

Daily Spiritual Inspirations for Life and Golf

Shanks 😊

Business

Sickness

Anxiety

Family

Finances

Victory

Relationships

Fear



Introduction

The following text is composed of 366 dated daily inspirational and life training messages. While there are numerous types of these available today, this one is unique for 4 very distinct reasons.

1. It begins on November 21st with the intent to begin preparing your heart for the true meaning of Christmas - the Birth of Christ.
2. To walk you through the bible using a very practical theology in a manner applicable to everyday life. Plan to lighten up your schedule each year the week before Easter and make a firm commitment to the readings and the week will serve as an annual life renewal.
3. Train you to narrow the gap in The KNOW Sin Zone™ as you identify your strongholds then either eliminate or block them out of your life.
4. Develop spiritual reflexes in order that you can respond to rather than react to life.

Each year on March 1st the readings enter into the Easter season for the next six weeks tracing the steps of Jesus leading up to the crucifixion. Since Easter is not a fixed date each year we move to the Holy Week readings beginning Palm Sunday and continuing through the week following Easter. Afterwards, pick up where you left off and you will find yourself back on date shortly.

The Table of Contents is color coded by topic and the topics can be found in the chart following the table.

Remember,

***“If You Do What Most Won’t –
You Will Enjoy What Most Never Will”***

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Gratitude List
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¹ Taken from the Twelve Steps created by Alcoholics Anonymous.

November 21

God has granted me the gift of a new day? What will I do with it? Will I waste it while my mind wanders anxiously? Will I prepare for it or wander through it aimlessly self-intoxicated on the entitlements life owes me? Or, will I rest in God in order that I will not miss an opportunity to fulfill His purpose for granting me this day?

Thanksgiving Day is coming and 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.

I may have far more Christmas seasons behind me than I do ahead. If that's 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? 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 during 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**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

November 22

How much time did I invest yesterday on my gratitude list? Will my heart be prepared on Thanksgiving Day to truly 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 probably because I'm not in love with myself, not on an arrogant level but as God loves me.

The most important thing you must remind yourself of constantly and have reinforced by your accountability/caddie is, 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 ever conceived what your life would be like today. Yet God created you anyway with a very 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? **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

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. KNOWing "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 the reformatting 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. **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

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 made available to 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 of “Whose” you are.

If you believe you are a descendant of God's, then 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.*

BUILD YOUR GRATITUDE LIST

* See [Maintaining A Gracious Perspective] in "The Clubs and Sport & Life Psychology".

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 never receive. It's literally 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 an 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. **BUILD YOUR GRATITUDE LIST**

*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.*

* See [Maintaining A Gracious Perspective] in "The Clubs and Sport & Life Psychology".

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 right down the middle. You cannot play life near the out of bounds lines - ever. You can take no shortcuts. You will keep humble by KNOW-ing your strongholds and temporal substances. Due to your new found 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. **BUILD YOUR GRATITUDE LIST**

*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*

* See [The Daily Wrap Up - Long Version] at "The Practice Area

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 key word. 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 this way?

No matter how far down the spiral of life you may go or have gone, you can make the 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 KSZ will begin to *"Prepare the way for the Lord, (and) make straight paths for him."* **BUILD YOUR GRATITUDE LIST**

* See [The Daily Wrap Up - Long Version] at "The Practice Area

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 the 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 KSZ. **BUILD YOUR GRATITUDE LIST**

* See [The Daily Warm Up - Long Version] at "The Practice Area

November 29

Give the BEST of yourself 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 what you feel you are entitled to? 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." I work for The Lord not men out of obedience and that 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.

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**

* See [Staying In The Present] in "The Clubs and Sport & Life Psychology".

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, be and "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". Greatness 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 assures 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 in order that you may be mature and complete, not lacking anything.

Today, Journal throughout the day today, summarize yesterday and begin looking 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. **BUILD YOUR GRATITUDE LIST**

* See [Mental Toughness] in "The Clubs and Sport & Life Psychology".

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."* Don't 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. God will complete you when you are ready. Set up small wins to keep yourself going.

Satan is the founder 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 from the spiritual powers of this world, rather than from Christ."*

"The rhythm of the game just like the rhythm of life." I work for The Lord not men out of obedience and that 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."* **BUILD YOUR GRATITUDE LIST**

* See [Inner Coaching] in "The Clubs and Sport & Life Psychology".

December 2

Are you playing things 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 also key the training regimen. Following is how your spiritual cardio training regimen is taking shape.

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] Long and/or Short versions.
3. Sit comfortably, hold a pencil or pen up between 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!" **BUILD YOUR GRATITUDE LIST**

* See [The Daily Warm Up and Wrap Up Long version] in "The Practice Area".

December 3

PREPARE FOR THE “WAY” – MAKE STRAIGHT PATHS FOR HIM. As El Diablo slithers around the world looking for ways to discourage you, his goal 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 mankind. And God is faithful; he 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. This is why you are to *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds"*, because you know El Diablo 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 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!" **BUILD YOUR GRATITUDE LIST**

* See [The Daily Warm Up and Wrap Up Long version] in "The Practice Area".

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 key 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 certainly 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 certainly 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 told 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 are holding your heart back from being that Bethlehem for the Son of God. **KEEP SAYING "THANK YOU!" - BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in "The Clubs and Sport & Life Psychology".

December 5

"Knowledge is Power" we're told, but we're not being given the full story. Knowledge and Power in the wrong hands can be devastating, and God knew it. That's exactly why God didn't want us to have knowledge. 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. El Diablo deceived us into the type of knowledge that Eased God Out, E.G.O., putting ourselves into the center of our lives. Man then became a fish out of water and would use this new found knowledge for power, evil, entitlement, dominance, greed, superiority, control and the list goes on. Today, we live in chaos due to knowledge run amuck as we live in the bondage of terminal uniqueness and superiority.

Today, Examine your Will, (that part of your mind over which you have control) again. This time ask God what it is 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 that Bethlehem for the Son of God. **KEEP SAYING "THANK YOU!" - BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in "The Clubs and Sport & Life Psychology".

December 6

"Knowledge is POWER" only when it is used to fulfill a "Passion of Purpose" that benefits not only yourself, but in particular others. Knowledge as we've come to know it isolates us which is exactly where El Diablo needs us in order to get us to really have no regular need for God (E,G.O.). Knowledge as we have come to know it tells us we know what is best for ourselves and others. Knowledge as we have come to know it moves us away from the basics of life. We really have little respect for anyone but ourselves, and the respect we have for ourselves is fraudulent since it is covering up our fear of being found out for who we really are.

Godly knowledge fulfills a passion of purpose. It uses a life experience to passionately make the world a better place. Godly knowledge is humble 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. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in "The Clubs and Sport & Life Psychology". Begin to "Find Your Game" – Your "Passion of Purpose".

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. There are many questions we seek answers to because we feel as though God owes us explanations and/or proof before we can determine the level of our commitment. So therefore, if God gave you Life, has anyone else given you such a gift?

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 give you faith.

The Prophet Isaiah prophesied, *"A child will come; from his roots a Branch will bear fruit. 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 KSZ and go through the "Resentments" assessment. 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. **BUILD YOUR GRATITUDE LIST**

* See [The Resentments Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

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 backward at our fears. Why backwards, because we see our fears for what they really were. False Evidence Appearing Read, **F.E.A.R.**

"Fear" will hit you hardest when confronted by "False Evidence". For instance, there is no other place where illusions are found than on a golf course. A golfer steps up to a hole and if it is well designed a sense of fear sets in as the golfer realizes what "appears" to lie ahead. However, upon the completion of the hole, if the golfer looks from the green back to the tee, the illusion becomes clear. What struck fear in them was false evidence that was made to appear real. That's exactly what "The Great Illusionist" Lucifer does in your life in order to get you to buy into and trust the fear rather than trusting God.

Today, "Prepare Ye The Way!" Enter The KSZ and go through the "Fears" exercise. 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. **BUILD YOUR GRATITUDE LIST**

* See [The F.E.A.R. Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

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 elements of life rise up against you, you are less than whole to fully face the elements. *"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 KSZ if you dare and go through the "Sex Conduct" exercise. 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.

BUILD YOUR GRATITUDE LIST

* See [The Sex Conduct Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

December 10

So, was yesterday revealing? If you played it right 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? Are you ashamed by your experiences 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 break ups do not "take two to tango", they're dysfunctional, manipulated and the signs are there from the start of the relationship. Their chances of survival are less than nil for one partner while the other never really gets 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 truth and accept responsibility for their decision. Resentment will be like a cancer if they don't.

Today, "Prepare Ye The Way!" CAUTION! Re-enter the KSZ if you dare and go through the "Sex Conduct" exercise a 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 right down the middle. Ask to be brought to a rigorous honesty and to make your heart loving like God's. **BUILD YOUR GRATITUDE LIST**

* See [The Sex Conduct Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

December 11

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

The Prince of Peace is coming in order that we might be reconciled with God. We are a broken and imperfect people. As broken and imperfect people, 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 needed in order that we may clean 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 properly our intent must 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 KSZ. As Bagger Vance said, *"The rhythm of the game just 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 "People We Have Harmed" assessment 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. **BUILD YOUR GRATITUDE LIST**

* See [The People We Have Harmed Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

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! This takes very close accountability with someone that understands the process. Situations that involve amends chances are have been lingering for a long time. You're not going to clear them up overnight. Be patient! Visible life change is a form of amends and could be more meaningful than words. Making amends is to clean your slate - not to make someone like you again. Some people will never accept your amends. The "process" of making amends will open up areas of your life that have been closed off 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 are able to bring closure to shattered relationships. The key word is "closure". Making an amends may not bring you forgiveness but it will bring closure leading you to a new found 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. **BUILD YOUR GRATITUDE LIST**

* See [The People We Have Harmed Assessment] in "The KNOW Sin Zone" Training Facility. Begin to "Find Your Game" – Your "Passion of Purpose".

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 begun 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 that 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 and 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**

* See [The Gratitude List] Overcome yourself today through a Gratitude and Honesty that frees you to share The Way with all.

December 14

The Gratitude List 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. This practice aids in keeping you in rhythm. As gratitude unlocks the fullness of life through God's amazing grace, you must share that grace with others. Many times the sharing of that grace will inconvenience you in order that you can practice a gracious perspective in a Power greater than yourself. You should in practice inconvenience yourself daily so 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**

* See [The Gratitude List] Overcome yourself today through a Gratitude and Honesty that frees you to share The Way with all.

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 for his personal reclamation. However, in order to have this chance, he must take a journey with three spirits and examine his past, present and future.

When the spirit of the past arrives it comes surrounded in 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. For some of us, we 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.

BUILD YOUR GRATITUDE LIST

* See [The Gratitude List] Overcome yourself today through your Experience, Strength and Hope that frees you to share The Way with all.

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. Many times those are the ones that develop and 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 which leads 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. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] Overcome yourself today and inconvenience yourself.

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 isn't it, how the bible that is supposed to be irrelevant today saw this years before science discovered it. The key words 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 motivated 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 KSZ and add to this list so you will develop the spiritual reflexes needed to respond to life with a prepared heart.
- **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] Overcome yourself today and inconvenience yourself.

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 deplete from your life? If this is where you're going to go back to, 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**

* See [The Gratitude List] Overcome and inconvenience yourself whenever possible.

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 there are some who say, *"I hate the holidays and can't wait for them to be over."*

In The KSZ you look backward 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 be quite beneficial to some people that 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 there is actually someone who has experienced what they are experiencing and they made it through. You can motivate another by sharing with them that:

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 greatest experience you will ever give yourself. Keep working your cardio plan. "Prepare Ye The Way!" **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] Overcome and inconvenience yourself whenever possible.

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 /or 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!"*
BUILD YOUR GRATITUDE LIST

* See [Spiritual Strength Training] in The Clubs and Sport & Life Psychology. Build your strength by loving someone hard to love.

December 21

Hopelessness is a 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 leads 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 are there to support us as we are them.

So there you have it. As the Kings came bearing gifts of gold, frankincense and mur, we come to the Christ-child baring gifts of our Experience, Strength and Hope which we will use to spread the Good News of His coming and sharing 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. **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Strength Training] in The Clubs and Sport & Life Psychology. Build your hope by loving someone hard to love.

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 manipulating someone.
- Be honest! Your experience is about bonding with others through common experience 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.

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. **BUILD YOUR GRATITUDE LIST**

* Write out your Experience, Strength and Hope and be ready to share it for the benefit of others.

December 23

You've been in preparation for a month now in anticipation of the arrival of the Christ-child. Be careful! Last minute hustle and bustle has 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 the giving of 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 for eternity

Today, Begin identifying ways to add balance to your life. 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. **BUILD YOUR GRATITUDE LIST**

* Practice sharing your Experience, Strength and Hope and be ready to share it for the benefit of others.

December 24

Let's understand the significance about 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 sin of the world, so the stable was representative of our human condition. What the animals in the stable provided was the stench to represent 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 lead 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 KSZ. "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 inconvenience yourself today whenever possible as you "Prepare Ye The Way!" **BUILD YOUR GRATITUDE LIST**

* Practice sharing your Experience, Strength and Hope and be ready to share it for the benefit of others.

December 25

"'JOY' To The World The Lord Has Come!" Notice the word "*Hap-py*" is not used. Yet, many spend their lives trying to find happiness, even going as far as to 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 in order 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 joyful today and everyday until it develops into a spiritual **BUILD YOUR GRATITUDE LIST**

* Visit your gratitude list and practice being joyful today and every day until it develops into a spiritual **BUILD YOUR GRATITUDE LIST**

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 6th.

How might I enjoy these twelve days so that I don't fall into the winter doldrums as so many do? I enjoy them by going through twelve steps of personal and spiritual development so that my joy will instead make the new life the Christ-child has come to give purposeful and complete for 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 and living in my own power my life will be unmanageable and inconsistent."* The Christ-child came not only to give me life, but to give me life abundant. Living life in my own power will rob me of the abundance God has for me.

I must give up my control to actually gain control. Christ is now here 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 own 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 a lasting energy, excitement, hope and a future in this life. BUILD THE GRATITUDE LIST.

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I Am a Joy-Filled and Hopeful Person."*

December 27

On the second day of Christmas, *"I came to believe that only a Power outside myself could keep my life in order."*

In order 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 goals and ambitions must not be self-driven rather other-driven. My goals and ambitions must be inspired by a heart that houses 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 but is there to reign me back in and restore a Godly order in my life.

Living in my own 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 in life.

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.* BUILD THE GRATITUDE LIST.

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I am powerless and my strength is in the "Joy" of THE Lord"*.

December 28

On the third day of Christmas, *"I will make a decision to turn my life - **and my will**, over to the care of God, as I understand God."* Can't you just hear the Christian intellectuals now! So, that begs asking;

- What do you believe about God? Not the catechisms 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 may absolutely put you into a cold sweat. This is why it is imperative that you take very seriously first three questions above. **YOU CANNOT HAVE LASTING ACHIEVEMENT 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 I will be filled with the Joy and Hope He brings. **BUILD THE GRATITUDE LIST.**

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I am powerless and my strength is in the "Joy" of THE Lord"*.

December 29

On the fourth day of Christmas, *"I will make a searching and fearless moral inventory of myself."*

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."**

It's critical we 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 biggest allies as we set up defenses that block them from our lives.

This 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 your secrets 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? **BUILD THAT GRATITUDE LIST!"**

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I am powerless and my strength is in the "Joy" of THE Lord"*.

December 30

On the fifth day of Christmas, *"I will make the decision and follow through, by admitting to God, myself, and another person (such as a therapist or member of the clergy), who is trustworthy and TOTALLY bound to confidentiality, the findings of the inventory."*

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

At this point however, many ask, *"Isn't it enough to just admit to God, why another person too?"* The answer to that is so 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. BUILD THAT GRATITUDE LIST!"

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I Am Joy-Filled and Hopeful. All is going to be well"*.

December 31

On the sixth day of Christmas, *"I will ask the God of my understand to remove from me the defects of my character discovered through 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 will start by admitting we are powerless over our defects. We will get accountable with someone who will keep us on tract - One Day At A Time. At the beginning, one hour at a time.

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

Today, I will walk in **Good Ordery Direction; **G.O.D.** Seeing God in everything and everyone, and playing life right down the middle maintains the order of life and creates 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 THAT GRATITUDE LIST!"****

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I Am Joy-Filled and Hopeful. I WILL SUCCEED"*.

January 1

Well, today you will be offering those you see a "Happy New Year!" Happy? Remember, you are seeking "JOY". Also, today is the seventh day of Christmas, *"I will humbly ask God to remove those strongholds standing in the way of my "Wholey-ness."*

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 prior to our separation from God and sin entering the world.

You remain human. This is why you are only a branch while God is the vine. Don't get this backwards. Our **E.G.O.** tends to Ease God Out while we assume the command of our life. See the Christmas reading to remind yourself why it is "Joy" you seek today and everyday not "Happiness".

Today, I will continue walking in Good Ordery Direction, **G.O.D.** Seeing God in everything and everyone and playing life straight down the middle and 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 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. **BUILD YOUR GRATITUDE LIST!**

* See [Spiritual Strength Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"I Seek JOY—not Happiness. ALL IS GOING TO BE WELL"*.

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 soon be back 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!"*

"The rhythm of the game like the rhythm of life." Balanced living along with 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" in each day. If you are living 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 happiness 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. BUILD YOUR GRATITUDE LIST! Remember, "Gratitude" unlocks the fullness of life and makes everyday Christmas.

* See [Spiritual Cardio Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"Today well-played makes yesterday a vision of happiness and tomorrow a vision of hope - ALL IS GOING TO BE WELL"*.

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, others or me."*

No human being is perfect. From time to time you say and do things you regret. When this happens, you stop and pray and asking God for the 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 you're not dumping a bucket on someone under the guise of honesty. Be careful! Fearlessly search yourself to make certain something inside you isn't the cause of your lash out.

Today, Remember, Christ was born to serve - not be served. Man-kind 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. BUILD YOUR GRATITUDE LIST! Remember, "Gratitude" unlocks the fullness of life and makes every day Christmas.

* See [Spiritual Cardio Training] in "The Clubs and Sport & Life Psychology". Repeat throughout the day the following affirmation, *"Today well-played makes yesterday a vision of happiness and tomorrow a vision of hope - ALL IS GOING TO BE WELL"*.

January 4

On the tenth day of Christmas, *"I will continue to take a daily personal inventory and when I find I've done wrong I will promptly admit it."*

Each day when you awake, you make a decision consciously or unconsciously whether you are going to participate in the day, or anticipate in the day due to the rhythm of your life.. Give the following some thought.

What percentage of your days is winning days spent in laser-like 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?"

