



REAL MAN CODE • VOLUME 3

UNDER HIS COVER

Living safe in the shadow of God

A 10-DAY JOURNEY

Psalms 91 • Monday to Friday • Two Weeks

THIS JOURNAL BELONGS TO

HOW EACH DAY WORKS

Over the next two weeks you'll spend ten days — Monday to Friday, for two weeks — unpacking how a man of God lives protected and unafraid, straight from Psalm 91. It's not about being perfect. It's about becoming the man God made you to be, one day at a time.

Each day runs over two pages and follows the same seven steps. Take your time, and use the space to write.

SCRIPTURE

God's Word for the day. Read it slowly, more than once.

TOPIC

The truth we're standing on — the doctrine behind the day.

LESSON

Unpacking what it means and why it matters for you.

BACK IT UP

Supporting scriptures that prove it's God's Word, not just a good idea.

PONDER

Sit with the questions. Be honest, and write what God shows you.

ACTION

Take it into your day — declare it and live it out.

NOTES & PRAYER

Room to journal and talk to God.

THE SECRET PLACE

SCRIPTURE

“He who dwells in the secret place of the Most High will rest in the shadow of the Almighty.”

PSALM 91:1 • WEB

TOPIC • DOCTRINE

Safety isn't a place you go — it's a Person you stay close to. Living “under His cover” starts with dwelling with God.

LESSON

Psalms 91 is a soldier's psalm — protection for a man in a battle. And you're in one every day.

But every promise flows from verse 1: you have to dwell, not just visit. The safe place isn't a building or a feeling — it's staying close to God.

Over ten days you'll walk through Psalm 91 and learn to live under God's cover — unafraid, protected, and never alone.

BACK IT UP BY THE WORD

PSALM 27:5 He hides me in His shelter in the day of trouble.

PSALM 32:7 You are my hiding place.

PROVERBS 18:10 The name of the Lord is a strong tower.

PONDER

What does “dwelling” with God look like for you day to day?

Where do you run for safety when life gets heavy?

PUT IT INTO ACTION

Find your secret place today – a spot and a time to be alone with God – and start.

DECLARE IT: *“I live in the secret place of God. He is my safe place.”*

NOTES & PRAYER

God, teach me to dwell with You, not just visit. Be my hiding place.

MY REFUGE AND FORTRESS

SCRIPTURE

“I will say of Yahweh, ‘He is my refuge and my fortress; my God, in whom I trust.’”

PSALM 91:2 • WEB

TOPIC • DOCTRINE

What you say about God shapes how you stand. Call Him your refuge out loud, and trust follows.

LESSON

David doesn’t just think it — he says it: God is my refuge, my fortress, my God. Speaking it builds it.

A refuge is where you run; a fortress is where you stand. God is both — the place you hide and the place you’re strong.

The world trusts money, muscle, and mates. A man under God’s cover puts his trust in God — and says so.

BACK IT UP BY THE WORD

PSALM 46:1 God is our refuge and strength.

2 SAMUEL 22:2-3 The Lord is my rock, my fortress, my deliverer.

NAHUM 1:7 The Lord is good, a stronghold in trouble.

PONDER

Where have you been putting your trust instead of in God?

What would change if you spoke God's promises out loud over your life?

PUT IT INTO ACTION

Say it out loud today: "God, You are my refuge and my fortress. I trust You." Mean it.

DECLARE IT: *"God is my refuge and my fortress. I trust Him."*

NOTES & PRAYER

God, be my refuge and my strength. I put my trust in You — out loud.

HE DELIVERS ME

SCRIPTURE

“For he will deliver you from the snare of the fowler, and from the deadly pestilence.”

PSALM 91:3 • WEB

TOPIC • DOCTRINE

God sees the traps set for you — the hidden snares of the enemy — and He pulls you out.

LESSON

A fowler sets hidden traps to catch birds. The enemy sets hidden traps for you — temptation, addiction, lies that snare you before you see them.

You can't always spot the trap. But God can, and He delivers. He's not just a comforter; He's a rescuer.

When you feel caught, don't just struggle harder — call on the One who breaks snares.

BACK IT UP BY THE WORD

PSALM 34:17 The Lord delivers from all their troubles.

2 TIMOTHY 4:18 The Lord will rescue me from every evil attack.

GALATIANS 1:4 Jesus gave Himself to rescue us.

PONDER

What “trap” keeps catching you — a habit, a temptation, a lie?

Have you been trying to break free in your own strength?

PUT IT INTO ACTION

Name one snare you keep getting caught in, ask God to deliver you, and take one step out.

