

A city skyline with various skyscrapers and buildings under a blue sky with white clouds. A white dove is flying in the center, facing right. The text "The Country Club" is written in a yellow, gothic-style font, arching over the dove. The word "of" is written in a smaller, yellow, gothic-style font, positioned below the dove's wings. The word "Life" is written in a large, white, gothic-style font, positioned below the dove's feet.

The Country Club

of
LifeTM

Est. 2003

USGA 
Member Club

*"If I Do What Most Won't -
I Will Enjoy What Most Never Will"*

Beginner/Refresher Course Playbook

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USING THE PLAYBOOK

We've designed the Beginner/Refresher Course with 9 holes designed to basically teach the beginner and reinforce the basics for the so-called journeymen. The course is designed to keep you on your toes and develop precision in your game. Caddies are not required but are welcome.

Each hole is made up of the following:

- **Description:** Each hole starts with a description based on its name. Read it slowly it carries an important game plan for situations you will encounter in life. Ponder the message keeping as your priority being on par with how you respond.
- **Game Plan:** The Game Plan is a tip of sorts on how you should be approaching the situation you are facing. Remember, you're playing the game of life to succeed. Keep focused and utilize your caddie so you stay on plan and keep your strongholds blocked out.
- **The Approach:**

Is There A Factor Dictating Direction?

When approaching a golf shot, the slope the golfer will be hitting the ball from will without question dictate the direction in which the ball will go, just as sure as water runs downhill. While we are living in a day when many believe they can have it all, or do whatever they make up their minds to do, they ignore factors that dictate the direction for their lives.

Determine Your Options / Pick Your Mistakes

Okay, your direction is clear - "accept it". Now, determine your options and pick your mistake. Since you've accepted the direction of the shot or decision will go, you've decreased your margin of error by 50%. However, since you can't control the outcome with either - only your execution, you must now pick your mistake in case your execution is less than perfect.

Always Play To Strength / Play Sure Shot / Choice

Following is a quote by Bagger Vance, *"Inside each and every one of us is our one, true authentic swing. Something we was born with. Something that's ours and ours alone. Something that can't be learned. Something that's got to be remembered."* "Whose" and "Who" are you? If you are not sure or maybe you've been searching a bit, see "Find Your Game" Assessment.

Play Within Yourself

If you're a golfer, you've probably heard the joke about the day Moses was playing golf as he faced a shot 275 yards over water. Rather than laying up as his caddie suggested, Moses said, *"If Jack Nicklaus can do it - so can I."* Moses proceeds to hit his shot into the water then goes up to the hazard, parts the water and gets his ball. After doing this several times the course ranger approaches Moses' caddie to ask him to speed up play. Seeing Moses part the water the ranger asked the caddie, *"Who does that guy think he is, Moses?"* The caddie answered, *"No, he thinks he's Jack Nicklaus"*. Play both games with the swing you was given - not the one you wish you had. God had a special purpose for you and only you. So to be successful you need to bring **your** game.