"The Rhythm of the Game – Like the Rhythm of Life." It is a learned skill acquired through training and practice. 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 fifteen 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. Fifteen minutes each day reviewing your participation in life can add years. BUILD YOUR GRATITUDE LIST!

* Get to [The Concentration and Focus Skills Testing and Training] in "The KNOW Sin Zone™". A Winner's real weapon lies in your Concentration and Focus. Like anything worth possessing, you're going to have to do what the others won't.

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 understanding of His will for me and the power to carry it through."*

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

If you are in one with God by living in the present, you are without a doubt in God's will. GOD'S WILL ARE WHERE YOUR FEET ARE. If The KNOW Sin Zone™ did not exist, you would be in God's perfect will always. Unfortunately, man fell from grace into The KSZ and the more you decrease the separation in The KSZ by playing life straight down the middle, the more your conscious contact with God will increase and you will be in God's will.

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 favors us. That's us trying to be like God and what landed us in The KSZ 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 today 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. BUILD YOUR GRATITUDE LIST!

* Get to [The Concentration and Focus Skills Testing and Training] in "The KNOW Sin Zone™". A Winner's real weapon lies in your Concentration and Focus. Like anything worth possessing, you're going to have to do what the others won't.

January 6

On the twelfth day of Christmas, *"Having had a spiritual awakening during this Christmas season, I will carry the message to others and practice them in my daily life."*

The kings have arrived bearing gifts of gold, frankincense, and myrrh. Gifts fitting for the new born king. I shall live each day bringing the gifts of my experience, strength and hope to those I come in contact with. I am never too busy to give. In fact, I never pass up an opportunity to inconvenience myself. This keeps us mindful that God is in control, it keeps me humble, and it builds the life saving 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 new born King.

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

Today, Sharpen up sharing your experience, strength and hope in order that you will be equipped to answer a call by God to reach out to another. **BUILD YOUR GRATITUDE LIST!**

* Write out your Experience, Strength and Hope and be ready to share it for the benefit of others. See December 22

January 7

While the Christmas “Season” moves behind you, the Christmas “Spirit” should grow within you stronger and deeper each day. How does this happen?

Disciplines to “Keeping It Green!”

- Begin each day with God planning your tasks in a Good Ordery Direction.
- Make a searching and fearless inventory daily. Practice eliminating the more venial character defects and temporal substances and blocking those that are more mortal decreasing your margin for error
- Accept that you are powerless over your character defects and temporal substances daily.
- Make contact with your accountability at the start of your day and make contact as needed..
- Maintain your rhythm to life by determining then accepting what works for you as you “*play your game*” under any and all circumstances.
- You also 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 finely tuned.
- Increase your conscious contact with God living a life of credibility and authenticity – **not fanaticism.**
- **KEEP IT SIMPLE!**

Remember, Christ goes before you in all you do so you will play life straight down the middle. God assures you that anything you might face He has already faced, and He will provide you with the strength to stand up under it and a way out. Remember, **"You are to live in this world but not be of this world."** Enjoying the blessing of the abundant life Christ came to give you requires balanced living. It's that balance that provides the rhythm of a champion.

When you get caught up in the hustle and bustle and/or stress of life, your accountability to another person will prove to be invaluable. When this life rears it chaos, the way you will gain control will be to give up control by stepping back. Your warning signs will be Hunger, Anger, Loneliness, and Tiredness indicating it's time for you to H.A.L.T.

Today, Don't allow the clock to be your dictator. Plan out the day in a balanced way asking God to lead you.. BUILD YOUR GRATITUDE LIST

* Write out your Experience, Strength and Hope and be ready to share it for the benefit of others. This is a major discipline for your success. See December 22

January 8

Maintaining A Gracious Perspective: a particular attitude toward or way of regarding something; a point of view.

Gratitude unlocks the fullness of life. Brother Lawrence wrote, *"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."* Our goal is joy - not happiness. Just for today I will be Joy-Filled. Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals.

Gratitude is the basis for establishing and maintaining a spiritual perspective on life. Joy seems to be a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a "Light" that fills you with hope and faith and love. 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.

Today, There are times in life when everything seems to go our way, then there are those times when we hit a slump. During both times it is critical to visit your Gratitude and Outreach Lists. This keeps us out of our heads, maintains a gracious perspective and keeps life in rhythm and balance. BUILD YOUR GRATITUDE LIST

* **PLAY YOUR GAME** - BUILD YOUR GRATITUDE LIST and NOTHING can stop you.

January 9

Living In The Present: is experienced when you are completely at peace with this very moment. It is a journey where you take intense personal responsibility for every choice you make in life.

CS Lewis said, *“The ‘Present’ is the point at which time touches eternity”*. Both the Present and Eternity reside outside of time. Taking this into consideration – God too resides outside of time. Jesus told us, *“Not to worry about tomorrow – Tomorrow will take care of itself”*. Staying in the Present can be a denial trap however during times when you just don’t want tomorrow to come. At first your state of quiet desperation may feel peaceful until the time you are in denial about is upon you.

If you are not keeping strict accountability, denial will eventually lead to panic, isolation, self-pity and resentment leading you back even deeper into dependence on your strongholds. Painful as staying in the present may be, the winners in sport and life stick to it and dig it out of the dirt, facing the strongholds that are holding them back as they eventually discover the value of the struggle.

Many times struggle is preparation for the life-work you are to do. Too often selfishness and pride cause you to “salve” your pain causing you to play life back in the pack with the also-rans. This is what it means in the Book of James when we read, *“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything”*.

It is in the present that God will talk to you since it is only there in the eternity of the present that you can connect with Him.

Today, Hold an object such as a golf tee, a pencil, a pen or your finger arm's length in front of you and keeping your head still begin moving the object in circular and back and forth motions focusing on the object by just moving your eyes and focusing on your breathing. BUILD YOUR GRATITUDE LIST

January 10

Inner Coaching: The inner dynamic that encourages or enslaves every human being in the fulfilling or not fulfilling of their God-given purpose through the acceptance of the gifts they've been given.

For most people, their fiercest competitor resides between their two ears. Our cultures and environments shape our thinking either positively or negatively. This dynamic then either encourages or enslaves every human being in the fulfilling or not fulfilling of their God-given purpose through the acceptance of the gifts they've been given.

No matter how far down the scale you may have fallen, you must remember, God did not look at you as a mistake - but created you anyway. Why, because there is a specific purpose for every life. "Acceptance" that is the key.

Today's grandiose society tells us we must shoot for the stars. Problem with that is not everyone can hit the stars in the world's terms. Fulfilling God's purpose for your life no matter how menial is the way you hit the stars in God's world. To paraphrase the Psalmist, *"I would rather be a doorkeeper in the house of my God than dwell in the tents of the worldly."*

Today, In today's technological society, there comes a time where the device we are using can become so filled with clutter that the only solution is to perform what is referred to as a "Hard Re-Set. There comes a time in most of our lives when our thinkin has become so stinkin that the data in our minds needs to be renewed and our minds transformed in order to have an effective inner game. BUILD YOUR GRATITUDE LIST

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Repeat the following affirmation. *"I am a COMPLETE person created in the image of God for a purpose."*

January 11

Mental Toughness: was originally intended to train a person to become a better athlete. (such as in difficult training or difficult competitive situations in games) and emerge without losing confidence. Today in the competitive world we live in, mental toughness is critical to be successful in both life and business.

Knowing what it is that works for you is the driving force to Mental Toughness. In the old days it was simply referred to as "Grit", an attitude of incurable optimism. For our purpose, "G.R.I.T. stands for, Greatness Responds Intensely to Testing.

Mentally tough people possess a "no quit" constitution and ability to focus with laser like quality. Mentally tough people are immovable with their commitments and they play life on life's terms. Mentally tough people never use blame and the take full responsibility for their lives.

Maintaining a Gracious Perspective through the ongoing building of the gratitude list is the springboard of mental toughness since it eliminates negativity.

Today, Practice by putting yourself in positions that are challenging yet not over your head which will teach you to be mentally tough. Test what getting your ears trimmed feels like. Do you feel like giving up or are you staring the defeat down? Go over the defeat, see what you come up with and begin building your defense to see it never happens again.

BUILD YOUR GRATITUDE LIST

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Spend some life-resetting time there. Repeat the following affirmation. *"I am a COMPLETE person created in the image of God for a purpose."*

January 12

Believe In Your Method: a particular form of procedure for accomplishing or approaching something, orderliness of thought or behavior; systematic planning or action.

Have you developed a systematic method for living? Have you discovered what works for you when life's errant shots come your way? Is your method for living so solid that nothing can shake you because you keep your spiritual reflexes so finely tuned?

Winners develop methods by "digging it out of the dirt" as they say. It's about accepting and managing your abilities and limitations and not trying to be someone or something you're not. Through acceptance and commitment you find the secret, "what works for you" and you develop a method that nothing can shake - no matter what hazards may challenge you.

Today, Discovering what works for you is a result of "participating in" rather than "anticipating in" life. For the next thirty days, write down what you expect to do every hour. You may not follow it exactly, but it will eliminate two pests: hurrying and procrastination. Journal throughout the day on your focus and review your notes at the end of your day. As the days roll by you should begin seeing patterns and discovering what seems to work for you. BUILD YOUR GRATITUDE LIST

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Spend some life-resetting time there. Repeat the following affirmation. *"I am a COMPLETE person created in the image of God for a purpose."*

January 13

Keep It Simple: Easily understood or done; presenting no difficulty: Keeping life simple today certainly goes against the tide of the times. Today we seem to over-complicate things in an attempt to display our - here we go, KNOWLEDGE. The knowledge that intoxicates us doesn't impress others as we might think. We find ourselves running from task to task, yet we seem to never get it all done.

Today's technology age was supposed to actually make things simple - and save time. In fact, a decade or so back there was talk of a four day work week. What happened? Seems the technology age has actually tapped into our innate dependent natures.

A thing that taps into our dependent natures brings about defensible rationalizations disguised as unique complexities that in this case reveal itself in busyness.

If busyness is not connected to our dependent natures, why do we have to consciously "try" to find time to slow down? Why do we have to "try" to get away from our cellular phones? Simple. We're powerless against it.

The great's in sport and life are committed to the basics of both games. The more we practice the basics the more complex our games become. Sticking to the basics keeps us on task rather than running from task to task. Truly successful people are not afraid to share their simplicity because they don't view others as a threat. Rather, they take pleasure in sharing with others. As a result they become builders of people, and they contribute to society as a whole. Keeping it simple requires confidence and humility and there is actually tremendous genius in our ability to keep it simple.

Today, The best way to play life is to apply as simply as possible the findings from believing in your method. "There is no greatness where

there is no simplicity, goodness and truth." -Leo Tolstoy **BUILD
YOUR GRATITUDE LIST**

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Spend some life-resetting time there. Repeat the following affirmation. *"I am a COMPLETE person created in the image of God for a purpose."*

January 14

"Participate - Don't Anticipate!" All the training you need is available for you here at the club. Unfortunately, it's only as good as how it's applied and that will be determined by the level of your commitment.

God has granted you the gift of a new day, how are you going to play it? Are you going to participate in it by doing what needs to be done today? Or, are you going to anticipate by dwelling on the past or anticipating what "might" lie ahead? It's your choice.

You learn from the past and plan for the future by focusing exclusively on the present. That's where the game is played. In the words of St. Paul, *"Brothers and sisters, I do not consider myself to have all the answers. But one thing I do: Forgetting what is behind and straining toward what is ahead, I will press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

Today, Set the alarm on your cell phone or a reminder on your computer for every thirty minutes to an hour as a reminder to get back on focus. That will help keep you in the game. Eliminate Excuses! Should life throw a curve or two at you, first, go to your gratitude list and maintain a gracious perspective. Make an accountability contact. **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Spend some life-resetting time there. Practice Maintaining A Gracious Perspective and see if that doesn't help with your resetting.

January 15

The bible instructs us, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* At that many ask, "Why is it natural then to be anxious verses peaceful?" The answer is actually simple, "Anxiousness became part of our human condition" ever since the fall of man.

Curing anxiety which causes us to walk through life like there could be and IUD (Improvised Explosive Device) at our next step is an enormously lucrative market today. Those who are held hostage in anticipation of life, will give just about anything to be cured. Truth is, anticipating life rather than participating in life is highly complex in nature and is largely due to the heredity-environment that shaped us.

Over the next several days, we are going to enter The KSZ and do a searching and rigorously honest inventory on how we were "shaped" by our heredity-environment. Look at your Spirit, Heart, Ability, Personality and Experience.

Today, Remember, "Gratitude Unlocks the Fullness of Life. Build the gratitude list. Combine some spiritual cardio with that by saying over and over, *"God Goes Before Me!"* **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set] in "The KNOW Sin Zone™". Spend some life-resetting time there. Practice Maintaining A Gracious Perspective and see if that doesn't help with your resetting.

January 16

What was your heredity-environment like? That's where you start when searching yourself on why it is you get anxious. We are spiritual beings. Whether religious, atheist or somewhere in between, most people claim themselves to be "spiritual" in nature.

As we were shaped from infancy, many were reared in so called "tough love" environments. When life's hazards popped up we observed how they were handled and we consciously or unconsciously adopted the methods learned in our heredity-environments. Then there are those who were so affected by their heredity-environments that they go off in a 180* different direction. Nevertheless, our heredity environments may have shaped us like an elephant with its hind leg chained to a stake that has absolutely no power over it what so ever.

Here at the club we believe in the deity of Jesus Christ and "The Spirit of Truth" Christ left to guide us to peace. But when the Spirit of truth, comes, it will guide you into all the truth.

Today, I believe that fundamentally all is well and good things will happen to me. God loves me and will provide for me. I will not project ahead. I will not procrastinate but do what needs to be done NOW confident that the way will unfold. I will leave tomorrow's burden to God, the great burden-bearer. God only expects me to carry my one-day's share. The LORD goes before me and will be with me; The LORD will never leave me nor forsake me. Do not be afraid; do not get discouraged.

BUILD YOUR GRATITUDE LIST.

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology Spend some life-resetting time there. Practice Maintaining A Gracious Perspective and see if that doesn't help with your resetting.

January 17

What was it in your heredity environments that hardened your heart in certain areas? "Prepare Ye The Way!" Christ came to prosper you - NOT to harm you - to give you hope and a future. Christ came to not only give you life - but life abundant.

Christ wants your life to be joyfully optimistic every day so you glorify him with your life. Think about this. How much of your life has been wasted being anxious? Sure life showed itself at times with loss, failure and deep stress. During those times sure you hurt but a life lived in Christ becomes more valuable as a result of its experience.

Today, Be incurably optimistic and confident. Should something bad happen, your optimism will not have caused it - in fact, the rhythm of your optimism will actually help you. Participate in the day. God has your back. **BUILD YOUR GRATITUDE LIST.**

* Work hard on your Spiritual Strength Training in [The Clubs and Sport Psychology]. Prepare your heart for the freedom, Hope and future the Christ-child came to give you. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* "IT'S GONNA BE A GREAT DAY!" Say it over and over and strengthen your heart with gratitude.

January 18

"Father thank you for the gift of a new day. Give me the courage and focus to live the abundant life you have promised using the ability you have given me to glorify you."

God has given me a unique ability to use today to further His kingdom here on earth. If I find myself discouraged I must realize that God knew my short-comings long before I was born, yet He created me anyway. Why, because in those short-comings is His purpose.

Search yourself. What was it in your heredity-environment that has discouraged you and keeps you from using the ability God gave you? I can use the ability I've been given starting today. I merely have to make a choice to do so. I can be an encourager, share my perspective, share my incurable hope, etc., instead of being a member of the whiners club.

Most I come in contact with today will be attracted to how I use my ability and I will be fulfilling my purpose for being here. In the words of Brother Lawrence, *"We ought not to be weary of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is performed."*

Today, Work on your strength training. Throughout the day do a set of three as often as you can, "ITS GONNA BE A GREAT DAY!" Build your mental toughness. At some point, put a half hour aside and do the exercise found in "Staying In The Present." Get in as many sets of three that a half hour will allow. Also, strengthen your heart with gratitude.

BUILD YOUR GRATITUDE LIST.

* Work hard on your Spiritual Strength Training in [The Clubs and Sport Psychology]. Prepare your heart for the freedom, Hope and future the Christ-child came to give you. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* "IT'S GONNA BE A GREAT DAY!" Say it over and over and strengthen your heart with gratitude.

January 19

From the words of the great 50's tune:

*"Cause you've got personality,
Walk, with personality
Talk, with personality
Smile, with personality
Charm, personality
Love, personality
And plus you've got
A great big heart"*

My personality comes out of the gratitude of my great big heart. What might have it been in my heredity-environment that has locked my God-given personality up? My personality is a key component that I use for the benefit of others as I fulfill my purpose for God. An enthusiastic and upbeat personality is contagious. A personality that just radiates gratitude is a blessing both to me and those around me. Personality is a "Power" inside me that I must use wisely and carefully to influence and encourage others but NEVER FOR SELF-GAINED MANIPULATION!

So, Today,

*Walk, with personality
Talk, with personality
Smile, with personality
Charm, personality
Love, personality*

And use your great big heart to share God's precious grace with others. Build that gratitude list so you always have plenty of personality to give away. **BUILD YOUR GRATITUDE LIST.**

* Work hard on your Spiritual Strength Training in [The Clubs and Sport Psychology]. Prepare your heart for the freedom, Hope and future the Christ-child came to give you. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* "IT'S GONNA BE A GREAT DAY!" Say it over and over and strengthen your heart with gratitude.

January 20

Our past experiences many times can bond us with others whose pasts were similar to ours. Then there are those experiences that may help others know we can relate to what they're experiencing. This could be very comforting and very important at times.

- What is it from my heredity-environment that is keeping me from using my experience to benefit others?
- When you share your experience, ask The Spirit to guide you. Your experience is not about you being a victim and manipulating someone.
- Be honest! Your experience is about bonding with other through common experience and for letting others know you've walked in their shoes.
- NEVER FORGET, "Honesty without compassion is subtle hostility." NEVER dump your bucket onto someone under the guise of "Honesty".

Today, Inconvenience yourself whenever possible today and every day. Share your experience for why you inconvenience yourself. It will keep you humble. Remember, "Humility is not thing less about yourself - but thinking about yourself less." "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." **BUILD YOUR GRATITUDE LIST.**

* Work hard on your Spiritual Strength Training in [The Clubs and Sport Psychology]. Prepare your heart for the freedom, Hope and future the Christ-child came to give you. "IT'S GONNA BE A GREAT DAY!" Say it over and over and strengthen your heart with gratitude.

January 21

It's only January 21st and you've already been given an arsenal of support to assist you with getting in the **S.H.A.P.E.** necessary to "Participate" in the abundant life God has given you for His purpose.

