

Prepare Ye The Way



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Overview

“Prepare Ye The Way Of The Lord!” Advent is a time of expectant waiting and preparation. *“Waiting”* and *“Preparation”* are words somewhat foreign in today’s instant gratification society.

The following text is just that: waiting, preparing, and maintaining, and how our hearts can be shaped into a Bethlehem for the Christ-child throughout the year. You may find it repetitive at times; this is no mistake. Training requires repetition. Advent is the beginning of the church year in Western Christianity. You will sometimes read “at the club,” referring to our training platform at The Country Club of Life.

To begin, turn to the [Table of Contents](#). It is designed as a clickable calendar with links to November 21st through January 6th readings.

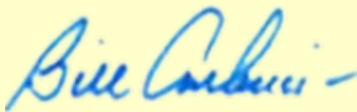
Toward the back of the book are twelve fillable “Journal” pages. Date your daily entrees since they will show critical patterns when it comes time to shape your annual maintenance plan. A maintenance outline follows the journal.

Finally, there are training assessments in the appendices. These are fillable assessments and must be completed thoroughly and with accountability to be effective.

If you have suggestions on how we might improve the content of this text, we would appreciate hearing from you since we want to touch as many lives as possible. Our e-mail is mail@gameoflifefoundation.org.

Thank you! May you be blessed with a joy-filled and hope-filled new year.

In His Service...*and yours,*



Bill Carlucci

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November 21

God has granted me the gift of a new day. What will I do with it? Will I prepare and plan for it? Will I waste it while my mind wanders anxiously? Will I take care of my body so it will be a perfect machine for my bidding? Will I encourage those I come in contact with, or will I join in with the bellyachers? Will I rest in God so as not to miss an opportunity to fulfill His purpose for granting me this day, or will I be counting the minutes until I quit time?

Thanksgiving Day is coming, and the Christmas season is officially launching. It's a time of gratitude and perspective. Gratitude and perspective unlock the fullness of life - and that Life is found in the Prince of Peace, whose coming is foretold.

I may have far more Christmas seasons behind me than I do ahead. If this is the case, will I participate this season, or will I remain a slave to the demands of my schedule and the ideal that lives within me? This is going to be my choice.

To borrow from scripture, *"For the day of THE Lord will come like a thief in the night. No one knows its time."* Is my heart prepared if today is the day? How much of the time I have been given has been wasted? Am I at peace or in conflict with myself and/or others?

Today, in this season of preparation, what can I do to participate rather than live in anticipation during this joyous season? How about I work on my heart and begin a spiritual cardio program training my heart to be a Bethlehem for the Son of God all year round?

BUILD YOUR GRATITUDE LIST!

CLICK THE LINK ABOVE & DOWNLOAD THE GRATITUDE ASSESSMENT
Remember, "Gratitude" unlocks the FULLNESS of life.

REACH OUT and TOUCH SOMEONE TODAY

"Seek first His Kingdom and His Righteousness, and all these things will be given to you as well."

Click for Spiritual Cardio Assessment

"Rhythm of the Game – Like the Rhythm of Life."

November 22

How much time did I invest yesterday on my gratitude list? Will my heart be prepared to identify something I'm grateful for on Thanksgiving Day, or will I say something to say something?

What is holding me back from being sincerely grateful? What is it that is keeping me from loving others as myself? It's most likely because I'm not in love with myself, not on an arrogant level, but as God loves me.

I must constantly remind myself and reinforce with my accountability/caddie that God doesn't have a lemon law. No matter where life has taken me, no matter how defeated or discouraged I may be, God knew before I was conceived what my life would be like today. Yet God created me anyway with a unique purpose that would glorify Him.

Gratitude is not something we are born with. GRATITUDE IS A CHOICE. I can choose to be grateful no matter what my situation might be. Being grateful puts a winning rhythm to life.

Today, How about I continue my spiritual cardio by repeatedly reforming my heart with grateful thoughts and saying "Thank You!" until I REALLY mean it?

What's that? You tried to do it yesterday but were sidetracked by the demands of your schedule. Set a timer on your phone (you'll be on it enough) every hour as a reminder. When it goes off, say "Thank you" ten times – and mean it. Then, set your timer for another hour.

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"Rhythm of the Game – Like the Rhythm of Life."

November 23

"Rhythm of the game like the rhythm of life." If you've seen the movie Bagger Vance, you know the wisdom behind that saying. Let's re-emphasize. GRATITUDE IS A CHOICE. If you're traveling for the holiday and stuck in traffic, be thankful you're in a warm, comfortable car. Someone may be irritating you at Thanksgiving dinner with what they're saying. Choose not to get agitated and be thankful you have the ears to hear. "Yeah right!" Hey, it's your Choice!

An attitude of incurable gratitude is a choice and shapes a winning rhythm to life. Gratitude stems from the belief in "Whose" you are. "Whose" you are is at the root of "Who" you are. "Whose" you are is the "reason for the season,"

To paraphrase from scripture, *"Don't copy the behavior and customs of this world, but let God transform you into a new person by reformatting¹ your heart."*

Reach out to those close to you on Thanksgiving and tell them you are grateful for them. Men, this will probably be the gutsiest thing you've ever done. After you do it, you'll probably feel tougher than ever inside - but there's no need to tell anyone. After all, you're a man!

Today, act grateful and shape that grateful - grace-filled rhythm to your life. That rhythm will unlock the fullness and abundance of your life. It's your choice.

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¹ "Reformatting" is paraphrased to relate to present day terminology.

November 24

Did you choose to act grateful yesterday? Don't stop; it takes daily practice. Your goal is to develop [Spiritual Reflexes](#) to life so you can live the abundant life the Christ-child is coming to give you. Always remember gratitude unlocks the fullness of life. Perfect practice makes perfect.

Your practice drill is to "[Maintain A Gracious Perspective](#)" on life daily – no matter what. No matter what? Yes, no matter what. This can only happen by agreeing with "Whose" you are.

If you believe you are a descendant of God, you must believe everything you have is God's. God has a clear purpose for everything and everyone entrusted to you. GOD OWNS THEM – YOU DON'T.

An exercise for developing a gracious perspective is through repetitions of repeating, "***Thy Will Be Done.***"

Today, practice "*Thy Will Be Done*" repetitiously until it is humbly heartfelt. Next, practice saying the following:

*God grant me the serenity;
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

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[Click for The Clubs and Sport & Life Psychology](#)

"Rhythm of the Game – Like the Rhythm of Life."

November 25

So, how's it going with the gratitude? If you're practicing every day, it should be shaping into a reflex. This practice is critical if you're celebrating the significance of Christmas. You must invest in gratitude to get a return. You must be in it for the long term. Staying with it even during the downturns, which are bound to come, will yield returns beyond expectations.

[**"Maintaining A Gracious Perspective"**](#) in life is a gift most people will choose not to have. It's human nature to blame – and it's a momentary feel-good. What did Eve do when God confronted her? Don't let yourself get caught up in believing spinning is winning. Spinning will rob you of abundant life and true success.

Today, keep saying *"Thank you!"* repeatedly until you hear it without even trying. The second part of the prayer from yesterday follows.

*Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next. Amen.*

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"Rhythm of the Game – Like the Rhythm of Life."

November 26

"Prepare the way for the Lord; make straight paths for him." As you "[Maintain A Gracious Perspective](#)," you continue to prepare your heart for The Lord's coming by playing life straight down the middle. You cannot play life near the out-of-bounds lines - ever. You can take no shortcuts.

You will keep humble by identifying and accepting the strongholds and temporal substances in the appendices that have you in their grip. Due to your newfound freedom, you will reach out to others through your character defects. Connecting with others through struggle and pain is transforming.

"Prepare the way for the Lord" as you make straight paths for Him through a life lived beyond reproach and an immovable commitment to accountability.

Today, pay close attention to your [Daily Wrap Up](#). Work it with diligence and rigorous honesty.

*Change my heart, oh God
Make it ever true
Change my heart, oh God
May I be like You*

*Change my heart, oh God.
Make it ever true
Change my heart, oh God
May I be like You*

*You are the potter
I am the clay
Mold me and make me
This is what I pray*

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"Rhythm of the Game – Like the Rhythm of Life."

November 27

"Clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh. But about that day or hour, Christ will return; no one knows, not even the angels in heaven, nor the Son, but only the Father. Prepare the Way for the Lord; make straight paths for him."

"Prepare" is the keyword. Many have lost hope today. They are discouraged and defeated and may even feel they have drifted too far from God to return. Some say, *"I'm too far gone."* There's a saying, *"If you think God is far away, guess who moved?"* Do you have times when you feel like this?

No matter how far down the spiral of life you may go or have gone, you can make a move back at will. God hasn't gone anywhere. God goes before you to make your path straight. In the story of the Prodigal Son, the father welcomes the younger son back and celebrates his return.

Today, it's time to glimpse into The KNOW Sin Zone. Your [Daily Wrap-Up](#) yesterday will have exposed some obstacles you must overcome. If you haven't done a daily wrap-up, time in the K.S.Z. will begin to *"Prepare the way for the Lord, (and) make straight paths for him."*

Are you prepared to turn your will and your life over to the care of God with complete abandon? **TODAY IS THE TURNING POINT!**

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[Click for The KNOW Sin Zone](#)

[Maintain A Gracious Perspective](#)

"Rhythm of the Game – Like the Rhythm of Life."

