

Prepare Ye The Way



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Overview

“Prepare Ye The Way 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, awaiting, preparing, and maintaining, how our hearts can remain 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 liturgical year in Western Christianity.

To begin, you will turn to the Table of Contents. It is designed as a clickable calendar with links to readings covering November 21 thru January 6.

Toward the back of this book, there 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 whenever possible.

If you have suggestions as to how we might improve on 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,*

A handwritten signature in dark ink, reading "Bill Carberry". The signature is written in a cursive, flowing style. The first name "Bill" is written in a larger, more prominent script, followed by "Carberry" in a slightly smaller, more compact script. The signature is positioned at the end of the letter, following the phrase "In His Service...and yours,".

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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? Or will I waste it while my mind wanders anxiously? Will I be an encouragement to those I come in contact with? Or will I join in with the bellyachers? Will I rest in God to not miss an opportunity to fulfill His purpose for granting me this day? Or am I counting the minutes until quitting time?

Thanksgiving Day is coming, officially launching the Christmas season. It's a time of gratitude and peace. For its gratitude that unlocks 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 in 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."* Ask yourself, 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 today to participate rather than anticipate this joyous season? How about I work on my heart and begin a spiritual cardio program by making it 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.

[Click for Spiritual Cardio Assessment](#)

November 22

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

What is it that is holding me back from sincerely being 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.

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

Gratitude is not something you were born with. GRATITUDE IS YOUR CHOICE. You can choose to be grateful no matter what your situation might be. Being grateful puts a winning rhythm to life.

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

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November 23

"The rhythm of the game like the rhythm of life." If you've seen the movie Bagger Vance, you KNOW that statement. Let's re-emphasize. GRATITUDE IS A CHOICE. If you're traveling for the holiday and you're stuck in traffic, be thankful you're in a warm, comfortable car. At Thanksgiving dinner, there may be someone irritating you 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 that comes 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 how 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 no need to tell anyone. After all, you're a man!

Today, Act grateful, and you'll build a grateful 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 coming to terms with "Whose" you are.

If you believe you are a descendant of God's, 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 repetitiously "*Thy Will Be Done*" 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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Remember, "Gratitude" unlocks the FULLNESS of life.

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

Go To "Maintaining a Gracious Perspective

November 25

So, how's it going with the gratitude? If you're practicing every day, it should be developing into a reflex. This practice is critical if you're going to be 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 down-turns which are bound to come will yield returns beyond expectations.

[Maintaining A Gracious Perspective](#) in life is a gift the vast majority of people will choose to have. It's human nature to blame. 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!*" over and over until you hear it without even trying. Following is the second part of the prayer from yesterday.

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

Go To "Maintaining a Gracious Perspective

November 26

"Prepare the way for the Lord; make straight paths for him." As you live with 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 found 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*

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

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Go To "Maintaining a Gracious Perspective"

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, defeated and may even feel they have drifted too far from God to ever come back. 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 begin to get just a glimpse into The KNOW Sin Zone. Your Daily Wrap Up yesterday will have exposed some of the 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."*

[BUILD YOUR GRATITUDE LIST!](#)

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Remember, "Gratitude" unlocks the FULLNESS of life.

[Click for The KNOW Sin Zone](#)

[Maintaining a Gracious Perspective](#)

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; 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.

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Remember, "Gratitude" unlocks the FULLNESS of life.

[Click for Live In The Present](#)

[Maintaining a Gracious Perspective](#)

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.*

Whatever I do, I will work at it with all my heart, as working for the Lord, not for men."

So, what's your game plan at work? Will you be doing 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, which contributes to a victorious rhythm in life. When you cheat life, you can no longer swing at it freely. Cheating, spinning, and other forms of deceptions 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 from you the character defects blocking that victorious rhythm.

[BUILD YOUR GRATITUDE LIST!](#)

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November 30

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of 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" "sticking to the task" is what 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 a champion status. Find your "[GRIT](#)." **Gratitude Responds Intensely to Testing.**

All too often, your human nature will cause you to seek relief from trials that come your 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.*"

It is the testing of your faith that produces perseverance. You must let perseverance finish its work by walking – not running through life's trials so that you may be mature and complete, not lacking anything. God's going before you. What's the rush? He's got you!

Today, Journal throughout the day, summarize yesterday, look for patterns, and identify little victories. Persevere! – Don't Quit! Stick to the task and keep saying "*Thank you!*" until you mean it with all your heart.

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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. Yo! God will complete you when you are ready. Set up small wins to keep yourself going.

Satan is the master of terrorism, as we have come to 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 just like the rhythm of life." Remind yourself constantly, *"I work for The Lord, not men out of obedience, which contributes 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 deceptions 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 saying to you, *"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 key to conditioning along with the training regimen. Following is your spiritual cardio training regimen.

1. Begin Warm-Up reading [The Daily Inspiration](#).
2. Do The [Daily Warm-Up](#) – Beginning of the day and [Wrap Up](#) – End of the day.
3. Sit comfortably, hold a pencil or pen level with your eyes. Focus on the object and your breathing slowing. 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, be mindful, *"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 you know Satan went to God to ask for permission to put these trials (hazards) on you just like he did with Job. God knows that it is the testing of your faith that produces perseverance. *"Let perseverance finish its work so that you may be mature and complete, not lacking anything."*

Today, Step back, do what needs to be done, focus, and stay in the day. God will be showing up in various ways, letting you know you're covered. Keep saying, "Thank you!"

