



REAL MAN CODE • VOLUME 1

THE LOVE DECLARATION

How a real man loves

A 10-DAY JOURNEY

1 Corinthians 13 : 4-7 • 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 what real love looks like, straight from 1 Corinthians 13. 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.

REAL LOVE IS STRENGTH

SCRIPTURE

“Love is patient and is kind... bears all things, believes all things, hopes all things, endures all things.”

1 CORINTHIANS 13:4-7 • WEB

TOPIC • DOCTRINE

Love is not a feeling you fall into — it is a decision you make and an action you take. God defines love by what it does, not by how it feels.

LESSON

The world hands you a broken definition of love. It says love is a feeling — something that happens to you, that you fall into and can just as easily fall out of. If that were true, love would be as unreliable as your mood on a bad morning.

God says the opposite. In 1 Corinthians 13, love isn't a feeling at all — it's a list of actions: patient, kind, not easily angered, keeps no record of wrongs. Every one of those is something you *do*, not something you feel. Which means you can choose love even on the days you don't feel it.

And love like this is strong. It takes more strength to stay patient than to blow up, more to forgive than to hold a grudge, more to serve than to demand. Real strength was never about how hard you hit — it's about how well you love. Over the next ten days you'll unpack this one line at a time: a blueprint to build you into the man God made you to be.

BACK IT UP BY THE WORD

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

JOHN 13:34-35 Love one another the way Jesus loved you — that's how the world knows you're His.

1 JOHN 3:18 Don't just say you love; show it in what you do.

PONDER

Where did you first learn what “being a man” means — and how does that line up with how God describes love here?

Be honest — do you treat love as a feeling or a decision? Where does that show up in how you treat people?

PUT IT INTO ACTION

Pick one person today and love them on purpose — not because you feel like it, but because you decided to.

DECLARE IT: *“I choose to walk in love — because it’s who God made me to be.”*

NOTES & PRAYER

God, teach me to love the way You do — on purpose, not just when I feel it. Start with me.

I AM PATIENT

SCRIPTURE

“Love is patient...”

1 CORINTHIANS 13:4 • WEB

TOPIC • DOCTRINE

Patience is love slowing down. It is strength that refuses to be ruled by frustration.

LESSON

Patience isn't weakness — it's power under control. Anyone can react; it takes a strong man to pause. Patience is choosing not to blow up when things don't go your way, not to snap at your family, not to fire off that message when you're heated.

A short temper looks tough, but it's the opposite — it means your emotions are driving and you're just along for the ride. The patient man is the one in control. He feels the frustration, but he decides what to do with it.

Here's the anchor: God is patient with you every single day. He doesn't give up on you when you mess up or move slow. You've received a mountain of patience — now you get to hand some out.

BACK IT UP BY THE WORD

PROVERBS 14:29 A patient man has great understanding; a hot temper shows the opposite.

JAMES 1:19 Be quick to listen, slow to speak, and slow to anger.

PROVERBS 16:32 Ruling your temper beats conquering a city.

PONDER

Where do you lose your patience fastest — at home, with friends, online? What usually sets you off?

What would change in your closest relationships if you were slower to react this week?

PUT IT INTO ACTION

The next time your temper rises today, stop and take a breath before you respond.

DECLARE IT: *“I am patient. I don’t lose it when things don’t go my way.”*

NOTES & PRAYER

God, give me power over my temper. Help me pause, and respond like You would.

I AM KIND

SCRIPTURE

“...and is kind.”

1 CORINTHIANS 13:4 • WEB

TOPIC • DOCTRINE

Kindness is love in action — actively doing good to others, especially those who can't pay you back.

LESSON

Kindness isn't soft — it takes guts. It's easy to be kind to people who can do something for you. It takes a real man to be kind to the kid everyone ignores, the new guy, the person who can't boost your image at all.

The world is full of guys trying to look hard, like caring is weakness. But cruelty is easy — anyone can tear someone down. Kindness is the harder, stronger road, and it's the one God calls you to walk.

