

Man Down | The Reckoning!

Day 1: Made in His Image

Genesis 1:26-28

Before God ever gave humanity a task, He established humanity's worth. Male and female alike were fashioned as image-bearers of the living God. This is not a title earned through achievement or accumulated through effort. It is declared at creation. The world assigns value based on performance, productivity, and perception. God assigns value based on His own nature reflected in you. If you have spent years trying to prove your worth through what you do or what you own, return to this foundational truth: you were made in the image of God, and that has never changed.

In what ways have you allowed the world to define your worth rather than your Creator? Write down one lie you have believed about your identity and replace it with a truth rooted in Genesis 1.

Day 2: The Blessing Before the Doing

Genesis 1:28; Psalm 8:3-5

The first thing God did after creating man and woman was bless them. Not instruct them. Not evaluate them. Not put them to work. He blessed them. Psalm 8:5 declares that God has crowned human beings with glory and honor. This crown was placed on your head before you ever accomplished anything of note. So much of the restlessness men carry comes from striving for a blessing that has already been given. When your identity is rooted in God's pronouncement over you rather than in what others say or what you have accumulated, you are finally free to live.

Which of Henri Nouwen's five identity lies (listed below for reference) resonates most with your own struggle? Spend five minutes in silence today simply receiving the truth that God values you before you do anything for Him.

Henri Nouwen's 5 Identity Lies:

- I am what I have
- I am what I do
- I am what others think or say about me
- I am nothing more than my worst moment
- I am nothing less than my best moment

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Day 3: Walking With God

Genesis 5:21-24; 1 Kings 2:2-3; Micah 6:8

Scripture traces a consistent thread from Genesis onward: God calls men to walk with Him. Enoch walked with God. Noah walked with God. Abraham was called to walk with God. When King David gave his final charge to his son Solomon, he defined acting like a man as walking in obedience to God. Manhood, in the biblical sense, is not primarily about strength, dominance, or self-sufficiency. It is about proximity to God. The man/woman who walks closely with God becomes the kind of man/woman whose presence is a gift to those around him. The road to maturity runs directly through God Himself.

How consistent and intentional is your walk with God right now? Identify one specific habit this week that would deepen your daily walk with God, whether prayer, Scripture, or accountability.

Day 4: Sons Before Servants

John 1:12; Romans 8:14-17; Galatians 4:4-7

Before you are a worker, a provider, a leader, or a servant, you are a son. Romans 8 declares that all who are led by the Spirit of God are sons of God, and that same Spirit causes us to cry out to God as Father. This sonship is not a metaphorical sentiment. It is a legal and spiritual reality made possible through Jesus Christ. Many men/women carry the weight of performance-based religion, believing they must earn God's favor through consistent obedience. But a son/daughter does not earn their place at the table. They are welcomed to it. Secure sons/daughters become strong men/women.

Do you relate to God more as a servant trying to earn approval or as a son/daughter already welcomed and loved? Pray today specifically addressing God as Father, and allow yourself to receive that relationship rather than simply reporting to it.

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Day 5: Living From the Blessing

Romans 5:8; 2 Corinthians 5:17-21; Ephesians 2:8-10

Romans 5:8 makes clear that God demonstrated His love for us while we were still in our failure and sin. The cross is God's ultimate declaration of your worth. Not what you have done, not what others think of you, not your best or worst moment. The cross. When we are rooted in that reality, we are set free to take risks without fear of failure, to receive correction without shame, to be present for others without needing their approval in return, and to rest without guilt. The blessing of God in Christ is not something to strive toward. It is something to live from, beginning today.

What would change in your daily life if you genuinely believed your worth was fully secured at the cross? Share with one person this week, a friend, a son/daughter, a brother/sister, or a mentor, what it means to you that God loved you before you ever deserved it.