November 28

I will prepare for the future - One Day At A Time. I will fail not so much when tragedy happens as I will before the happening, by procrastinating on all the little things I should be doing today but avoid. **I PREPARE FOR THE FUTURE BY DOING THE RIGHT THING AT THE RIGHT TIME - TODAY.**

P R E P A R A T I O N - is a long road. Don't get discouraged! Old habits die hard. The mere fact that you've taken this path means you will reach your destination. Stick to the task, and it will stick to you; beginners are many - but enders are few. **Get accountable and get encouraged.**

Remember, no matter how far down the spiral of life you may go or have gone, you can make a move back at will. Remember also that God has never instituted a lemon law. You are God's perfect creation right where you are - right now.

Thank God for today – and mean it. No matter how hectic the day ahead may appear, you can do anything for one day that would appall you if you had to keep it up for a lifetime. Enjoy today! Don't get caught up in the hustle and bustle. **“Participate Today – Don't Anticipate!”** It's your choice.

Today, [Keep It Simple](#)!. Continue to say *"Thank you!"* throughout the day and sincerely ask God to change your heart and remove from you the character defects discovered in The K.S.Z.

[BUILD YOUR GRATITUDE LIST!](#)

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[Click for Live In The Present](#)

[Maintain A Gracious Perspective](#)

“Rhythm of the Game – Like the Rhythm of Life.”

November 29

Give the BEST of yourself today. Repeat the following throughout the day today.

*"Whatever I do, whether in word or deed, I will do it all in the name of the Lord Jesus,
giving thanks to God the Father through Him.*

I will work at whatever I do with all my heart, as working for THE LORD, not for men."

So, what's your game plan at work? Will you do as little as possible to match the insufficient compensation you feel you are receiving? Will you cut as many corners as possible just because you can? Or will you seek God's approval and honor?

"The rhythm of the game just like the rhythm of life." You work for THE LORD, not men, out of obedience, contributing to a victorious rhythm in life. You can no longer swing at life freely when you cheat on life. Cheating, spinning, and other forms of deception unconsciously keep you looking over your shoulder, causing you to take your eye off the ball without realizing it.

Thank God for today – and mean it. No matter how hectic the day ahead may appear, **you can do anything for one day that would appall you if you had to keep it up for a lifetime.** Enjoy today! **Participate Today – Don't Anticipate!** Develop that victorious rhythm.

Today, **[Keep It Simple!](#)** Continue to say *"Thank you!"* throughout the day and sincerely ask God to change your heart and remove the character defects blocking that victorious rhythm from flowing through you.

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"Rhythm of the Game – Like the Rhythm of Life."

November 30

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that testing your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." -James 1:2-4

"Perseverance" means "sticking to a task until it sticks to you" will prepare your heart and arrest your character defects - not achievement. Your goal is to be an "ender" so you will be mature and complete. Let perseverance finish its work in you. That's how you reach champion status. Find your "[G.R.I.T.](#)" **G**ratitude **R**esponds **I**ntensely to **T**esting.

All too often, our human nature will cause us to seek relief from trials that come our way, only to discover the relief to be temporary. The prophet Isaiah instructed us to "walk through the fires" – not run, and assured us "*we will not be burned.*"

"The soldiers, therefore, came and broke the legs of the first man who had been crucified with Jesus, and then those of the other. But when they came to Jesus and found that he was already dead, they did not break his legs." -John 19:32&33 Jesus "**surrendered**" to the "**purpose**" he **came with. To die that we might live. He had to be an "Ender"**. Back in the day, when a person was being crucified, they would hoist themselves using their legs to ease the suffocation and prolong death; what we do when we don't allow perseverance to complete its work. Following, you will "Reach In" – if you choose. Our experience has been the most turn back here. If you decide to go forward, you will be broken. Hang On – Pund Intended. It will be the most freeing experience of your Life.

It is the testing of our faith that produces perseverance. We must let perseverance finish its work by walking – not running through life's trials so that we may be mature and complete, not lacking anything. God's going before us, so what's the rush? You've Got This!

Today, Journal throughout the day, summarize yesterday, look for patterns, and identify little victories. Persevere! – Hang On! Stick to the task and keep saying "*Thank you!*" until you mean it with all your heart.

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"Rhythm of the Game – Like the Rhythm of Life."

December 1

P R E P A R A T I O N - is a long road. Persevere! *"Let perseverance finish its work so that you may be mature and complete, not lacking anything."* Remember, *"Enders are few."* Do not allow yourself to succumb to Satan's ploy and get discouraged, or you will spend your life like a cat chasing its tail. Perseverance doesn't mean you succeed or win; it means you stick to it. It means you go the distance. God will complete you when you are He is ready. Set up small wins to keep yourself going.

Satan is the master of terrorism as we know it today. Satan occupies the mind with weapons of deceit, distortion, disunity, discouragement, and isolation. St. Paul wrote to the Colossians, *"Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking, knowledge, and the spiritual powers of this world, rather than from Christ."*

"The rhythm of the game like the rhythm of life." Remind yourself constantly: "I work for The Lord, not men out of obedience, " contributing to a victorious rhythm in my life. "When I cheat life, I can no longer swing at it freely. Cheating, spinning, and other forms of deception unconsciously keep me looking over my shoulder, causing me to take my eye off the ball without realizing it."

Today, Practice your [Inner Coaching](#). Say *"Thank you!"* and mean it. When you say it, place your hand over your heart and hear the Spirit say, *"Make my heart like yours, Lord."*

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December 2

Are you playing life right down the middle? Are you saying *"Thank you!"* so much throughout the day that you hear it in your sleep? Are you asking, *"Lord, make my heart like yours?"* If you've been "sticking to the task," you are probably starting to see signs of [Spiritual Reflexes](#) developing in these areas.

Whether training physically or spiritually, repetition is vital to conditioning and the training regimen. Following is your Spiritual Cardio training regimen.

1. Begin Warm-Up reading [The Daily Inspiration](#).
2. Do the [Daily Warm-Up](#) at the beginning and the [Daily Wrap-Up](#) at the end of the day.
Both Are found in "The Practice Area e-Book."
3. Sit comfortably, and hold a pencil or pen level with your eyes. Focus on the object and your breathing slowing down. When relaxed, do (5) sets of (3) reps repeating, *"Lord, make my heart like yours."* Remain comfortable and slowly do (4) sets of (25) reps saying, *"Thank you!"*
4. Remain comfortable and slowly do (5) sets of (3) reps, saying, *"If I Do What Most Won't – I Will Enjoy What Most Never Will."*

Today, Talk to God throughout the day, asking to remove the defects of your character as you prepare for "The Way." Continue saying, "Thank you" – until you really mean it!

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December 3

PREPARE FOR "THE WAY" – MAKE STRAIGHT PATHS FOR HIM. As Satan slithers around the world, looking to discourage you, his tactic is to make your mind a battlefield. As you face life's hazards, remember, *"No temptation (hazard) can overtake you except what is common to humankind. And God is faithful; God will not let you be tempted beyond what you can bear. But when you are tempted, God will also provide a way out so that you can endure it."*

Playing life straight down the middle is "The Way" out. *"Consider it pure joy, whenever you face trials of many kinds," -James 1* because Satan went to God to ask permission to put these trials (hazards) on you just like he did with Job. God knows that testing your faith produces perseverance, and we will allow *"perseverance to finish its work so that we may be mature and complete, not lacking anything."*

Today, quiet yourself to discover the way out if you are in one of life's hazards. Step back, do what needs to be done, focus, and stay in the day. God will show up in various ways, letting you know you're covered. Keep saying, "Thank you!"

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December 4

As you prepare for The Way, read the following two passages asking God to open your heart. These verses will be crucial to your commitment to preparing the Way in your heart.

“And the LORD God commanded the man, You are free to eat from any tree in the garden; but you must not eat from the Tree of the Knowledge of good and evil, for when you eat from it, you will surely die.” -Genesis 2:16-17

“Now, the serpent was more crafty than any wild animals the Lord God had made. He asked the woman, 'Did God really say, 'You must not eat from any tree in the garden'? The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree in the middle of the garden, and you must not touch it, or you will die. You will not surely die,’ the serpent said to the woman. 'For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.’” -Genesis 3:1-5

You know how the scene ends. Adam and Eve did exactly what they were commanded not to do. What did they do when God returned to question them about their disobedience? They covered up and blamed—a strategy the human race uses today, and they take pride in their skill.

Today, examine your will (that part of your mind over which you have control) and [journal](#) those things you justify and hold your heart back from being a Bethlehem for the Son of God. **KEEP SAYING, "THANK YOU!"**

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“Rhythm of the Game – Like the Rhythm of Life.”

December 5

We're told *"Knowledge is Power,"* but we're not getting the whole story. Knowledge and Power in the wrong hands can be devastating. God knew it, and that's precisely why God didn't want us to have knowledge apart from Him. Now, you might ask, *"Well, did God want us to go through life being stupid?"* Of course, the answer to that is "No." When God created man and woman, we were *"attached to God at the hip,"* as the saying goes. God was the vine - we were the branches. Our knowledge and power were to flow to us through God. Satan deceived us into the type of knowledge that **Eased God Out, **E.G.O.****, putting ourselves into the center of our lives in God's place. Man then became a fish out of water and would use this newfound knowledge for power, evil, entitlement, dominance, greed, superiority, control, and so on. Today, we live in chaos due to knowledge running amuck as we live in the bondage of terminal uniqueness and moral superiority.

Today, Examine your Will (that part of your mind over which you have control) again. This time, ask God what you must do to come to peace, which will arrest those things you discovered yesterday that you justify and are holding your heart back from being a Bethlehem for the Son of God. **KEEP SAYING, "THANK YOU!"**

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December 6

"Knowledge is POWER," but only when used to fulfill a "Passion of Purpose" that benefits others – then yourself. Knowledge strokes our egos precisely where Satan needs to fill us with propaganda. As we know, knowledge tells some people they know what is best for themselves and others. They become their personal god. As we have come to identify it, knowledge moves us away from the basics of life. We have little respect for anyone but ourselves, and that respect is fraudulent since it covers up our fear of being found out for who we really are or what we might be hiding behind or from.