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December 4

As you prepare your heart for the Way, read the following two passages asking God to open your heart. These verses will be crucial to your commitment as you continue 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 of the wild animals the Lord God had made. He said to 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 that is 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. When God returned to question them about their disobedience, what did they do? They covered up, and they blamed—a strategy the human race uses to this day.

Today, Examine your Will (that part of your mind over which you have control) and [journal](#) those things 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 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 the list goes 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 the peace that 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 it is used to fulfill a "Passion of Purpose" that benefits not only you but, in particular, others. Knowledge strokes our egos precisely where Satan needs us to fill us with his propaganda. As we have come to know, knowledge tells us we know what is best for ourselves and others. Knowledge, as we have come to identify it, 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.

Godly knowledge uses life experience to make the world a better place passionately. 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.

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December 7

If you believe you came from God, then 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 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 to make your heart loving.

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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 those things in your life that are robbing you of peace. The child about to be born is coming to 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 at our fears. Why forward? Because we 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 on 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 that was intended to appear real. That's precisely what "The Great Illusionist" Satan does in your life to get you 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 found 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 to make your heart loving like God's.

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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 begin to examine your sexual conduct, past and present. Our research has shown sex outside of marriage, either pre or extra fragments a person. Then when the hazards of life rise against you, you are less than whole to face the elements entirely. *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of 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," is what 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 and go through the "Sex Conduct" exercise 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 to make your heart loving like God's.

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Remember, "Gratitude" unlocks the FULLNESS of life.

December 10

So, was yesterday revealing? If you played it straight down the middle and rigorously honest, it has you thinking today. Either way, you're going to spend another day looking at sex conduct today. Sex conduct doesn't mean just physical contact; it means emotional also. 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 and manipulation, and the other signs there from the start of the relationship. Their chances of survival were less than nil for one partner, while the other never really 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 to make your heart loving like God's.

[BUILD YOUR GRATITUDE LIST!](#)

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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 that we might be reconciled with God. We are a broken and imperfect people. Due to our condition, we have hurt others throughout our lives. We have held resentments towards others, and we have been fearful and impure. As we prepare for The Way, we need to be reconciled with those we have hurt. This reconciliation is necessary so that we may cleanse our hearts - Christ's home.

Reconciliation is a reflex of a healthy heart and is 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, *"The 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 been destroying our rhythm to live life abundantly. Go to the "People We Have Harmed" assessment found 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 be loving like God's.

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December 12

You should now have your list of people you've harmed. Now it's time you make an effort toward amends so that you can stop avoiding certain people, places, and things. Be careful! Making amends takes very close accountability with someone that understands the process. Those situations that involve amends the chances are have been lingering for a long time. You're not going to clear them up overnight. Be patient! Your visible life change is a form of amends in itself and maybe 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, and you will feel peace and begin to enjoy the abundant life the Prince of Peace is coming to bring.

For, it is with this momentous step that 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 in your life.

Today, pray about your "People We Have Harmed" list, asking God for guidance. Continue saying "Thank you!" and continue 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. The inventory process you just experienced hopefully 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. Now, 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.

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

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.

[BUILD YOUR GRATITUDE LIST!](#)

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December 14

Gratitude is the first thing you turn to when you open your eyes to a new day. You thank God for bringing you to a new day, and you offer the day to God.

You do this so that 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, the sharing of that grace will inconvenience you so that 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 referred to as "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 then 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.

[BUILD YOUR GRATITUDE LIST!](#)

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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, he must take a journey with three spirits and examine his past, present, and future to have this chance.

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 a changed man but filled with gratitude and a spirit of giving – *"giddy with JOY."*

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

Your journey through life is motivated by the spirits of your "Experience, Strength and Hope." They shape you with Gratitude, Humility, and Purpose. They fill you with God's grace which leads you to reach out to others even at a cost to yourself due to the unwavering faith you 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.

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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? If you're participating in the day and playing life right down the middle, you should be.

Be mindful, *"You will reap what you sow."* In other words, *"You will get out of life what you give it."* 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. **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 won't. Participate in the day fully - Don't Anticipate. Say "Thank you!" over and over again. Fine-tune those reflexes, and you will be able to respond to whatever life throws your Way. Give lots of focus on building your gratitude list.

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December 17

"Prepare Ye The Way!" *"Change my heart Oh God, make it every 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. How the bible that is supposed to be so 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 who is not considered to be attractive.
- Review your strongholds discovered in The [K.S.Z.](#) and found in the appendices. Add to this list so you will develop the [spiritual reflexes](#) needed to respond to life with a prepared heart.
- **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 and 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 going to go back, why not go somewhere and just 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, family celebrations; think about those who are no longer with us. Some traditions we may actually continue. Then some say, *"I hate the holidays and can't wait for them to be over."*

In The [K.S.Z.](#) you look back to examine your past experiences. While it's not healthy 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 many times can 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 they're experiencing. This could be very comforting at times. Our "Experience" in life is the first ingredient in the giving process.

Sharing your experience with others lets them know they are not alone. They have the comfort of 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 too can come out the other side.
3. God is using their present experience to benefit others,

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

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December 20

"[Strength](#)" is the second ingredient in the giving process. Your experiences are what can give you the motivation to build strength. Strength is as much of a choice as feeling depressed, bitter, angry, and resentful. Sure there are those with emotional illnesses, but some of them have gained strength if they sincerely sought it.