Today. Review each component that makes up your overall **S.H.A.P.E.** List your blind spot or cause of each component and the antidote you can apply to get you peak shape. **BUILD YOUR GRATITUDE LIST.**

Spiritual

Cause:

Antidote:

Heart

Cause:

Antidote:

Abilities

Cause:

Antidote:

Personality

Cause:

Antidote:

Experience

Cause:

Antidote:

* See [The Clubs and Sport Psychology]. "Sport Shape" means balanced strength and flexibility for both sides of the body. Life **S.H.A.P.E.** means balanced strength and flexibility for life.

January 22

In today's gospel, Jesus chooses Peter a fisherman to be his disciple. He tells Peter, *"Come follow me and I will make you a fisher of men."* You too are a fisher of men. As a fisher of men, you must be in S.H.A.P.E. and a "Participant" in life so you do not miss the opportunities God puts in front of you to cast your nets of Experience, Strength and Hope. Being a fisherman as Peter was required focus. Many times the seas were rough and focus was a must. You too will find the sea of life will get rough at times, but the fish are still in the water. In life when the sea gets rough, you forget your purpose and live in your head. You fear and "Anticipate" which is exactly where The Evil One wants you so you don't see the fish. You too are a disciple of Jesus and being a fisher of men is your mission. Be Ready! - Participate!

Today, What is the first thing a fisherman must do? Find fish! Today, identify whom you might help out of your experience, strength and hope. Pray for them. Make contact from the many sources available. Let them know they are on your heart. Ask if there is something you can do. Then apply your strength training, inconvenience today and every day as you fish for men. Build that gratitude list **BUILD YOUR GRATITUDE LIST**

* See [The Clubs and Sport Psychology]. "Sport Shape" means balanced strength and flexibility for both sides of the body. Life **S.H.A.P.E.** means balanced strength and flexibility for life.

January 23

The KNOW Sin Zone™ is our training facility. Here you will find state of the art resources to train you to play the game of life in winning form. It is designed for you to come to "KNOW" the strongholds and temporal substances that are holding you down from reaching full potential in life. Once identified, you will learn how to best manage those strongholds and temporal substances then turn them into strengths. Let's take a look at the spiritual cardio training. We need strong, forgiving and nurturing hearts for endurance. Following is how to build that endurance.

- When your mind starts wandering, say "Thank You!" over and over to regain focus and perspective.
- Inconvenience yourself in some way daily.
- Reach out and touch someone daily. With the numerous modes of communications we have available to us today, there is absolutely no reason not to do this.
- To quote Mother Teresa, *"Find someone hard to love and love that person."*
- Pick an outreach that comes out of your strongholds and temporal substances. Something that caused you pain and you overcome daily. Share your Experience, Strength and Hope to another experiencing the pain you experienced.
- Apply Affirmations: Affirmations are a conscious control of your thoughts. They are short positive powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations are constructed to claim your reality before it actually happens. For instance, if you are a fearful person, don't say, "I will not be afraid." Instead say, "I am a fearless and focused person." Claim it!

Today, How will I prepare my heart today in order that it will always be a Bethlehem for the Son of God? See the exercises above. Doing one for starters is better than doing none. Plus, continue saying "Thank you!" constantly and building your gratitude list. **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio Training] in The KNOW Sin Zone's™ "The Hard Reset". Pay particular attention to "The Battlefield of the Mind" and "Taking the Fight to the Enemy".

January 24

Gratitude unlocks the fullness of life. Gratitude builds in you as you "Keep It Green" by always being mindful of those things in life that humbled us.

You reach out to others as a result of the humbling experiences and share your experience with those who might benefit from them. You also share your strength and hope through your gratitude. You biblically follow the Letter of James where you're told, *"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."*

There are those times however when life offers you no solution to the obstacles it sent your way or you may have caused due to your humanness. During those times you increase your accountability through fellowship. You Must Let God Be God!" During those times God Is The Solution. While not easy, you joyfully face your struggles confident that God PROMISES you **WILL** come out the other side - *"Mature and Complete Not Lacking ANYTHING."*

Today, Quiet yourself and meditate on those times of trial in your life. Thank God for them and ask to be brought closer to your purpose for glorifying God in this life. BUILD YOUR GRATITUDE LIST

* Say "Thank You!" repeatedly today. Pay particular attention to "The Battlefield of the Mind" and "Taking the Fight to the Enemy".

January 25

Let's enter The KSZ and take a look at the strength training component.

*"When you get what you want in your struggle for self and the world
makes you king for a day
Just go to the mirror and look at yourself and see what that person in the
glass has to say
For it isn't your father or mother or spouses judgment you must pass
For the one who counts most in your life is that person - there in the
glass They're the one to please forget all the rest for they're with you
clear up to the end
And you will have passed your most dangerous difficult task when you
please that person - there in the glass
You may fool the whole world down the pathway of life and get pats on
the back as pass
But your final reward will be heartaches and tears if you've cheated that
person there in the glass."*

-By Anonymous

While the purpose of the spiritual cardio training is to build you up internally, spiritual strength training radiates outward as a result of the cardio training. You build yourself outward through your inner motivation. Following is how to build that endurance.

Action

Dig, Really Dig at yourself. Pull that stake out of the ground that's holding you back from reaching your purpose in life.

Stare down that person in the glass down. Sweat at it then smile at it as you free yourself.

Take a rigorously searching and fearless look at yourself daily.

When you're wrong - ADMIT IT PROMPTLY to whomever you harmed or your accountability if it will hurt the person you have harmed or yourself. Remember, "Spinning Isn't Winning!"

Find the guts and get transparent with your accountability. This can be the gutsiest thing you've ever done.

Get in the action. If your heart is really in S.H.A.P.E. you will never use the pathetic excuse, "I don't have time."

All actions must be repetitious to build strength.

Today, *"If You Do What Most Won't - You Will Enjoy What Most Never Will."* The bible tells us, *"We will reap what we sow."* You can go through the day as usual getting lost in it, or play it with rigorous discipline. It's your choice. Build the gratitude list. **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Strength Training] in The KNOW Sin Zone's™ "The Hard Reset". Pay particular attention to "The Battlefield of the Mind" and "Taking the Fight to the Enemy".

January 26

You've probably heard the saying, *"He or she is a real Jekyll and Hyde."* However, don't cast this aside as a loose saying, there's a very significant biblical message behind it. Let's take a look.

Dr. Henry Jekyll a physician and scientist began an experiment to discover the human soul. He came to believe that every soul is made up of both good and evil which live in continuous and inherent conflict with each other. Jekyll felt if man could get his fill of his immoral self, he would eventually eliminate that side of himself.

Carefully, Jekyll begins the experiment and makes two potions. One transforms him into Edward Hyde, and the second transforms him back into Henry Jekyll. Much to his shock, the immoral behavior continued until Jekyll, went to bed Henry Jekyll and awoke Edward Hyde.

Jekyll, alarmed that he turned into Edward Hyde without taking the potion became concerned that the character of Hyde might actually take him over. Unfortunately it was already too late. Jekyll had given so much power to his evil side that Hyde became an irrevocable part of Jekyll's character. Hyde desperate to get back to his moral side, eventually kills himself, releasing both Jekyll and Hyde.

What was it Satan said to Adam and Eve? *"Surely you will not die. For God knows when you eat of the Tree of Knowledge you will be like God"*[and basically control good and evil as need be]. Thus, "The KNOW Sin Zone™" was founded. Humanity would become its own god wallowing within this valley of death unfulfilled, running from task to task trying to "Have It All" while on the path of a slow agonizing and unfulfilled death in an innate effort to close the separation between itself and God only to eventually perish a slave with itself as master.

Today, Take a quiet half hour alone with The Spirit and go over your "moral inventory" asking God to remove from you those defects of your character standing in the gap between yourself and God. BUILD YOUR GRATITUDE LIST

* See [Your inventories and assessments] in The KNOW Sin Zone™ and “The Hard Reset”. Pay particular attention to “The Battlefield of the Mind” and “Taking the Fight to the Enemy”.

January 27

God has ushered in a brand new day, untouched and freshly new. What is your plan to narrow the gap between good and evil today? [The KNOW Sin Zone™]

If you've been doing your daily inventory you've identified those strongholds that are prevalent to you. When Jesus taught us to pray, he told us to say, *"Lead us not into temptation."* That's another way of the way we say it here at the club, *"Don't flirt with the out of bounds lines in life."* Look to the out of bounds lines as your potion, the more you flirt the less you need. Your inherent side "evil" takes over and takes you out of the game.

In golf for instance, if a player tends to curve the ball too much right-to-left when they hit it, rather than trying to control it they will make an adjustment in their swing that will block out that ball flight. Trying to control your strongholds is what keeps you in The KSZ. Once you've identified your strongholds pray to God, *"Lead me not into temptation"* and make adjustments that will block them out.

Today, What are the adjustments you will make today to block out those strongholds you've identified so you will not be led into temptation? Discover what works for you and "Believe In Your Method."
BUILD YOUR GRATITUDE LIST

* See [Your inventories and assessments] in The KNOW Sin Zone™ and "The Hard Reset". Pay particular attention to "The Battlefield of the Mind" and "Taking the Fight to the Enemy".

January 28

Let's begin today by entering The KSZ™ and looking at various ways you can go about blocking out your strongholds.

The most effective way you can block out those strongholds that tend to take you out of the game is with strong accountability. When Jesus sent His disciples out into the world, He sent them in two's. Why was this? Jesus knew if you isolate you will lose to the Evil One every time. However, insulating yourself with strong / regular accountability, another person(s) (of the same sex) is by far the most effective way to block out your strongholds.

If we try to play life alone, the Evil One will give you just enough rope to hang yourself and he will get you to believe you're actually going to pull off what you may be attempting. In today's communication age it's never been easier to insulate through accountability.

Following Is Your Accountability Plan:

- Make contact via text, e-mail or phone call with your accountability first thing daily if for nothing more than to say "Hello!."
- Establish a code with them in case they are needed in an emergency.
Do not EVER feel as though you are bothering them. Satan wants you to do that so accountability partner isn't blessed by serving God as they serve you.
- Meet with your accountability at least weekly. **Always deal with them in complete honesty.** Think about it this way. Truth is to Satan as Kryptonite is to Superman. **You win every time!**
- Continually remind yourself of your Powerlessness and thank God for this relationship.

Today, put yourself on notice with your accountability. Check in with a quick call, text or e-mail. No Excuses - "*Just Do It!*" that is of course if you want to win. Build the gratitude list. BUILD YOUR GRATITUDE LIST

* See [The Caddie Training] in The KNOW Sin Zone™ assessment section and spend some time with it and begin a plan blocking out your strongholds.

January 29

We've designed the course of life we play with 18 holes and three varying layouts; "The Seven Deadlies", "Fruits of the Spirit" and "Victory Corner." These holes are designed as roadmaps to playing the game of life. Caddies (accountability relationships), are a must. This layout is just too demanding and the design deceptions are far too daunting to tackle without the assistance of local knowledge.

Each hole is made up of the following:

- **Hole 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.

Today, Setting up effective ways to block out your strongholds is a must as you approach this difficult layout. Without your strongholds blocked don't attempt to tee it up because you will deal with nothing more than discouragement, defeat and the constant feeling like you just want to throw in the towel. **BUILD YOUR GRATITUDE LIST - YOU'LL NEED IT.**

* See [The Playbook] use this meditation as a guide with your decision making.

January 30

1st Hole

Lust

Par 4

Hole Description: The opening 7 holes have been named “The Seven Deadlies” and we get started with “Lust”. Lust is defined as *"An intense desire or need."* This opening hole certainly lives up to its name. It is designed to mislead you by seductively playing to so called "needs" that most likely stem from your insecurity by self-sabotaging you into thinking you can have it all. While this well designed course of life is filled with illusions, this hole is without a doubt the most deceptive of opening holes. Its designer has crafted the hole very seductively to entice you and bring you down right at the start. If you are not mentally tough with an immovable inner game, this hole can take you out of contention right out of the shoot. This hole has ended the hopes and dreams of many in sport and life. It NEVER rewards a gamble.

Game Plan: Jack Nicklaus felt the first shot of the round was the most important since it set the entire round's rhythm. Go to your "Game Plan" and review with your caddie who acts as your [Sponsor, Mentor or Accountability Partner] the Strongholds you identified. Put blocks in place to avoid the illusion this hole sets up by reaching out to others who are being challenged by similar strongholds. The key is to put safeguards into place that will block you from flirting with trouble and possibly knocking it out of bounds completely. (i.e. Setting internet browser controls)

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 / Inner Coaching

Club Selection: Driver, 1 / 2 Hybrid, 3 Hybrid, 8 Iron, Pitching Wedge

Swing Thought / Affirmation: *I admit I am a powerless person and of my own power my life will be unmanageable.*

Reference: Strongholds Assessment

Today, While there are always the textbooks for both games, pro golfers have a saying, *“This is what works for me.”* While the textbooks are a good starting point, our natural tendencies will cause things to work differently for each of us. The only way to find out what works for us is we need to get in the action and when we fall short, dig down deep and with a burning temptation figure out what will work for you.

- What are your natural tendencies that when you give it some deep thought cause you to fall short and show your powerlessness?
- How do you usually feel when hit with lust and 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

* See [Mental Toughness and Inner Coaching] in The Clubs and Sport & Life Psychology.

January 31

2nd Hole Gluttony Par 4

Hole Description: Gluttony is defined as *"An addiction to excess"* This hole requires a spirit of moderation and gratitude. From the tee there is the illusion that makes the hole look very non-threatening and wets the appetite to go for broke to have it all. If you bite you'll regret it every time. Upon completing this hole and looking back to the tee, you will see the illusions are clear. This hole must be managed well through an immovable gracious perspective. Plan to leave a bit on the table and you'll come out with par.

Game Plan: Go to your "Game Plan" and admit your powerlessness over those strongholds that have you in their grip. Ask your caddie who acts as your [Sponsor, Mentor or Accountability Partner] to remind you to take it easy and believe in the method that works best for you.

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: See: Maintaining A Gracious Perspective and Believe In Your Method.

Club Selection: Driver, 3 Metal, 4 Hybrid / Iron, 5 Hybrid / Iron

Swing Thought / Affirmation: *I am self-controlled and alert, aware the evil one prowls around like a roaring lion looking to devour me.*

Reference: Strongholds Assessment

Today, Unless you're perfect there are areas of your life that you tend to take to excess.

- Do you know what those areas are?
- How do you usually feel when you take things to excess and 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

* See [Believe In Your Method] in The Clubs and Sport & Life Psychology.

February 1

3rd Hole

Greed

Par 5

Hole Description: We define "Greed" as a spiritual void driven by a toxic F.E.A.R. and deception. If you play golf you've undoubtedly heard the expression "Don't get greedy." After two very difficult starting holes you come to the first Par 5 and immediately the urge to make a move on the competition sets in and you think "Time to get greedy" even though you know more times than not, it doesn't pay off. When driven by a spirit of greed the gain is usually short-lived. It develops in us an unconscious competence to self-sabotage ourselves that will eventually take back the gain...and then some. Playing this course requires precision ball striking. If you have not precisely discovered the bottom of your swing, you will NEVER play with accuracy. In life, if you have not discovered your bottom in life, it's time to **"FIND YOUR GAME" or PICK IT UP!**

Game Plan: "A Gracious Perspective" unlocks the fullness of life - NOT MORE of something. "JOY" is the goal. Joy goes a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a "Light" that fills you with hope and faith and love. Happiness is attached to externals (the need for MORE) 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.

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: Maintaining Perspective - Build a Rock Solid Gratitude List

Club Selection: Driver, 3 Metal, 5 Metal. 1/2 Hybrid/Iron, 3 Hybrid Iron, Pitching Wedge, Sand Wedge, Putter

Swing Thought / Affirmation: I am a grateful person and I believe true wealth of all kinds comes from giving. For it is in giving that I truly receive.

Today, Not so fast! Of course there are areas of your life where you are greedy. How free are you with your time? What time? I'm jammed all the time. How often do I free my mind from myself and my needs and reach out to others? Getting the drift? There are many ways we can be greedy that have nothing to do with money or wants. Dig deep. Free yourself. You need distance on this hole. Distance between yourself and greed.

- What are your natural tendencies that when you give it some deep thought cause you to fall short and show your greed?
- How do you usually feel when you hoard various things for the sake of self when they could have been used for the betterment of others?
- What is it that has worked for you so you will be victorious more regularly? BE SURE IT INVOLVES ACCOUNTABILITY.
- BUILD YOUR GRATITUDE LIST

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology.

February 2

4th Hole

The Way of the Sluggard

Par 4

Hole Description: This hole will require a precise layup. So before you pull the trigger, step back and re-think your approach. "Laziness" at this course is defined as "Willing to settle for mediocrity." By now if you have not managed the first three holes, you're beginning to feel sluggish and defeated. Don't blame the conditions. You're reaping what you've BEEN sowing, but there's time to recover. Bad breaks happen to everyone, the key is to be in rhythm with life so you can bounce back. Here's a tip. Even if you know "Whose" you are, you're may not be comfortable with "Who" you are and your inner conflict is stopping you from "Finding YOUR Game" and achieving success. Laziness leads to a victim and entitled attitude which doesn't have a prayer on this demanding course. Acceptance is your key.

Game Plan: Exercise your body and your mind daily so they will be well-conditioned. Grandiosity is an acute form of denial. "Accept" who you are. Live in Day-Tight-Compartments. Do what needs to be done and do it with humility. Be thankful. A Spirit of Gratitude is great exercise for the heart.

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 / Inner Coaching

Club Selection: 3/5 Metal, 1/2 Hybrid / Iron, 3 Hybrid / Iron, Pitching Wedge / Putter.

Swing Thought / Affirmation: I am filled with energy and purpose since I work for God and not the accolades of others or my personal ideals.

Reference: Strongholds / H.A.L.T. Assessments

Today, Does your ideal in life come from a desire to serve God or the accolades and things of the world? Working towards worldly gain will lead to enslavement and defeat. Working for God will provide constant energy fueled by His grace.

- What are your natural tendencies that when you give it some deep thought cause you to feel burned out and zapped for energy? Think physically as well as emotionally.
- Discouragement is a cancer. Do you REALLY want to feel better? Get off the couch or the chair and **JUST DO IT!**
- What does victory look like now? Be Real - Not Grandiose. Grandiosity is typically the cause of the paralysis. So, now that you're reaching for the stars, CLOSE ACCOUNTABILITY will assure you keep your feet on the ground. What does this look like?
- BUILD YOUR GRATITUDE LIST

* See [Find Your Game] in the Assessments in "The KNOW Sin Zone™.

