



REAL MAN CODE • VOLUME 2

THE BLESSED LIFE

The heart God calls blessed

A 10-DAY JOURNEY

Matthew 5 : 3-12 · 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 the blessed life looks like, straight from the Beatitudes in Matthew 5. 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.

BLESSED IS NOT WHAT YOU THINK

SCRIPTURE

“Blessed are the poor in spirit... Blessed are those who mourn... Blessed are the gentle...”

MATTHEW 5:3-12 • WEB

TOPIC • DOCTRINE

God’s definition of “blessed” is the opposite of the world’s. The blessed life isn’t about having it all together — it’s a heart that leans fully on God.

LESSON

The world says you’re blessed when you’ve got it all — the followers, the wins, the stuff. Jesus climbs a mountain, sits down, and flips it completely.

The people He calls blessed are the humble, the honest, the merciful, the ones hungry for what’s right. It’s an upside-down kingdom where the last are first.

Over ten days you’ll walk through the Beatitudes — God’s picture of the life He actually calls good. Not a checklist to earn His love, but a description of the man His love is building.

BACK IT UP BY THE WORD

LUKE 6:20-23 Jesus blesses the poor, the hungry, the weeping.

PSALM 1:1-2 Blessed is the man who delights in God’s Word.

JEREMIAH 17:7 Blessed is the man who trusts in the Lord.

PONDER

What has “blessed” meant to you up to now — and where did that idea come from?

Which of these — humble, honest, merciful, hungry for right — feels hardest for you? Why?

PUT IT INTO ACTION

Read Matthew 5:3–12 slowly, out loud, and ask God to show you His definition of blessed.

DECLARE IT: *“I want the blessed life God describes — not the one the world sells.”*

NOTES & PRAYER

God, rewire what I call blessed. Show me the life You actually call good, and build it in me.

I KNOW I NEED GOD

SCRIPTURE

“Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.”

MATTHEW 5:3 • WEB

TOPIC • DOCTRINE

Being “poor in spirit” means knowing you can’t do life on your own — and that’s exactly where God’s kingdom begins.

LESSON

The world tells you to be self-made, to never need anyone. Jesus says the opposite: the ones who know they’re spiritually broke are the ones who inherit heaven.

Poor in spirit isn’t low self-esteem — it’s honest dependence. It’s dropping the act and admitting you need God.

You don’t have to have it all together to come to God. Coming empty-handed is the whole point.

BACK IT UP BY THE WORD

ISAIAH 57:15 God lives with the lowly and revives them.

PSALM 34:18 He’s close to the brokenhearted.

JAMES 4:6 God gives grace to the humble.

PONDER

Where are you still pretending you've got it all together?

What would change if you actually admitted your need for God this week?

PUT IT INTO ACTION

Tell God one area where you've been doing life on your own — and hand it to Him.

DECLARE IT: *"I don't pretend I've got it all together. I know I need God."*

NOTES & PRAYER

God, I stop pretending. I need You — in everything. Fill what I can't.

I DON'T HIDE WHAT HURTS

SCRIPTURE

"Blessed are those who mourn, for they shall be comforted."

MATTHEW 5:4 • WEB

TOPIC • DOCTRINE

God doesn't call you to fake being fine. He meets you in your grief and comforts what you bring honestly to Him.

LESSON

Guys are taught to bottle it up — act hard, never show the hurt. Jesus calls that a lie and says the ones who mourn are blessed.

Mourning here is being real about sin and sorrow instead of numbing it. It's bringing your brokenness to God instead of hiding it.

God isn't scared of your tears. He moves toward them. The comfort comes to the ones honest enough to grieve.

BACK IT UP BY THE WORD

PSALM 30:5 Weeping stays the night, but joy comes in the morning.

2 CORINTHIANS 1:3-4 God comforts us in all our trouble.

ISAIAH 61:2-3 He gives beauty for ashes.

PONDER

What hurt or failure have you been burying instead of bringing to God?

Who taught you that “real men don’t feel”? Is that actually true?

PUT IT INTO ACTION

Bring one real hurt to God today — out loud, honestly. Don’t rush it.

DECLARE IT: *“I don’t hide what hurts. I bring it to God, and He comforts me.”*

NOTES & PRAYER

God, I stop numbing and hiding. Here’s my real pain. Meet me and comfort me.

STRENGTH UNDER CONTROL

SCRIPTURE

“Blessed are the gentle, for they shall inherit the earth.”

MATTHEW 5:5 • WEB

TOPIC • DOCTRINE

Meekness isn't weakness — it's power under control. The strong man who submits his strength to God inherits everything.

