16, 18, 21, marriage), speak a formal blessing over your child -- in front of witnesses.	At milestones
Teach Through Failure	When you fall short, let your children see you repent and receive grace. This is their greatest lesson.	As needed
Create Rituals	Establish family traditions tied to faith: Sabbath dinners, annual retreats, baptism celebrations, Thanksgiving testimony.	Annual / Seasonal
Write It Down	Record your testimony, your beliefs, your prayers for each child. Put it somewhere they will find it.	Once (update yearly)

JOURNAL PROMPT:

"What are the three most important things I want my children to know about God -- not from a textbook, but from my life?"

04 THE LETTER TO YOUR CHILDREN

Write What They Need to Hear from You

Most men never write a letter to their children. They assume there will always be more time -- more conversations, more dinners, more years. But legacy is not built on assumptions. It is built on **intentional acts of love, committed to paper, that outlive your voice.**

"These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life." -- 1 John 5:13

STEP 3: WRITE YOUR LEGACY LETTER

Write one letter to each of your children. It does not need to be long -- it needs to be honest. Use the prompts below as a framework. Handwrite it if you can. Store it somewhere safe. Give it to them at a milestone moment -- or instruct your wife to give it to them if you are no longer here.

WHAT I SEE IN YOU

Name the specific gifts, strengths, and qualities you see in this child. Be precise. Not "you're great" but "I see courage in you that reminds me of your grandfather. You do not back down when something matters to you."

WHAT I WANT YOU TO KNOW ABOUT GOD

Share the core truths about God that have anchored your life. Not theology -- testimony. What has God proven to you? What do you want them to hold onto when the world shakes?

WHERE I FELL SHORT

Own your failures honestly. Your children already know. Hearing you name them with humility and repentance will do more for their healing than any excuse or silence ever could.

WHAT I PRAY FOR YOU

Write the specific prayers you carry for this child. Their marriage. Their faith. Their calling. Their character. Let them see that their father was on his knees for them.

MY CHARGE TO YOU

Speak a blessing and a commission. What are you calling them to? What standard are you setting? What family legacy are you asking them to carry forward?

ACCOUNTABILITY: Write your first Legacy Letter this week. Do not wait for the perfect moment. The perfect moment is the one you choose. Tell your accountability partner when it is done.

05 MENTORSHIP AND DISCIPLESHIP

Multiply Yourself in Others

Legacy does not stop at your bloodline. The biblical model of legacy includes spiritual sons -- men you invest in, walk beside, and raise up to lead. Paul had Timothy. Moses had Joshua. Elijah had Elisha. Every great man of God poured his life into someone younger.

"And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others." -- 2 Timothy 2:2

Notice the four generations in that single verse: Paul, Timothy, reliable people, and others. This is the multiplication model. You are not just raising one man -- you are launching a chain reaction that spans generations.

STEP 4: THE MENTORSHIP FRAMEWORK

ROLE	WHO	YOUR COMMITMENT
YOUR MENTOR (Paul figure)	An older man ahead of you in faith, family, and wisdom	Meet regularly. Submit to his counsel. Let him see your real life.
YOUR PEER (Barnabas figure)	A brother walking the same road at the same stage	Weekly accountability. Iron sharpening iron. Total honesty.
YOUR DISCIPLE (Timothy figure)	A younger man you are investing in and raising up	Pour into him what was poured into you. Invite him into your life.

10 QUESTIONS TO ASK THE MAN YOU ARE MENTORING

1. How is your walk with God right now -- honestly?
2. What is the biggest challenge you are facing in your marriage or relationships?
3. Where are you most tempted to compromise?
4. What are you reading in Scripture, and what is God teaching you?
5. How are you leading your family spiritually?
6. What is the one area of your life you most want to grow in?
7. Is there anything you are hiding or avoiding right now?
8. Who else is investing in you, and who are you investing in?
9. What would your wife say about you if I asked her how you are doing?
10. How can I pray for you this week -- specifically?

CHALLENGE: Identify one man in each role: your Paul, your Barnabas, and your Timothy. If you do not have all three, your first action step is to pray and pursue. A man without a mentor is unaccountable. A man without a disciple is unfruitful.

06 ESTATE AND GENEROSITY PLANNING

Steward Your Resources for Generations

The inheritance in Proverbs 13:22 is not metaphorical. A good man leaves a **tangible, material inheritance** to his grandchildren -- alongside the spiritual one. Financial legacy requires the same intentionality as spiritual legacy: planning, discipline, and sacrifice today for someone else's tomorrow.

"Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it." -- Proverbs 21:20

STEP 5: THE ESTATE AND GENEROSITY CHECKLIST

Check off each item you have completed. Every unchecked box is a vulnerability in your family's future. This is not optional -- this is stewardship.