February 3

5th Hole Justified Resentment Par 3

Hole Description: *"Tis said that wrath is the last thing in a man to grow old."* You're just about halfway through the front nine. How's it going? If you're the type with a high wrath level and you can justify it, this hole will finish you. If you are firm that you are a descendant of Jesus Christ, and have received His forgiveness for killing Him through your sins, you have received the most important and valuable mulligan of your life. Now it's time to head directly to the practice tee and dig out of the dirt precisely what it is that justifies your resentment and vengeful wrath towards others. Don't do it and you're sure to live in misery and a torturous un-fulfillment.

Game Plan: Following is a hint. When digging it out of the dirt, give special attention to the F.E.A.R. Assessment. False Evidence Appearing Real (F.E.A.R.) is most likely the deceptive culprit justifying your pitiful self. This hole is unforgiving and you better make sure every part of your game is in shape or this hole will chew you up and spit you out. It's very deceptively designed. Tee to green a clever illusion has been created. Upon completion of the hole, looking back to the tee you'll see the fear it instilled in you that appeared so real you could touch it isn't even there once you played the hole - On Its Terms.

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 Perspective, (Gratitude List)

Club Selection: Driver, 3 Metal, Pitching Wedge, Sand Wedge, Putter

Swing Thought / Affirmation: I have broken my slavery from all justified bitterness, rage, anger, and slander, along with every form of malice through Christ who took on my sins so I would be forgiven. Who am I not to forgive!

Reference: F.E.A.R. Assessment

Today, Justified Resentment is terminal in the long run. It hurts us far more than it hurts our victims because in order to keep it alive we must take from ourselves. Yet, we just can't live without it. Some of us indulge more than others. Some of us Rage - Some of us Sulk. Either way, if you are of the human race, this "Reaction" comes from somewhere. Champions in top form "Act" on life - they don't "React". Let's dig in and discover your trigger here.

- There are strongholds in all our lives where we have made to feel inadequate. Maybe even "less than." This is going to take a lot of courage, but would you list some?
- How do you feel now? Why you think or feel you "REACT" the way you do?
- Write down specifically based on your character what will work for you here so you will be victorious more regularly and play at more peak performance? BE SURE IT INVOLVES ACCOUNTABILITY.
- BUILD YOUR GRATITUDE LIST

* See [F.E.A.R. Assessment] in the Assessments in "The KNOW Sin Zone™.

February 4

6th Hole

Envy

Par 5

Hole Description: Envy is defined as, *"Painful or Resentful entitlement of an advantage enjoyed by another joined with a drive to possess the same advantage."* Envy today is at pandemic levels. We drive power cars and SUV's, wear status clothing, attempt to brand false images of ourselves in order to be accepted etc. while we protect our shame and insecurity under our false facade. Problem is, the real players in both games can spot another real player a mile away and this hole is designed to expose a fraud. If you do not know both "Whose" and "Who" you are - and "Accept" it, this hole will slowly destroy you. It's jam packed with deceptive illusions that if you buy into today's striving to "Have it all," it will lead to chronic desperation and tormented un-fulfillment.

Game Plan: You MUST believe in your method and play this hole from within yourself. Par - even a Bogey gains ground on the field here. Reach out to and encourage someone daily to maintain a gracious perspective. BE CAREFUL however not to reach out to someone that may be materially void compared to you. Their inner games may be richer than yours will ever be. It's the only way to manage this hole.

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: Believe In Your Method, Mental Toughness, Inner Coaching

Club Selection: 6 Iron, 7 Iron, 9 Iron, Pitching Wedge

Swing Thought / Affirmation: I know what it is to be in plenty and I know what it is to be in want. My joy is complete in Christ Jesus.

Reference: Quality of Life Assessment

Today, There's the old saying, *"The grass is always greener on the other side of the street."* Well, here at the club we "Keep It Green." This means we play both games with reverence and humility remembering where we were before we got our acts together thinking life owed us.

- The key word here is "Entitled." Take notice to how often you use the word "Entitled" or tell someone they are. Pay very close attention. Get your caddie on the job also. You're going to be surprised.
- An attitude of "Entitlement" puts us on the emotional welfare role and cunningly watches us sink lower and lower down the dependency spiral. How do you feel when you get your way? Be honest! Get your caddie on your baggage here too.
- Since you've probably never given this much thought, what will be your plan to eliminate this cancer of terminal uniqueness and entitlement? YOUR CADDIE WILL BE LIFE SAVING. Don't attempt soloing on this hole. You're no match one-on-one.
- BUILD YOUR GRATITUDE LIST

* See [Believe In Your Method] in The Clubs and Sport & Life Psychology

February 5

7th Hole **Pride** **Par 3**

Hole Description: You've probably heard the expression, "*Pride goes before the fall.*" If you allow yourself to become prideful, this hole is certain to humiliate you and you will surely fall. This hole is cleverly designed to put a false confidence - even a cockiness in you so it can then take you off your game. This hole will expose your weaknesses and character defects and fill you with an arrogance you desperately need to hold up the façade the last hole (Envy) began to shape. This hole will chew you up and eventually spit you out without you even knowing it. Many have picked up here and walked into the clubhouse - some even giving up the game.

Game Plan: After the first six holes you should be finding nothing to be cocky about. However, some of us are in such enslavement to our weaknesses and character defects that it takes our ears really being trimmed by life. The game plan in preparing for this hole is to find the courage break through the fake façade and finally begin living the abundant life God has planned for you solely for His purpose. You will need depth, precision and humility to play this hole consistently since your approach can be quite varied due to the hazards to be faced.

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 Perspective, (Gratitude List)

Club Selection: Driver, 3 & 5 Metals, 9 Iron,

Swing Thought / Affirmation: Where there is pride, there comes disgrace; but comes wisdom to those who have humility.

Reference: Surrender Assessment

Today, Are you catching on to the way we think here around the club yet? We know due to the depth of Spirit we have gained that we are capable of anything, and as a result we never trust ourselves - Just God and we rely on our higher power which is our caddie. We have confident in ourselves only due to the abilities God has given us. Our caddie will assist and encourage us to keep our focus on God. We are all prideful. If you think you're not, one day keep a log of how many times you think about yourself, you're boastful or you embellish or fabricate something. Chances are you will be shocked - unless you're too far gone.

- What are your natural tendencies that when you give it some deep thought cause you to fall short and become prideful?
- How do you usually feel when hit with pride and 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

* See [Maintain Perspective] in The Clubs and Sport & Life Psychology

February 6

8th Hole

Love

Par 4

Hole Description: We now come to the part of the course we call "Fruits of The Spirit." The first seven holes were built to be very treacherous, seductive and craftily deceptive. These next holes are very straight forward. They will however test your character. They are not easy but they are fair. Their difficulty will lie within you. Human "Love" is defined, *"Love is a variety of different feelings, states, and attitudes that ranges from interpersonal affection."* Human love is not only conditional, it is also mercurial. We love based on feelings and emotions that can change from one moment to the next. The Bible tells us that *"God is Love"* and His love is unconditional. While human love is ever changing, God's love for us never quits. NOTHING you do can make God stop loving you. There are no illusions on this hole except those you put in based on our swing (human) flaws.

Game Plan: This is another hole that will chew you up if you have not come to terms with your flaws from holes one through seven. This hole can be very rewarding if it is not approached with conditions. If you tee it up with conditions chances are you may not finish the hole. You're not going to fake this hole out. It is designed with every hazard imaginable that will test you constantly. If you don't bring an authentic game you're sure to be found out.

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: Believe In Your Method / Mental Toughness / Inner Coaching

Club Selection: 6, 7, 9 Irons, Pitching Wedge

Swing Thought / Affirmation: Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

Reference: Personality, Spiritual, Financial Personalities Assessment

Today, Love, one of our most sought after needs yet one of the most difficult for many. It's very complex due to the compilation of emotions that underlie it. Yet, the bible tells us, "**God Is Love**".

- Do you believe you're loved?
- How are you when it comes to loving people who are hard to love?
- What is it that has worked for you when you have felt loved and felt love for another?
- If you have children or grandchildren, how can you feel that love for all God's children including yourself?
- BUILD YOUR GRATITUDE LIST

* See [Cardio Training] in The KNOW Sin Zone™. Love someone hard to love.

February 7

9th Hole

Joy

Par 4

Hole Description: Here at the club we seek Joy versus Happiness. Joy seems to be a step beyond happiness. Happiness is an atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain current levels of existence. Joy on the other hand is a "Light" that fills you with hope and faith and love. 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.

Game Plan: Your "Gratitude List" is your game plan. There you will find your "sure shots" which you must rely on and you should be able to make up some ground against par on this hole. Always be mindful, "Gratitude unlocks the fullness of life."

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 Perspective / Believe In Your Method

Club Selection: Driver, 3 & 5 Metals, 8, 9, Irons, Pitching & Sand Wedges

Swing Thought / Affirmation: Gratitude unlocks the fullness of life and makes my joy complete.

Reference: Personality, Spiritual, Financial Personalities Assessment

Today, Hopelessness is at epidemic levels today. Industries that sell "things" to make us happy are only making the sellers happy as they convince us their products will change our life.

- Start building a Gratitude List. Shape it around a Gracious Perspective. A good golf swing has a trigger that gets it in motion. Think of an organization you can serve that can be your trigger to shape that perspective.
- If you're breathing on your own you have a lot to be grateful for. Build from there and you will begin to feel joy money can't buy. Joy is a practice we can't do without. Do a time budget and you'll find you have more time than you think. You may feel giving up your precious time will cost you. Do it and it could yield more birdies than ever. It's a funny phenomenon how it works. The rewards will far outweigh what you see as risk.
- Determine what it is that will work for you so you will be victorious and joyful regularly? BE SURE IT INVOLVES STRICT ACCOUNTABILITY and you will play at peak performance.
- BUILD YOUR GRATITUDE LIST

* See [Gratitude List] in The Practice Area. "Gratitude unlocks the fullness of life."

February 8

10th Hole Peace Par 5

Hole Description: Peace is defined as “*Freedom from disturbance - quietness and tranquility.*” The key word here is “Freedom”. **True peace in life is achieved by “accepting” life on life’s terms**, and this hole requires you “play it as it lies” if you want to come off the green with par. Peace cannot be bought at any price, found in a different geographic, home or relationship. “Peace” is spiritual and can only be found inside of you and is a byproduct of gratitude. However, it’s not free. Living life on life’s terms requires that we play both games with rigorous honesty, that we put “principles” above “personalities”, “circumstances” or “situations”. This rigorous truth combined with immovable principles will form a peace within us driven by our Spirit natures, “*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*” - Philippians 4:7

Game Plan: While a beautiful hole, it's not without illusions. Your mind must be free of secrets before getting on the tee. The game plan here is you must play it right down the middle, this hole WILL NOT allow manipulation. If you flirt with the trouble or bite into the illusions - it WILL bite you - eventually.

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: Staying In The Present, Inner Coaching

Club Selection: Driver, 3/5 Metals, 1-5 Hybrids, 6/7 Irons, 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.”

Reference: Quality of Life Assessment

Today, We live in a time of relativism. We aim to have it all. If it feels good we do it because we've bought into the myth that things are different today. Fact is there is nothing new under the sun no matter what the world tells us.

- Give close thought to those areas of your life where you may be hiding. Secrets will keep you from playing to your full potential. Note areas where you may be coming up short.
- How do you feel when you think about squaring up with those secrets?
- Get with your caddie. Meet those secrets head on. Stop the manipulation. It will feel good. Just Do It!
- BUILD YOUR GRATITUDE LIST

* See [Gratitude List] in The Practice Area. “Gratitude unlocks the fullness of life.”

February 9

11th Hole Forbearance Par 3

Hole Description: Forbearance is defined as *“The action of refraining from exercising a legal right, especially enforcing the payment of a debt.”* Ah – Rights! There are no rights on this course and it is far from forgiving unless you are willing to forgive those who trespass against you. Playing life with a forbearance principle is critical to maintaining your peace. Focusing on rights, entitlements and keeping track of wrongs will rob you of the fullness of life. *“It is mine to avenge says the Lord.”*

Game Plan: A carefully drafted Gratitude List is the basis for a happy life. Christ came to unconditionally love you by feeling your sin. Seeing others through your sins is the pathway to true forgiveness. Review and update your gratitude list often. Journal daily the various ways you felt blessed during the day. Be grateful even during times of hardship – some of the richest blessings can be found during these times. When stress mounts or you are feeling overwhelmed, depressed or even defeated, open that gratitude list and if you can be thankful for nothing else, be thankful you have the sight to read it. That’s a lot!

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 Perspective, (Gratitude List), Keep It Simple

Club Selection: 4/5 Hybrids, 6/7/8/9 Irons, PW/SW, Putter

Swing Thought / Affirmation: As one who has received forbearance, who am I to hold another in my debt?

Reference: F.E.A.R. Assessment

Today, When we think about forbearance we tend to equate it to money. However, we must look at this hole with exactness, clear from any of the illusions that have been set up. While we have named this hole "Forbearance." the key to success here is the word "Refrain." This hole sets up to draw out those character defects we will only regret unless we refrain from taking the bait. Forgive - **As You Have Been Forgiven. NO EXCEPTIONS!**

- What are your natural tendencies that when you give it some deep thought cause you to fall short and show your powerlessness over refraining from saying or doing something you will only regret later?
- How do you usually feel when you succumb to this defect of character?
- What is it that causes you to fall short in these areas of your character and how can you put these defects into remission? BE SURE IT INVOLVES ACCOUNTABILITY - YOU CANNOT DO THIS ONE ALONE.
- BUILD YOUR GRATITUDE LIST

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* See [Gratitude List] in The Practice Area. "Gratitude unlocks the fullness of life."

February 10

12th Hole

Kindness

Par 3

Hole Description: There's a Proverb that says, *"A person who shows kindness even to an enemy benefits themselves, but a cruel person hurts himself – not the other person, they can usually care less."* This hole is designed to get under your skin just like certain people, places and things in your life do. This hole has aggravated many of our members to where they see red. Unfortunately, many of them continue to face this hole with a long memory of what this hole has cost them and the aggravation that came with it. Some even come here with a sense of entitlement or being owed something. Their chances are less than nil. They will tell you, *"I just can't help letting this hole get the best of me!"* If you're one who shares this attitude, you had better get to the practice tee with your caddie (or accountability partner or life coach) after the round and dig out of the dirt what it is that is holding you hostage.

Game Plan: When you face this hole do so with a slow deep breath. Be prepared with a positive affirmation as described below. Life and golf are funny games. We will usually do what we think...and believe. Look back at past results when you allowed yourself to fall prey to the trap this hole sets up. Has there really been a gain? What is it that's really eating at you?

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 Perspective, (Gratitude List), Inner Coaching

Club Selection: Driver, 3/5 Metals, 9 Iron, PW/SW, Putter

Swing Thought / Affirmation: As one chosen by God, holy and dearly loved, I have been clothed with kindness.

Reference: Personality, Spiritual, Financial Personalities Assessment

Today, Back to Back Par 3's designed to hustle you. Up until now the holes have been taunting you seeing if you can refrain from biting at their hustle. Now you're going to be asked to smile at this hole since "Instructor Wisdom" should be sinking in by now. Take that deep breath now. Put a smile on your face and a Song in your heart. You're running out of holes. In fact, in life, you have no idea just how many holes you have left.

- What are your natural tendencies that when run up against someone that is not on your top ten list or perhaps has your number? You know that person whose presence just gets under your skin. Do you find it to be a real effort to be kind to them?
- How do you usually feel when you succumb to the hustle and grump at another child of God? ☺
- What do you think might work for you so that this hole doesn't win out? As always, BE SURE IT INVOLVES ACCOUNTABILITY.
- BUILD YOUR GRATITUDE LIST

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* See [Gratitude List] in The Practice Area. "Gratitude unlocks the fullness of life."

February 11

13th Hole **True Goodness** **Par 4**

Hole Description: While you may think this hole is a slam dunk, it requires a lot more local knowledge than you might think. To see if you are seeing this hole's layout for what it really is, you need to answer the question, "What is 'Goodness'?" If you answer it's doing good for someone or being nice to someone, step back and take another look. *"True Goodness" is an act of humility that you extend to others through your experience, strength and hope*". If goodness comes from within rather than just being an act, not only will you not fall off the changes in your life you want to make, but they will deepen in you because you have acted out of humility. Local knowledge will teach you this hole requires a lot more depth in your game than you may have thought at first glance. Why, due to the various elements that comes into play on this hole? If you want an easy par, you are going to have to show goodness not only to those whom you like, but in particular those you do not like, and that is extremely difficult for some.

Game Plan: Since Goodness is an act of humility – you can beat par on this hole if your game has developed enough depth from digging deep into the secrets of our own lives and feeling the pain. That's how you build humility and that's why you extend that goodness to others. While this hole can yield a birdie, it doesn't do so easily.

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 Perspective, (Gratitude List), Inner Coaching

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

Swing Thought / Affirmation: Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Reference: Personality, Spiritual, Financial Personalities Assessment

Today, In order for us to live with a Spirit of humility, we must practice a gracious perspective daily. Most of us live in our heads the majority of the time. Can you remember a time when you may have been obsessing about something then something else happens and what you had been obsessing on isn't even a concern any longer? A gracious perspective acts like a shock absorber when the winds of life roar their heads. Practicing this valuable life basic will allow you to show kindness which is generated from the humility of a gracious perspective.

- Have you ever given notice to how much time you spend living in your head? When you really come right down to it, the more we live in our heads the more of this life we miss.
- The next time you respond in an unkind way, stop and take notice to where you were living. Were you living in peace? If not, why?
- What do you think will work for you to help you overcome your current condition? BE SURE IT INVOLVES ACCOUNTABILITY.
- BUILD YOUR GRATITUDE LIST

* See [Gratitude List] in The Practice Area. "Gratitude unlocks the fullness of life."

February 12

14th Hole **Faithfulness** **Par 4**

Hole Description: This hole looks like another cake walk – but don’t get cocky. As with #13, you are playing the part of the course highly affected by the elements, so bring your spiritual depth. With the self-centered and materialistic world in which we now live, where many people’s only goals and ambitions are to get as much as they can out of this life while they still can – par on this hole will be in very short supply for many. If you are not right with God, you will never be able to turn your mind anywhere but on yourself and that will kill you on this hole. Faithfulness like Goodness are spiritual qualities – not reactions to a situation. You can think about when to be faithful to something outside yourself, life doesn’t give you that kind of time to think when pressure sends its swirling gusts your way or unfair circumstances pour down on you. Only depth of spirit will match par on this hole.