Godly knowledge uses life experience passionately to make the world a better place. Godly knowledge is humility since it is built on gratitude. Worldly success is merely a byproduct of purposeful living.

Today, continue saying, *"Thank you – Make my heart like yours, Lord"* throughout the day. If you've been participating in the day rather than anticipating it, you are finding a change in yourself. Spend an hour later in the day today for re-creation. During that time, quiet yourself and skim through the past readings and assessments. Read through your journal notes and begin looking for positive and negative patterns.

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December 7

If you believe you came from God, you must believe you were made in God's image and likeness - God was not made in your image and likeness. Jesus is coming to us as "God Made Man." The problem today is society has us believing we can be our own "Man-made gods." We seek answers to many questions because we feel God owes us explanations and/or proof before determining the level of our commitment. Therefore, since God gave us Life, a great affirmation to live by would be, *"I was made by God – for God."*

Faith expresses itself through obedience. You might be one who says, *"But I try to have faith."* Trying to have faith will never give you faith. Only obedience to God's teachings and commands will provide you with faith.

The Prophet Isaiah prophesied, *"A child will come; a Branch will bear fruit from his roots. The Spirit of the Lord will rest on him the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and love of The Lord."*

Today, "Prepare Ye The Way!" Enter [The K.S.Z.](#) and go through the "Resentments" assessment in the [Appendices](#).. Say "Thank you!" throughout the day and play the day straight down the middle. Ask to be brought to a rigorous honesty and to make your heart loving.

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"Rhythm of the Game – Like the Rhythm of Life."

December 8

"For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace."

Peace cannot be bought at any price. It can only be found by settling the score with the character defects, robbing you of peace. The child about to be born will settle that score on our behalf. Our part is to continue preparing our hearts to be His Bethlehem.

Yesterday, we looked at our resentments; today, we look forward to our fears. Why back? We look back to see our fears for what they really are, [False Evidence Appearing Real, F.E.A.R.](#).

"Fear" will hit you hardest when confronted by "False Evidence." For instance, there is no better place to find illusions than a golf course. A golfer steps up to a hole, and if it is well designed, fear sets in as the golfer realizes what "appears" to lie ahead. However, upon completing the hole, if the golfer looks back from the green to the tee, the illusion becomes clear. What struck fear in them was false evidence intended to appear real. That's precisely what "The Great Illusionist" Satan does in our lives to get us to buy into and trust the fear rather than trusting God.

Today, "Prepare Ye The Way!" Enter [The K.S.Z.](#) and go through the "Fears" exercise in the [Appendices](#). Say "Thank you!" throughout the day and play the day right down the middle. Ask to be brought to a rigorous honesty and make your heart loving like God's.

[BUILD YOUR GRATITUDE LIST!](#)

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Remember, "Gratitude" unlocks the FULLNESS of life.

"Rhythm of the Game – Like the Rhythm of Life."

December 9

Are you beginning to experience [Spiritual Reflexes](#) kicking in from time to time? If you're playing life straight down the middle and sticking to the task of preparing your heart, you should be. *"For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please."*

Today can be quite a freeing day as you examine your sexual conduct, past and present. Our research has shown sex outside of marriage, either pre or extramarital, fragments a person. Then, when the hazards of life rise against you, you are less than whole enough to face the elements entirely. *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that testing your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."* Perseverance, "sticking to the task," will prepare your heart and make you whole for those times when life mounts its challenges.

Today, "Prepare Ye The Way!" CAUTION! Enter [The K.S.Z.](#) If you dare, go through the "Sex Conduct" exercise, also found in the appendices. Say "Thank you!" throughout the day and play the day straight down the middle. Ask to be brought to a rigorous honesty and make your heart loving like God's.

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December 10

So, was yesterday revealing? It would have made you think today if you had played it straight down the middle and been rigorously honest. Either way, you'll spend another day looking at sex conduct today. Sex conduct doesn't mean just physical contact; it also means emotional. Were you fearful of rejection, or were you the aggressive type? Did you feel inferior or superior to your partner? Were you cheated on? Did you retaliate? How? Did you use someone, maybe to get back at another? Do your experiences shame you, or do you see them as victories? The answers to these and other reflections that may be revealed can shape your future.

Despite popular opinion, many marital breakups do not take "two to tango," they were probably built on dysfunction, manipulation, and many other warning signs from the start of the relationship. Their chances of survival were less than nil for one partner, while the other never got both feet wet in the relationship. The partner tip-toeing around the relationship knows this but finds denial for as long as it lasts. Eventually, they must come to the truth and accept responsibility for their decision. Resentment will be like cancer if they don't.

Today, "Prepare Ye The Way!" CAUTION! Re-enter [The K.S.Z.](#) if you dare and go through the "Sex Conduct" exercise again. BE THOROUGH! Tomorrow, you will make an amends list of the people you have harmed and become prepared to make amends to them. Keep saying "Thank you!" throughout the day and play the day straight down the middle. Ask to be brought to a rigorous honesty and make your heart loving like God's.

"In the wilderness prepare The Way for The Lord; make straight in the desert a highway for our God." -Isaiah 49:3-5

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December 11

"Glory to God in the highest, and on earth peace, goodwill toward men."

The Prince of Peace is coming so we might be reconciled with God. We are broken and imperfect people. Due to our human condition, we have hurt others throughout our lives. We have resentments towards others and have been fearful and impure. Preparing for The Way, we must be reconciled with those we hurt. This reconciliation is necessary to cleanse our hearts - Christ's home.

Reconciliation is a reflex of a healthy heart developed through our [Spiritual Cardio](#) training. Not everyone we attempt to be reconciled with will agree to reconciliation. To do this exercise correctly, our intent must first be to be reconciled with God – not the other person. Our maturity is displayed by our desire to make certain God is always right in our lives. We must accept the things we cannot change, like the response or reaction of other people.

Today, it's back to The [K.S.Z.](#) As Bagger Vance said, *"Rhythm of the game like the rhythm of life."* Peace is essential to our rhythm in both games. Those unsettled things that mount and lurk within have destroyed our rhythm to live life abundantly. Go to the ["People We Have Harmed"](#) assessment in the [Appendices](#). And begin working it. Work it right down the middle with rigorous honesty. "Edit Ruthlessly" as you go along. Keep saying *"Thank you!"* throughout the day and ask that your heart love like God's.

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December 12

You should now have a list of the people you've harmed. Now it's time you make an effort toward amends so that you can stop avoiding those people, places, and things. Be careful! Making amends takes very close accountability with someone who understands the process. Those situations that require amending have most likely lingered for a long time. You're not going to clear them up overnight. Be patient! Your visible life change is a form of amends and may be more meaningful than words. Making amends is to clean your slate - not to make someone like you again. Some people will never accept your amends. The "process" of making amends will open up areas of your life that have been closed off, enrich your rhythm, and you will feel peace and begin to enjoy the abundant life the Prince of Peace is coming to bring.

With this momentous step, you alone can bring closure to shattered relationships. The keyword is "closure." Making amends may not get you forgiveness, but it will bring closure, leading you to newfound freedom. The complete amends process can be found in the [Appendices](#).

Today, pray about your ["People We Have Harmed"](#) list, asking God for guidance. Continue saying "Thank you!" and asking God to make your heart Christ's home.

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December 13

Christmas is referred to as "The Season for Giving." Before you can give freely, you must learn to receive freely. Hopefully, the inventory process you experienced made you aware of a lot. In fact, you might be feeling a bit down. Don't be discouraged! You did what most would never do. It's time to receive what most never will - God's Precious Grace. Once received, God's grace is *"Love that just doesn't quit."* Since it never quits, and there's nothing you can ever do that will stop God from loving you, Grace overflows, and it is that overflow that is ours to give.

Through the training you've been doing thus far, God's grace has begun to fill you. You've been walking through a lot. You've gotten rigorously honest with yourself. You have been cleansing your Spirit and preparing for The Way. Through preparation and training, you are overcoming yourself, and it's through overcoming yourself that you find the authentic grace to give to others. As you overcome yourself daily, you will not be able to contain yourself, and grace will overflow through you from your Incurable Gratitude.

Today, make that Gratitude List - Check It Twice©. Work at it thoroughly. Let Gratitude unlock fully the life the Prince of Peace is coming to give you.

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December 14

When you open your eyes to a new day, gratitude is the first thought you should have. Next, thank God for bringing you to a new day, and offer the day to God. Then, look over the upcoming day and shape a perspective for your swing thought. [Maintain A Gracious Perspective.](#)

You do this so your first thoughts for the new day are positive and spiritually empowering. You Focus! You start saying Thank You! Over and over. This practice aids in keeping you in a winning rhythm. As gratitude unlocks the fullness of life through God's amazing grace, you must share that grace with others. Often, sharing that grace will inconvenience you so you can practice a gracious perspective in a Power greater than yourself. You should, in practice, inconvenience yourself daily to remain mindful of the value of surrender.

While Christmas may be called "The Season for Giving," the secret to living is all about giving. Giving through your personal Experience, Strength, and Hope is the best [Spiritual Cardio](#) exercise you can do. God's grace shared that Way will make your heart Christ's home, and every day will be a season for giving.

Today, read about gratitude in the gratitude list section. Build your list **No Matter What**. Keep saying "*Thank you!*" asking God to change your heart to prepare for the Way.

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December 15

What would the Christmas season be like without the movie classic "A Christmas Carol?" Ebenezer Scrooge, embittered by fear, is given a chance at reclamation. However, to have this chance, he must take a journey with three spirits, examine his past and present, and then "make a decision" to change his future.