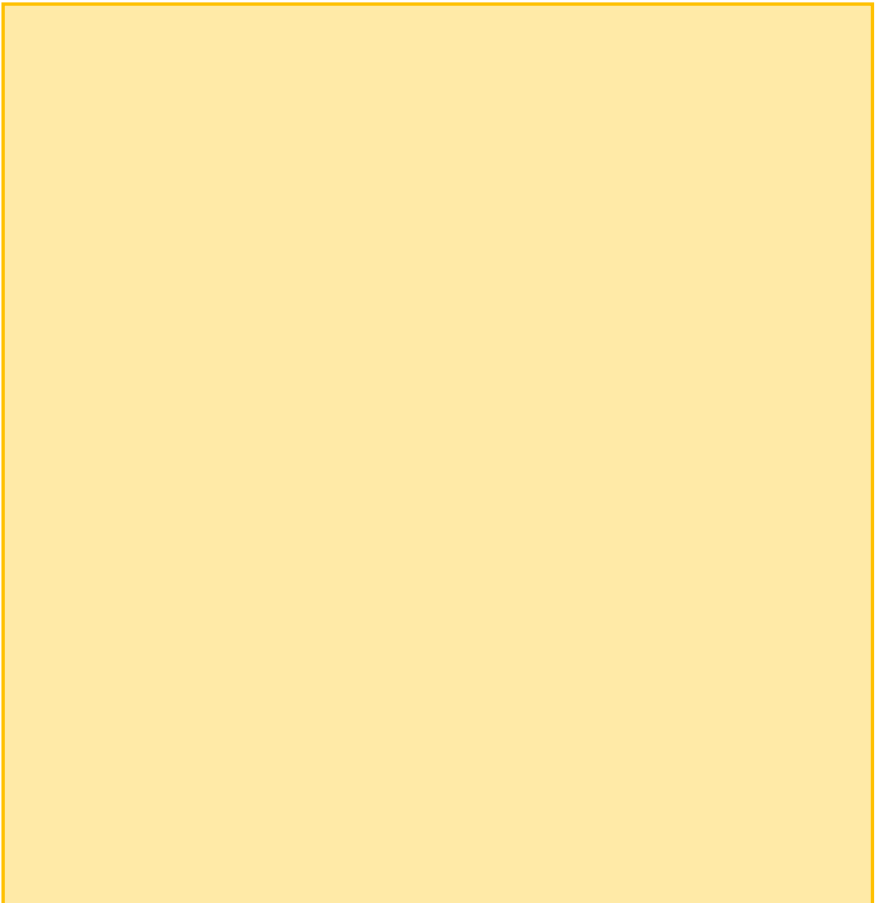
The Psychology: You will see there is a psychology noted on each hole. However, as you learn the various approaches, you may want to include one of the others with the situation you are confronting. (See "The Clubs and Sport & Life Psychology.")

Club Selection: The main premise of this coaching system is to train you to develop spiritual reflex responses. We want you to "Participate-in" and not "Anticipate" life by living in your head in as you are held captive by the holes you will play every day. (See "The Clubs and Sport & Life Psychology.")

Swing Thought / Affirmation: There is an affirmation provided for each hole carefully written out of a spiritual base. This is an invaluable practice. It may seem like a simple approach, however it really works if you work it. See "Staying In The Present" found in "The Clubs and Sport & Life Psychology."

Reference: Here you will find a training assessment suggestion to help you dig in to the specifics of the situation you are confronting. Club members can download this and all assessments from our website.

NOTES:



The Clubs for Playing the Game of Life

Developing Spiritual Reflexes

SURRENDER	
Driver	I admit that in the vastness of the universe I am a powerless person and living in my own power will eventually render my life unmanageable.
3 Wood Metal	I must come to believe that there is a <i>Power</i> outside myself that can restore the order/sanity in my life.
5 Wood Metal	I must make a commitment to turn my <i>Life and my Will</i> over to the care of the <u>Good Orderly Direction</u> that directs a winning life.
REFLECTION	
1 / 2 Hybrid Iron	I will quiet myself before God and make a <i>searching and fearless</i> moral inventory of myself and confront the cover-up I've been living under.
3 Hybrid Iron	I will admit to <i>God, to myself, and to another person who is trustworthy and TOTALLY committed to confidentiality</i> , the findings of my inventory, and break free from the cover-up I've been living.
4 Hybrid Iron	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.
5 Hybrid Iron	I will humbly ask God to remove the strongholds standing in the way of my <i>completeness and usefulness</i> . Those that cannot be removed I will block through strict accountability.
RECONCILIATION	
6 Iron	I will make a list of all persons I have harmed, and become willing to make amends to them all.
7 Iron	I will make direct amends to such people whenever possible, except when to do so would injure them or others. I must NEVER make an amends that will transfer my burden to another just to rest my own conscience.
8 Iron	I will continue to take daily personal inventory and when I am wrong, I will promptly admit it.
REACHING IN – THEN OUT	
9 Iron	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.
Pitching Wedge	Having had a spiritual awakening as the result of these steps, I will carry this message to others <i>and practice these principles in all my affairs</i> .
AMAZING GRACE	
Sand Wedge	I will have a new and gracious perspective on life that will be the pathway to a new-found joy and completeness. I will comprehend the word serenity and realize that no matter how far down the scale I may have gone; I will see that my experience, strength, and hope can benefit others.
Putter	My whole <i>attitude and outlook on life</i> will change when I come to realize that God is now doing for me what I was trying to do for myself.