Game Plan: Par is a great score on this hole and to achieve it you must have your spiritual reflexes finely tuned. It’s said, “Obedience is the pathway to faith.” Aside from the materialistic world we now live in, lack of obedience can be justified for self-gain. Without a finely tuned Spirit of obedience, par on this hole will be a pipedream. You will be one of those who say, “I try to have faith!” In other words, you need to bring your game for par here. “Keep It Real Simple”.

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: Staying In The Present, Keep It Simple

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

Swing Thought / Affirmation: “I will obey my LORD with all my heart and do not lean on my own understanding. In all my ways acknowledge Him, and He will make my paths straight.

Reference: The Hard Re-Set Assessment

Today, You know the saying “*Where there’s a WILL - there’s a way?*” It’s our bondage to our will that keeps us short on faith. Whether we’ve realized it or not, our faith is unconsciously in something cleverly disguised by an imposter called “self-confidence.”

- What are some of the things you have faith in that you have convinced yourself is “self-confidence?”
- Why is it that you are Powerless over allowing “Your Way” to take over instead of waiting on God and playing life as it lies according to “His Will”? When you think of it, when we take back our wills, it’s like preferring your lie on the golf course. Problem is playing that way you will never find out your true abilities and it’s no different in life.
- Your “Will”, that part of your mind over which you have control, how might you begin to train it to following the true “Way”, “Truth” and “Life”?
- BUILD YOUR GRATITUDE LIST

* See [Gratitude List] in The Practice Area. “Gratitude unlocks the fullness of life.”

February 13

15th Hole **Gentleness** **Par 3**

Hole Description: When you think of Gentleness, don't get confused with weakness. In the big competitions of both games, touch and feel are critical to victory. The quality of gentleness is another major quality needed if you are to win in life – but you need a complete and well-rounded game. In our world today so many people have been beat up and hurt in their dealings with other people – that just a gentle word, a gentle touch from another can really open up the door for that person to be able to receive God's love and healing, into their lives.

Game Plan: Once you really start walking in The Spirit with its divine fruits living and flowing through you – you will really be able to feel when you should handle a certain person or a certain type of situation with more of a touch of gentleness rather than with any kind of stern rebuke. Tough love is a term we hear a bit too often these days, and our observation has shown that those who pride themselves on tough love are many times just dumping their own unresolved life's bucket on others. Only a sound spiritual game will allow you to discern who these people are at the outset. Without a strong spiritual game steeped in depth, this meek looking hole can put an end to your round.

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 Perspective, (Gratitude List)

Club Selection: 6/7/8 Irons, Putter

Swing Thought / Affirmation: “A gentle word turns away wrath, but a harsh word stirs up conflict and lacks obedience.”

Reference: Gratitude Assessment

Today, Gentleness is a strong hand with a soft touch. It is a tender, compassionate approach toward others' weaknesses and limitations. A gentle person still speaks truth, sometimes even painful truth, but in doing so guards their tone so the truth can be received.

- What is the “Quality” of your Gentleness? Do you have a soft touch towards others?
- What do you think is the reason for your poor touch towards others at times?
- Whether it’s in life or golf a soft touch is paramount for well-rounded games. After careful and prayerful self-searching, what do you need to do to develop a more consistent touch? BE SURE IT INVOLVES ACCOUNTABILITY.
- **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

February 14

16th Hole Self-Control Par 5

Hole Description: The Greek root of "Self-Control" is – *“proceeding out from within oneself, - but not by oneself”*. The key words here are – *“but not by oneself”*. Self-Control can only be achieved in practice by the renewing of our mind through the Power of the Holy Spirit. “Self” can only be overcome by “Spirit” – NEVER by flesh. Life, golf, and any other sport for that matter, require mental and spiritual reflex. While determination does work it is typically short-lived since determination comes from the flesh. “Egkráteia” (eng-krat'-i-ah) - *“true mastery from within”*. True mastery in all games requires an immovable “Commitment”.

Game Plan: With just three holes remaining, this hole is designed to seduce you. Here’s the game plan, (“Commitment” is the bridge between “Thought” and “Accomplishment”). Stay on Plan - Focus. “Commitment” is also the key ingredient for a life in the Spirit. True Mastery in all games have “IT” – (Intercessory Triumph), that little piece of greatness that can’t be seen or explained.

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: Stay In The Present, Believe In Your Method

Club Selection: 6/7/8 Irons, Putter

Swing Thought / Affirmation: “A person without self-control is like a house that has been broken into and left without walls to protect itself.”

Reference: Life Balance Assessment

Today, It's been said, “*Golf is 90% Mental*” - and so is life. Believe you can do something and you most likely will in either game. “Self-Control” in both games is learned - usually by experience if you want to win. This hole's difficulty comes from what we lack from within. Hopefully by now with holes running out you have some good reflexes (Physical & Spiritual) under keen development.

- What have been the swing and character flaws that have kept you from playing both games from within yourself?
- Have you been practicing the renewing of your mind? This is critical! There's only 3 holes left so you better be playing from within yourself. What will work for you? Dig deep! If you're honest—you will get your answer.
- How do you want to be remembered? Fact is your legacy has a roadmap that's all based on how you finish. Finish strong and you will leave a winning legacy. Finish weak and your legacy could be one that you will be less than proud of. How do you apply your findings so that you can finish strong? BE SURE IT INVOLVES ACCOUNTABILITY.
- **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

February 15

17th Hole The Breath of God Par 4

Hole Description: “Ruach” – “The Breath of God.” You have fought the good fight in life and you are close to finishing the round. The cleansing breath of God has developed quite a new game in you. You no longer flirt with the out of bounds stakes in life? God has shown you spinning isn’t winning. You have been blessed by inconveniencing yourself in service to another as you honor God and your gratitude list overflows. BE CAREFUL! You’re not quite finished yet. If you get cocky or take this hole lightly, it can actually destroy you and everything you’ve worked for thus far.

Game Plan: The game plan here is to “FOCUS”, while the elements are fierce on this hole – they can be cleansing and freeing only if you have respect for them. While no one has ever seen The Holy Spirit, no one has ever seen the wind either, yet we have respect for the wind because we have seen and experienced its affect. If you play this hole “on its terms” it is designed to empower you.

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 Perspective, (Gratitude List)

Club Selection: Driver, 1/2/3/4/5 Hybrids, Putter

Swing Thought / Affirmation: “Flesh gives birth to flesh, but the Spirit gives birth to spirit.”

Reference: The Hard Reset

Today, Two holes remain and a repeat question is in order. *“Have you fought the good fight in life or have you gone through flirting with the out of bounds stakes?”* If it’s the latter—YOU’RE OUT OF TIME. If the winds in life have reared their ugly heads, you’re only chance will be to rise by going right into those winds as a plane ascends during takeoff. As the saying goes when the winds are Challenging, *“When It’s Breezy—Swing It Easy.”* YOU HAD BETTER ACCEPT YOUR LOSS OF DISTANCE IN LIFE BECAUSE ALL THE POWER OF YOUR FLESH WHICH MAY HAVE HELPED WITH THE GAMBLE YOU’VE PLAYED THUS FAR WILL NOT HELP YOU NOW.

- “WHOSE” are you? Who or What is the god of your understanding? GIVE THIS A GREAT DEAL OF TIME AND RIGOROUS HONESTY. Your answer is not to be the catechism’s definition.
- “WHO” are you?
- Have I finally become honest enough with myself and have I accepted my limitations in order to help others become honest through my experiences, strength, and hope in life?
- **BUILD YOUR GRATITUDE LIST**

* See [Spiritual Cardio] in "The Clubs and Sport & Life Psychology".

February 16

18th Hole Victorious Truth Par 4

Hole Description: This round is drawing to a close and you're about to take your final walk. If you've played the course down the middle without flirting with the out of bounds lines, you will hear the words, "Well Done Good and Faithful Servant." The bible tells us that as Jesus prepared the apostles for His return to the Father, He left them with the following message, "I will ask the Father, and he will give you another advocate to help you and be with you forever, the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you." "The world cannot accept him, because it neither sees him nor knows him..." Faith believes when you cannot see. The wind on the golf course is the most difficult of all the elements. Yet, no one has ever seen the wind – yet, we give it great respect. Today due to the god of knowledge, truth has become whatever we want it to be for the most part. We are living in the flesh because we cannot see evidence of the Spirit. When we talk about spiritual experiences today it's more from the feel good of "What-everrrrrr!" It's more of a high rather than a revelation. Approach this

Game Plan: "Then you will know the truth, and the truth will set you free." This is a statement that gets thrown around loosely along with "The truth hurts." Both statements however are very misunderstood. For truth to be victorious it is not some judgment you put on someone else by being rigorously honest with their life – rather it's what you discover about yourself. Sure it hurts, however it's a healing hurt that fees and transforms us.

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 Perspective, (Gratitude List), Stay In The Present, Inner Coaching, Mental Toughness, Believe In Your Method, Keep It Simple

Club Selection: Driver, 6/7/8 Irons, Putter

Swing Thought / Affirmation: “Lord, lead me in your truth and teach me, for you are the God of my salvation.”

Reference: Find Your Game

Today, The parallels between life and golf are striking. One of these parallels is that our round of life is a “Match Play” event verses “Stroke Play”. In a match play competition you may either win or lose and the match can be very short. We can have a disastrous hole and only that one hole ends up in the loss column. Problem is we don’t know before we tee off if we will go the distance. Therefore, it will be only pure old fashioned truth that can prepare us to be victorious for the road ahead. This type of preparation has proven to be the only game plan that will put us in the position to be victorious no matter how long the match takes.

- How seriously are you taking your final walk up this final hole?
- How well have you prepared to play this game called “Life”? Are you prepared for either a short round or to go the distance or do you plan to microwave your preparation - IF YOU’RE GIVEN THE CHANCE?

• Pay close attention to the name of this hole, “Victorious Truth.” When it’s your turn to walk up the final fairway of life (for illustration sake let’s say your final fairway will be as your casket rolls to its final resting

place), will there be tears, will your eulogy be one of heavenly theology or will there be applause and celebration due to your heavenly assurance?

February 17

It's nearly two months since New Year's Day. You've been given a wealth of training already this year.

- How's it going?
- Have you kept the resolutions or have you had a "S.L.I.P." (Sober-Living Lost Its Priority as the phrase goes.

The bible instructs us to live, "*be self-controlled and sober-minded.*" The most successful way we know to "*be self-controlled and sober-minded*" is through accountability. The bible alerts us that "Our enemy 'El Diablo' prowls around like a roaring lion looking for someone to devour. Take him on one-on-one and you don't stand a chance.

Today, If you've established accountability, USE IT. You've played the course and as we tell everyone, "*You don't stand a chance without a caddie.*" Begin looking for someone who is "sober/sound-minded whom you can trust and get accountable. We're going to be looking at accountability over the next several days. **BUILD YOUR GRATITUDE LIST.**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 18

Many golf courses today have eliminated caddies for the sake of the bottom line. After all, they can get more golfers on the golf course each day if they ride carts. More and more golfers talk about how fast they play rather than how well. Rush, Rush, Rush, no matter if it's in life or golf today, everyone seems to be in a big hurry. Have you ever heard people say how difficult it is for them to stay focused on God? They say this is due to the competitiveness of the marketplace, the area we live in, and also the time demands being put on us these days. *"But I have God in my life. That's all I need," you might say.*" However, God, in His infinite wisdom, knew we couldn't play the game of life alone right from the start, so he sent his disciples out in twos.

Many of us today set out to mingle with other people we deem to be "like us" or are of benefit to us. Some of the greatest and most valuable caddies in the professional ranks...didn't even play golf. They did, however, possess an uncanny ability to support "their man," a phrase used by the caddies on the P.G.A. Tour. They read greens with laser accuracy and they were able to pace the distance of a golf course to fit their pro's game. Finally, if you ask many of the top pros what is the single most important feature of their caddie, they will tell you, *"They help me stay focused."*

Today, Being accountable will make you aware that when you're playing the day in your own head, you need to step back and look for someone to caddie for by just picking up the phone or sending an e-mail or text. Reach out and caddie for someone today and relieve them of some of their life baggage and GET OUT OF YOUR HEAD. **BUILD YOUR GRATITUDE LIST**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 19

We begin by looking at how to choose our accountability and the need for it. Then we will look at the dilemma of why most of us don't have such a relationship. Finally we will cover the five "C's" which are the five ingredients of a healthy and prosperous accountability relationship taken from the phenomenal Twelve Steps movement, *Confidence, Confession, Conviction, Conversion, and Continuance*.

How many of us play the game of life in this competitive environment day-in and day-out by grinding our teeth and letting things churn in our guts? The only things we really accomplish are that our relationships suffer more, or we choose to work harder numbing our feelings even more, or we just do it the old fashioned way and drink excessively or use hard drugs socially. But wouldn't you be able to go through life more focused on winning the game and more peaceful if you had someone helping you carry your life's baggage that clubs you over the head right at the times when you need it least?

It's proven that a person is more successful at dieting, exercising, giving up smoking or other substances, if they are accountable to someone else. Most people who are truly winning at the game of life and are enjoying a serene lifestyle, owe that serenity to the fact that someone took a special interest in them and was willing to share the gift of themselves with them. Accountability with another should be welcomed and accepted as an opportunity to bridge personal experiences and to deepen the satisfaction that comes from working with others. There is no better way to experience God's Amazing Grace than through helping others...unconditionally.

Today, Plan to get out of your comfort zone and investigate sources of accountability and take steps to get involved. **BUILD YOUR GRATITUDE LIST**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 20

When first beginning to caddie, the first few times caddying for a new person, about the only thing the caddie gets to do is carry their clubs. The golfer will rarely ask the new caddie for yardage and they never ask the caddie's opinion on reading a putt. It takes time to earn the Confidence of the golfers.

In the caddie shack a new caddie will be referred to by the more experienced caddies as a “bag carrier.” In any relationship, confidence is critical to its success.

Probably the best way to build confidence in any accountability relationship is to share with the other person our experience, strength and hope in life. This is not a counseling relationship. Be genuine! We are all sinners saved by grace and it's easier to build confidence with someone by letting them know they're not alone. And forget that you're “mature” in your walk (if you are), and remember that we're all a day away from a back-slide. El Diablo is far craftier than any “one” of us. This is without a doubt the primary reason for this relationship. This relationship is not about maturity...but honesty.

Today, Ask yourself the question, *“Do I really care enough about other people to earn their confidence and help them win the game of life?”* **BUILD YOUR GRATITUDE LIST**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 21

As an accountability relationship proceeds by us honestly sharing our experiences, new found strength, and hope in life, we will begin to get our new friend to begin sharing a bit about themselves as they become more comfortable with us because they've had the opportunity to size us up. Whether it's in life or golf, patience is the key. Our new friend may begin by only trusting us with bits here and there.

We need to hang in there "a-day-at-a-time", patiently allowing them the time they need to develop confidence in the relationship. The confession step is not about deep seeded sins, but about opening up with someone. This allows that baggage which we all accumulate over time to stop clubbing us with guilt, shame, fear, worry, success, failure, etc. and to begin lightening the load. By sharing it with our caddie in life we begin the process of becoming free and becoming the person God created us to be for His glory.

For us men especially, this is a frightening step but, if medical statistics are correct, it could be a life-saving step with our longevity. A recent study suggested that having a best friend could be a major reason why women continue to outlive men.

Today, Ask yourself the question, "*Do I really care enough about other people to get their confidence so they will open up to me, and through the Power of God can I can be an instrument in helping them win the game of life?*" **BUILD YOUR GRATITUDE LIST**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 22

The third ingredient of an accountability relationship is Conviction. As the confidence levels continue to build and we begin to open up with each other more, we must get honest and begin coming to the end of ourselves in order to experience true growth and have our lives bear fruit.

We must get out of the driver's seat of our life and accept our limitations and admit we are powerless to produce the outcomes in our lives. As young kids we go after the power, "we let the big dog eat" almost always. We don't play out from trees; we try to go through them. We're indestructible...so we think. However, one round with a top player and it doesn't take long for us to become humbled.

Isn't this the same way in life? Many of us have had to have our ears trimmed in order to gain the wisdom we enjoy today. A healthy accountable relationship will help us to see and face who we really are and just how unsuccessful we will be at playing life alone. If we're honest about ourselves to the other person, there's no limit to what we can become, and the instrument we can be in helping another achieve their eternal potential.

We must remember that El Diablo is an equal opportunity employer and doesn't discriminate between any denomination or religion. So, if a situation seems to be beyond our power, we have the assurance of the word of God that He will equip the called.

Today, Ask yourself the question, "Have I become honest enough with myself and have I accepted my limitations in order to help others become honest through my experiences, strength, and hope in life?"

BUILD YOUR GRATITUDE LIST

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 23

Conversion in the relationship means “transformation.” God has clearly told us that we did not choose Him...but that He has chosen us. Why is it then that many of us live our lives admiring a cross of luxury, worshipping a God of convenience rather than worshipping a God who is the life-line of our lives? What is it that should motivate us to have our relationship with Him deepened rather than taken for granted?

God’s name should be used for more than a curse word on the golf course or a figure of speech in life when someone sneezes (and if you’ve noticed, His name has even been dropped there most times). Or why do we use Him as a “911” God that we call on out of fear after a wakeup call like happened on 9/11/2001?

It’s through a solid accountability relationship that we are held intact. Here we can remind and be reminded of our limitations and strengths both on and off the course. We need to be reminded constantly of the life-saving need for humility in our lives so that we may play the game in winning form from within that person we were created to be for “His” glory. What can we do each day to keep our hearts a Bethlehem for the Son of God? Following are some thoughts...

- Admit our powerlessness as humans to control outcomes.
- Begin each day on the practice tee of life in prayer and reflection.
- Reflect especially on our sinful nature and “KNOW” we are capable of doing on our own.
- Take seriously our accountability relationships.
- Look to church with a worship-filled heart rather than with an anxious clock.
- Become an active player in the Christian and local communities.

- Reach out especially when you are forced to take over control in your own life.
- Get out of the way and watch God work as you show His grace to someone.

Today, Ask yourself the question, How well prepared am I and how well do I know myself that I could bring another person to conversion through a relationship? **BUILD YOUR GRATITUDE LIST.**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 24

Are you guilty of contributing staleness to a relationship by taking another person for granted, assuming they will always be there for you? Continuance is the key ingredient you must use by reaching out to others, This will be key to keeping humility. Whether it's on the course or in life, let's join with that person we are accountable to and keep each other mindful of the following...

"Every strong and beautiful flower must have a strong root in the ground. It must send a root down so that it may be rooted and grounded while at the same time it sends a shoot up to be a flower that shall gladden the world. Both growths are necessary. Without a strong root, it would wither. The higher the growth upward, the deeper must be the rooting." (Taken from the Hazelden 24 hr. Devotional.)