Strength, whether it's physical or emotional, takes time to develop. Developing strength requires a repetitious process. You need 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 over and over and over again. 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 dis/ease, unfortunately plaguing many adults and youth today. Hopelessness is a side effect of worldly knowledge that encourages self-dependence. Worldly knowledge cannot be sustained and will eventually lead 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. Our experience and strength lead to hope since:

- 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 isolation which worldly knowledge leads to, we've been blessed by the insulation of others who support us as we support them.

So there you have it. As the Kings came bearing gifts of gold, frankincense, and myrrh, we come to the Christ-child bearing gifts of our Experience, Strength, and Hope which we will use to spread the Good News of His coming and share hope to all who hear it.

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 [cardio](#) side of things

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December 22

Today you 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 many times can 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 is about bonding with others through common understanding and for 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" or "Tough Love." Tough Love is a very 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 is it about your experience that you are 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 give of yourself sharing Christ with others, bearing gifts of Experience, Strength, and Hope.

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 keep your [spiritual reflexes](#) finely tuned.

Without question, the best Way of keeping 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 just 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 begin working on your life balance. NEVER be too busy to share your experience, strength, and hope with others. It's the giving of self that contributes to the rhythm of life. As you prepare to head out today, start saying "Thank you!" so that any last-minute hustle and bustle and tying up of 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 wasn't a shelter to be had. Since Mary was in labor, they were led to a stable. This was certainly no coincident on God's part.

Jesus was to be born to take on the world's sin, so the stable was representative of 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 which represented 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 back over 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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December 25

"J.O.Y." To the World THE LORD Has Come! Notice it doesn't read, *"Happy"* To The World, THE LORD Has Come! Yet, many spend their lives trying to find happiness. Their family will give them this morning presents that will make them happy, just what they always wanted – for the time being. Most people feel they are entitled to happiness. As we know here at the club, happiness is an atmosphere (or high if you will) you can "exist" in only for a while. Happiness requires more and more of itself to maintain levels of existence.

Joy, on the other hand, 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 and 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 and joy of this new Life born in your heart today. Most folks learn they will only be as joy-filled as they are grateful.

May the Joy born today grow through the 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 a [spiritual reflex](#). Then, every day will feel like Christmas.

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December 26

Christ is born, 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 that I don't fall into the winter doldrums as so many do? I can enjoy them by going through twelve steps of personal and spiritual development so that my joy will instead make a new life the Christ-child has come to give purposeful and complete in me and rewarding for Him. Over the next twelve days, you will examine these stages of growth.

On the first day of Christmas, ***"I 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 to give me life abundant. Living life in my power will rob me of the abundance God has for me.

I must give up my control to gain control. Christ has come to do for me what I could not do on my own. 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.

Today, Christ "The Bread of Life" is my spiritual food. 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 in this life.

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December 27

On the second day of Christmas, "I must come to believe that 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 I 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 outcomes. There is a saying, "*Man Proposes and God Disposes.*" My dreams and ambitions must not be self-driven 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 in life and restores Godly order.

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

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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 Ordery Direction that directs a winning life." Can't you just hear the Christian intellectuals now! So, that begs to ask;

- What do you believe about God? Not the catechism's definition, but yours?
- Whose face is on your God?
- Why do you believe what you do about God?
- Are you ready to turn your life - and your will over to God?

Making a decision to turn my life over to God is just a part of my surrender. My will, that's the Mr. Hyde side. As the saying goes, "*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 will need to come out of hiding. This type of surrender will absolutely put you into a cold sweat. This is why you must take very seriously the first three questions above. **YOU CANNOT 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 so that I will be filled with the Joy and Hope He brings.

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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 I've been covering up."*

Revisit your inventory findings from December 7 thru 11. If you have not made an inventory yet, these readings will serve as your guide to doing so. Either way takes CAUTION! You are about to enter "**The 'KNOW' Sin Zone.**"

We must identify our strongholds 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. They are trained and have the experience to get to the silence planted in your brain and, in particular, 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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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 findings of the inventory 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 result and progress going forward.

However, many ask, *"Isn't it enough to just 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 is the question so often asked of a surgeon 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 just 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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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 will be making resolutions to change things in their lives. Some won't make it a day. Some only 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." We, on the other hand, 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." In the beginning, we may break it down to one hour at a time.

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

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

[BUILD YOUR GRATITUDE LIST!](#)

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Remember, "Gratitude" unlocks the FULLNESS of life.

January 1

Well, today, you will be offering those you see a "Happy New Year!" Happy? Remember, you are seeking "J.O.Y." Also, today is the seventh day of Christmas, *"I will humbly ask God to remove the strongholds and temporal substances standing in the Way of my completeness and usefulness. Those that cannot be removed, I will block 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 your will** over to the care of God. 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 entering the world.

You remain human, and that is why you 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 it is "Joy" you seek today and not "Happiness" every day.

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, and build your hope for it through gratitude.

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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 be running from task to task, never seeming to get it all done. 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 is 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.