DECLARE IT: *“God delivers me from every trap the enemy sets. He sees what I can’t.”*

NOTES & PRAYER

God, You see the traps I can’t. Deliver me, break the snares, and set me free.

UNDER HIS WINGS

SCRIPTURE

“He will cover you with his feathers. Under his wings you will take refuge. His faithfulness is your shield.”

PSALM 91:4 • WEB

TOPIC • DOCTRINE

God’s protection is both tender and tough — the warmth of a wing and the strength of a shield.

LESSON

This is one of the tenderest pictures of God in the Bible: a bird covering its young with its wings. That’s how God covers you.

But the same verse calls His faithfulness a shield and rampart — battle words. God’s cover is gentle and fierce at once.

You’re not protected by luck or rules — you’re covered by a faithful God who has never once failed.

BACK IT UP BY THE WORD

PSALM 17:8 Hide me in the shadow of Your wings.

DEUTERONOMY 32:11 Like an eagle hovering over its young.

RUTH 2:12 Under whose wings you’ve come to take refuge.

PONDER

Do you picture God as tender, tough, or both? Why?

Where do you need to run under His wing right now?

PUT IT INTO ACTION

Picture yourself under God's wing today. When fear rises, run there in prayer.

DECLARE IT: *"I take refuge under God's wings. His faithfulness is my shield."*

NOTES & PRAYER

God, cover me under Your wings. Be my shelter and my shield today.

I WON'T FEAR

SCRIPTURE

"You shall not be afraid of the terror by night, nor of the arrow that flies by day."

PSALM 91:5 • WEB

TOPIC • DOCTRINE

Fear comes at you day and night — but a man under God's cover doesn't have to bow to it.

LESSON

Fear comes in every form: terror by night — the anxious 2am thoughts — and the arrow by day, the attacks you see coming.

God doesn't promise you'll never face scary things. He promises you don't have to be ruled by fear when you do.

Courage isn't the absence of fear — it's trusting God louder than the fear. Under His cover, you can face the night and the arrow.

BACK IT UP BY THE WORD

2 TIMOTHY 1:7 God gave us power, love, and self-control, not fear.

ISAIAH 41:10 Fear not, for I am with you.

PSALM 56:3 When I'm afraid, I put my trust in You.

PONDER

What fears hit you hardest — at night, or in the daylight?

What's underneath the fear — what are you really afraid of?

PUT IT INTO ACTION

Write down one fear today, then write God's promise over it, and pray it back to Him.

DECLARE IT: *"I won't be afraid. God covers me by night and by day."*

NOTES & PRAYER

God, when fear comes, be louder. I won't bow to it — I trust You.

IT WON'T COME NEAR ME

SCRIPTURE

"A thousand may fall at your side, and ten thousand at your right hand, but it will not come near you."

PSALM 91:7 • WEB

TOPIC • DOCTRINE

You can stand firm when everything around you is falling — because your security is in God, not your surroundings.

LESSON

This isn't a promise that nothing bad ever happens. It's a promise that you can stand when others fall — that God keeps you when chaos hits.

A thousand may fall — friends compromise, plans collapse, the culture crumbles — but the man under God's cover isn't swept away.

Your stability doesn't come from your circumstances. It comes from the God you're standing on.

BACK IT UP BY THE WORD

PSALM 46:2-3 We won't fear, though the earth gives way.

PSALM 112:7 He's not afraid of bad news.

MATTHEW 7:24-25 The house built on the rock stood firm.

PONDER

What's "falling" around you right now — in your world or your friend group?

Where is your security actually resting?

PUT IT INTO ACTION

Anchor to one promise of God today, and stand on it when things around you shake.

DECLARE IT: *"I stand firm when everything around me falls. God keeps me."*

NOTES & PRAYER

God, keep me standing when everything shakes. My security is in You alone.

HIS ANGELS GUARD ME

SCRIPTURE

“For he will put his angels in charge of you, to guard you in all your ways.”

PSALM 91:11 • WEB

TOPIC • DOCTRINE

You’re not walking through life unguarded. God has assigned help you can’t even see.

LESSON

God commands His angels to guard you — real, unseen protection over your life. This is the verse the devil twisted to tempt Jesus, so you know it matters.

You’re never as alone or unprotected as you feel. There’s more for you than against you.

This isn’t superstition or luck — it’s a God who takes your safety seriously enough to send help.

BACK IT UP BY THE WORD

PSALM 34:7 The angel of the Lord encamps around those who fear Him.

2 KINGS 6:16-17 Those with us are more than those against us.

HEBREWS 1:14 Angels are sent to serve God’s people.

PONDER

Where have you seen God protect you, even when you didn't realise it?