Your life cannot flower into success and helpfulness unless it is rooted in a strong faith, (for our purposes at the club that is a faith in the God of the bible), and we feel deeply secure in the goodness and purpose of God's loving and amazing grace. Couple this faith with a continued accountability and you have discovered the winning formula.

Today, Ask yourself the question, "Do I really care enough about others to get out of my own head and be willing to be that strong root in another budding flower?" **BUILD YOUR GRATITUDE LIST.**

* See [The Caddie – Player Accountability Relationship] at the back of this book.

February 25

"So much to remember" you might be thinking by now. Should you get that feeling at times indicates you're living in your head rather than in The Spirit. This is exactly why you need to do your spiritual cardio training. The bible instructs us to *"Write what you learn on the Heart"* and *"Bind Them on the Body"* and your spiritual reflexes will become keen.

Through spiritual cardio training the spiritual and moral will eventually overcome the material and unmoral. *"For as you thinketh in your 'heart', so you are."* What your mind can't contain it will cast onto your body. That's what living in your head does. It zaps you of the abundant life Christ came to give you. It keeps you from reaching your full potential and purpose for your life. Following are some spiritual cardio exercises:

- When your mind starts wandering, say "Thank You!" over and over to regain focus and perspective.
- Inconvenience yourself in some way daily.
- Reach out and touch someone daily. With the numerous modes of communications we have available to us today, there is absolutely no reason not to do this.
- To quote Mother Teresa, *"Find someone hard to love and love that person."*
- Pick an outreach that comes out of your strongholds. Something that caused you pain and you overcome daily. Give your Experience, Strength and Hope to another experiencing the pain you experienced.
- Apply Affirmations: Affirmations are a conscious control of your thoughts. They are short positive powerful statements. When you say them or think them or even hear them, they become the thoughts that

create your reality. Affirmations are constructed to claim your reality before it actually happens. For instance, if you are a fearful person, don't say, "*I will not be afraid.*" Instead say, "*I am a fearless and focused person.*" Claim it.

Today, Spend time on your spiritual cardio. Sit quietly from time to time, focus on an object and ask The Spirit to come into your heart.

BUILD YOUR GRATITUDE LIST.

* See [Spiritual Cardio] in The Clubs and Sport & Life Psychology

February 26

A champion in sport participates in a training regimen where they work to become "Sport-Strong" meaning they have equal strength, reflex and agility on both sides of their body. A champion in life trains to become "Life-Strong" meaning they have equal strength, reflex and agility of both mind and spirit. Balanced Emotional and Spiritual Reflexes are the "Inspiration - Bridge" that connects Thought/-/Goal" to "Accomplishment/ - Success".

During times when life hits in one way or another, common advice is, "You've gotta be strong!" Strength cannot kick in if it hasn't been developed. Are you weak? Yes! But that's not a negative but a fact. Strength must be developed. Following are some spiritual strength training exercises:

- Dig, Really Dig at yourself. Pull that stake out of the ground that's been holding you back from reaching your purpose in life.
- Stare down that man in the glass down. Sweat at it then smile at it as you free yourself.
- Take a rigorously searching and fearless look at yourself daily.
- When you're wrong - ADMIT IT PROMPTLY to whomever you harmed or your accountability if it will hurt the person you have harmed or yourself. Remember, "Spinning Isn't Winning!"
- Find the guts and get transparent with your accountability. This can be the gutsiest thing you've ever done.
- Get in the action. If your heart is really in S.H.A.P.E. you will never use the pathetic excuse, "I don't have time."

Today, Take action! Get off your couch of discouragement and hopelessness and pick one exercise above for starters and do it repetitiously and it will become a reflex. **BUILD YOUR GRATITUDE LIST!**

* See [Spiritual Strength Training] in The Clubs and Sport & Life Psychology

February 27

There's an allegory that goes as follows: "Satan called together a council of his servants to consult how they might make a good man sin. One evil spirit started up and said, "I will make him sin." "How will you do it?" asked Satan. "I will set before him the pleasures of sin," was the reply; "I will tell him of its delights and the rich rewards it brings." "Ah," said Satan, "that will not do; he has tried, it, and knows better than that." Then another spirit started up and said, "I will make him sin." "What will you do?" asked Satan. "I will tell him of the pains and sorrows of virtue. I will show him that virtue has no delights, and brings no rewards." "Ah, no!" exclaimed Satan, "that will not do at all; for he has tried it, and knows that `wisdom's ways are ways of pleasantness and all her paths are peace.'" "Well," said another imp, starting up, "I will undertake to make him sin." "And what will you do?" asked Satan, again. "I will discourage his soul," was the short reply. "Ah, that will do it" cried Satan, -- "that will do it! Now we shall conquer man."

Discouragement, Hopelessness, Feelings of Defeat are malignancies of the worse kind. This is why we believe here at the club that "Gratitude' unlocks the fullness of life." No matter how low you may have gone, a spirit of gratitude can give you the "hope and future" God promises you. When you feel yourself slipping, IMMEDIATELY contact your accountability and build your gratitude list.

Today, No matter where you find yourself, **BUILD YOUR GRATITUDE LIST**. Maintaining a Perspective of Gratitude is a choice. You can either unlock the abundant life God has for you, or be prey for El Diablo and Associates. *"Just Do It"*

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology

February 28 & 29

This is where the rubber really meets the road. A true champion must subscribe to a method of living which includes a sustainable training regimen. A champion knows that in order for them to function at peak performance be it in sport or life, things around them need to be in balance. Apart from injury, NOTHING brings down a professional be it in sport or life more than a life that has become unmanageable.

Following is a daily training regimen that will keep life in balance and consistent while providing for the much needed serenity a champion needs in order to achieve excellence and live a life of purpose.

- Review the day and summarize in the "Notes / Journal" section.
- Was the day "On Par", "Better Than Par" or "Not Up To Par"?
- As summaries accumulate, begin looking for patterns.
- Set tomorrow's schedule

Keeping Life in Balance Involves Three Components:

Faithfulness: Is a life of self-abandonment and trust in God. It is characterized by struggles, joys, failures, discoveries, seeing and not seeing, hearing and not hearing; all of which contribute to our personal growth through grace.

Study: Is the way we learn how to live a life of faith by learning and applying God's word. God's word is the first and best source of information to learn more about what God has revealed, and accordingly, how we might please Him.

Outreach: Begins inside of us. It's the result of digging it out of the dirt and do experiencing God's precious grace on a whole new level. If a person can say they don't have time to do outreach, they haven't felt God's grace. God's grace is overflowing and you can't keep it if you don't give it away.

Following is an assessment to work daily. See if by living like a champion and "Editing Ruthlessly" daily that things don't seem to go better.

WHO WAS I ACCOUNTABLE TO TODAY?

HOW MUCH TIME DID I SPEND OUTSIDE OF MYSELF TODAY?

1. HOW WAS I SELFISH (i.e., thinking only of myself, or not putting myself in someone else's position)?
2. HOW WAS I RESENTFUL (and what was the basis of this resentment)?
3. HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?
4. HOW WAS I DISHONEST (by commission or omission)?
5. HOW DID I DEMAND TO CONTROL ("Do it my way")?
6. HOW DID I DEMAND TO BE RIGHT ("I told you so!")?
7. HOW DID I DEMAND TO BE A VICTIM ("Poor me!")?
8. HOW WAS I DEFIANT ("Don't confuse me with the facts; I've made up my mind!")?
9. HOW WAS I IN DENIAL ("I don't care, I want it my way!")
10. WHO DID I HURT AND HOW DID I HURT THEM (i.e., who was affected as a result of my action or inaction)?

11. HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've put wrong)?
12. WHAT COULD I HAVE DONE BETTER (i.e., what actions could I have taken to improve the situation)?

Today, Well-Played makes yesterday a dream of joyfulness and tomorrow a vision of hope. BUILD YOUR GRATITUDE LIST!

* See [The Daily Wrap Up] in The Practice Area

March 1

Since we spent yesterday in a spirit of reflection, let's begin our journey through the Lenten season. Ash Wednesday kicks off the Season of Lent, a day of fasting. Lent occurs for 46 days (40 fasting days, if the six Sundays, which are not days of fast, are excluded) before Easter and can fall as early as February 4 or as late as March 10.

According to the gospels of Matthew, Mark and Luke, Jesus Christ spent 40 days fasting in the desert, where he endured temptation by Satan. Lent originated as a mirroring of this fasting and preparation for Easter. Sunday and was seen as a commemoration of the Sunday of Christ's resurrection. Accordingly,

Christians fasted from Monday to Saturday (six days) during six weeks and from Wednesday to Saturday (four days) in the preceding week, thus making up the number of 40 days. Ash Wednesday derives its name from the practice of blessing ashes made from palm branches blessed on the previous year's Palm Sunday, and placing them on the heads of Christians to the accompaniment of the words *"Repent, and believe in the Gospel"* or *"Remember that you are dust, and to dust you shall return"*.

Today, Continue to reflect on the strongholds in life you've come to "Know". Your physical hunger from fasting is to be a reminder that only Christ's death can set you free from the strongholds that enslave. YOU REMAIN CALM AND UNRATTLED - NO MATTER WHAT, SO NOT TO GIVE SATAN A STRONGHOLD ON YOU. YOU JOURNAL and BUILD YOUR GRATITUDE LIST!

* See [The KNOW Sin Zone] in The Game Plan

March 2

Let's go on a journey in Christian living as given by Christ during the Sermon on the Mount. "Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. He said:

1. **"Blessed are the humble in spirit, for theirs is the kingdom of heaven."**

This relates to those who trust in God and ask for His help and put God above material things. (They say, "I can't do it alone, I need God's help") This one sums up all the rest...PUTTING GOD FIRST allows us to live the other beatitudes as well!

Prayer: Jesus, help me to grow in my trust in you.

2. **"Blessed are those who mourn, for they will be comforted."** When we are down for whatever reason, we can maintain hope through a gracious perspective. During down times our gratitude list and accountability will prove to be invaluable.

Prayer: Jesus, help me to be there for others who are grieving or sad remembering what I sow in life will determine what I will reap.

3. **"Blessed are the meek, for they shall inherit the earth."** *To be MEEK is to be patient, and not acting angry or thinking only of ourselves. When we let go of anger and hurts, wonderful things take place in our lives. Use self-control (a fruit of the Spirit) and stay positive.*

Prayer: Jesus, help me find strength through God and prayer.

4. **"Blessed are those who hunger and thirst for righteousness, for they shall be filled."** *To want to do the right thing is to be hungry for honesty. We need to try really hard to be good and do good and to be fair. If we are, our lives will be filled with good friends and family. (fight for justice)*

Prayer: Jesus, place in my heart a deep desire for doing the right thing and for standing up for what I know is right.

5. **“Blessed are the merciful, for they shall obtain mercy.”** *To have Mercy is to be loving and kind to others out of your experience, strength and hope. This doesn't mean just being loving and kind to your family and friends but also to those you don't know or may not like. You should especially show mercy to those that are hard to love.*

Prayer: Jesus, help me to be kind and merciful to others because you first loved me.

6. **“Blessed are the pure in heart, for they shall see God.”** *Being pure of heart is having a healthy heart as a result of daily spiritual cardio. Jesus is talking about the place from where we think and reach decisions and why we do the things we do. If we play life right down the middle God promises to "make our life's path straight" and we will come to understand God more.*

Prayer: Jesus, help me to be pure of heart in all my dealings.

7. **“Blessed are the peacemakers, for they shall be called the children of God.”** *Someone who initiates an amends in disputes leading to unity is a peacemaker. Being God's child means that you are part of Christ's family and that you're striving to be more like Him.*

Prayer: Jesus, help me to be peaceful and bring your peace wherever I go.

8. **“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”** *God knows that it's hard not to live the way the world dictates. By doing the opposite of the world tell us (go for money and it's all me) we will be ridiculed because people don't understand why we don't do things only for ourselves. Playing life right down the middle isn't easy but God wants us to know that the kingdom of heaven is there for us if we can get through the challenging times in this life.*

Prayer: Jesus, help me to stand up for what is right, true and just.

- “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.” *Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. We are to live “in” this world but not be “of” this world Jesus tells us.*

Prayer: Jesus, help me to act like one who claims to be your follower so I may bring you honor.

Today, Read this meditation several times while journaling your character defects in each area and how you can arrest them. Of course, **BUILD YOUR GRATITUDE LIST**

(Commentary in italics and Jesus’ words in red.)

* See [The KNOW Sin Zone] in The Game Plan

March 3

Salt and Light

“You are the salt of the earth.” Since you were chosen by God to bear fruit (influence others through your giftedness), you are considered by God to be a spice of life. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. Not using your giftedness for the benefit of others is robbing you of experiencing the abundance God has for you.

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. Are you using your giftedness to benefit others and to glorify God? If not, it is like going through life in a closet. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. -Matthew 5:13-16, NIV (With Commentary in italics – and Jesus’ words in red.)

Today, What does your giftedness look like? How are you using it to be a light for others? **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 4

The Fulfillment of the Law

“Do not think that I have come to abolish the Law (The Old Testament) or the Prophets; I have not come to abolish them but to fulfill them. *(To complete that which was predicted.)* For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. *While adherence to the law has nothing to do with getting to heaven, (only claiming Christ as your Lord and Savior does that), it certainly sounds like Jesus is telling us that to the degree of our obedience to the law will our honor be when we reach His kingdom.* For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven. *The Pharisees and teachers of the law talked the talk but didn't walk the walk. Only God knows if your heart is really a Bethlehem for the Son of God. Salvation should never be taken arrogantly or for granted.* -Matthew 5:17-20, NIV (With Commentary in italics – and Jesus’ words in red.)

Today, Search yourself fearlessly as to what defect of your character is holding you back from a more strict adherence to God's law? If and when discovered, admit them to God, yourself and your accountability. Then pray and ask God to remove these defects. **BUILD YOUR GRATITUDE LIST!**

* See [The KNOW Sin Zone] in The Game Plan

March 5

Murder: *"the unlawful killing of another person with malice aforethought."*

"You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister "Raca", (Raca comes from the Aramaic term reqa. It was a derogatory expression meaning "empty-headed," insinuating a person's stupidity or inferiority. It was an offensive name used to show utter contempt for another person answerable to the court.) And anyone who says, 'You fool!' will be in danger of the fire of hell. What we learn from this passage is when understanding murder biblically; we learn it also refers also to character assassination. We tend to take the bible literally and use it to immediately rise to the top of the goodness ladder. However, we are now learning how to interpret biblical messages. Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Settle matters quickly with your adversary who is taking you to court. ("To Court" is Figuratively Speaking) Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Most times the prison we enter lies right within us and we remain imprisoned until we come to the truth about our character defects, how our character defects have harmed others and find the humility to make amends to those we have harmed. Truly I tell you, you will not get out until you have paid the last penny." -Matthew 5:21-26, NIV (With Commentary in italics – and Jesus' words in red.)

Today, Make or review your list of those people you have harmed and become "entirely" ready to make amends to them all. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 6

Divorce

“It has been said, Anyone who divorces his wife must give her a certificate of divorce. But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery.” *These statements make it clear that adultery or fornication are legitimate biblical grounds for divorce. However, the legitimacy of the divorce does not necessarily establish the legitimacy of remarriage. That one must divorce an unfaithful wife or husband is now here commanded in Scripture. To the contrary, there are many examples of extending forgiveness to the adulterous offender. Nor does the discovery of premarital fornication on the part of the wife necessarily demand a divorce. Sexual involvement alone does not necessarily constitute a marriage in the sight of God. Great care needs to be exercised when interpreting the New Testament passages regarding divorce and marriage. It should be remembered that Jesus made His statements about divorce to people who were already married, so that they might take seriously the marriage relationship. **These statements were not necessarily made to add an extra burden to the already divorced person.** -Matthew 5:27-30, (With Commentary in italics – and Jesus’ words in red.)*

Today, Divorce is like a tumor that has metastasized. Its affects spread far beyond the perpetrator. Marriage is a very serious institution. It should involve regular accountability before and during. Sexual sin is disgusting and destroys more families, churches and business than does the affects of money. Make this topic a regular check point in your accountability. **BUILD YOUR GRATITUDE LIST**

* See [Sex Conduct] in The Game Plan

March 7

You may be wondering what sex conduct would have to do with the inventory. Our research and experience here at the club has revealed that as spiritual beings, sexual conduct outside of marriage either pre-marital or extra-marital depletes ones spirit. Then when the storms of life hit, as they certain to do, our fragmented condition finds less than a whole person who is able to deal with what life sent their way. Making a searching, fearless and THOROUGH inventory at this time in your life is critical to bringing you to wholeness or “Wholey-ness” as we like to refer to it. As it states in the Book of St. James, you will be “Mature, and Complete not lacking anything”.

You will never be all that you can be if you are not a whole person. Evil is your competitor disguised in today’s culture – “The New Normal” as today’s culture would like you to believe. Contrary to popular opinion, the belief that “Things Are Different Today” is a clever illusion designed to hasten your demise, “Surely You WILL Die” if you succumb to its hustle. Champions excel under the heat. Why, they are masters of the basics.

Today, Starting with today’s culture, take a look back through the decades. Do some homework that requires effort, thought and concentration. See if you can identify where and how the illusion of today’s culture has you in its grip. **BUILD YOUR GRATITUDE LIST**

* See [Is A Champion Born Or Made] in The Game Plan Assessments

March 8

Oaths

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but fulfill to the Lord the vows you have made.’ But I tell you, do not swear an oath at all: either by heaven, for it is God’s throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black.” All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.” *Wow! The politicians should take heed to this passage. Imagine if we said what we meant and meant what we said. Here at the club we say, “Spinning isn’t Winning.” You will never hear anyone around here say, “I swear to God!” to justify the truth. Our ‘Yes’ is ‘Yes’ and our ‘No’ – ‘No’. - Matthew 5:33-37, (With Commentary in italics – and Jesus’ words in red.)*

Today, Use few words when making a point. Long explanations and rationalizations are indicators of cover-up or dishonesty. Say what you mean and mean what you say. Let you ‘Yes’ be ‘Yes’ and your ‘No’ – ‘No’. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 9

Eye for Eye

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.” *An eye for an eye, a tooth for a tooth, what goes around comes around. It’s interesting how it’s the vengeful verses of the bible many people have no problem quoting. Almost as if it’s their birthright to get even with someone and seek comfort in knowing someday they will get theirs. Yet, God clearly tells us “It is mine to avenge” and Jesus goes into things here with specifics. Does this mean to be a follower of Christ we are to roll over, of course not. Jesus lost his temper whenever anyone sinned against his Father. What Jesus is communicating here is that as his followers we have certain constraints that have been put on us. Due to this, it is our duty to make certain always that his Father is glorified. - Matthew 5:38-42, (With Commentary in italics – and Jesus’ words in red.)*

Today, You have your work laid out for you. Can you apply the constraints Jesus has put on you as his follower? This is all quite challenging but certainly demonstrates your level of obedience and reverence. Your development of the spirit of gratitude will be key to succeeding here. **BUILD YOUR GRATITUDE LIST** - It unlocks the FULLNESS of life.