Kick out of your life the notion that "*Everybody's working for the weekend*" and repeat to yourself, "*Today well-played makes 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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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 just to rest my conscience.**"

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

In a day when spinning the truth has become an art, you must keep your slate clean and promptly admit when you are wrong. Be careful! Avoid sayings like "*the truth hurts*" or "*tough love*." You must be sure not to dump a 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 you being haunted by your conscience, 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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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 when you awake, you consciously or unconsciously decide whether you are going to participate in the day 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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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. G.O.D'S WILL IS WHERE YOUR FEET ARE RIGHT NOW. If The KNOW Sin Zone did not exist, you would be in God's perfect will always. Unfortunately, man fell from grace into The K.S.Z. The more you decrease the separation in The K.S.Z. 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 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 K.S.Z. 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 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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January 6

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

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

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

In carrying this message in word and mostly action daily, I will keep a winning rhythm going in my own life. I do this along with having small victories during the day combined with an incurable attitude of gratitude,

Today, Sharpen up sharing your experience, strength and hope so that you will be equipped to answer a call by God to reach out to another.

[BUILD YOUR GRATITUDE LIST!](#)

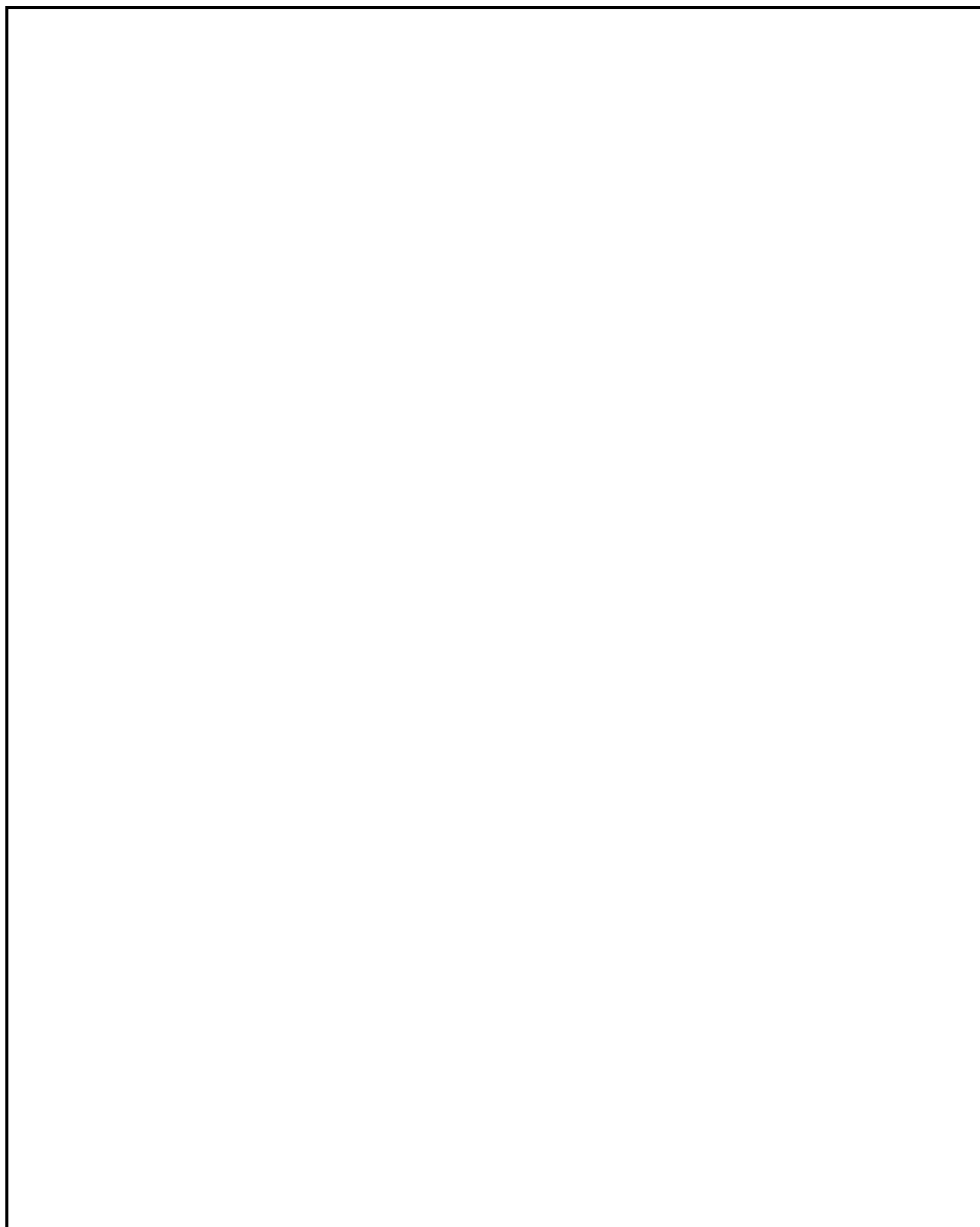
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Remember, "Gratitude" unlocks the FULLNESS of life.