LESSON

The world thinks meek means weak, a pushover. It's the opposite. Meekness is a wild horse that's been trained — full of power, but under control.

A meek man has strength, but he doesn't throw his weight around or fight for the spotlight. He trusts God to defend and provide.

Jesus was the strongest man who ever lived, and He was gentle. The meek don't grab — they inherit.

BACK IT UP BY THE WORD

PSALM 37:11 The meek inherit the land and deep peace.

NUMBERS 12:3 Moses was the meekest man on earth.

MATTHEW 11:29 Jesus is gentle and humble in heart.

PONDER

Where do you tend to throw your weight around or fight to be right?

What would it look like to hand that fight to God this week?

PUT IT INTO ACTION

In one situation today where you'd normally push, stay calm and trust God instead.

DECLARE IT: *"I don't need to dominate to be strong. My strength is under God's control."*

NOTES & PRAYER

God, take the reins of my strength. Make me gentle without being weak.

I WANT WHAT'S RIGHT

SCRIPTURE

"Blessed are those who hunger and thirst after righteousness, for they shall be filled."

MATTHEW 5:6 • WEB

TOPIC • DOCTRINE

What you crave shapes who you become. Hunger for what's right, and God promises to fill you.

LESSON

You'll chase whatever you're hungry for. The world feeds you an appetite for approval, pleasure and stuff — and it never fills you up.

Jesus blesses a different hunger: a craving to be right with God and to do what's right. That's the appetite that actually gets satisfied.

You can't fake this hunger, but you can feed it — by what you watch, who you follow, and what you chase. Get hungry for the right things.

BACK IT UP BY THE WORD

PSALM 42:1-2 My soul thirsts for God like a deer for water.

JOHN 6:35 Jesus is the bread that satisfies.

PSALM 107:9 He fills the hungry with good things.

PONDER

What are you actually hungry for right now? Where is it leading you?

What “feeds” the wrong appetites in your life — and what could you cut?

PUT IT INTO ACTION

Cut one thing today that feeds a wrong appetite, and replace it with time in God's Word.

DECLARE IT: *“I hunger for what’s right more than what’s easy. God fills what I crave for Him.”*

NOTES & PRAYER

God, change my appetite. Make me hungry for You and for what’s right, and fill me.

I LEAD WITH MERCY

SCRIPTURE

“Blessed are the merciful, for they shall obtain mercy.”

MATTHEW 5:7 • WEB

TOPIC • DOCTRINE

Mercy is strength that chooses to forgive and lift instead of crush. What you give is what you'll get back.

LESSON

The world says get even, hold the grudge, kick a man when he's down. Jesus says the merciful are blessed.

Mercy is treating people better than they deserve — grace instead of payback, help instead of judgment. It's how God treats you every day.

And it comes back around: the merciful obtain mercy. How you treat people who can't do anything for you shows who you really are.

BACK IT UP BY THE WORD

LUKE 6:36 Be merciful, as your Father is merciful.

JAMES 2:13 Mercy triumphs over judgment.

MICAH 6:8 Do justice, love mercy, walk humbly.

PONDER

Who's the hardest person for you to show mercy to right now?

Where have you received mercy you didn't deserve? How should that shape you?

PUT IT INTO ACTION

Show mercy to one person today – forgive, help, or build up instead of judging.

DECLARE IT: *"I lead with mercy, not payback. I give the grace I've been given."*

NOTES & PRAYER

God, thank You for Your mercy on me. Make me a man who gives it away freely.

I GUARD MY HEART

SCRIPTURE

“Blessed are the pure in heart, for they shall see God.”

MATTHEW 5:8 • WEB

TOPIC • DOCTRINE

Purity isn't looking good on the outside — it's a clean, undivided heart. And a pure heart is what actually sees God.

LESSON

The world is obsessed with the image — the look, the feed, the highlight reel. God looks at the heart.

Pure in heart means undivided — not one thing in public and another in private. What you do when no one's watching is who you actually are.

A clean heart isn't about being perfect; it's about keeping short accounts with God. And it's the pure in heart who get to see Him clearly.

BACK IT UP BY THE WORD

PSALM 24:3-4 Clean hands and a pure heart stand before God.

PSALM 51:10 Create in me a clean heart, O God.

PROVERBS 4:23 Guard your heart — everything flows from it.

PONDER

Where is there a gap between your public life and your private one?

What are you letting into your heart — eyes, phone, mind — that's clouding it?