1st Hole

Humble In Spirit

*“Blessed are the humble in spirit,
for theirs is the kingdom of heaven.”*

Par 3

Hole Description: We call this our “Beginner/Refresher” Course. **This course is not built for competition, but rather for shaping the basic development of our members.** There’s no need to be competitive here. Humility is described as not how often you think about others, but how seldom you think about yourself. This hole is designed to practice unimpressive sure shots. You can only hit these shots by knowing; “Whose” and “Who” you are. “What you believe” and “Why you believe what you do.” This will develop a reflex of acceptance and lead to a Spiritual Humility.

Game Plan: *“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” -Matthew 6:6.* Go listen to the sounds of the silence planted in your brain. Ask God to humble you with the cleansing truth of The Spirit that will then touch others.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Inner Coaching

Club Selection: 9 Iron / PW / SW / Putter

Swing Thought / Affirmation: *“God opposes the proud but shows favor to the humble.” -James 4:6*

Reference: Visit The KNOW Sin Zone™

1st Hole

Humble In Spirit

*“Blessed are the humble in spirit,
for theirs is the kingdom of heaven.”*

Par 3

Meditation: “Humble in Spirit” is evident when our Joy is complete. Brother Lawrence hit this right down the middle when he said, *“That we ought to give ourselves up to God, with regard to things temporal and spiritual, and seek our satisfaction only in the fulfilling of his will, whether He lead us by suffering or by consolation, for both would be equal to a soul truly resigned.”*

- What will it take for you to truly resign to things temporal and spiritual?

- How do you usually feel after being hit with a boastful spirit? Why do you think or feel you can't help yourself at times?

- What is it that has worked for you so you will be victorious more regularly?
BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

2nd Hole

Those Who Morn

*“Blessed are those who mourn,
for they will be comforted.”*

Par 3

Hole Description: Mourning is a spiritual journey, a time of “Reflection” of the heart and soul. Grief and loss invite you to consider why people live, why people die, and what gives life meaning and purpose. Mourning invites you to make a quality assessment of your own life. Ask yourself a question. “Had I died yesterday, what could be written on my tombstone?” Will God be saying, “*Well done my faithful servant?*” Or, “*Why did you squander the precious gift I gave you?*”

Game Plan: Now that you’ve reached in, it’s time you reach out and bless those who mourn. Like Jesus, you’ve descended into the hell of your life and now can grieve with them out of your experience, strength and hope.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Find Your Game

Club Selection: 1 to 5 Hybrid / Iron / Putter

Swing Thought / Affirmation: *“Although I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.” -Psalm 23:4.6*

Reference: Visit The KNOW Sin Zone™

2nd Hole

Those Who Morn

*“Blessed are those who mourn,
for they will be comforted.”*

Par 3

Meditation: It’s been said that looking back over areas of your life where you could have used a do-over is called “Hell on earth”.

- Have you had the courage to descend into the sounds of the silence in your life?

- What have you discovered about yourself as a result of your journey?

- What is it that you could do for those whose pain you can feel to show them God’s love and grace.