Kindness is love with its sleeves rolled up. It notices. It moves toward people. And often it's the thing someone remembers years later — the guy who was kind when he didn't have to be.

BACK IT UP BY THE WORD

EPHESIANS 4:32 Be kind and tender-hearted, forgiving one another.

LUKE 6:35 Be kind even to the ungrateful and the difficult.

COLOSSIANS 3:12 Clothe yourself with kindness, humility and patience.

PONDER

Name one person who's easy to overlook. What's one kind thing you could do for them?

When has someone's kindness made a real difference to you? What did it show you?

PUT IT INTO ACTION

Do one deliberate act of kindness today for someone who can do nothing for you in return.

DECLARE IT: *"I am kind. I look out for people, even when no one's watching."*

NOTES & PRAYER

God, open my eyes to the people around me, and give me the guts to be kind on purpose.

I DON'T ENVY, I DON'T SHOW OFF

SCRIPTURE

“Love doesn’t envy. Love doesn’t brag, is not proud...”

1 CORINTHIANS 13:4 • WEB

TOPIC • DOCTRINE

Love is secure. It doesn’t resent what others have or need to prove what it has — because it trusts God.

LESSON

Envy and showing off look like opposites, but they grow from the same root: insecurity. Envy is getting salty when someone else gets the win, the gear, the attention. Showing off is needing everyone to know how good you are. Both mean you’re measuring your worth against other people.

A secure man doesn’t have to do either. He trusts that God’s got his lane sorted, so he doesn’t resent your success or need to broadcast his own. He runs his own race and lets his life do the talking.

If it’s real, it doesn’t need a spotlight. The strongest guys aren’t the loudest in the room — they’re the ones so settled in who God made them that they can celebrate someone else’s win without feeling smaller.

BACK IT UP BY THE WORD

GALATIANS 5:26 Don’t get conceited, provoking and envying each other.

PROVERBS 14:30 Envy rots you from the inside out.

GALATIANS 6:4 Test your own work; don’t measure yourself against the next guy.

PONDER

Whose life are you most tempted to compare yours to? What changes if you stop watching their race?

Where are you tempted to show off? What are you hoping people will think when you do?

PUT IT INTO ACTION

Catch yourself comparing today – and instead thank God for one good thing He's given someone else.

DECLARE IT: *"I don't envy, and I don't show off. I run my own race."*

NOTES & PRAYER

God, make me secure in who You made me. Free me from comparing and from needing to impress.

I'M NOT ARROGANT, I'M NOT RUDE

SCRIPTURE

"...doesn't behave itself inappropriately..."

1 CORINTHIANS 13:5 • WEB

TOPIC • DOCTRINE

Love honours people. It refuses to make others feel small in order to feel big.

LESSON

Arrogance says, "I'm better than you." Rudeness treats people like they don't matter. Both are ways of climbing up by pushing someone else down — and both are the mark of a small man, not a strong one.

A real man knows who he is in God. Because his worth is already settled, he doesn't need to put anyone down to feel tall. He can honour people freely — his parents, his teachers, girls, the person serving him — because he's not competing with them for value.

Disrespect is never the flex it looks like. The way you treat people who can do nothing for you — that's the real measure of the man. Honour costs you nothing and tells everyone exactly who you are.

BACK IT UP BY THE WORD

PHILIPPIANS 2:3 In humility, count others as better than yourself.

ROMANS 12:10 Outdo one another in showing honour.

1 PETER 5:5 God opposes the proud but gives grace to the humble.

PONDER

Who is the easiest person for you to be rude or dismissive toward – and why them?

Where do you tend to look down on people? What would honouring them actually look like?

PUT IT INTO ACTION

Show honour today to someone you usually overlook or talk down to.

DECLARE IT: *"I'm not arrogant, and I'm not rude. I treat people with respect."*

NOTES & PRAYER

God, settle my worth in You so I never have to make anyone small. Teach me to honour people.

IT'S NOT ALL ABOUT ME

SCRIPTURE

"...doesn't seek its own way..."