When the spirit of the past arrives, it comes surrounded by a blinding light, which Scrooge immediately complains is blinding him. The spirit tells Scrooge it is the light of gratitude. Sound familiar? We've been saying, *"Gratitude unlocks the fullness of life."* Like us, Scrooge discovered that's where it all begins. Scrooge proceeded on his journey and came out on the other end not only as a transformed man but also filled with gratitude and a spirit of giving – *"Giddy with JOY."*

You've just taken that journey over recent days. Some of us may have reclaimed the spirit of gratitude, and others may feel it for the first time.

The journey through life is motivated by three spirits: the spirits of *"Experience, Strength, and Hope."* They transform us with Gratitude, Humility, and Purpose. They fill us with God's grace, which motivates us to reach out to others even at a cost to ourselves due to the unwavering faith we now have because of that grace.

Today, continue working on your gratitude list so you, like Scrooge, will be *"giddy with joy."* It's your choice. You choose to be joyful.

[BUILD YOUR GRATITUDE LIST!](#)

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December 16

So, do you find your spiritual reflexes kicking in when your old self jumps into play during the day? You should be if you're participating in the day and playing life straight down the middle.

Be mindful, *"You will reap what you sow."* In other words, *"Rhythm of the Game Like the Rhythm of Life."* Life will give you nothing, and it owes you nothing. Oh, there are some born under a so-called lucky star, and many times, those are the ones that develop an entitled attitude.

There's no such thing as luck! It's about making a decision to be grateful and shaping a winning rhythm. It's about doing the things most won't. **Gratitude is simply the "Practice" of being Grateful.** Gratitude is the basis for establishing and maintaining a gracious perspective on life, leading to a joy-filled heart. **If you really believe in God, you have been commanded to be grateful.** A grateful attitude and peace go hand in hand.

"The rhythm of the game like the rhythm of life." It's your choice. What will you choose?

Today, do what most don't Participate in the day fully - Don't Anticipate. Say "Thank you!" over and over again. Fine-tune those reflexes, and you can respond to whatever life throws your Way. Give lots of focus on building your gratitude list.

[BUILD YOUR GRATITUDE LIST!](#)

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December 17

"Prepare Ye The Way!" *"Change my heart. Oh God, make it ever true. Change my heart. Oh God, make it just like you."* There is a Proverb, *"For as he thinketh in his heart, so is he."* Research in the new discipline of neuro-cardiology shows that the heart is a sensory organ and a sophisticated center for receiving and processing information. The nervous system within the heart (or "heart brain") enables it to learn, remember, and make functional decisions independent of the brain's cerebral cortex. Amazing. The Bible, which is supposed to be irrelevant today, saw this years before science discovered it. The keywords are *"make functional decisions independent of the brain's cerebral cortex."* Sure, you've heard the saying, *"Go with your heart."* Why? Our hearts make decisions inspired by Spirit - not Knowledge.

Today, Work on your [Spiritual Cardio](#).

- When you're about to criticize someone, Stop and give-em 5. Say *"God Bless Them"* 5X.
- When you are about to become discouraged, Stop and give-em 5. Say, *"If God is for me, who or what can be against me?"* 5X
- When you see an attractive man or woman, Stop and give-em 10. Say, *"God, that is your perfect child."* 10X, getting the drift? Do the same if you are about to criticize someone not considered attractive.
- Review your strongholds discovered in [K.S.Z](#) and found in the appendices. Add to this list to develop the [Spiritual Reflexes](#) needed to respond to life with a prepared heart.
- **BUILD YOUR GRATITUDE LIST and INCONVENIENCE YOURSELF WHENEVER POSSIBLE.**

[BUILD YOUR GRATITUDE LIST!](#)

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December 18

O Come O Come Emanuel! Emanuel means "God is with us." *"The Spirit of Christmas, why can't it last all year round?"* some ask. Tis the Season of Giving!

If you live each day conscious that God is with you, build your gratitude list, and, most importantly, inconvenience yourself for the benefit of others, the Spirit of Christmas will never leave you. In the song, "O Come, O Come, Emanuel," the words go on to say, *"And Ransom Captive Israel."* Unless you exercise your heart in preparation for the Christ child, Christmas will be just another season as you dwell in worldly captivity.

Give the following some heartfelt thought. Does being miserable, hopeless, discouraged, defeated, greedy, unforgiving, vengeful, self-absorbed, etc., add to or delete from your life? If this is where you're returning, why not go somewhere and throw the towel in and exist? You might actually be less miserable, amounting to absolutely nothing. That would be a shame since God has a specific purpose for your life that you can find through gratitude and giving of yourself. God has no lemon law!

Today, *"Prepare Ye The Way!"* Believe God is with you and build your gratitude list; most importantly, inconvenience yourself for the benefit of others. **BUILD YOUR GRATITUDE LIST**

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December 19

Some say Christmas is a time for looking backward. We remember our childhood and family celebrations; think about those no longer with us. Some traditions we may actually continue. Then some say, *"I hate the holidays and can't wait for them to end."*

In The [K.S.Z](#), **you can look back and** examine your past experiences. While it's not wise for you to live in the past, looking backward at your experiences, good and bad, can benefit some people who may cross your path. Your past experiences can often bond you with others whose pasts were similar to yours. Then there are those experiences that may help you know you can relate to what others are experiencing. This could be very comforting at times. Our "[Experience](#)" is the first ingredient in the giving process.

Sharing your experience with others lets them know they are not alone. They are comfortable knowing someone has experienced what they are experiencing and they made it through. You can motivate another by sharing with them:

1. God goes before them and will NEVER leave or forsake them.
2. You are there to help them carry the load so they can come to the other side.
3. God will use their present experience to benefit others if they listen to their accountability.

Today, Keep saying *"Thank you!"* no matter your situation. Practice walking in the shoes of others. Forgive those who have hurt you. Forgiveness is the most significant experience you will ever give yourself. Keep working on your [Spiritual Cardio](#) plan. *"Prepare Ye The Way!"*

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December 20

"Strength" is the second ingredient in the giving process. Discovering the value of your experiences will motivate you to build strength. Strength is as much of a choice as feeling depressed, bitter, angry, and resentful. Sure, some have emotional illnesses, but some have gained strength if they sincerely seek it.

Strength, whether physical or emotional, takes time to develop. Developing strength requires a repetitious process. It is best to practice strength over and over. The keys are "commitment" and "patience." Don't expect quick results - they won't last.

When you **REALLY** want the strength to overcome, you will shake at it, stare it down, and smile at it repeatedly. Just don't give up! One day, it will just show up. It's the Way the rhythm of the game of life works. *"In the Burnin Comes the Learnin."* When you feel the burn, you know your strength is building.

Today, Keep saying, *"Thank you!"* Practice walking in the shoes of others. Everyone you come in contact with today is God's perfect creation. Build strength by loving those who are hard to love. These practices also help strengthen the cardio side of things. *"Prepare Ye The Way!"*

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December 21

Hopelessness is a rapidly growing dis/ease, unfortunately plaguing many adults and youth today. Hopelessness is a symptom stemming from worldly knowledge that has led to acute and, in some, chronic self-dependence. Worldly knowledge cannot be sustained and eventually leads to hopelessness and death. The death we experience can be physical, or it can be temporal. *"Now faith is the substance of things hoped for, the evidence of things not seen."* -Hebrews 11:1
"[Hope](#)" is the third ingredient in the giving process.

- We've come to believe and trust in a Power greater than ourselves through incurable gratitude.
- We've witnessed how our experience has given us strength, which has benefited others.
- Instead of the isolation that worldly knowledge leads to, we've been blessed by the insulation of others who support us as we help them.

So there you have it. As the Kings will arrive bearing gifts of gold, frankincense, and [myrrh](#), we now come to the world bearing gifts of our Experience, Strength, and Hope, which we will use to spread the Good News of Christ's child's coming and share our hope in Him to all we come in contact with through the way we conduct ourselves. A phrase attributed to St. Francis of Assisi tells us, *"Preach the gospel always, if necessary, use words."*

Today, keep saying, *"Thank you!"* Practice walking in the shoes of others. Everyone you come in contact with today is God's perfect creation. Build hope by loving those who are hard to love. These practices also help strengthen the [Spiritual Cardio](#) side of things.

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December 22

Today, we mix the three ingredients and make the finished product.

You've taken some courageous steps to prepare your heart for the coming of the Christ-child. Remember, in order to keep what you've just discovered about yourself, you must give it away. Now it's time to begin learning to share your Experience, Strength, and Hope with others who can benefit from it. Use the following guide to assist you. Keep it Short and Honest.

Experience: Your past experiences can often bond you with others whose pasts were similar to yours. Then there are those experiences that may help others know you can relate to what they're experiencing. This could be very comforting at times.

- When you share your experience, ask The Spirit to guide you. Your experience is not about you being a victim and/or manipulating someone.
- Be honest! Your experience concerns bonding through common understanding and letting others know you've walked in their shoes.
- NEVER FORGET, "**Honesty without compassion is subtle hostility.**" NEVER dump your bucket onto someone under the guise of "Honesty" or "Tough Love." Tough Love is a misunderstood, misused technique and cliché-ish in its use.
- Write a paragraph about your experience.

Strength: Your experience is what can give you the motivation to build strength. [Strength](#) is as much of a choice as feeling depressed, bitter, angry and/or resentful.

- What about your experience did you choose to build strength and why?
- Write a paragraph about your strength stating "why" you are building it and place it following your experience statement.