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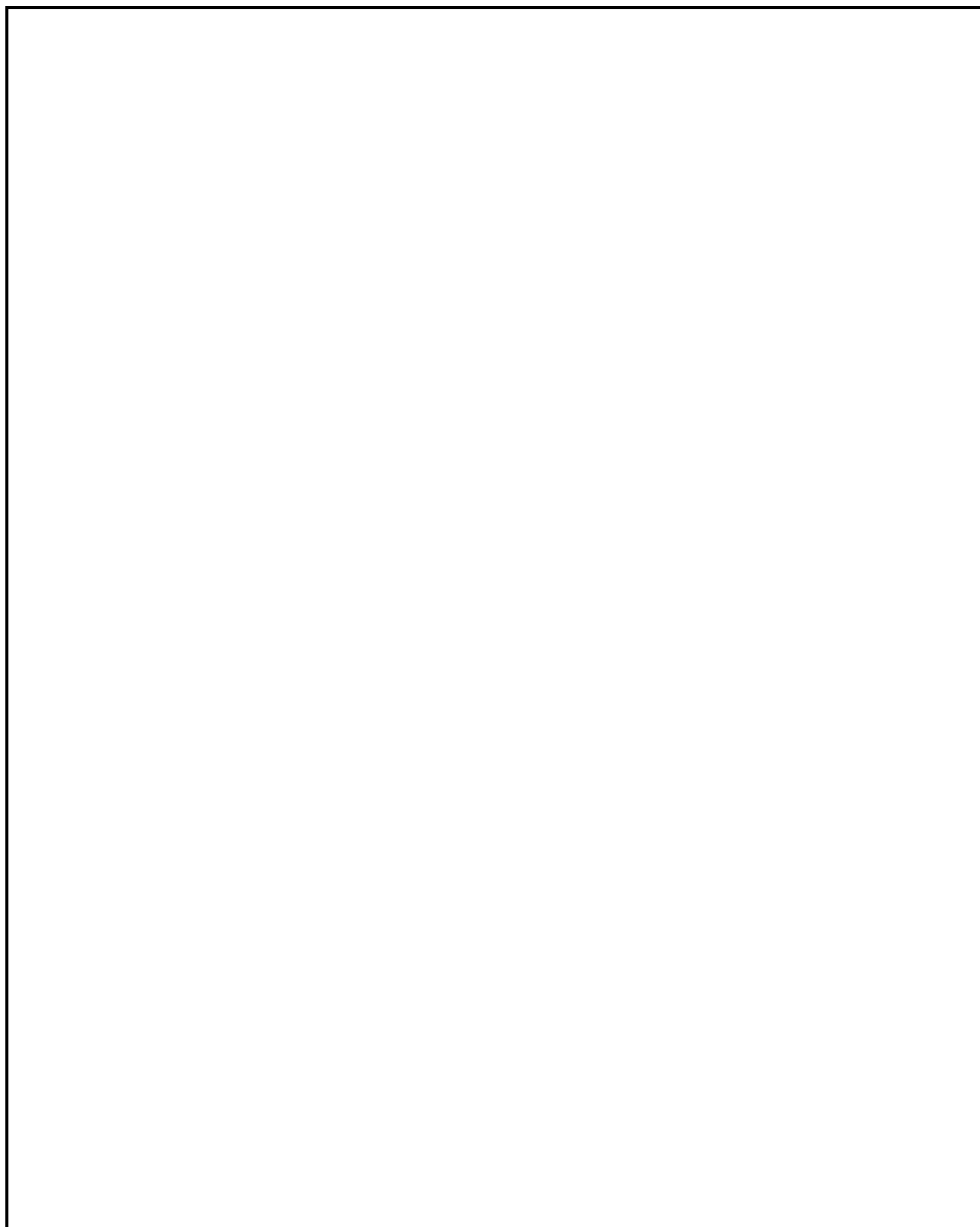
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