- Last Will and Testament** -- Do you have a current, legally valid will?
- Beneficiary Designations** -- Are all accounts (401k, IRA, life insurance, bank) up to date with correct beneficiaries?
- Power of Attorney** -- Have you designated someone to make financial and legal decisions if you are incapacitated?
- Healthcare Directive** -- Does your family know your medical wishes if you cannot speak for yourself?
- Life Insurance** -- Do you carry adequate coverage to protect your family if you die unexpectedly?
- Guardianship** -- If both parents die, do you have a legal guardian designated for your minor children?
- Trust (if applicable)** -- For larger estates, have you established a trust to protect and distribute assets wisely?
- Debt Elimination Plan** -- Are you actively working to leave your family debt-free?
- Emergency Fund** -- Do you have 3-6 months of expenses saved in a liquid, accessible account?
- Generosity Plan** -- Do you have a written giving strategy (tithe, charitable gifts, kingdom investments)?

THE THREE PILLARS OF FINANCIAL LEGACY

PILLAR	PRINCIPLE	ACTION
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PROTECT	Shield your family from financial catastrophe.	Will, life insurance, emergency fund, beneficiary review.
PROVIDE	Build wealth that serves future generations.	Debt elimination, savings, investment, retirement funding.
POUR OUT	Give generously now and in death.	Tithe, charitable giving, planned gifts, inheritance with intention.

JOURNAL PROMPT:

"If I died this week, would my family be financially protected? What is the one thing I need to do this month to close the biggest gap?"

07 THE FAMILY COVENANT

A Written Agreement for How Your Family Lives

God is a covenant-making God. From Noah to Abraham to Moses to David to the New Covenant in Christ -- every major act of God's faithfulness was sealed with a covenant. A covenant is more than a contract. It is a sacred promise, publicly declared, that binds families across generations.

"As for me and my household, we will serve the Lord." -- Joshua 24:15

STEP 6: DRAFT YOUR FAMILY COVENANT

A Family Covenant is a written declaration of who your family is, what your family believes, and how your family lives. It is meant to be displayed in your home, read aloud at family gatherings, and passed to every generation that follows.

THE [YOUR FAMILY NAME] COVENANT

WE BELIEVE:

We believe in one God -- Father, Son, and Holy Spirit. We believe the Bible is the final authority for our lives. We believe we are saved by grace through faith in Jesus Christ alone.

WE VALUE:

1. _____ 2. _____ 3. _____
4. _____ 5. _____

WE COMMIT TO:

Seeking God first in all things. Leading our home with order and grace. Forging strength in discipline and prayer. Building a legacy that glorifies God and blesses generations.

We will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done (Psalm 78:4).

WE DECLARE:

As for this house, we will serve the Lord. From this generation forward, this covenant stands. Our children will know it. Their children will inherit it. And the name of the Lord will be honored in our family until He returns.

Signed: _____ Date: _____

Witnessed by: _____

FAMILY NIGHT: Gather your family. Read the covenant aloud together. Let every family member who is old enough sign it. Frame it. Hang it where everyone can see it. Read it together every year on the same date. This is your family's stake in the ground.

08 THE LEGACY SCORECARD

Complete Self-Assessment Tool

Rate yourself honestly. 1 = strongly disagree, 5 = strongly agree. Total your score.

SPIRITUAL LEGACY

- [1 | 2 | 3 | 4 | 5] My children see me reading Scripture and praying regularly.
- [1 | 2 | 3 | 4 | 5] I have shared my personal testimony with my children in detail.
- [1 | 2 | 3 | 4 | 5] I pray specific prayers over each of my children by name.
- [1 | 2 | 3 | 4 | 5] I have spoken formal blessings over my children at key milestones.
- [1 | 2 | 3 | 4 | 5] My family has faith traditions that mark the seasons of our year.

RELATIONAL LEGACY

- [1 | 2 | 3 | 4 | 5] I invest intentional one-on-one time with each of my children weekly.
- [1 | 2 | 3 | 4 | 5] I am actively mentoring at least one younger man outside my family.
- [1 | 2 | 3 | 4 | 5] My marriage is an example I would want my children to replicate.
- [1 | 2 | 3 | 4 | 5] I have asked for and received forgiveness from my family members.
- [1 | 2 | 3 | 4 | 5] I prioritize relationships over achievements in my daily life.

FINANCIAL LEGACY

- [1 | 2 | 3 | 4 | 5] I have a current, legally valid will and estate plan.
- [1 | 2 | 3 | 4 | 5] I carry adequate life insurance to protect my family.
- [1 | 2 | 3 | 4 | 5] I am building savings and investments for future generations.
- [1 | 2 | 3 | 4 | 5] I give generously and have a written generosity plan.
- [1 | 2 | 3 | 4 | 5] I am teaching my children about money, stewardship, and generosity.

GENERATIONAL LEGACY

- [1 | 2 | 3 | 4 | 5] I have written letters or documents capturing my faith for my children.
- [1 | 2 | 3 | 4 | 5] My family has a written mission statement or covenant.
- [1 | 2 | 3 | 4 | 5] I have a clear vision for what my family looks like in 25 years.
- [1 | 2 | 3 | 4 | 5] I am building something (spiritual, relational, financial) that will outlive me.
- [1 | 2 | 3 | 4 | 5] I am living a life today that I would want my grandchildren to emulate.

