

The Family Captain AI Boot Camp

Seven weeks. One plan.
Each Captain with Christ at the center.

U.S.M.C. Ministries



Leadership formation requires an immovable center

Trust in the Lord with all your heart, and lean not on your own understanding (or your tools). — Proverbs 3:5–6

At Home

Husband, father, brother. Tools serve the home; they never compete with it.



In Business

Solo founder, steward of time. Leverage as a tithe of time, not a brag.



In Ministry

Captain, servant, multiplier. Train the next captain (2 Tim 2:2).



Technology serves as a trusted aide rather than an autopilot

The Chatbot Bootcamp

An autopilot meant to replace human effort.

A passive consumer of generated outputs.

Technology, efficiency, and speed.

Time-hacking and bragging rights.

Leadership Formation

A trusted aide on the bridge (utilizing Claude and Cowork).

A decisive captain. AI drafts; the captain decides.

Christ and Scripture. Every week opens and closes in the Word.

A tithe of time actively serving and leading the home.

Seven spheres of a man's life orbit his spiritual center



Seven themes orbit the captain. Each week, one moves to center. The tools adapt to the mission, not the other way around.

The rhythm of the week demands decisive, consistent action

The Rhythm of the Week

1. Drop

Task arrives on your phone (Mon/Wed/Fri). The bootcamp map is the pinned message in a private Telegram channel.

Most men already have Telegram. If not, it's a free 60-second install. No second app. No funnel.

2. Ship

Spend 20-30 minutes opening the PDF and executing the action. React with a checkmark (✓) on the post when shipped.

Imperfect actions count. Pacing Prompts celebrate what shipped and name what slipped—they never grade.

3. Sharpen

Drop a one-liner in the comments. Telegram auto-routes you to the linked discussion group.

Iron sharpens iron.

A seven-week expedition built on ascending disciplines

The Storehouse & The Port (Weeks 6-7)

Focus: Stewardship and Rest.
Covers Finance and Sabbath.

The Crew (Weeks 4-5)

Focus: Relational Leadership.
Covers Husbanding and Fathering.

The Foundation (Weeks 1-3)

Focus: Internal Discipline.
Covers Vision, Body, and Spiritual rhythms.

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3 tasks
per week

21 total artifacts
shipped

49 optional
Captain's Drills

The Foundation establishes internal physical and spiritual discipline

Week 1: Vision

(Habakkuk 2:2)

- Draft Your AI Charter
- Write Your 5-Year Captain's Vision
- Build Your Tool Stack

Week 2: Body

(1 Corinthians 6:19–20)

- Weekly Movement Practice
- Captain's Meal Plan
- 5-Night Sleep Audit

Week 3: Spiritual

(Joshua 1:8)

- 10-Min Scripture Study (You Lead)
- Family Devotion Generator
- Sermon Notes → Captain's Actions

AI drafts the frameworks; the **captain** decides the direction.

The Crew demands intentional, relational leadership at home

Week 4: Husbanding



(Ephesians 5:25–28)

"The captain's first crew is one woman."

- The 5-Minute Wife Audit
- Prep One Hard Conversation
- Letter to Your Wife

Week 5: Fathering

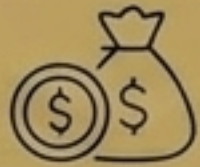


(Deuteronomy 6:6–7)

AI assists; the captain disciplines."

- 3 Questions for the Dinner Table
- Build a Family Rhythm Asset
- Write Your Family AI Policy

The Storehouse requires strict stewardship of resources



Week 6: Finance

(Malachi 3:10)

Captain of the storehouse. Tithe first, then everything else.

- Tithe-First Budget
- Subscription Audit
- Legacy Plan Starter

AI is utilized here not to hoard wealth, but to bring absolute clarity to the family's operational budget, ensuring the mission is funded and waste is eliminated.

The Armory equips the captain with precise, scalable leverage

The AI Tools Landscape

- Curated map across 5 categories
- Model Context Protocol (MCP) support
- 3 Captain's Stacks (\$0, \$40-60, \$150-200)
- Most captains only need 2-4 tools

The Sovereign Stack

- For hardware investments of \$6k+
- 28 locally run AI tools
- Zero subscriptions
- Zero data leaves your local machine

Captain's Drills

- The optional depth track
- 49 ninety-second micro-prompts
- Runs alongside main tasks
- Skip without guilt—the drill is the rep, not the workout

The ultimate destination
of leveraged technology
is true rest

SABBATH



Week 7: Sabbath (Exodus 20:8)

"The crew sees a man who isn't running on fumes."

- Plan Your Sabbath | - Saturday Captain's Audit | - Teach One Person One Thing

The goal of mastering AI and time is not to do more work. It is to clear the deck so the captain can achieve true, restorative rest with his crew.

Every captain leaves equipped to train the next



- ✦ - Complete all 21 tasks to unlock the digital commissioning ceremony.
- ✦ - Walk away with a formalized, signed Captain's Charter.
- ✦ - Fulfill the final mandate: Teach one person one thing you learned (2 Tim 2:2).

Captain — your wheel is waiting. Join the Telegram channel. Read the pinned index. Start Week 1 today.