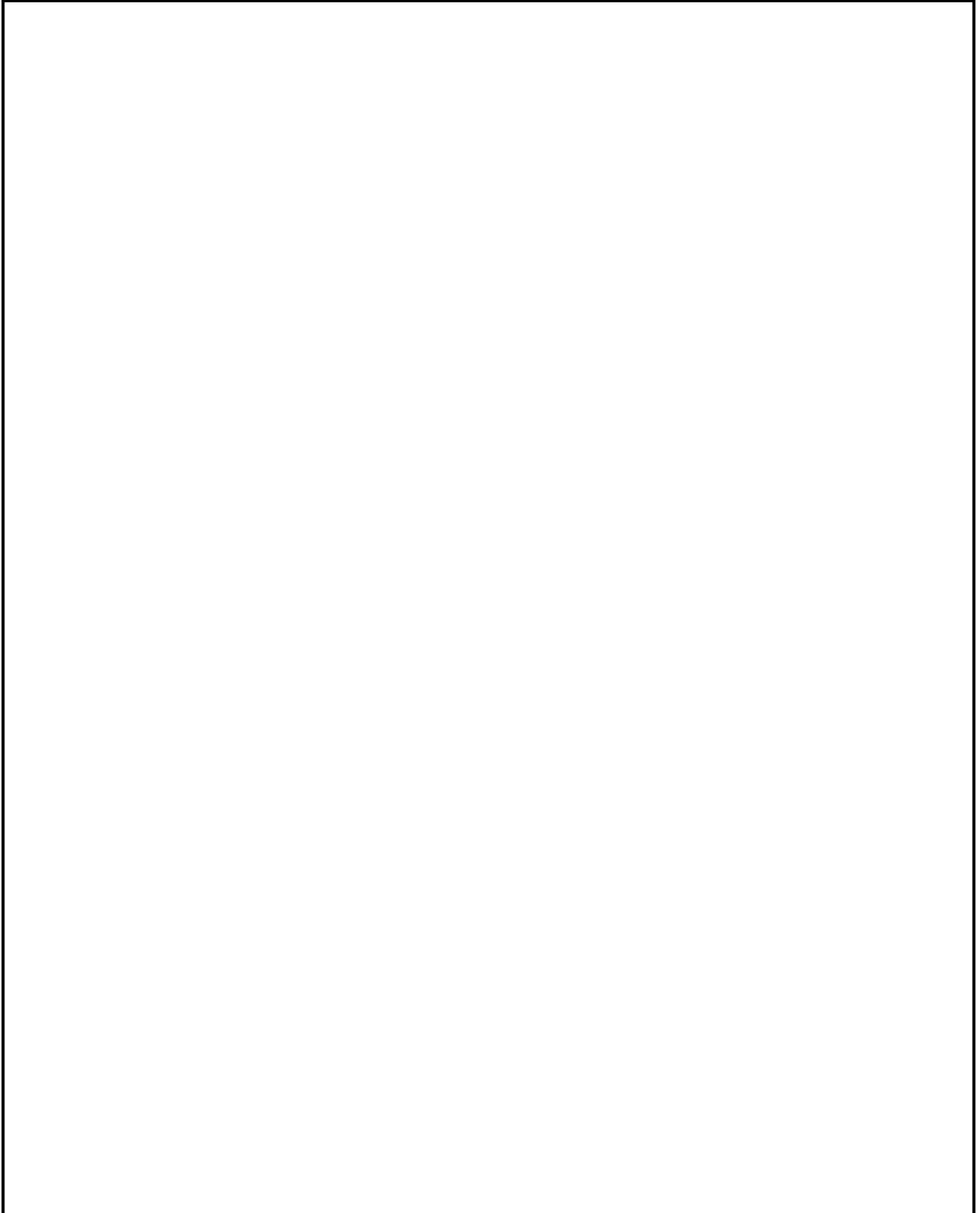
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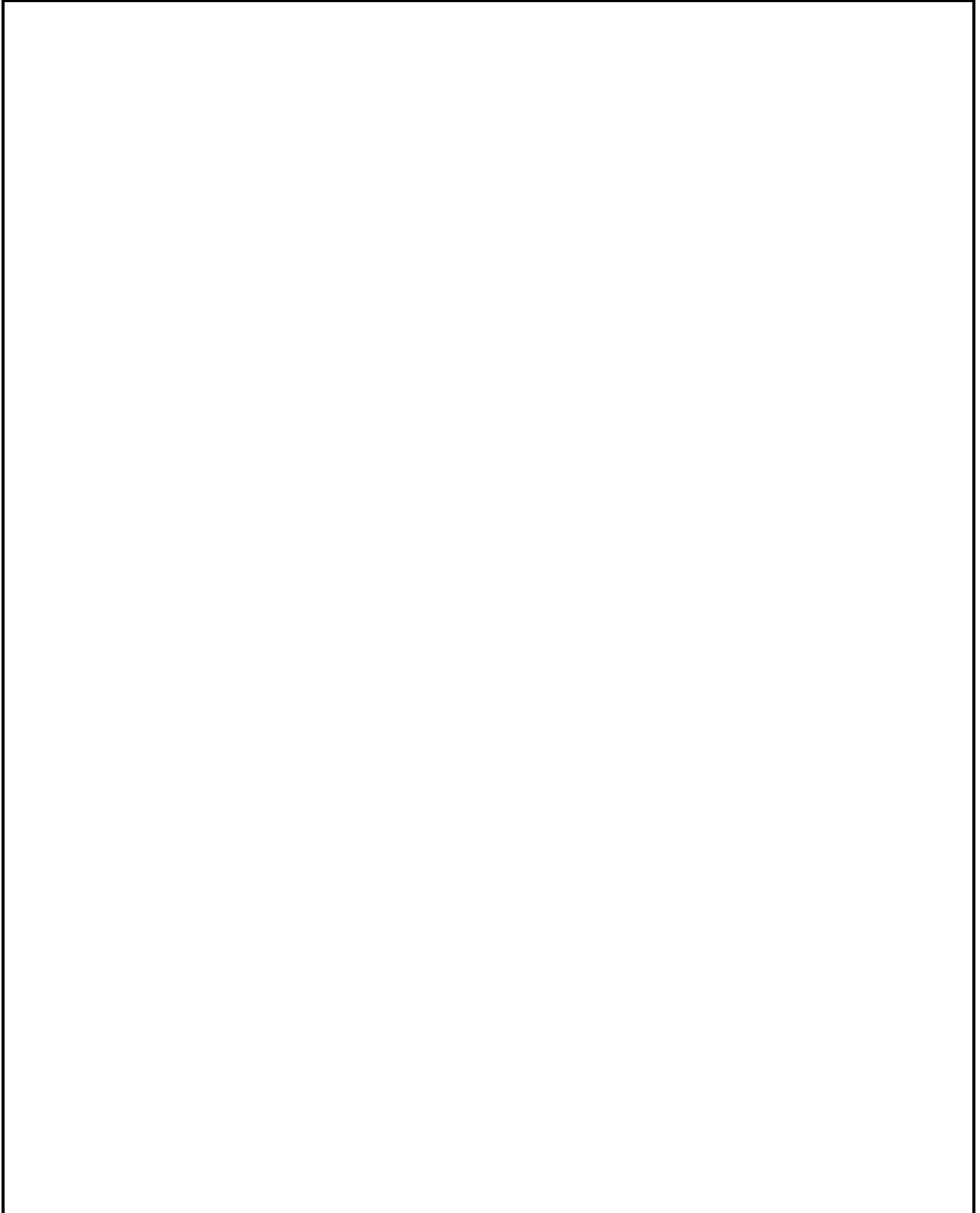