BUILD YOUR GRATITUDE LIST

3rd Hole

Blessed Are the Meek

*“Blessed are the meek,
for they will inherit the earth.”*

Par 3

Hole Description: Meekness is a learned human behavior. It has been defined as suffering willing to follow gospel teachings; an attribute of a true disciple. While meekness has been contrasted with humility it is not to be confused with weakness. That’s why it’s a learned behavior. Environmentally a person can grow up a weak person but not meek. **Meekness is actually more about restraining one's own power while allowing others to exercise theirs.**

Game Plan: Your insecurity can cause you to feel threatened on this hole and your fight response kicks in. Be Careful! Control your breathing and restrain yourself. “Respond” to this difficult hole from the security of having found your game. Don’t “React” out of your insecurity.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain A Gracious Perspective

Club Selection: 6/7/ 8/9 Irons, PW, Putter

Swing Thought / Affirmation: *“For the Spirit’s power has given me Power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt me.”* -Paraphrased From Luke 10:19

Reference: Visit The KNOW Sin Zone™

3rd Hole

Blessed Are the Meek

*“Blessed are the meek,
for they will inherit the earth.”*

Par 3

Meditation: “Meekness is actually more about restraining one's own power while allowing others to exercise theirs”. And, *“Blessed are the meek, for they will inherit the earth.”*

- “Display Your Power”, “Money is Power” “Knowledge is Power”. Power! Power! Power! Here we live in a day of Power Playing, and Christ tells us to be meek and restrain our power. There is a Power in me greater than any power that can ever come against me. What does that look like in your life?

- How do you feel when you restrain your power?

- In the future what can you do to feel victorious when you restrain your power?
BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

4th Hole

Hungry for Righteousness

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Par 3

Hole Description: “Righteousness,” *“the quality of being morally right or justifiable.”* Morality may have been re-defined these days to mean whatever you want it to mean. However, if you don’t want to end up with a pick up on this hole, you better play it straight - real straight. God designed this hole and God will score it. Play it your way if you choose. Just be prepared to pay the consequences - eventually. Rigorous Honesty is still the best policy.

Game Plan: *“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.”* -Matthew 7:13. “Rigorous Honesty” is your game plan. Keep strict accountability so you don’t fall into the, “If it feels good do it trap” or you WILL NOT finish this round victorious. And, the longer you continue perpetrating a fraud, the more painful your demise.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain A Gracious Perspective

Club Selection: 6/7/ 8/9 Irons, PW, Putter

Swing Thought / Affirmation: *“Seek first his kingdom and his righteousness,”*
-Matthew 6:33a

Reference: The KNOW Sin Zone™

4th Hole

Hungry for Righteousness

*“Blessed are those who hunger and thirst for righteousness,
for they will be filled.”*

Par 3

Meditation: *“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.”* What does this verse mean to you? Ponder this.

- What are some of the wide gates and broad roads the cause you to flirt with life’s “OB” lines? You may want to visit The KNOW Sin Zone™.

- What will entering through the narrow gate look like in your life? What’s holding you back? Why?

- What’s your game plan going to look like? ACCOUNTABILITY IS A MUST

BUILD YOUR GRATITUDE LIST

5th Hole

Experience, Strength and Hope

“Blessed are the merciful, for they will be shown mercy.”

Par 3

Hole Description: The word hope is defined as “a feeling of trust”. When we reach the end of our training we have a humble confidence but KNOW we cannot trust ourselves and the only one we can trust is God. After sharing our experience with others and the strength we’ve received as a gift, our hope is the ingredient that makes us grateful for each day and fulfills our lives. Through our hope we now show mercy to others because we have “felt” their struggles. Our hope is spiritual and thus makes us gravitate to others and show them mercy.

Game Plan: *“Trust in The Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and he will make your paths straight.”* -Proverbs 3:5&6 We grieve the struggles of others as a result of the pain of our sin, and play life straight down the center. Don’t take this hole lightly, show mercy and you will be shown mercy. Mercy is tethered to the heart and connects to others spiritually and others then connect to us. Local knowledge here, stay humble and very accountable.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain A Gracious Perspective

Club Selection: PW, SW, Putter

Swing Thought / Affirmation: *“The faithful love of THE LORD never ends! His mercies never cease. They are new every morning; great is your faithfulness.”* -Lamentations 3:22&23

Reference: The KNOW Sin Zone™

5th Hole

Experience, Strength and Hope

“Blessed are the merciful, for they will be shown mercy.”