1 CORINTHIANS 13:5 • WEB

TOPIC • DOCTRINE

Love is not self-seeking. It puts others first and finds strength in serving.

LESSON

The world's message is simple: look out for number one. Get yours. Win. Love flips that. It says you don't always have to win, go first, or get your way — and that letting go of that is a sign of strength, not weakness.

A real man can put someone else ahead of himself. He can let his sister choose, let his mate win, serve without being asked or thanked. That's not losing — that's leading. The greatest leader who ever lived came to serve, not to be served.

Self-seeking always shrinks your world down to you. Serving expands it. When you start asking "what do they need?" instead of "what do I get?", you become the kind of man people can actually trust and follow.

BACK IT UP BY THE WORD

PHILIPPIANS 2:4 Look out for others' interests, not only your own.

MARK 10:45 Even Jesus came to serve, not to be served.

GALATIANS 5:13 Use your freedom to serve one another in love.

PONDER

Where do you always have to get your way? What would it look like to let that go?

Who in your life serves you quietly? How could you serve someone this week without being asked?

PUT IT INTO ACTION

Let someone else win, go first, or choose today — on purpose.

DECLARE IT: *"I don't always have to win. Serving others is strength."*

NOTES & PRAYER

God, make me a servant. Help me put others first and find You there.

I DON'T HAVE A SHORT FUSE

SCRIPTURE

“...is not provoked...”

1 CORINTHIANS 13:5 • WEB

TOPIC • DOCTRINE

Love is not easily angered. It masters emotion instead of being mastered by it.

LESSON

A short fuse controls you. It makes you snap, clap back, and go off over small stuff — and afterward, you're the one carrying the damage. Anger itself isn't the sin; being ruled by it is.

A real man controls his emotions instead of letting them control him. He feels the anger, but he doesn't obey it. He puts a gap between the trigger and his reaction — and in that gap, he chooses.

The strongest guy in the room is the one who stays calm when everyone else is losing it. That kind of self-control isn't something you're born with; it's something the Spirit of God builds in you, one choice at a time.

BACK IT UP BY THE WORD

PROVERBS 15:1 A gentle answer turns away anger.

PROVERBS 29:11 A fool lets it all out; a wise man holds himself back.

JAMES 1:20 Human anger doesn't produce the righteousness God wants.

PONDER

What's your usual reaction when you're disrespected or embarrassed? What would calm look like instead?

What tends to sit underneath your anger — hurt, fear, pride? What is God showing you?

PUT IT INTO ACTION

When you're provoked today, choose a calm response instead of a reaction.

DECLARE IT: *"I don't have a short fuse. I control my emotions."*

NOTES & PRAYER

God, put a guard on my temper. Give me the gap to choose, and fill it with Your peace.

I DON'T KEEP A RECORD

SCRIPTURE

“...takes no account of evil...”

1 CORINTHIANS 13:5 • WEB

TOPIC • DOCTRINE

Love keeps no record of wrongs. Forgiveness sets you free from the weight of a grudge.

LESSON

Some guys keep a mental file on everyone who's wronged them — every insult, every betrayal, logged and ready. It feels like justice. It's actually a prison, and you're the one locked inside.

Love keeps no record. A real man forgives — not because the other person earned it, but because he refuses to carry the weight any longer. Holding a grudge is like drinking poison and waiting for the other guy to drop.

Forgiveness doesn't mean what they did was okay, and it doesn't always mean things go back to normal. It means you hand the debt to God and put the pen down. You were forgiven a debt you could never repay — now you get to release someone else.

BACK IT UP BY THE WORD

COLOSSIANS 3:13 Forgive as the Lord forgave you.

EPHESIANS 4:31 Get rid of bitterness, rage and grudges.

MATTHEW 6:14 Forgive others, and your Father forgives you.

PONDER

Who are you keeping a record on right now? What would it cost you to put the pen down?

How is that grudge affecting you — your peace, your joy, your other relationships?