Hope: *"Now faith is the substance of things hoped for, the evidence of things not seen."*

-Hebrews 11:1

- What do you believe that gives you hope?
- Why do you believe what you do?
- Write a paragraph about what gives you hope and "why." Place it following your experience and hope statements. Now, you are equipped to give of yourself by sharing Christ with others, bearing gifts of Experience, Strength, and Hope.

[Download Personal Witness Outline](#)

Today, thank God for giving you the experience, strength, and hope in your life that fulfills your purpose for living. Continue saying "Thank you!" and asking God to change your heart, making it a Bethlehem for the Christ-child.

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December 23

You've been in preparation for a month now in anticipation of the arrival of the Christ-child. Be careful! The Last-minute hustle and bustle have a way of trying to undo your prepared heart. In fact, life's annoyances will never go away, so you must finely tune your [Spiritual Reflexes](#).

Without question, the best Way to keep those reflexes finely tuned is by giving yourself through your experience, strength, and hope. Giving from the grace given you is very different from giving because it's "the season for giving." The gift of grace the Christ-child is coming to bring will last for your life here on earth and eternity

Today, begin identifying ways to add [Balance](#) to your life. Download [The CC of Life Scoring System](#) and start working on your balance. NEVER be too busy to share your experience, strength, and hope with others. It's the giving of self that shapes the rhythm of life. As you head out today, say "Thank you!" so that any last-minute hustle and bustle and tying up loose ends will not interfere with your prepared heart.

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December 24

Let's understand the significance of what is to take place today. Joseph and Mary arrive in Bethlehem only to discover there isn't a shelter to be had. Since Mary was in labor, they were led to a stable. This was certainly no coincidence on God's part.

Jesus was coming to take on the world's sin, so the stable represented our human condition. What the animals in the stable provided was the stench of our sin. Jesus certainly was not placed in a cradle, but most likely a feeding trough found in the stable, representing Christ as our spiritual food - "The Bread of Life."

On this night, light would give way to darkness, leading to the Christ-child, and that "Light" continues to teach us today. In 1 John, we read, *"If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin."*

Today, ponder your [strongholds](#) discovered in the appendices. "Humbly" ask God to remove from you those defects of your character standing in The Way of making your heart a Bethlehem for God's son. Visit your gratitude list and inconvenience yourself today whenever possible as you *"Prepare Ye The Way!"*

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"Rhythm of the Game – Like the Rhythm of Life"

December 25

"J.O.Y." To the World, THE LORD Has Come! Notice we don't sing, *"Happy"* To The World, THE LORD Has Come! Today, family and friends will give gifts that will make others happy, *"just what they always wanted"* – for the time being. Most people feel they are entitled to happiness. As we know here at the club², happiness is an atmosphere (or high) you will enjoy only for a while. Happiness requires more and more of itself to maintain levels of existence.

On the other hand, Joy seems to be a step beyond happiness. Joy comes from within; it is not a matter of externals, and Gratitude is the basis for establishing and maintaining that joy.

Joy is a "Light" that fills you with hope, faith, and love. While happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.

It is gratitude that unlocks the fullness of the joy of this new Life born in hearts today. Most folks learn they can only be as joy-filled as they are grateful.

May the Joy born today grow through a gratitude that warms your heart, making it a daily Bethlehem for the Son of God.

Today, "Humbly" ask God to remove from you those defects of your character standing in the Way of making your heart Christ's home. Visit your gratitude list and practice being joy-filled today and every day until it develops into [Spiritual Reflexes](#). Then, every day will feel like Christmas.

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² "The Club", When we refer to "The Club", we are referring to The Country Club of Life our virtual training facility.

December 26

“The Way” has arrived, and the Preparation Stage for Advent moves to the Maintenance Stage of daily life. Today, the party's just starting with the Twelve Days of Christmas, untouched and yet to enjoy, leading to the arrival of The Kings on January 6.

How might I enjoy these twelve days so I don't fall into the winter doldrums as so many do? I can enjoy them so that my joy will maintain the new life the Christ-child has come to give to me - and that joy will be complete. Over the next twelve days, we will examine the maintenance steps to apply to keep Christmas in our hearts throughout the year.

On the first day of Christmas and every day thereafter, ***“I will admit that I am a powerless person in the vastness of the universe, and living in my power will render my life unmanageable.”*** The Christ-child came not only to give me life but abundant life. Living life in my power will rob me of God's abundance.

I must give up my control to gain control. Christ has come to do for me what I could not do independently. My part each day is to commit to and execute the best day I can. In other words, *“Do what most won't.”* That's ALL I can do – My Lord Has Control of the Outcome.

Christ, “The Bread of Life,” is my spiritual food today. Think of it this way: living in my power is like a sugar high. It will give me energy for a time, and then I crash. Admitting my powerlessness and living in Christ nourishes me with lasting energy, excitement, hope, and a future.

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December 27

On the second day of Christmas, *"I must come to believe there is a Power outside myself that can restore the order in my life."*

To maintain the Christmas Spirit in me, I must always be mindful that life does not revolve around me. I must admit my powerlessness daily, believing there is a power much bigger than me that made order out of chaos. I must give up control to have control.

There's nothing wrong with goals and ambitions – just trying to control their outcomes. There is a saying, *"Man Proposes and God Disposes."* My dreams and ambitions must not be self-driven but rather other-driven. My goals and ambitions must be inspired by a heart that is a Bethlehem for the Son of God. It is the human condition that pushes me to self-sufficiency. But God is faithful, and like a good parent, God gives me enough rope to hang myself and is there to reign me back in and restore a Good, Ordery Direction in my life.

Living in my power is sure to destroy the order in my life. Only admitting my powerlessness daily and living in Christ shapes and maintains a winning rhythm and restores Godly order.

Today, I will work on my [Spiritual Strength Training](#) throughout the day, repeating the following affirmation, *"I am powerless, and the "Joy" of THE Lord is my strength."*

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December 28

On the third day of Christmas, "*I must make a decision* to turn my *Life and my Will* over to the care of the *Good Orderly Direction* that directs a life well-lived." So, that begs me to ask.

1. What do I believe about God? Not the catechism's definition, but mine?
2. Whose face is on my God?
3. Why do I believe what I do about God?
4. Am I ready to turn my life - *and my will* to God?

Making a decision to turn my life over to God is the easy part of surrendering. "The Will" that's the real challenge. After all, "*Where there's a Will - There's a Way.*" If I'm strong-willed, I am sure to struggle through life. A strong will holds me in bondage, robbing me of the abundant life the Christ-child has come to bring.

A large part of turning over your will means you must come out of hiding. This type of surrender will absolutely put you into a cold sweat. This is why you must take the four questions above very seriously. **YOU CAN NOT HAVE LASTING ACHIEVEMENTS IN LIFE HIDING FROM LIFE.**

Today, I have prepared my heart for the Christ-child. His is the "WAY" I seek. He is the Truth and Life I must follow to be filled with the Joy and Hope He brings.

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Remember, "Gratitude" unlocks the FULLNESS of life.

"Rhythm of the Game – Like the Rhythm of Life

December 29

On the fourth day of Christmas, *"I will quiet myself before God and make a searching and fearless moral inventory of myself, confronting the sound of the silence planted in my brain that I've been covering up."*

Revisit your inventory findings from December 7th thru 11th. These readings will guide you if you have not made an inventory. Either way, it takes CAUTION! You are about to enter **"The 'KNOW' Sin Zone."**

We must identify our strongholds and temporal substances and become accountable for them since our human condition is always with us. Taking a good look at ourselves can either help us arrest certain defects of our humanness, or they can become our most significant allies as we set up defenses that block them from our lives.

This self-revelation is where your accountability will prove to be invaluable. Meeting with a coach trained in the art of probing is the most thorough way to go. We are trained and have the experience to get to the silence planted in our brains and find your *"Key-Log."* Along with your accountability, taking this route will assist you in finding your game at a championship level.

Today, look closely at your findings. Did you find your *"Key-Log"*? Are the strongholds and character defects you discovered the kind that can be arrested, or are they the kind where you will need to set up defenses that block them out of your life?

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"Rhythm of the Game – Like the Rhythm of Life

December 30

On the fifth day of Christmas, *"I will admit to God, to myself, and to another person who is trustworthy and TOTALLY committed to confidentiality, the inventory findings and become free from my secrets."*

While most people say in a cliché-ish manner, *"The truth will set you free,"* the decision you are making today, if correctly done, will change the course of your life. Find someone familiar with what you're doing. It will be their ability to properly probe you that will maximize your results and progress going forward.

However, many ask, *"Isn't it enough to admit to God? Why another person, too?"* The answer is that a properly trained third party will do their utmost to *"Get It All,"* as a surgeon is often asked following cancer surgery.

The key to this step is to do everything possible to *"Get It All Out of You,"* or the cancer that has been holding you back will keep returning and most likely spreading to other parts of your life.

Today, pray that you will be led to the proper person who will guide you through this critical step. Keep praying until you find this person.

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"Rhythm of the Game – Like the Rhythm of Life

December 31

On the sixth day of Christmas, "I will begin talking to the God of my understanding regularly, asking for awareness of the strongholds that have me in their grip as a result of the inventory."

How fitting the timing is. Today, millions of people are making resolutions to change things in their lives. Some won't make it a day. Some will only be a few days, and the balance will be out of the game in less than a month.

Why is this? They will approach their resolution using "will-power." On the other hand, we start by admitting we are powerless over our defects. We will get accountable with someone who will keep us on track – "One Day At A Time." We may initially break it down to one hour at a time.

When we find ourselves getting weak and ready to admit our defects, we will contact our accountability so they can talk us through it. We realize our powerlessness just for today - not forever, and when tomorrow gets here, it's today all over again. Should we "Slip" (Sobriety Lost Its Priority), we accept our humanness and get back up. "Shake it off," and keep going.