Par 3

Meditation: “Blessed”. Christ used the word to begin each “Beatitude”. It means to “be made (Holy - Whole-y - Whole). While some may look to these as being wimpy or weak we ask, “Are you “whole”, “complete” “lacking in nothing”? The “blessed” are.

- Do you actually feel blessed? Do you believe you can be blessed? Please ponder this and comment.

- What is holding you back?

- What does your accountability plan look like?

BUILD YOUR GRATITUDE LIST

6th Hole

Pure In Heart

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

Par 3

Hole Description: *“No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.”* -John 1:18 No one has ever seen this green from the tee, but like God, it's there. In both games Jesus our fore caddie goes before us so we can get to our “Target”. All we have to do is trust Him. Being a blind hole, our innate compulsion to control our destination may surface. However, if we trust we'll swing it freely and pure it.

Game Plan: Preparation for this hole should begin by doing spiritual cardio in The KNOW Sin Zone™. This is how we train to purify our hearts. Next we are careful with what we feed our hearts so we don't block the flow of God's Grace. Then we can tee it up, trust and swing freely.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Spiritual Cardio

Club Selection: 6/7/ 8/9 Irons, PW, SW, Putter

Swing Thought / Affirmation: *“Create in me a pure heart, O God, and renew a steadfast spirit within me.”* -Psalm 51:10

Reference: Hard Re-Set

6th Hole

Pure In Heart

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

Par 3

Meditation: *“Be strong and courageous. The LORD goes before you and will be with you; and will never leave you nor forsake you. Do not be afraid; do not be discouraged.”* Deuteronomy 31:7/8 If you’ve spent time in The KNOW Sin Zone™, you KNOW the flaws keeping you from trusting God and swinging at life freely.

- What are your most prevalent flaws?

- Which ones can be overcome and which ones need to be blocked out?

What’s your game plan.

BUILD YOUR GRATITUDE LIST

7th Hole

Children of God

*“Blessed are the peacemakers
for they will be called children of God.”*

Par 3

Hole Description: *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*

-John 14:27 This hole is designed to back you into a corner and get you to attack it, just as life does to us at times. Don't Bite! You're a child of God. God's representative. You will most likely need to step back here. Claim an affirmation to ease your mind. Slow down your breathing which will slow down the pounding of your heart. “Respond” to this hole like the champion you are. NEVER REACT!

Game Plan: Take a few long deep breaths. Stay focused so you can draw from the peace Christ left you with. Remember, “Meekness is not Weakness.” In fact, in this case meekness is actually strength, and it's the only way to come off this hole with par or better.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Mental Toughness

Club Selection: 8/9 Irons, PW, SW, Putter

Swing Thought / Affirmation: **Jesus talking to you,** *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* **-John 14:27**

Reference: Hard Re-Set

7th Hole

Children of God

*“Blessed are the peacemakers
for they will be called children of God.”*

Par 3

Meditation *“Be still and KNOW that I am God”*. If you repeat that affirmation and don't feel peace, you've got work to do - WITH YOUR ACCOUNTABILITY.

- Assemble your accountability and map out what a Hard Reset over three days would look like for you.

- Prepare for your Hard Reset in The KNOW Sin Zone™.

- *Just Do It*

BUILD YOUR GRATITUDE LIST

8th Hole

The Kingdom of Heaven

*“Blessed are those persecuted because of righteousness.
for theirs is the kingdom of heaven”*

Par 3

Hole Description: “Righteousness,” *“the quality of being morally right or justifiable.”* This like some of our other holes is tricky. If you make your life too much about yourself, you could be deceived into thinking you’re acting righteously only to come off this hole with a high number, or worse yet, with the ball in your pocket. Your caddie is a MUST here. Their job is to keep you humble and selfless when you’re faced with a righteous decision. In order to be righteous, your goal is to make sure God is glorified in all you do – NOT YOU.