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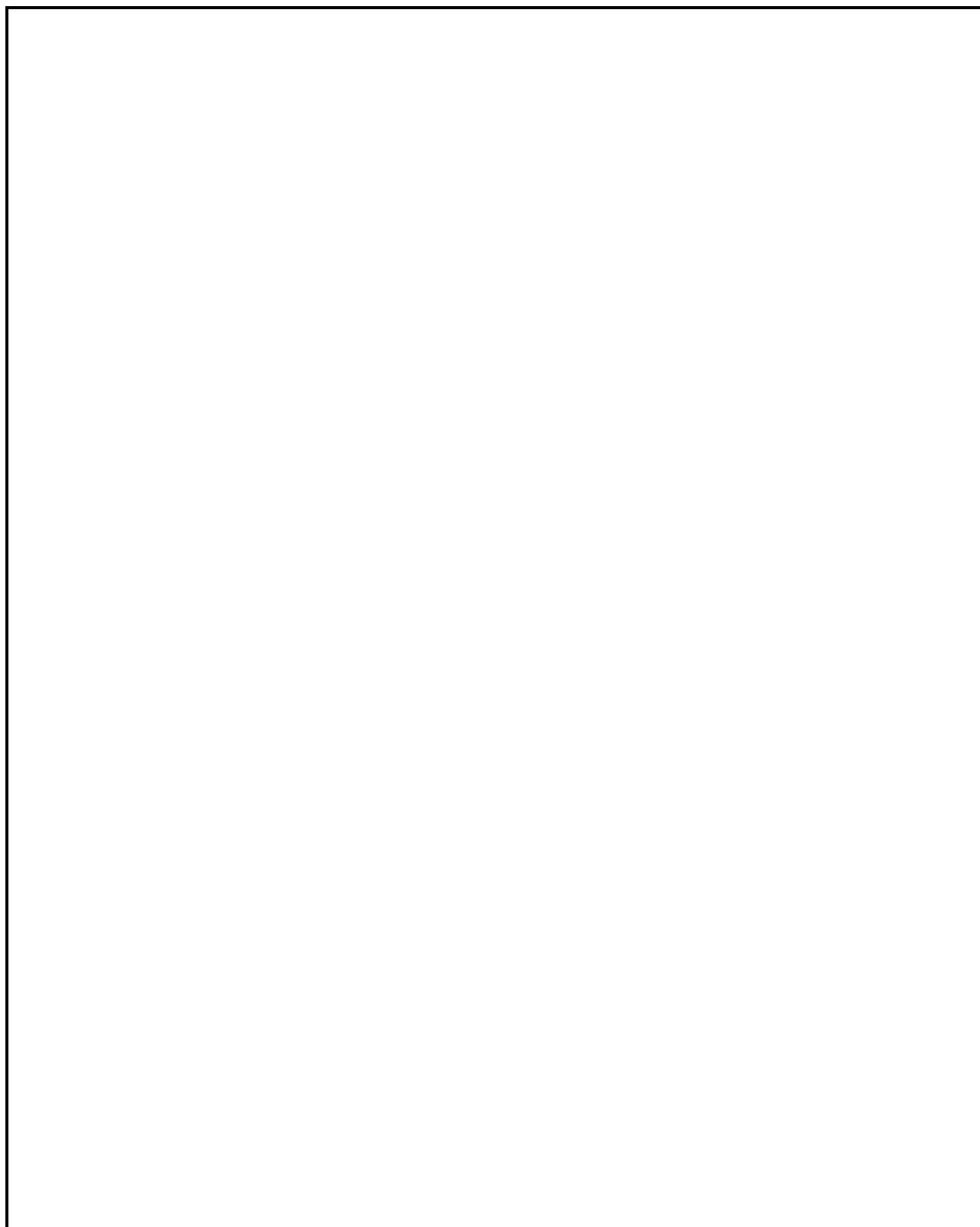
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Appendices