Today, I will walk in a Good Ordery Direction, seeing God in everything and everyone. I will play life straight down the middle to maintain order. Order shapes the winning rhythm champions are made of. Aim at little victories first and feel the joy filling your heart and the excitement about the hope and future God promises.

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"Rhythm of the Game – Like the Rhythm of Life

January 1

Today, you will offer those you see a "Happy New Year!" Happy? Remember, you are seeking "JOY." Also, today is the seventh day of Christmas, and *"I will humbly ask God to remove the strongholds and temporal substances standing in the Way of my completeness and usefulness. I will block those that cannot be removed through strict accountability."*

As Jesus spoke about the vine and the branches, He said, *"I have told you this so that my joy may be in you and that your joy may be complete."* Remember, you have given your life **and will to God's care**. For your strongholds to be removed and your joy complete, you must stay connected to God at all times, as was God's design before our separation from God and sin entered the world.

You remain human and are only a branch, while God is the vine. Don't get this backward. Our **E.G.O.** tends to **E**ase **G**od **O**ut while we assume the command of our lives. See the Christmas reading to remind yourself why you seek "Joy" today and every day, not "Happiness."

Today, I will continue walking in a **G**ood, **O**rdery **D**irection. I will see God in everything and everyone. I will play life straight down the middle. Living an orderly life maintains the winning rhythm champions are made of. Shoot for little victories and feel the joy filling your heart and the excitement about the hope and the future God promises. Identify something that will be coming up that puts joy in your heart. It can be a holiday or event; build your hope through gratitude.

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"Rhythm of the Game – Like the Rhythm of Life

January 2

On the eighth day of Christmas, *"I will make a list of all persons I have harmed and become willing to make amends to them all."*

It's time to hit the New Year running. The clock will again soon become your dictator. You'll run from task to task, never seeming to complete it. It will be "business as usual" if you're not careful and accountable.

Remember the words of Marley's ghost, *"Business! Mankind was my business; charity, mercy, forbearance, and benevolence were all my business. The deals of my trade were but a drop of water in the comprehensive ocean of my business!"* To quote the words of Henry David Thoreau, *"The mass of men lead lives of quiet desperation and go to the grave with the song still in them."*

"The rhythm of the game like the rhythm of life." Balanced living and a strong drive to give back through the grace given you are the game plan of champions. STOP! "Participate" in each day – don't "Anticipate" during each day. If you live with a prepared heart of Joy, you will discipline yourself to live in the moment by basking in the Joy – No Matter What.

Kick out of your life the notion that *"Everybody's working for the weekend"* and repeat to yourself, *"Today well-played yesterday a dream of joyfulness and tomorrow a vision of hope."*

Today, Remember, Christ was born to serve - not be served. *"Mankind is your business!"* Keeping a clean slate with others is an integral part of your overall rhythm of life. When you do someone or something wrong, admit it promptly and reconcile the situation.

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"Rhythm of the Game – Like the Rhythm of Life"

January 3

On the ninth day of Christmas, “I will make direct amends to such people whenever possible, except when to do so would injure them or others. **I must NEVER make amends that will transfer my burden to another to rest my conscience.**”

No human being is perfect. From time to time, we say and do things we regret. When this happens, stop and pray and ask God for wisdom in what we should do and to lead us.

In a day when spinning the truth has become an art, we must keep our slate clean and promptly admit when we are wrong. Be careful! Avoid sayings like “*the truth hurts*” or “*tough love*.” We must be sure not to dump a personal bucket on someone under the guise of honesty. Be careful! Fearlessly search yourself to make sure something inside of you isn't the cause of your being haunted by your conscience, and then you dump it on someone else to get relief.

Today, remember, Christ was born to serve - not be served. Mankind is your business. Keeping a clean slate with others is an integral part of your overall rhythm of life. When you do someone or something wrong, admit it promptly and reconcile the situation.

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“Rhythm of the Game – Like the Rhythm of Life”

January 4

On the tenth day of Christmas, *“I will continue to take [Daily Personal Inventory](#), and when I am wrong, I will promptly admit it.”*

Each day you awake, you consciously or unconsciously decide whether you will participate or anticipate throughout the day due to the rhythm of your life. Give the following some thought.

What percentage of your days are lived in laser-like winning participation, and what percentage is spent in anticipation and anxiousness? If you died yesterday, would there be an inspiring testimonial on your gravestone, or would it read, "Here Lies [Your Name], Dead But Never Really Lived. They Died With A Song Still In Their Heart.”

“The Rhythm of the Game – Like the Rhythm of Life.” It is a learned skill acquired through training, practice, **and incurable gratitude.** Remember, *“The Present Is the Point At Which Time Touches Eternity.”* **For it is in the present that you meet God.**

Today, begin the habit of spending thirty minutes at the end of your day reflecting on just how much of the day you actually participated in. Make some mental notes you may use to make tomorrow more fruitful. Thirty minutes each day reviewing your participation in life can add years.

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“Rhythm of the Game – Like the Rhythm of Life”

January 5

On the eleventh day of Christmas, *"I will seek through prayer and meditation to improve my conscious contact with God, praying for the knowledge of God's will for me, and the power to carry it out."*

"How do I know when something is God's will for me?" Does anyone really know? Let's think about this.

If you are in one with God by living in the present, you are, without a doubt, in God's will. GOD'S WILL IS WHERE YOUR FEET ARE RIGHT NOW. Suppose The KNOW Sin Zone is the result of the fall of humanity. Unfortunately, man fell from grace into The KNOW Sin Zone. The more you decrease the separation of The KNOW Sin Zone by playing life straight down the middle, the more your conscious contact with God will increase, and you will be in God's will.

The problem is that our humanness causes us to want it both ways so we can so-called "enjoy life." Then, we want to know God's will only when it suits or favors us. That's us trying to be like God and what landed us in The KNOW Sin Zone in the first place. Unfortunately, the game isn't played that way.

Today, the easiest way to increase your conscious contact with God is to stay present and play the day with Christ as your caddie. Talk to Him about everything, and keep thanking Him for all He's given you. That's how the game is played.

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"Rhythm of the Game – Like the Rhythm of Life"

January 6

On the twelfth day of Christmas, *“Having had a spiritual awakening as the result of this process, I will carry the message to others and practice these principles in all my affairs every day throughout the year.”*

The kings have arrived bearing gifts of gold, frankincense, and myrrh. Gifts fitting for the newborn King. I shall live each day bearing gifts of experience, strength, and hope to those I come in contact with. I will never be too busy to give of myself. In fact, I welcome opportunities to inconvenience myself - especially at a perceived cost to myself. This practice keeps me mindful that God is in control; it keeps me humble and builds the lifesaving gratitude that is my spiritual food.

I apply what I discovered about myself during this Christmas season to keep my spiritual reflexes finely tuned. Like The Kings, I, too, carry the message of the newborn King.

I will keep a winning rhythm by carrying this message in words and actions daily. I do this by having small daily victories and an incurable gratitude attitude.

Today, Sharpen up by sharing your experience, strength, and hope so that you will be equipped to answer a call by God by reaching out to others – especially those hard to love.

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“Rhythm of the Game – Like the Rhythm of Life”

Journal

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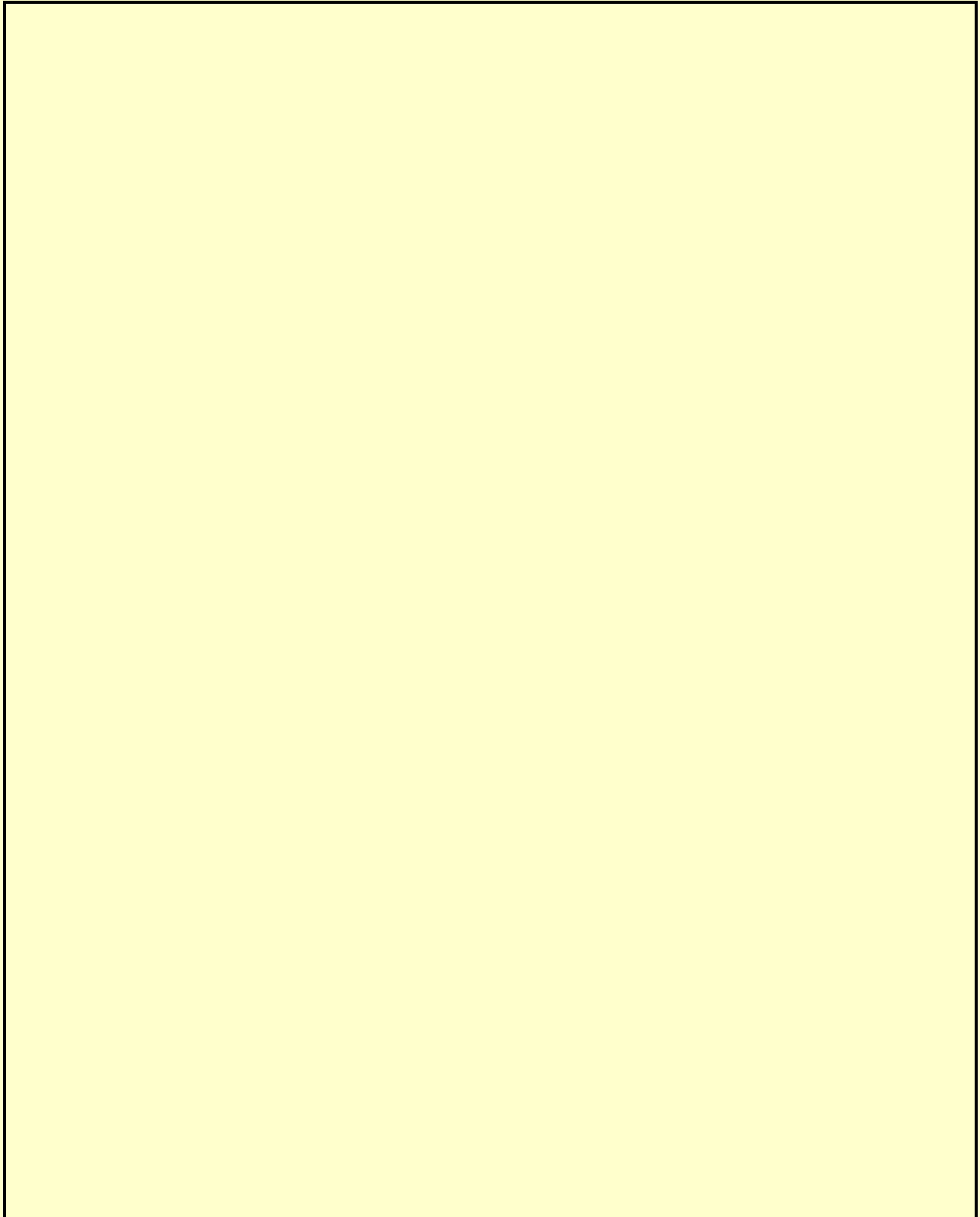
Journal

