

Man-Up Lesson 4: How to Go from Messed-Up to Blessed-Up

Key Verses: Psalm 128:1–6

How blessed is everyone who fears the Lord, who walks in His ways. When you shall eat of the fruit of your hands, you will be happy and it will be well with you. Your wife shall be like a fruitful vine within your house, your children like olive plants around your table. Behold, for thus shall the man be blessed. Who fears the Lord. The Lord bless you from Zion, and may you see the prosperity of Jerusalem all the days of your life. Indeed, may you see your children's children. Peace be upon Israel!

Step 1: Fear God

1. How is the fear of God evidence in your life personally?
2. Proverbs 8:13 - *"The fear of the Lord is to hate evil..."* Do you have the same attitude as God has about any sin in your life?
3. What changes do you need to make to walk in the fear of the Lord?

Step 2: Follow Jesus

Matthew 16:24-25 *Then Jesus said, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it."*

4. Is there anything you have felt the need to deny yourself of in your pursuit of Jesus?
5. Are there any plans or desires you need to put to death in order to obey Jesus?
6. What sin from your life before Christ still trips you up today? What can you do to take it to the cross and follow Jesus?

Step 3: Flow Blessings

According to Psalm 128, when you Man-up and fear God, your life will be blessed. Those blessings are then your responsibility to flow into everyone around you—your wife, your kids, your grandkids, your church, your community, your country.

7. Have you limited the blessings you receive by holding them all to yourself?
8. What specific blessing have you done really well at flowing to others? Think about how you've seen it multiply.
9. What blessings have you consumed and wasted all on yourself? Write down a commitment to yourself of how you will FLOW those blessings this week and on an ongoing basis.