YOUR SCORE	WHAT IT MEANS
80-100	Legacy Secured. You are building across generations. Keep going -- and start multiplying what you have learned in
60-79	Legacy Forming. The vision is clear but execution is inconsistent. Focus on the weakest quadrant and strengthen it
40-59	Legacy Fragile. The desire is there but the structures are not. Work every section of this guide and build the foundat
20-39	Legacy at Risk. Start today. Write the letter. Draft the will. Find a mentor. One step at a time. It is never too late to be

09 THE 30-DAY LEGACY CHALLENGE

Daily Actions to Build What Lasts

One intentional action per day for 30 days. Each day builds on the last. By the end, you will have laid the foundation for a legacy that echoes for generations.

DAY	ACTION	DAY	ACTION
1	Write down 3 things you want your grandchildren to know about you	16	Set up or review your emergency fund -- is it at 3-6 months?
2	Tell your child one story of how God provided for you	17	Write a letter of encouragement to a younger man in your church
3	Pray over each family member by name -- out loud, in their presence	18	Begin your Family Covenant draft (use the template from Section 07)
4	Check if your will is current. If you do not have one, schedule a meeting with an attorney	19	Create a family photo album or timeline of God's faithfulness in your family
5	Write a one-paragraph blessing for each of your children	20	Have an honest conversation with your child about money and stewardship
6	Take one child on a one-on-one outing -- no agenda, just presence	21	Identify one charitable cause your family will support together this year
7	Review all beneficiary designations on financial accounts and insurance policies	22	Speak a formal blessing over your wife -- in writing or out loud
8	Identify one younger man you could begin mentoring	23	Research and schedule a family retreat or annual tradition for this year
9	Share one failure and what you learned from it with your family	24	Ask your accountability partner to evaluate your legacy trajectory
10	Begin drafting your Legacy Letter (use the framework from Section 08)	25	Have an age-appropriate conversation with your child about faith and doubt
11	Review your life insurance coverage -- is it adequate?	26	Review your generosity plan -- are you tithing and giving intentionally?
12	Ask your wife: "What is the most important thing I could leave behind?"	27	Finish your Legacy Letter and place it somewhere safe
13	Call or visit your own father (or a father figure) and thank him	28	Invite a younger man to coffee and ask about his life
14	Teach your child one practical skill this week (cooking, fixing, etc.)	29	Finalize your Family Covenant and read it aloud with your family
15	Draft your family's 5 core values together at the dinner table	30	Gather your family. Read the covenant. Pray over your home. Declare your legacy.

COMPLETION: After 30 days, retake the Legacy Assessment and Scorecard. Share your results with your brotherhood. You have begun the most important building project of your life.

10 THE COMPLETE VERTICAL MAN

All Four Pillars United

You have now walked through all four pillars of the Vertical Man framework. Each one builds on the last. Together, they form a complete architecture for the man God is calling you to become.

PILLAR	HEBREW	MEANING	AIM
ONE	SHEM	Identity	Know whose you are, who you are, and why you are here.
TWO	SEDER	Order	Arrange your home, habits, and relationships according to God's Word.
THREE	GEVURAH	Power	Build physical, mental, and spiritual discipline to stand firm.
FOUR	NACHALAH	Legacy	Pass covenant faith and wisdom to your children's children.

Spirit + Heart give Life. Life orders the House. Order births Power. Power secures Legacy. Legacy glorifies God.

This is the progression. This is the pathway. This is what it means to stand vertical in a horizontal world.

TAKE ACTION NOW

1 Complete the Legacy Assessment

Know your starting point. Identify every unchecked box as an action item.

2 Build your Spiritual Inheritance Plan

Choose one practice from the table and begin this week.

3 Write your Legacy Letter

One letter. One child. This week. Do not wait for the perfect moment.

4 Identify your Paul, Barnabas, and Timothy

Fill every role. Pursue the relationships that will shape generations.

5 Complete the Estate Checklist

Will, insurance, beneficiaries, emergency fund. Close the gaps.

6 Draft your Family Covenant

Gather your family. Declare who you are. Sign it. Frame it. Live it.

7 Start the 30-Day Legacy Challenge

One action per day for 30 days. Build what lasts.

8 Visit theverticalman.com

Join the full Vertical Man program and the brotherhood.

READY TO SECURE YOUR LEGACY?

Visit us at theverticalman.com

Email Sean McDonald directly: sean@theverticalman.com

Join the brotherhood. Build your legacy. Stand vertical.

THE VERTICAL MAN

I am not a man of the world.

I am a man under God.

I seek first His Kingdom and His righteousness.

I know whose I am. I know who I am.

I lead my household with order and grace.

I forge my strength in discipline and prayer.

I secure a legacy that outlives me.

I die daily to the horizontal.

I rise to stand vertical.

I AM A VERTICAL MAN.

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