Journal

Patient Information	
First Name	
Last Name	
Room Number	
Phone Number	
Insurance Company	
Insurance Policy Number	
Referring Physician	
Referral Date	
Referral Reason	
History of Present Illness	
Onset of symptoms	
Duration of symptoms	
Frequency of symptoms	
Severity of symptoms	
Associated symptoms	
Previous treatments	
Response to treatment	
Family History	
Social History	
Physical Examination	
Vital Signs	
General Appearance	
Head and Neck	
Chest and Lungs	
Heart and Circulation	
Abdomen and GI	
Genitourinary	
Musculoskeletal	
Neurological	
Psychiatric	
Laboratory Tests	
Imaging Studies	
Pathology Reports	
Treatment Plan	
Follow-up	

Journal

Journal

A large, empty rectangular box with a black border, intended for journaling or writing. It occupies the majority of the page below the title.

Journal

Journal

Journal

Appendices

Identifying Strongholds and Temporal Substances

What habit, substance, or activity do you tend to turn to when under pressure or stress?
(Check those that apply)

- | | |
|--|---|
| ☐ Excessive Work | ☐ Materialism |
| ☐ Sex / Pornography | ☐ Under-Earning |
| ☐ Over-Achievement | ☐ Overindulging in Alcohol |
| ☐ Binge Eating | ☐ Abusing Drugs (Legal or Illegal) |
| ☐ Taking Control | ☐ Headaches / Migraines |
| ☐ Uncontrolled Anger | ☐ Blaming Others |
| ☐ Money Dysfunction | ☐ Manipulation |
| ☐ Hoarding | ☐ Make Others Feel Sorry For Me |
| ☐ Exaggerate Success | ☐ Lie or Stretch the Truth |
| ☐ Shopping When Stressed | ☐ Dishonestly Boastful |
| ☐ Spending on Toys | ☐ Self-Pity |
| ☐ Gambling | ☐ Rebellious & Resentful |
| ☐ Approval Seeking | ☐ Repetitive Spiritual Backsliding |
| ☐ Toxic Relationships | ☐ Frequent Exhaustion & Burnout |
| ☐ Rescuing Other People | ☐ Need or Enjoy To Hurt People |
| ☐ Physical Illness (Hypochondria) | ☐ Other: _____ |
| ☐ Excessive Exercise Conditioning | ☐ Other: _____ |
| ☐ Cosmetics & Surgery | ☐ Other: _____ |
| ☐ Excessive Clothes Buying | ☐ Other: _____ |
| ☐ Academic Achievement | ☐ Other: _____ |
| ☐ Religiosity | ☐ Other: _____ |
| ☐ Excessive Intellectualizing | ☐ Other: _____ |
| ☐ Perfectionism | ☐ Other: _____ |
| ☐ Obsessive Cleanliness | ☐ Other: _____ |
| ☐ Compulsive Organizing | ☐ Other: _____ |

☐ Excessive Worry

☐ Other: _____

☐ Low Self Esteem

☐ Other: _____

☐ Character Assassinating of Others

☐ Other: _____

(Check “Yes” or “No” to the following)

Y N

- | | | | |
|--------------------------|--------------------------|-----|--|
| ☐ | ☐ | 1. | I need more of the habit, substance, or activity than I used to experience a functional life under pressure. |
| ☐ | ☐ | 2. | I turn to the habit, substance, or activity for reward or protection. |
| ☐ | ☐ | 3. | I sometimes hide the habit, substance, or activity from those around me. |
| ☐ | ☐ | 4. | Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life? |
| ☐ | ☐ | 5. | Have I been deceitful with the habit, substance, or activity to the detriment of others around me? |
| ☐ | ☐ | 6. | Could the habit, substance, or activity left unaddressed be destructive to me or others? (<i>Look at the worst-case scenario</i>) |
| ☐ | ☐ | 7. | Have those around me ever mentioned the habit, substance, or activity? |
| ☐ | ☐ | 8. | Do I get defensive when the subject of the habit, substance, or activity is brought up? |
| ☐ | ☐ | 9. | Do I feel guilt or remorse for indulging in the habit, substance, or activity? |
| ☐ | ☐ | 10. | Do I promise to stop the habit, substance, or activity without doing so? |
| ☐ | ☐ | 11. | Do I find that I turn to it again regardless of my resolve to stop the habit, substance, or activity only? |
| ☐ | ☐ | 12. | After unsuccessfully attempting to stop the habit, substance, or activity, do I find that the habit, substance, or activity increases? |

Maintenance Plan

Experience: Your past experiences can often bond you with others whose pasts were similar to yours. Then there are those experiences that may help others know you can relate to what they're experiencing. This could be very comforting at times.

- When you share your experience, ask The Spirit to guide you. Your experience is not about you being a victim and/or manipulating someone.
- Be honest! Your experience concerns bonding through common understanding and letting others know you've walked in their shoes.
- NEVER FORGET, "Honesty without compassion is merely subtle hostility." NEVER dump your bucket onto someone under the guise of "Honesty."
- Write a paragraph about your experience.

Strength: Your experience is what can give you the motivation to build strength. Strength is as much of a choice as feeling depressed, bitter, angry and/or resentful.

- What about your experience are you choosing to build strength, and why?
- Write a paragraph about your strength stating "why" you are building it and place it following your experience statement.

Hope: *"Now faith is the substance of things hoped for, the evidence of things not seen."*

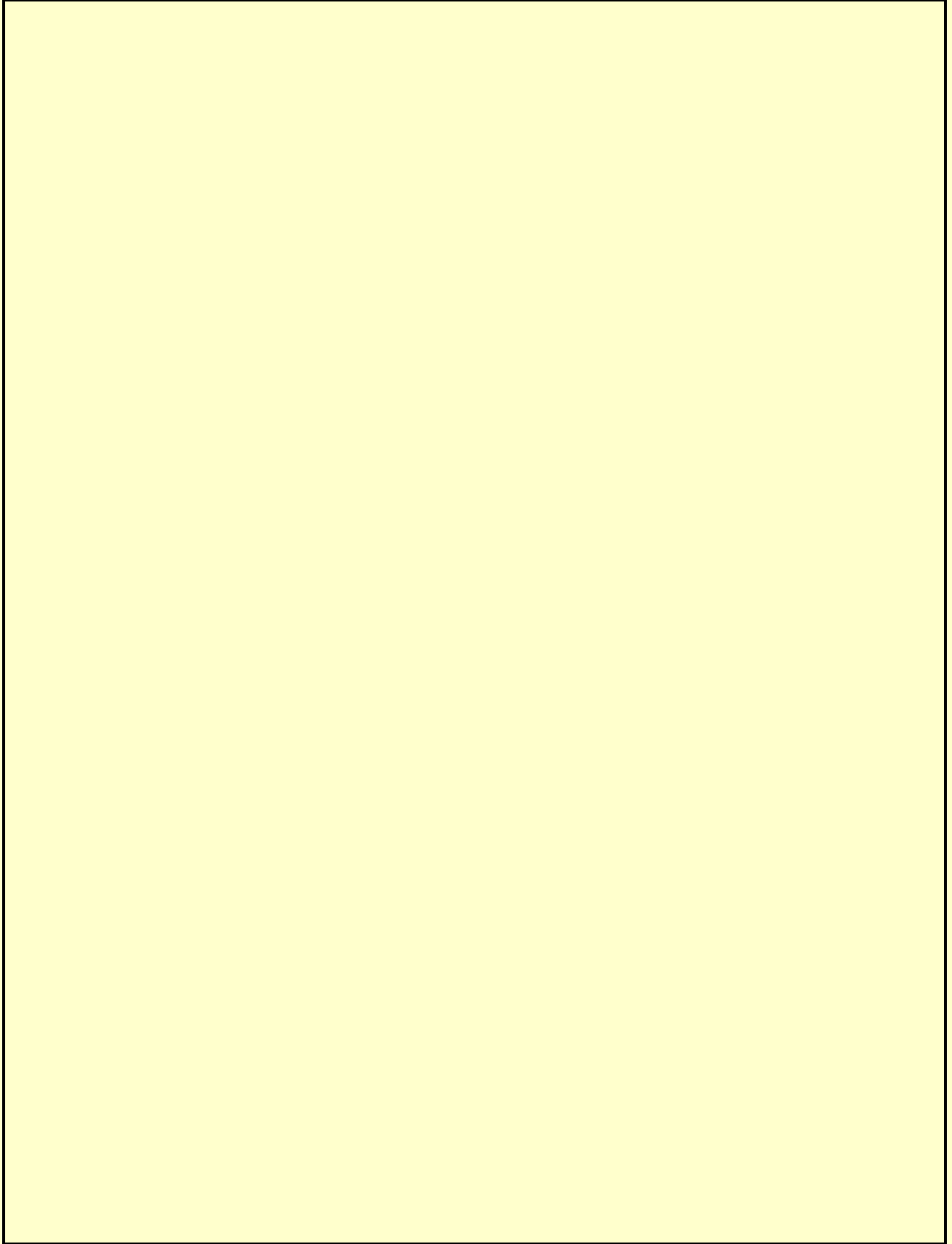
-Hebrews 11:1

- What do you believe that gives you hope?
- Why do you believe what you do?
- Write a paragraph about what gives you hope and "why." Place it following your experience and hope statements. Now, you are equipped to provide yourself with the gifts of experience, strength, and hope.