Game Plan: Approach this hole with GREAT CAUTION. Leave any arrogance, boastfulness and plain cockiness in the bag. Walk onto this tee - With Your Caddie in selfless humility and you will view an island green that allows for zero error.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Inner Coaching

Club Selection: 8/9 Irons, PW, SW, Putter

Swing Thought / Affirmation: Jesus talking to you, *“If you are to be my disciple, you must deny yourself and take up my cross and follow me.”*

Reference: Hard Re-Set

8th Hole

The Kingdom of Heaven

*“Blessed are those persecuted because of righteousness.
for theirs is the kingdom of heaven”*

Par 3

Meditation: To play this hole consistently you must swing at it freely. Free from the sounds of the silence planted in your brain that can haunt you. You have discovered by now there's no options here and you can't pick a mistake.

- Have there been times in your life where you have been purely righteous?

- Are you able to identify what true righteousness in your life looks like?

- How can you apply your new discovery in order that you will improve your level of overall consistency in your life?

BUILD YOUR GRATITUDE LIST

9th Hole

Heavenly Reward

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you, because of me ”

Par 3

Hole Description: This finishing hole is a real trickster. *“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.”* One way this hole will trick you is through your hypocrisy. You may be persecuted because those around you see you as a hypocrite. That’s a common mistake made here. The other way to play this hole may lead to a more subtle yet intense persecution. You’re the same person on and off the course. Get it? People recognize something different in you. They want it yet can’t seem to find it. In other words, *“They will not do the things most won’t.”* And they can’t pay for it no matter how many different methods they try.

Game Plan: Persecution can only be managed through your basics. “Whose” are you? “Who” are you? What do you believe? Why you believe what you do? You MUST commit. If you waiver even slightly you will mishit. This closing hole requires precision from start to finish.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Keep It Simple

Club Selection: 3,4, Hybrids / Irons

Swing Thought / Affirmation: *Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. -Colossians 3:1-7*

Reference: Hard Re-Set

9th Hole

Heavenly Reward

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you, because of me ”

Par 3

Meditation: It’s time to “Bring Your Game” to this finishing hole. If your game is not whole, this hole will not be fun at all. If you are whole, the pain this hole can bring can take you to a whole new level of maturity. As a champion you must seek this maturity.

- Who is your God?

- Is your God worth persecution?

- Why do you believe what you do?

BUILD YOUR GRATITUDE LIST

Seizing Back Our Time

You may recognize the following words:

*“Hello darkness, my old friend,
I’ve come to talk with you again,
Because a vision softly creeping,
Left its seeds while I was sleeping,
And the vision that was planted in my brain
Still remains,
Within the sound of silence.”*

We are living in a day where we seem to be running breathlessly from task-to-task never seeming to NEVER get it all done. In our highly competitive society there seems to be a “*high*” of sorts resulting from our busyness. It seems we need more and more busyness today to maintain the “*high*” we have become powerless over and in what we have come to believe to be “*The New Normal*”. Why can’t we ever get it all done, or at least get caught up? We seem to be existing today in a state of morbid preoccupation with self accomplishment, fearing consciously or unconsciously – the sounds of silence. See, the visions that have been planted in our brain still remain so we run from them covering up through busyness avoiding at all cost the silence that threatens to expose “*Who*” we really are.

MACDONALD’S LAWS OF UNSEIZED TIME

- **LAW #1:** UNSEIZED TIME FLOWS TOWARDS MY WEAKNESSES.
- **LAW #2:** UNSEIZED TIME COMES UNDER THE INFLUENCE OF DOMINANT PEOPLE IN MY WORLD.
- **LAW #3:** UNSEIZED TIME SURRENDERS TO THE DEMANDS OF ALL EMERGENCIES.
- **LAW #4:** UNSEIZED TIME GETS INVESTED IN THINGS THAT GAIN PUBLIC AND PERSONAL ACCLAMATION.

**Laws Taken From
Ordering Your Private World
Gordon MacDonald, Author
Thomas Nelson Publishing**