Prepare Ye the Way 70.

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 and/or Illegal) |
| ☐ Taking Control | ☐ Headaches / Migraines |
| ☐ Uncontrolled Anger | ☐ Blaming Others |
| ☐ Money Dysfunction | ☐ Manipulation |
| ☐ Hoarding | ☐ Make Others Feel Sorry For Me |
| ☐ Exaggerate Success | ☐ Lie and/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 in order to experience a functional life when 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 or dishonest with the habit, substance, or activity to the detriment of others around me? |
| ☐ | ☐ | 6. | Could the habit, substance, or activity left un-addressed 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 any guilt or remorse for indulging in the habit, substance, or activity? |
| ☐ | ☐ | 10. | Do I promise myself I will stop the habit, substance, or activity without doing so? |
| ☐ | ☐ | 11. | Do I find that regardless of my resolve to stop the habit, substance, or activity only to turn to it again? |
| ☐ | ☐ | 12. | After attempting to unsuccessfully stop the habit, substance, or activity, do I find that the habit, substance, or activity actually increases? |

Maintenance Plan

Experience: Your past experiences many times can 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 is about bonding with others through common understanding and for 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 is it about your experience that you are 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."*

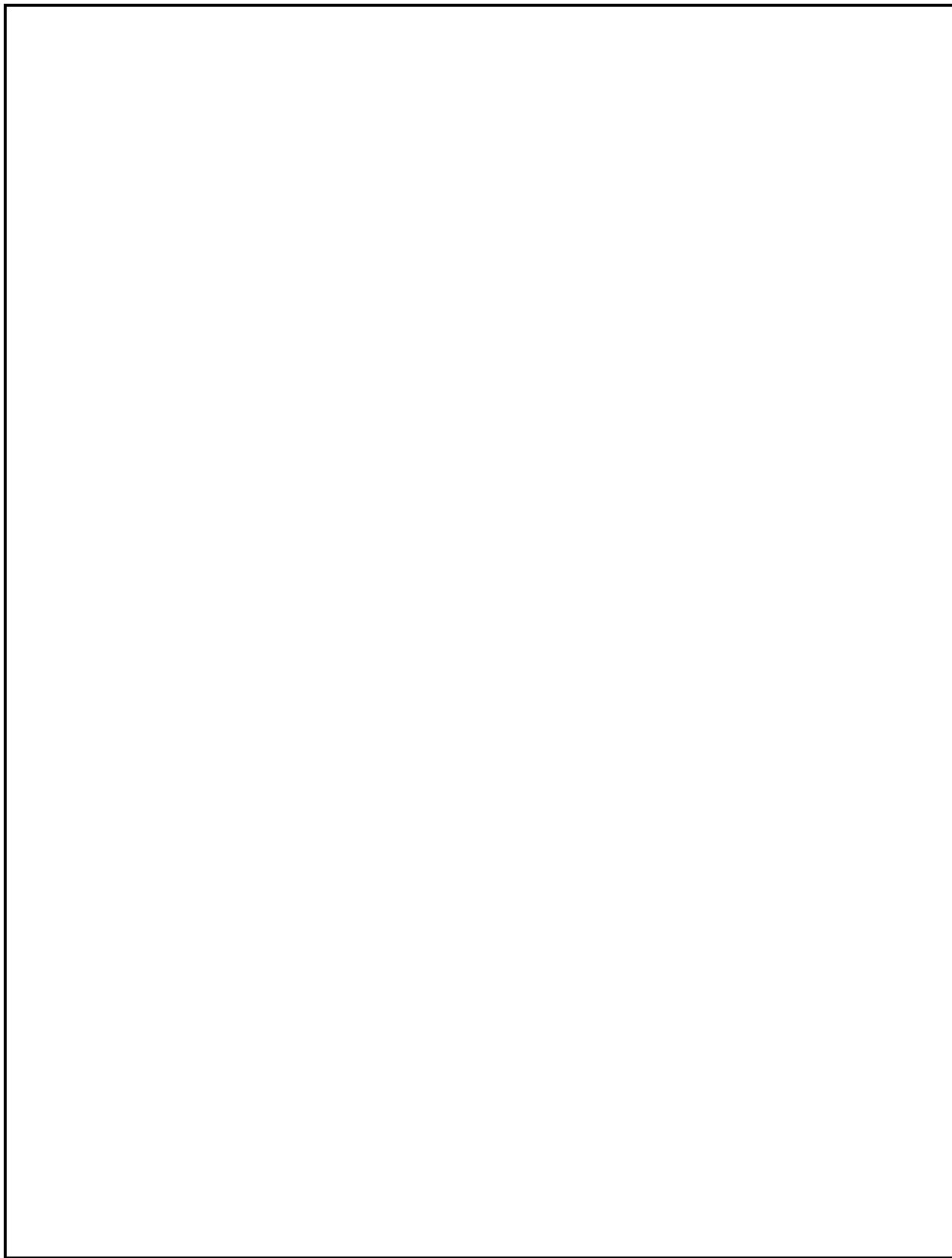
-Hebrews 11:1

- 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 give of yourself baring 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 it were. No “wouldas,” “couldas,” “shouldas” allowed.
- Begin each day with God by saying “Thank You!” for the day, then planning 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 to life by determining then accepting what works for you as you “*play your game*” under all circumstances.
- You maintain your winning rhythm by living a balanced life.
- Reach out to others through your character defects and temporal substances daily.
- Inconvenience yourself regularly to demonstrate your powerlessness.
- **BUILD YOUR GRATITUDE LIST** daily no matter what your circumstances keeping your spiritual reflexes to life finely tuned.



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 2 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, which 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 without question 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 had 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 while the situation had not been entirely our fault; if you're rigorously honest with yourself, you will admit the signs or risks were 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, 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. Sure, our mother or father may have been nervous and fearful, and you have adopted the same habit. But it's just that - A Habit. You can break it and re-shape your thinking if you choose to. However, to do this, you **must** be fearless as you search yourself. 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 which Appears Real**. Fear is a form of terror looking to isolate us and take us off our games. The antidote for “isolation” is “insulation” with the word of God.

(1) What Am I Afraid Of?	(2) Why Do I Have The Fear?	(3) What Part of “Self” Have I Been Relying On?	(4) What part of “Self” Does the Fear Affect?
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Sex Conduct

You may be wondering what this topic would have to 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 the storms of life hit our fragmented condition, we find less than a whole person who can deal with what life may send our way. 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, 5, 6 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, 5, 6 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, 5, 6 until column 3 has been completed. Remember, we're looking for the *“EXACT”* nature of our shortcomings. Oh, we all know them. They're those things we drown out with the noise and busyness of life.
4. Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6 until column 5 has been completed).

People We Have Harmed

Who Did I Harm? What did I do - or fail to do? Which part of "self" caused the harm? What is the EXACT nature of my wrongs, faults, mistakes, 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 we try to keep 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!

References

Disclaimer: The information in the preceding pages stems from over forty years of note-taking, seminars, workshops, research, study, and clinical exposure into 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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