How will I be inconveniencing myself?

Disciplines to “Keeping It Green!”

- Life is a game that cannot be won – just played. - **KEEP IT SIMPLE!**
- We play life on life’s terms. In other words, we play life as it lies, not as we wish. No “wouldas,” “couldas,” “shouldas” allowed.
- Begin each day with God by saying “Thank You!” for the day, then plan your tasks in a **Good, Ordery Direction.**
- Make contact with your accountability at the start of your day and make contact throughout the day as needed.
- Make a searching and fearless inventory daily. Practice eliminating the more venial character defects and temporal substances and blocking those more mortal, decreasing your margin for error as you play the Game of Life.
- Accept that you are powerless over your character defects and temporal substances daily.
- Maintain your rhythm in life by determining and then accepting what works for you so you can “*play your game*” under all circumstances.
- You maintain your winning rhythm by living a balanced life.
- Reach out to others daily through your character defects and temporal substances.
- Inconvenience yourself regularly to demonstrate your powerlessness.
- **BUILD YOUR GRATITUDE LIST** daily, no matter your circumstances, and fine-tune your spiritual reflexes to life.



Resentments

Although this is a fillable PDF, putting pencil to paper has proven most effective when dealing with resentments.

1. Ask yourself why you are holding on to the anger you have—complete column 1, then two from top to bottom.
2. On our grudge list, we set opposite each name our injuries. Was it our self-esteem, security, ambitions, personal or sex relations that had been interfered with? Place an (x) in the appropriate boxes in column 3.
3. Complete each column within column 3 from top to bottom, starting with Self-Esteem and finishing with Sex Relations.
4. Column 4 is the key column to clearing the resentments that block the flow of God's grace in your life. To put out your mind the wrongs others have done, you must come to KNOW those character defects within you that contributed to the wrongs, where you may have been selfish, dishonest, self-seeking, fearful, and manipulative. Mature wisdom will show that while the situation has not been entirely our fault if you're rigorously honest with yourself, you will admit that the signs or risks are evident. This inventory is for you and your peace and freedom - not the other person, place, or thing.

FEARS

1. We now take a searching and fearless look into our fears. We must put pencil to paper with our fears even if no fears may be connected with them—complete column 1 from top to bottom. Do nothing with columns 2, 3, 4, and 5 until column 1 has been completed.
2. It's now time to begin coming to “KNOW” why we are fearful and why we have the fears we do. Our mother or father may have been nervous and anxious, and you have adopted the same habit. But it's just that - A Habit. You can break it and reshape your thinking if you choose to. However, to do this, you **must** be fearless as you search. REMEMBER, this is YOUR inventory. Not your mother or father's, not some incident or experience. Complete column 2 from top to bottom. Do nothing with columns 3, 4, & 5 until column 2 has been completed.
3. Which part of “*Self*” have I been relying on that is failing me? “*God helps those who help themselves.*” Who the heck came up with that one? Certainly not God and it is not in the bible. Self-reliance may be helpful to a degree. Some of us once had great self-confidence, but it didn't fully solve the fear problem. Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed.
4. Column 4: What part of self does our fear affect?
5. Column 5: It's now time to turn to God and ask Him to remove our fear and direct our attention to what He would have us be. Fear is referred to as **False Evidence** **Appearing Real**. Look back from the outcome to the beginning of some of your fears and see how different they look from the outside looking in. The evil in life sets up illusions, **False Evidence that Appears Real**. Fear is a form of terror that isolates us and takes us off our games. The antidote for “isolation” is “insulation” with the word of God.

Sex Conduct

You may be wondering what this topic would do with the inventory. Our research has revealed that sexual conduct outside of marriage, either pre-marriage or extra-marital, depletes one's Spirit. Then, as life's storms hit our fragmented condition, we find less than a complete person who can deal with what life may send us. Taking a searching *and THOROUGH* look at this part of our lives is critical to bringing us back to wholeness, or *Wholey-ness*, as we like to refer to it.

1. Complete. Column 1 from top to bottom. Do nothing with columns 2, 3, 4, and 5 until column 1 has been completed.
2. What did we do? This doesn't necessarily mean physical contact with another person. *BE THOROUGH* – ask the Spirit to guide you, and you will come to terms. Complete column 2 from top to bottom. Do nothing with columns 3, 4, and 5 until column 2 has been completed.
3. We list the exact nature of our shortcomings—complete column 3 from top to bottom. Do nothing with columns 4 and 5 until column 3 has been completed. Remember, we're looking for our shortcomings' "EXACT" nature. Oh, we all know them. They're those things we drown out with the noise and busyness of life.

Who did I harm? (Complete column 5 from top to bottom.

People We Have Harmed

Who Did I Harm? What did I do - or fail to do? Which part of the "self" caused the harm? What is the EXACT nature of my wrongs, faults, mistakes, and defects? You must fearlessly search. The answers are there - You Know Them; you've been drowning them out with today's epidemic - BUSYNESS.

We all have our secrets and try to keep them to ourselves. Trying to avoid the humbling experience of this inventory, we may attempt to take a softer, easier way. THIS INVENTORY IS ABOUT YOUR FREEDOM - not to get those you have harmed to like you. If you decide to hang on to some of your biggest secrets and continue the cover-up, you will live AND DIE in a terminal state of bondage.

May you receive a Spirit of courage!

The Amends Process

Let's begin taking a look at the Amends Process. There are distinct differences between giving someone an apology and making amends with them. An apology is like putting a band-aid on a wound; it covers the source of the pain until it eventually disappears. On the other hand, making amends is the best way to reconnect with the people who have been deeply hurt due to your actions. Unfortunately, people who have made reckless decisions cannot magically undo the pain and often irreversible heartache they have caused by issuing a simple apology.

In most cases, your victim will need a much more prolific and profound interaction with you before any attempt at reconciliation can be made. However, making honest and humble amends is essential to rectifying a broken relationship. The Daily Wrap-Up is crucial for keeping you aware, and you KNOW when you are acting in a way that has to be harmful to another person, and you can get yourself back to proper focus and make amends before things get too out of hand.

The Importance of Making an Amends helps flush your system spiritually. Making amends is an integral part of personal growth and healing. It is imperative to make amends with those people whom you have wronged. Making amends with somebody you have wronged is not intended to make them like or forgive you. Making an amends is for your benefit. It would be best to make an amends when you genuinely understand the situation and feel a sincere call for atonement. With this momentous step, you alone can bring closure to shattered relationships. The keyword is "closure." Making an amends may not get you forgiveness, but it will bring closure, leading you to newfound freedom.

Let's take a look at the various types of amends.

- **Direct Amends:** When making Direct Amends, we deal directly with the person we have harmed by taking personal responsibility for our actions. Be careful, however. Be sure to discuss this with your accountability first. Be cautious as to how you take responsibility and own your actions. Never make promises with amends. Remember, the amends are to clean your slate and not get the other person to like you again. The chances are that if a person you've harmed will forgive you, they will do so without amends. Then there are those with such pent-up resentment that nothing you can ever do will get their forgiveness. A Direct Amends might sound something like the following.

"At the time, my judgment was clouded, and I hurt you (and others if applicable). The truth is I was trying to help people because I wanted to be somebody, and instead, I hurt the exact people I was trying to help. I sincerely apologize more than I can express."

- **Indirect Amends:** is the process of showing humility to amend something that cannot be undone. For instance, if a crime in the past or some other error(s) in judgment prohibits you from directly approaching the harmed party(s), you have offended. Amends can be made indirectly. Indirect Amends are made by making a lifelong commitment, for instance, to an outreach that reaches out to others who may be struggling with the same character defects and strongholds you now recover from. The perfect example was St. Paul, who went from persecuting Christians to becoming one of history's greatest ambassadors for Christ. If you've made a fearless and searching journey to The KNOW Sin Zone, you know where your life's focus needs to be.
- **Living Amends:** Forgiving yourself is critical for keeping you from guilt and shame. Finally, a Living Amends is an assurance to yourself that you have come to KNOW your strongholds and defects and have made a genuine lifestyle change. Your assurance comes from the accountability you now keep and your current balanced life, including service to others stemming from those strongholds and defects. Making living amends to yourself is critical to your assurance from self-sabotage during life's valleys.

References

Disclaimer: The information in the preceding pages stems from over forty years of note-taking, seminars, workshops, research, study, and clinical exposure to personal development. Since it was never the intent of the author that their life experience, strength, and hope be cited in this form, accurate records of where various quotes, paraphrases, and recollections are cited cannot be stated with exactness. As a result, the following is a listing of the most probable resources referenced or from past information recollected.

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