Does it change anything to know you're guarded?

PUT IT INTO ACTION

Thank God today for the protection you can't see — and walk into your day unafraid.

DECLARE IT: *"God's angels guard me in all my ways. I'm never unprotected."*

NOTES & PRAYER

God, thank You for guarding me — even the ways I never see. I walk unafraid.

I TREAD ON THE ENEMY

SCRIPTURE

“You will tread on the lion and cobra. You will trample the young lion and the serpent underfoot.”

PSALM 91:13 • WEB

TOPIC • DOCTRINE

Under God’s cover you don’t just survive the enemy — you overcome him. The threats end up under your feet.

LESSON

Lions attack head-on; snakes strike from hiding. The enemy comes both ways — loud and sneaky.

But the man under God’s cover doesn’t cower — he treads. In Christ, the very things that came to destroy you end up under your feet.

You don’t fight for victory; you fight from it. The serpent’s head is already crushed.

BACK IT UP BY THE WORD

LUKE 10:19 I’ve given you authority to tread on the enemy.

ROMANS 16:20 God will soon crush Satan under your feet.

1 JOHN 4:4 Greater is He who is in you.

PONDER

What “lion” (open attack) or “snake” (hidden temptation) are you facing?

Are you fighting for victory, or from it?

PUT IT INTO ACTION

Name one thing that’s been intimidating you, and declare God’s victory over it out loud.

DECLARE IT: *“I tread on the enemy. In Christ, the threats are under my feet.”*

NOTES & PRAYER

God, thank You that the enemy is already defeated. Help me stand and tread in Your victory.

BECAUSE I LOVE HIM

SCRIPTURE

“Because he has set his love on me, therefore I will deliver him... I will be with him in trouble.”

PSALM 91:14-15 • WEB

TOPIC • DOCTRINE

Every promise lands on one thing: a man who sets his love on God. Love Him, and He answers, rescues, and honours.

LESSON

The whole psalm turns here — God Himself speaks. And every promise hangs on one thing: “because he has set his love on me.”

Not because you’re perfect, but because you’re His and you love Him. To that man God says: I’ll deliver, I’ll answer, I’ll be with him in trouble, I’ll honour him.

Notice — He doesn’t promise no trouble. He promises to be with you in it. That’s better.

BACK IT UP BY THE WORD

1 JOHN 4:19 We love because He first loved us.

ROMANS 8:28 All things work for good for those who love Him.

JOHN 14:21 Whoever loves Me will be loved by My Father.

PONDER

Have you set your love on God, or just used Him when you need Him?

Which promise here do you most need to hear today?

PUT IT INTO ACTION

Tell God today that you love Him — not for what He gives, but for who He is.

DECLARE IT: *“I set my love on God. He answers me, and He’s with me in trouble.”*

NOTES & PRAYER

God, I set my love on You — not just for Your gifts, but for You. Be with me.

LIVING COVERED

SCRIPTURE

“I will satisfy him with long life, and show him my salvation.”

PSALM 91:16 • WEB

TOPIC • DOCTRINE

The covered life isn't a one-time prayer — it's a daily choice to dwell with God. Live there, and you live satisfied.

LESSON

Psalms 91 ends with a full life and God's salvation — the promise over the man who dwells under His cover.

You've walked through the whole psalm — the secret place, the refuge, the deliverance, the wings, the victory. Now you live it.

Living covered isn't a feeling; it's a daily return to verse 1: dwell in the secret place. Everything else flows from there.

BACK IT UP BY THE WORD

PSALM 23:6 Goodness and mercy follow me all my days.

JOHN 10:10 I came to give life to the full.

PSALM 16:11 In Your presence is fullness of joy.

PONDER

What's the one truth from Psalm 91 you most need to carry with you?

What would "living covered" change about how you face this week?

PUT IT INTO ACTION

Commit to your secret place daily this week — and sign your name to the covered life.

DECLARE IT: *"I live covered — dwelling with God, unafraid, every day."*

NOTES & PRAYER

God, keep me dwelling under Your cover every day. Satisfy me with You.

UNDER HIS COVER

Ten days under God's cover. Read it back over your life, and keep living it.

01 I live in the secret place of God.

02 God is my refuge and my fortress.

03 God delivers me from every trap.

04 I take refuge under God's wings.

05 I won't be afraid — God covers me.

06 I stand firm when everything falls.

07 God's angels guard me in all my ways.

08 I tread on the enemy in Christ's victory.

09 I set my love on God, and He's with me.

10 I live covered, unafraid, every day.

I'M SIGNING MY NAME TO THIS — AND I MEAN IT.