* See [The KNOW Sin Zone] in The Game Plan

March 10

Love for Enemies

“You have heard that it was said, ‘Love your neighbor and hate your enemy. But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. *“Pray for those who persecute you?” What! “Why not? Hating or Resenting on them only hurts you. Then there are those who will bite their nose to spite their face – on principle they will say. Where’s the principle in that logic? Praying for them only let’s you off the hook – not them. It relieves you of carrying around that bulky vengeance and bitterness. Besides, didn’t God say, “It is mine to avenge”?* Can God lie? Problem is you want God to drop the vengeance on them NOW, so you can see that they got theirs. Sorry, but that won’t do it. Leave the timing to God. It will be perfectly timed. Hand that baggage over to your caddie/accountability today and begin living in that abundance God has for you. -Matthew 5:43-48, (With Commentary in italics – and Jesus’ words in red.)

Today, Take a close look at your vendetta list – just on principle of course. We all keep one to some degree. Hand those on the list over to God and admit to your accountability. Do your spiritual cardio asking God to change your heart. **BUILD YOUR GRATITUDE LIST – UNLOCK THE FULLNESS OF LIFE’S ABUNDANCE**

* See [The KNOW Sin Zone] in The Game Plan

March 11

Giving to the Needy

“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. **Truly I tell you, they have received their reward in full.** But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.” *This is exactly why here at the club we inconvenience ourselves for the benefit of others whenever possible and not get found out. We give from the grace given us. “We love because God first loved us.” Be Careful! Never determine who the needy are by material measures. Someone who has less than you materially can be richer in Spirit than you will ever be. -Matthew 6:1-4, (With Commentary in italics – and Jesus’ words in red.)*

Today, “Just for today I will do someone a good deed – **and not get found out.**” “So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, **they have received their reward in full.**” Here at the club we store up our treasures in heaven. Make deposits to your heavenly account **BUILD YOUR GRATITUDE LIST – UNLOCK THE FULLNESS OF LIFE’S ABUNDANCE**

* See [The KNOW Sin Zone] in The Game Plan

March 12

Prayer

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. **Truly I tell you, they have received their reward in full.** 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. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

“This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

“And when you pray, go into your room, close the door and pray to your Father, who is unseen.” When we have something very personal and important to discuss with someone, we usually pull them aside and speak to them in private. Our relationship with our Heavenly Father is

the most important and personal relationship we will ever have. God wants us to keep our communication simple and honest. Like any parent, God can predict what you are going to say before you ever say it. -
Matthew 6:5-15, (With Commentary in italics – and Jesus’ words in red.)

Today, In private, seek through prayer and meditation to improve your conscious contact with God, praying for knowledge of His will for you, and the power to carry it out. Ask God to help you come to “KNOW” your strongholds and how they grieve God so that you can forgive those who sin against you. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 13

Fasting

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. **Truly I tell you, they have received their reward in full.** But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” *By now you should be getting the drift from Jesus that life is to be lived from a spirit of humility. Jesus has repeatedly used the words, “Truly I tell you, they have received their reward in full.” There is reason for these words as will be revealed. When you fast, let the hunger remind you of God and your sin nature. Ask God to remove from you the defects of your character you’ve come to “KNOW”. -Matthew 6:16-18, (With Commentary in italics – and Jesus’ words in red.)*

Today, In private, ask God to help you come to “Know” your blaring defects of character that stand in the way of your humble usefulness to God and others. Continue praying for the knowledge of His will for your life, and humbly and sincerely ask for the power to carry it out. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 14

Treasures in Heaven

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. **For where your treasure is, there your heart will be also.** The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and mammon.” *Over the last few days, Jesus repeated the following, “**Truly I tell you, they have received their reward in full.**” You’ve surely heard the saying, “You can’t take it with you.” Well, that’s a fact. During our training here at the club, we’ve discovered, “What we believe” and “Why we believe it.” We believe in eternal life and therefore we take what Jesus says very seriously. Our good deeds go un-noticed whenever possible because we believe all our fame and fortune here on earth will eventually pass away with us, so we store up our fame and fortune in heaven. -Matthew 6:19-24, (With Commentary in italics – and Jesus’ words in red.)*

Today, Meditate on the following:

God's Hall of Fame

"Your name may not appear down here in this world's hall of fame.

In fact, you may be so unknown that no one knows your name.

The trophies, the honors, the flashbulbs here may pass you by,

And the neon lights of blue.

But if you love and serve the Lord then I have news for you.

This Hall of Fame is only good as long as time shall be.

But keep in mind God's Hall of Fame is for eternity.

This crowd on Earth they soon forget the heroes of the past.

*They cheer like mad until you fall, **and that's how long you last.***

But in God's Hall of Fame,

By just believing in His Son, inscribed you'll find your name.

I tell you friend I wouldn't trade my name no matter how small,

That's written there beyond the stars in that celestial hall.

For every famous name on Earth or glory that they share,

I'd rather be an unknown here and have my name up there."

BUILD YOUR GRATITUDE LIST

* See [The KNOW Sin Zone] in The Game Plan

March 15

Do Not Worry

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will take care of itself. Each day has enough trouble of its own.” To quote Oswald Chambers, “*The only thing that will keep us from even the possibility of worrying is to bring God in as the greatest factor in all our planning.*” Remember, God is fully aware of your situation, and God will NEVER allow you to be challenged beyond what you are able to bare. You don’t know what will happen today, much less tomorrow. Your gravest danger is worrying about tomorrow. If you try to carry tomorrow’s burden today, you will stagger under the load and eventually fall flat. You must discipline yourself to function within the boundaries of today. **You will fail not so much when tragedy happens as you will before the happening, by procrastinating**

on all the little things you should be doing today, but avoid. YOU PREPARE FOR THE FUTURE BY DOING THE RIGHT THING AT THE RIGHT TIME — NOW. It is in the present moment that God walks the closest to you, helping you carry your life baggage. IT IS IN THE PRESENT THAT GOD WILL GIVE YOU THE WISDOM YOU NEED. Keep your focus on My Presence in the present.

-Matthew 6:25-34, (With Commentary in italics – and Jesus' words in red.)

Today, Plan with God by increasing your conscious contact with God. When looking over the tasks ahead say, “*Lord, guide me as I set OUR agenda for today*”. Remember, “*The only thing that will keep us from even the possibility of worrying is to bring God in as the greatest factor in all our planning.*” **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 16

Judging Others

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye. “Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.” *Well, now we’re getting to the nuts and bolts. Do you pass judgments on others? Read closely the words of Jesus, “For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.” Stop judging others and keep the focus on yourself. YOU ARE A FULL-TIME job. True champions in life dig greatness out of the dirt by taking a fearless look into themselves daily, they know judging others is a losing game plan. -Matthew 7:1-6, (With Commentary in italics – and Jesus’ words in red.)*

Today, Spend time in The Daily Wrap Up – Full Version. As we say, “*It’s where the rubber meets the road.*” When you’re about to judge someone say, “*God, bless them*” and spend extra time today on your gratitude list. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 17

Ask, Seek, Knock

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him? So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” *Sin puts distance between God and us. Obedience is the pathway to faith. This passage is explained by making a comparison of earthly parents, and their readiness to give their children what they ask for. Parents are often foolishly fond, but God is all-wise; he knows what we need, what we desire, and what is fit for us – and that’s what God will give us. When we pray we ask with our mouths for the thing we want, but the Spirit intercedes for us through wordless groans and searches our hearts then intercedes for us and gives us what we need.* -**Matthew 7:7-12, (Commentary Paraphrased from Matthew Henry Commentary – and Jesus’ words in red.)**

Today, “Participate – Don’t Anticipate” as you go through the day. See everything as from God. God will be showing up today in numerous ways. However, you will miss God if you are wrapped up in yourself. Building Gratitude is the best way to see how God has and is answering your prayers. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 18

The Narrow and Wide Gates

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.” *“and only a few find it.” Here Jesus is telling us that we need to play life straight down the middle and there is to be no flirting with the out of bounds lines. Life is to be played with rigorous honesty remembering “spinning isn’t winning.” We should inconvenience ourselves for the benefit of another and not get found out. As we say in The KNOW Sin Zone™, “Life is all about one thing, and when you “find it”, you’ll know it.” -Matthew 7:13-14, (With Commentary in italics – and Jesus’ words in red.)*

Today, If you haven’t found it, enter The KSZ and “*find I.T*”. When you truly find I.T., you will without doubt KNOW I.T. **BUILD YOUR GRATITUDE LIST**

* See [Is A Champion Born Or Made?] in The Game Plan

March 19

True and False Prophets

“Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. **By their fruit you will recognize them.** Do people pick grapes from thorn bushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.” *Have you ever run into someone in your life that talked a good game then didn't deliver? Maybe you were hurt real bad? Did you first do your homework about them? Did you do a moral background check on their character and history? Want to see a person's fruit on display? Play a round of golf with them. There's no better background check. That's what Jesus meant by "By their fruit you will recognize them". -Matthew 7:15-20, (With Commentary in italics – and Jesus' words in red.)*

Today, Pay attention in your dealings. Let the mistakes of your past form wisdom for the future. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 20

True and False Disciples

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, **but only the one who does the will of my Father who is in heaven.** Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’” *“but only the one who does the will of my Father who is in heaven.” Are you able to say, “Thy will – not mine be done?” Have you been crucified in Christ and you no longer live but Christ lives in you? Looks like a trip into The KSZ is in order to understand today’s message. -Matthew 7:21-23, (With Commentary in italics – and Jesus’ words in red.)*

Today, What are those strongholds standing in the way of you being able to say “Thy will – not mine be done” – and MEAN it will ALL your heart? Today is a day to do intense spiritual cardio preferable with accountability that can act as a spotter since this type of workout will really push you to the limit. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan

March 21

The Wise and Foolish Builders

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law. *John 16:33, Jesus tells us, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." Life is played against many different elements and conditions. You will need to avoid many hazards along the way. In order to emerge victorious, your game plan needs to be built on a solid foundation of sound basics. -Matthew 7:24-29, (With Commentary in italics – and Jesus’ words in red.)*

Today, Get to the practice tee for a long session using the full version of The Daily Wrap Up. Dig those character defects out of the dirt. Bend at it, sweat at it and smile at it. Then you will develop a game plan built on a solid foundation of sound basics. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan. KNOW Your Flaws.

March 22

Let's review Jesus' game plan for living over the next several days.

1. **Blessed are the humble in spirit, for theirs is the kingdom of heaven.** This relates to those who trust in God and ask for His help and put God above material things. (They say, "I can't do it alone, I need God's help")
2. **Blessed are those who mourn, for they will be comforted.** When we are down for whatever reason, we can maintain hope through a gracious perspective.
3. **Blessed are the meek, for they shall inherit the earth.** To be MEEK is to be patient, and not acting angry or thinking only of ourselves.
4. **Blessed are those who hunger and thirst for righteousness, for they shall be filled.** To want to do the right thing is to be hungry for "honesty".
5. **Blessed are the merciful, for they shall obtain mercy.** To have Mercy is to be loving and kind to others out of your experience, strength and hope.
6. **Blessed are the pure in heart, for they shall see God.** Being pure of heart is having a healthy heart as a result of daily spiritual cardio.
7. **Blessed are the peacemakers, for they shall be called the children of God.** Someone who initiates an amends in disputes leading to unity is a peacemaker.
8. **Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.** God knows that it's hard not to live the way the world dictates. We are to live "in" this world but not be "of" this world Jesus tells us.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad,

because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Today, Meditate on this message throughout the day. Focus on your “Participation” in the day’s tasks and activities rather than in “Anticipation” of what may or may not happen. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan. KNOW Your Flaws preventing you from staying on the game plan Jesus mapped out for you.

March 23

“You are the salt of the earth.”

Since you were chosen by God to bear fruit (influence others through your giftedness), you are considered by God to be a spice of life. Not using your giftedness for the benefit of others is robbing you of experiencing the abundance God has for you.

The Fulfillment of the Law

While adherence to the law has nothing to do with getting to heaven, (only claiming Christ as your Lord and Savior does that), it certainly sounds like Jesus is telling us that to the degree of our obedience to the law will our honor be when we reach His kingdom. The Pharisees and teachers of the law talked the talk but didn't walk the walk. Only God knows if your heart is really a Bethlehem for the Son of God. Salvation should never be taken arrogantly or for granted.

Murder

What we learn from this passage is when understanding murder biblically; we learn it also refers also to character assassination. We tend to take the bible literally and use it to immediately rise to the top of the goodness ladder. Most times the prison we enter lies right within us and we remain imprisoned until we come to the truth about our character defects and how our character defects have harmed others then we find the humility to make amends to those we have harmed.

Divorce

Adultery or fornication are legitimate biblical grounds for divorce. However, the legitimacy of the divorce does not necessarily establish the

legitimacy of remarriage. That one **must** divorce an unfaithful wife or husband is nowhere commanded in Scripture. To the contrary, there are many examples of extending forgiveness to the adulterous offender. Nor does the discovery of premarital fornication on the part of the wife necessarily demand a divorce. Sexual involvement alone does not necessarily constitute a marriage in the sight of God. Great care needs to be exercised when interpreting the New Testament passages regarding divorce and marriage. It should be remembered that Jesus made His statements about divorce to people who were already married, so that they might take seriously the marriage relationship. **These statements were not necessarily made to add an extra burden to the already divorced person.**

Today, There is profound wisdom to be found in these topics Jesus speaks about. Meditate on these in order that they will be stored in your heart for the benefit of yourself and others. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 24

Oaths

Imagine if we said what we meant and meant what we said. Here at the club we say “*Spinning isn’t Winning*”. You will never hear anyone around here say, “*I swear to God!*” to justify the truth. Our ‘Yes’ is ‘Yes’ and our ‘No’ – ‘No’.

Eye for Eye

“An eye for an eye, a tooth for a tooth, what goes around comes around.” It’s interesting how it’s the vengeful verses of the bible many people have no problem quoting. Almost as if it’s their birthright to get even with someone and seek comfort in knowing someday they will get theirs. Yet, God clearly tells us “*It is mine to avenge*” and Jesus goes into things here with specifics. Does this mean to be a follower of Christ we are to roll over, of course not? Jesus lost his temper whenever anyone sinned against his Father. What Jesus is communicating here is that as his followers we have certain constraints that have been put on us. Due to this, it is our duty to make certain always that his Father is glorified.

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“Pray for those who persecute you?” What!” Why not? Hating on them only hurts you. Then there are those who will bite their nose to spite their face – on principle they will say. Where’s the principle in that logic? Praying for them only let’s you off the hook – not them. It relieves you of carrying around that baggage of vengeance and bitterness. Besides, didn’t God say, “*It is mine to avenge*”? Can God lie? Problem is you want God to drop the vengeance on them NOW, so you can see that they got theirs. Sorry, but that won’t do it. Vengeance is in your heart, not another person. Leave the timing to God. It will be perfectly

timed. Hand that baggage over to your caddie/accountability today and begin living in that abundance God has for you.

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March 25

Prayer

“And when you pray, go into your room, close the door and pray to your Father, who is unseen.” When we have something very personal and important to discuss with someone, we usually pull them aside and speak to them in private. Our relationship with our Heavenly Father is the most important and personal relationship we will ever have. God wants us to keep our communication simple and honest. Like any parent, God can predict what you are going to say before you ever say it.

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Do Not Worry

To quote Oswald Chambers, *“The only thing that will keep us from even the possibility of worrying is to bring God in as the greatest factor in all*

our planning.” Remember, God is fully aware of your situation, and God will NEVER allow you to be challenged beyond what you are able to bare. You don’t know what will happen today, much less tomorrow. Your gravest danger is worrying about tomorrow. If you try to carry tomorrow’s burden today, you will stagger under the load and eventually fall flat. You must discipline yourself to function within the boundaries of today. **You will fail not so much when tragedy happens as you will before the happening, by procrastinating on all the little things you should be doing today, but avoid. YOU PREPARE FOR THE FUTURE BY DOING THE RIGHT THING AT THE RIGHT TIME — NOW. It is in the present moment that God walks the closest to you, helping you carry your burdens. IT IS IN THE PRESENT THAT GOD WILL GIVE YOU THE WISDOM YOU NEED.** Keep your focus on My Presence in the present.

Today, There is profound wisdom to be found in these topics Jesus speaks about. Meditate on these in order that they will be stored in your heart for the benefit of yourself and others. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 26

Judging Others

Read closely the words of Jesus, *“For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.”* Stop judging others and keep the focus on yourself. YOU ARE A FULL-TIME job. True champions in life dig greatness out of the dirt by taking a fearless look into themselves daily, they know judging others is a losing game plan.

Ask, Seek, Knock

Sin puts distance between God and us. **Obedience is the pathway to faith.** This passage is explained by making a comparison of earthly parents, and their readiness to give their children what they ask for. Parents are often foolishly fond, but God is all-wise; he knows what we need, what we desire, and what is fit for us – and that’s what God will give us. When we pray we ask with our mouths for the thing we want, but the Spirit intercedes for us through wordless groans and searches our hearts then intercedes for us and gives us what we need.

The Narrow and Wide Gates

Here Jesus is telling us that we need to play life straight down the middle and there is to be no flirting with the out of bounds lines. Life is to be played with rigorous honesty remembering *“spinning isn’t winning.”* We should inconvenience ourselves for the benefit of another and not get found out. As we say in The KNOW Sin Zone™, *“Life is all about one thing, and when you ‘find it’, you’ll know it.”*

Today, There is profound wisdom to be found in these topics Jesus speaks about. Meditate on these in order that they will be stored in your heart for the benefit of yourself and others. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 27

True and False Prophets

Have you ever run into someone in your life that talked a good game then didn't deliver? Maybe you were hurt real bad? Did you first do your homework about them? Did you do a moral background check on their character and history? Want to see a person's fruit on display? Play a round of golf with them. There's no better background check. That's what Jesus meant by *"By their fruit you will recognize them"*.

True and False Disciples

Are you able to say, *"Thy will – not mine be done?"* Have you been crucified is Christ and you no longer live but Christ lives in you? Looks like a trip into The KSZ is in order to understand today's message.

The Wise and Foolish Builders

*John 16:33, Jesus tells us, "I have told you these things, so that in me you may have peace. **In this world you will have trouble.** But take heart! I have overcome the world."* Life is played against many different elements and conditions. You will need to avoid many hazards along the way. In order to emerge victorious, your game plan needs to be built on a solid foundation of sound basics.