PUT IT INTO ACTION

Forgive one person you've been keeping score against — say it to God, and let it go.

DECLARE IT: *"I don't hold grudges. I forgive and let it go."*

NOTES & PRAYER

God, thank You for forgiving me. Help me let go of what I'm holding, and set me free.

I STAND FOR TRUTH

SCRIPTURE

“...doesn’t rejoice in unrighteousness, but rejoices with the truth...”

1 CORINTHIANS 13:6 • WEB

TOPIC • DOCTRINE

Love rejoices in truth, not in wrong. It stands for what’s right even when it costs.

LESSON

Love “doesn’t rejoice in unrighteousness, but rejoices with the truth.” That means love doesn’t laugh at what’s wrong, celebrate when someone falls, or enjoy the drama when it’s not about you. It’s actually glad when truth wins.

A real man doesn’t pile on, spread the rumour, or stay silent when he should speak up. Standing for truth can cost you — a laugh, a friend group, your reputation for being “chill.” But a man who won’t stand for anything will fall for everything.

This isn’t about being harsh or self-righteous. It’s about being someone people can trust to be honest and to do right when it’s hard. Truth and love aren’t enemies — real love always tells the truth.

BACK IT UP BY THE WORD

EPHESIANS 4:15 Speak the truth in love.

PROVERBS 12:22 God delights in people who deal truthfully.

ZECHARIAH 8:16 Speak truth to one another and do what is right.

PONDER

When last did standing for truth cost you something? Did you do it?

Where are you tempted to stay quiet or go along with the crowd? What would courage look like?

PUT IT INTO ACTION

Speak up for what's right in one situation today instead of staying silent.

DECLARE IT: *"I stand for truth, even when it's not popular."*

NOTES & PRAYER

God, give me the backbone to stand for what's right, and the love to do it well.

LOVE NEVER GIVES UP

SCRIPTURE

“...bears all things, believes all things, hopes all things, endures all things.”

1 CORINTHIANS 13:7 • WEB

TOPIC • DOCTRINE

Love protects, trusts, hopes and endures. It is God’s own love flowing through you — and it never quits.

LESSON

Paul finishes with four words that don’t quit: love bears all things, believes all things, hopes all things, endures all things. Love has people’s backs, believes the best about them, keeps hoping, and doesn’t walk away when it gets hard.

Read that again slowly — because that’s exactly how God loves you. He bears with you, believes in you, keeps hoping for you, and never gives up on you. Every day of this journey you’ve been learning to love the way you’re already loved.

You’ve spent ten days unpacking the Real Man Code. Now it’s yours. This is who you’re becoming — not perfect, but committed. Today you read the whole code back over your life, and you sign your name to it.

BACK IT UP BY THE WORD

1 CORINTHIANS 13:8 Love never fails.

GALATIANS 6:9 Don’t give up doing good — the harvest comes.

ROMANS 8:38-39 Nothing can ever separate you from God’s love.

PONDER

Who in your life needs you to not give up on them? What does that look like this week?

Looking back over these ten days — what's the one truth God most wants to build into you?

PUT IT INTO ACTION

Choose one person you won't give up on. Tell God, take one step to show it — then sign the code.

DECLARE IT: *"I protect, I believe the best, I keep hoping, and I never give up."*

NOTES & PRAYER

God, thank You for never giving up on me. Make me a man who loves the way You love.

THE REAL MAN CODE

Ten days, ten truths. This is the code — read it back over your life, and keep living it.

01 I choose to walk in love — because it's who God made me to be.

02 I am patient. I don't lose it when things don't go my way.

03 I am kind. I look out for people, even when no one's watching.

04 I don't envy, and I don't show off. I run my own race.

05 I'm not arrogant, and I'm not rude. I treat people with respect.

06 I don't always have to win. Serving others is strength.

07 I don't have a short fuse. I control my emotions.

08 I don't hold grudges. I forgive and let it go.

09 I stand for truth, even when it's not popular.

10 I protect, I believe the best, I keep hoping, and I never give up.

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