PUT IT INTO ACTION

Clean up one input today — something you watch, scroll, or feed your mind with.

DECLARE IT: *"I guard my heart, not just my image. A clean heart sees God."*

NOTES & PRAYER

God, create in me a clean heart. Close the gap between who I am in public and in private.

I BRING PEACE

SCRIPTURE

“Blessed are the peacemakers, for they shall be called children of God.”

MATTHEW 5:9 • WEB

TOPIC • DOCTRINE

Peacemakers don't avoid conflict — they step in and make peace. That's what marks you as God's son.

LESSON

There are peace-fakers (who dodge every hard thing) and peace-breakers (who stir up drama). Jesus blesses peace-makers.

A peacemaker doesn't run from conflict or pour fuel on it — he steps in and helps make it right. He's a thermostat, not a thermometer.

Making peace is costly and brave. And it looks so much like your Father that it marks you as His son.

BACK IT UP BY THE WORD

ROMANS 12:18 As far as it depends on you, live at peace.

JAMES 3:18 Peacemakers plant a harvest of righteousness.

ROMANS 14:19 Pursue what makes for peace.

PONDER

Are you more of a peace-faker, peace-breaker, or peacemaker? Be honest.

Where is there conflict around you that you could help make right?

PUT IT INTO ACTION

Step into one situation today as a peacemaker – cool it down or help make it right.

DECLARE IT: *“I bring peace into the room. I make peace, not drama.”*

NOTES & PRAYER

God, make me a peacemaker like You. Give me courage to step in and cool things down.

I'LL STAND, EVEN ALONE

SCRIPTURE

“Blessed are those who have been persecuted for righteousness’ sake, for theirs is the Kingdom of Heaven.”

MATTHEW 5:10 • WEB

TOPIC • DOCTRINE

Doing right can cost you. When it does, you’re in good company — and heaven is watching with a reward.

LESSON

Living for God will sometimes cost you — a laugh, a friend group, being called soft or extra. Jesus says you’re blessed when it does.

Standing for what’s right when everyone else caves takes guts. Jesus said rejoice, because that’s exactly how they treated the prophets — you’re in the right lineup.

Don’t trade heaven’s reward for the hallway’s approval. What the crowd mocks, heaven honours.

BACK IT UP BY THE WORD

2 TIMOTHY 3:12 All who live godly will face pushback.

1 PETER 4:14 Blessed when you’re insulted for Christ.

ROMANS 8:18 Present suffering can’t compare to the glory coming.

PONDER

When has doing the right thing cost you something? Did you stand?

Where are you tempted to cave just to fit in?

PUT IT INTO ACTION

This week, do one right thing that costs you something – and don't back down.

DECLARE IT: *"I'll stand for what's right, even if I stand alone."*

NOTES & PRAYER

God, give me a backbone. Help me stand for You even when it costs, and fix my eyes on the reward.

SALT AND LIGHT

SCRIPTURE

“You are the light of the world... let your light shine before men.”

MATTHEW 5:14,16 • WEB

TOPIC • DOCTRINE

The blessed life isn't hidden — it's meant to be seen. You're salt and light, and the world tastes and sees God through you.

LESSON

Right after the Beatitudes, Jesus says: you are salt and light. The blessed life He just described isn't for hiding — it's for shining.

Salt makes a difference; light shows the way. When you live the Beatitudes, people around you taste something different and see God.

You've spent ten days on the heart God calls blessed. Now you carry it out the door — so people meet your Father through you.

BACK IT UP BY THE WORD

MATTHEW 5:13 You are the salt of the earth.

PHILIPPIANS 2:15 Shine like stars in the world.

1 PETER 2:12 Let your good deeds glorify God.

PONDER

Where has your light been hidden lately?

Looking back over these ten days — which Beatitude does God most want to build in you?

PUT IT INTO ACTION

Let your light shine today in one clear way — and sign your name to the blessed life.

DECLARE IT: *“I live the blessed life out loud. I’m salt and light in my world.”*

NOTES & PRAYER

God, don’t let me hide it. Make me salt and light, so people taste and see You through me.

THE BLESSED LIFE

Ten days, the heart God calls blessed. Read it back over your life, and keep living it.

01 I want the blessed life God describes.

02 I know I need God.

03 I don't hide what hurts.

04 I don't need to dominate to be strong.

05 I hunger for what's right more than what's easy.

06 I lead with mercy, not payback.

07 I guard my heart, not just my image.

08 I bring peace into the room.

09 I'll stand for what's right, even alone.

10 I'm salt and light in my world.

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