Today, You've been given quite the arsenal for playing the game of life. Now this coaching must be applied. As we say here at the club, *"It Works – If You Work It!"* Admit your powerlessness today and apply this training and you will break par. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 28

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

Amen.

Today, Meditate throughout the day on this prayer and just how it can be applied in your life right now. While it may seem like a simple prayer, there's a lot here. Imagine the world if everyone lived by it!

BUILD YOUR GRATITUDE LIST

* See [The KNOW Sin Zone] in The Game Plan.

March 29

Over the next two days, let's identify "What" it is that is keeping you from giving God your life fully and "Why" is it that you are holding on so tightly to your will which is keeping you in bondage and from ***"Doing the things most won't – So you can enjoy the things most can't"***?

The KNOW Sin Zone™ is where those of us who live with a "God-Consciousness" of varying degrees, choose to play life while flirting with the out of bounds markers –trying to *"Have It All"*. Its living *"SEPARATED"* from *"Whose We Are"* while we function as the centers of our own created universe.

However, since we were created to be totally dependent on God, we instinctively seek to close up our separation from God with various *"Dependencies"* or *"Strongholds"* as the Bible refers to them in order to provide the "Cover-up" for our shame.

"It was in her capacity as the prompter and agent of 'natural' theology that Mistresses Knowledge/Reason were in Luther's eyes the Devil's whores; for natural theology is, he held, blasphemous in principle, and bankrupt in practice. It is blasphemous in principle, because it seeks to snatch from God a knowledge of Himself which is not His gift, but man's achievement – a triumph of human brain-power; thus it would feed man's pride, and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Thus natural theology appears as one more attempt on man's part to implement the program which he espoused in his original sin to deny his creature-hood, and defy himself, and deal with God henceforth on an independent footing. But natural theology is bankrupt in practice; for it never brings its devotees to God; instead it leaves them stranded in a quaking morass of insubstantial speculation." ***"Man's part therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which***

prompts him to treat himself as the measure of all things, to confess the blindness of his corrupt heart, and thankfully to receive the enlightening Word of God. Man is by nature completely unable to know God as to please God; let him face the fact – and admit it.”

Today, Begin praying daily “HUMBLY” asking God to remove from you the “Will” that is at the center of the Cover-up. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 30

Will: Self-centered adherence to one's own character defects and desires etc, especially at the expense of others.

Turning your will over to God calls for affirmative action. For it is only by this action that you can cut away at your self-will which is keeping you blocked from God and fulfilling the purpose of your life.

"**Will-ingness**" is the key to unlocking self-will. The phenomenon is the more willing you become to depend on God, the more independent you actually become. Self-sufficiency will NEVER pay off. Self-sufficiency is a bone-crushing juggernaut whose final victory is defeat in one form or another. Turning your will over to God requires rigorously honest reflection. Meditate on the following questions:

- Am I a victim of remorse or bitterness about the past?
- Are there those I envy or hate?
- Do I live with a poverty consciousness? (See Assessment)
- Do I live in anxiety and fear?
- Do I resent or brood over bridges I've burned?
- Do I live with entitled and justified resentment?

It is only when you surrender your will to God by living with an "Eternal View" of life that you begin to use it for the purpose for which you were created.

Today, Repeat often, *"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. THY WILL - not mine be done."* **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone] in The Game Plan.

March 31

Living with an Eternal Perspective expresses itself through Gratitude. As we say here at the club, *"Gratitude unlocks the fullness of life."* Brother Lawrence wrote, *"We ought to give ourselves up to God, with regard to things temporal and spiritual, and seek our satisfaction only in the fulfilling of God's will, whether God leads us by suffering or by consolation, for both would be equal to a soul truly resigned."* The key to unlocking our willingness is Gratitude.

When you find yourself seizing back your will and the world's views begin making sense, you can be sure you have not been spending adequate time with your Gratitude List which builds a gratitude consciousness. An eternal perspective completes itself through Joy - not happiness. *"Just for today I will be Joy-Filled. Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals."*

Remember, Joy seems to be a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a "Light" that fills you with hope and faith and love. 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. Jesus said, *"I have told you this so that my joy may be in you and that your joy may be complete."*

The bible tells us, *"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."*

Today, WORK YOUR GRATITUDE LIST TO MAINTAIN A GRACIOUS PERSPECTIVE ON LIFE. KEEP SAYING “THANK YOU!” and “THY WILL BE DONE” UNTIL YOU **REALLY** MEAN IT.

* See [The Game Plan]

April 1

Passion/Palm Sunday - Day of Demonstration

The triumphal entry is that of Jesus coming into Jerusalem on what we know as Palm Sunday, the Sunday before the crucifixion. On that day, Jesus rode into Jerusalem on the back of a borrowed donkey's colt, **one that had never been ridden before**. The disciples spread their cloaks on the donkey for Jesus to sit on, and the multitudes came out to welcome Him, laying before Him their cloaks and the branches of palm trees. The people hailed and praised Him as the "King who comes in the name of the Lord" as He rode to the temple, where He taught the people, healed them, and drove out the money-changers and merchants who had made His Father's house a "den of robbers".

Jesus' purpose in riding into Jerusalem was to make public His claim to be their Messiah and King of Israel in fulfillment of Old Testament prophecy. Matthew tells us that the King coming on the foal of a donkey was an exact fulfillment of Zechariah 9:9, *"Rejoice greatly, O Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey."* Jesus was openly declaring to the people that He was their King and the Messiah they had been waiting for.

Unfortunately, the praise the people lavished on Jesus was not because they recognized Him as their Messiah. They welcomed Him out of their desire for a deliverer, someone who would lead them in a revolt against Rome. There were many who, though they did not believe in Christ with a spiritual faith, nevertheless hoped that perhaps He might be to them a great "temporal"² deliverer. These are the ones who hailed Him

² Temporal: relating to worldly as opposed to spiritual affairs; secular.

as King with their many Hosannas, recognizing Him as the Son of David who came in the name of the Lord. But when He failed in their expectations, when He refused to lead them in a massive revolt against the Roman occupiers and those who collaborated with them, the crowds quickly turned on Him.

Within just a few days, their Hosannas would change to cries of “Crucify Him!” **Jesus Christ comes not to conquer by force as earthly kings, but by love, grace, mercy, and His own sacrifice for His people.** His is not a kingdom of armies and splendor, but of lowliness and servant-hood. **Jesus conquers not nations, but hearts and minds.** His message is one of peace with God, not of temporal peace. **If Jesus has made a triumphal entry into our hearts, He reigns there in peace and love.**

As His followers, we exhibit those same qualities, and the world sees the true King living and reigning in triumph in us. Many have wondered why the king mentioned would ride a donkey into Jerusalem rather than a warhorse.

In the ancient Middle Eastern world, leaders rode horses if they rode to war, but donkeys if they came in peace. Jesus then entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. *“It is written,”* he said to them, *“My house will be called a house of prayer, but you are making it ‘a den of robbers.’”*

The blind and the lame came to him at the temple, and he healed them. But when the chief priests and the teachers of the law saw the wonderful things he did and the children shouting in the temple courts, *“Hosanna to the Son of David,”* they were indignant. “Do you hear what these children are saying?” they asked him. *“Yes,” replied Jesus, “have you never read, From the lips of children and infant you, Lord, have*

called forth your praise” And he left them and went out of the city to Bethany, where he spent the night.

Meditation: What a day this must have been especially for the apostles. Talk about being overwhelmed. Many people feel they could be much more faithful if like the disciples they actually saw Jesus and spent time with him. However, when studying their lives you will find Jesus did not give them the edge by being with him. In fact, some feel he made belief in himself even more difficult for the disciples.

Now visualize yourself with Jesus somewhere, what are you thinking and feeling. Re-read and study today’s journey. **Ask The Spirit to make clear to you those things stopping Jesus from making a triumphal entrance into your heart. BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 2

Monday - Day of Authority

Early in the morning, as Jesus was on his way back to Jerusalem, he was hungry. Seeing a fig tree by the road, he went up to it but found nothing on it except leaves. Then he said to it, *“May you never bear fruit again!”* Immediately the tree withered. When the disciples saw this, they were amazed. “How did the fig tree wither so quickly?” they asked. Jesus replied, *“Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done. If you believe, you will receive whatever you ask for in prayer.”*

Why did Jesus curse the fig tree if it was not the right season for figs? As to the significance of this passage and what it means, the answer to that is again found in the chronological setting and in understanding how a fig tree is often used symbolically to represent Israel in the Scriptures.

The presence of a fruitful fig tree was considered to be a symbol of blessing and prosperity for the nation of Israel. Likewise, the absence or death of a fig tree would symbolize judgment and rejection. Symbolically, the fig tree represented the spiritual deadness of Israel, who while very religious outwardly with all the sacrifices and ceremonies, were spiritually barren because of their sins. By cleansing the Temple and cursing the fig tree, causing it to wither and die, Jesus was pronouncing His coming judgment of Israel and demonstrating His power to carry it out. It also teaches the principle that religious profession and observance are not enough to guarantee salvation, unless there is the fruit of genuine salvation evidenced in the life of the person. James would later echo this truth when he wrote that *“faith without works is dead”*. The lesson of the fig tree is that we should bear spiritual fruit, not

just give an appearance of religiosity. **God judges fruitlessness, and expects that those who have a relationship with Him will “bear much fruit”.**

Jesus then entered the temple courts again, and, while he was teaching, the chief priests and the elders of the people came to him. “By what authority are you doing these things?” they asked. “And who gave you this authority?” Jesus replied, *“I will also ask you one question. If you answer me, I will tell you by what authority I am doing these things. John’s baptism—where did it come from? Was it from heaven, or of human origin?”* They discussed it among themselves and said, “If we say, ‘From heaven,’ he will ask, ‘Then why didn’t you believe him?’ But if we say, ‘Of human origin’—we are afraid of the people, for they all hold that John was a prophet.” So they answered Jesus, “We don’t know.” Then he said, *“Neither will I tell you by what authority I am doing these things.”*

“What do you think? There was a man who had two sons. He went to the first and said, ‘Son, go and work today in the vineyard.’ “‘I will not,’ he answered, but later he changed his mind and went. “Then the father went to the other son and said the same thing. He answered, ‘I will, sir,’ but he did not go. “Which of the two did what his father wanted?” “The first,” they answered. Jesus said to them, “Truly I tell you, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him.”

“Listen to another parable: There was a landowner who planted a vineyard. He put a wall around it, dug a winepress in it and built a watchtower. Then he rented the vineyard to some farmers and moved to another place. When the harvest time approached, he sent his servants to the tenants to collect his fruit. “The tenants seized his servants; they beat

one, killed another, and stoned a third. Then he sent other servants to them, more than the first time, and the tenants treated them the same way. Last of all, he sent his son to them. 'They will respect my son,' he said. "But when the tenants saw the son, they said to each other, 'This is the heir. Come, let's kill him and take his inheritance.' So they took him and threw him out of the vineyard and killed him. "Therefore, when the owner of the vineyard comes, what will he do to those tenants?" "He will bring those wretches to a wretched end," they replied, "and he will rent the vineyard to other tenants, who will give him his share of the crop at harvest time." Jesus said to them, "*Have you never read in the Scriptures:*

"The stone the builders rejected has become the cornerstone; the Lord has done this, and it is marvelous in our eyes"?

"Therefore I tell you that the kingdom of God will be taken away from you and given to a people who will produce its fruit. ⁴⁴ Anyone who falls on this stone will be broken to pieces; anyone on whom it falls will be crushed." When the chief priests and the Pharisees heard Jesus' parables, they knew he was talking about them. They looked for a way to arrest him, but they were afraid of the crowd because the people held that he was a prophet.

Meditation: We learn today the high priority God places on us living a fruitful life. In this writer's view, "*Self-abandonment leads to a cleansing Truth about ourselves which in turn produces an overflow of grace in us that will bear fruit in the lives of others.*" (See Verse 14 Following) However, if we continued to live a covered-up and self-absorbed life, we will be just like the withered fig tree. What is the quality of the fruit the grace in your life is producing? **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 3

Tuesday - Day of Conflict

Later they sent some of the Pharisees and Herodians to Jesus to catch him in his words. They came to him and said, *“Teacher, we know that you are a man of integrity. You aren’t swayed by others, because you pay no attention to who they are; but **you teach the way of God in accordance with the truth.** Is it right to pay the imperial tax to Caesar or not? Should we pay or shouldn’t we?”* But Jesus knew their hypocrisy. *“**Why are you trying to trap me?**”* he asked. *“**Bring me a denarius and let me look at it.**”* They brought the coin, and he asked them, *“**Whose image is this? And whose inscription?**”* *“**Caesar’s,**”* they replied. Then Jesus said to them, *“**Give back to Caesar what is Caesar’s and to God what is God’s.**”* And they were amazed at him. Then the Sadducees, who say there is no resurrection, came to him with a question. *“Teacher,”* they said, *“Moses wrote for us that if a man’s brother dies and leaves a wife but no children, the man must marry the widow and raise up offspring for his brother. Now there were seven brothers. The first one married and died without leaving any children. The second one married the widow, but he also died, leaving no child. It was the same with the third. In fact, none of the seven left any children. Last of all, the woman died too. At the resurrection whose wife will she be, since the seven were married to her?”* Jesus replied, *“**Are you not in error because you do not know the Scriptures or the power of God? When the dead rise, they will neither marry nor be given in marriage; they will be like the angels in heaven. Now about the dead rising—have you not read in the Book of Moses, in the account of the burning bush, how God said to him, ‘I am the God of Abraham, the God of Isaac, and the God of Jacob’? He is not the God of the dead, but of the living. You are badly mistaken!**”*

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, *"Of all the commandments, which is the most important?"* *"The most important one,"* answered Jesus, *"is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself. There is no commandment greater than these."* *"Well said, teacher,"* the man replied. *"You are right in saying that God is one and there is no other but him. To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices."* When Jesus saw that he had answered wisely, he said to him, *"You are not far from the kingdom of God."* And from then on no one dared ask him any more questions. While Jesus was teaching in the temple courts, he asked, *"Why do the teachers of the law say that the Messiah is the son of David? David himself, speaking by the Holy Spirit, declared:*

"'The Lord said to my Lord:

*"Sit at my right hand
until I put your enemies
under your feet.'"*

David himself calls him 'Lord.' How then can he be his son?" The large crowd listened to him with delight. As he taught, Jesus said, *"Watch out for the teachers of the law. They like to walk around in flowing robes and be greeted with respect in the marketplaces, and have the most important seats in the synagogues and the places of honor at banquets. They devour widows' houses and for a show make lengthy prayers. These men will be punished most severely."* Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in

large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents. Calling his disciples to him, Jesus said, *“Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.”* As Jesus was leaving the temple, one of his disciples said to him, *“Look, Teacher! What massive stones! What magnificent buildings!”* *“Do you see all these great buildings?”* replied Jesus. *“Not one stone here will be left on another; everyone will be thrown down.”* As Jesus was sitting on the Mount of Olives opposite the temple, Peter, James, John and Andrew asked him privately, *“Tell us, when will these things happen? And what will be the sign that they are all about to be fulfilled?”* Jesus said to them: *“Watch out that no one deceives you. Many will come in my name, claiming, ‘I am he,’ and will deceive many. When you hear of wars and rumors of wars, do not be alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be earthquakes in various places, and famines. These are the beginning of birth pains.”* *“You must be on your guard. You will be handed over to the local councils and flogged in the synagogues. On account of me you will stand before governors and kings as witnesses to them. And the gospel must first be preached to all nations. Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.”*

“Brother will betray brother to death, and a father his child. Children will rebel against their parents and have them put to death. Everyone will hate you because of me, but the one who stands firm to the end will be saved. When you see ‘the abomination that causes desolation’ standing where it does not belong—let the reader understand—then let those who are in Judea flee to the mountains. Let

no one on the housetop go down or enter the house to take anything out. Let no one in the field go back to get their cloak. How dreadful it will be in those days for pregnant women and nursing mothers! Pray that this will not take place in winter, because those will be days of distress unequalled from the beginning, when God created the world, until now—and never to be equaled again. “If the Lord had not cut short those days, no one would survive.”

“But for the sake of the elect, whom he has chosen, he has shortened them. At that time if anyone says to you, ‘Look, here is the Messiah!’ or, ‘Look, there he is!’ do not believe it. For false messiahs and false prophets will appear and perform signs and wonders to deceive, if possible, even the elect. So be on your guard; I have told you everything ahead of time.”

“But in those days, following that distress,

“‘the sun will be darkened,

and the moon will not give its light;

the stars will fall from the sky,

and the heavenly bodies will be shaken.”

“At that time people will see the Son of Man coming in clouds with great power and glory. And he will send his angels and gather his elect from the four winds,³ from the ends of the earth to the ends of the heavens.” “Now learn this lesson from the fig tree: As soon as its twigs get tender and its leaves come out, you know that summer is near. Even so, when you see these things happening, you know that it is near, right at the door. Truly I tell you, this generation will certainly not pass away until all these things have happened. Heaven and earth will pass away, but my words will never pass away.”

³ They were the children of Aeolus, the Keeper of the Winds, and Eos, the Titan goddess of the dawn. The four gods were **Boreas** (North Wind), **Notus** (South Wind), **Zephyrus** (West Wind) and **Eurus** (East Wind).

“But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come. It’s like a man going away: He leaves his house and puts his servants in charge, each with their assigned task, and tells the one at the door to keep watch.” “Therefore keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: ‘Watch!’”

Now the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. *“But not during the festival,”* they said, *“or the people may riot”*.

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, *“Why this waste of perfume? It could have been sold for more than a year’s wages and the money given to the poor.”* And they rebuked her harshly. *“Leave her alone,”* said Jesus. *“Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”*

Then Judas Iscariot, one of the Twelve, went to the chief priests to betray Jesus to them. They were delighted to hear this and promised to give him money. So he watched for an opportunity to hand him over.

Meditation: We wonder where each of us might have appeared in the Passion. We all have potential for terrible things to come out of our wills and souls. We deceive nobody but ourselves if we think otherwise. Identify the areas of your life where you are betraying God. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 4

Wednesday – Day of Silence (No Recorded History)

Meditation: While this day of Holy Week has been referred to as a "Day of Silence," suspicion is Jesus must have spent the day meditating on the sounds of the silence in his sacred heart. In this time of running frantically from task to task juggling ideals that keep us numb and unable to feel life for what it is, this is the day to quiet ourselves and face the sounds of silence in our own hearts.

You know the 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"*

As you go through today, use your phone for something other than useless texting and idle conversation. Use the "Notes" section and journal your thoughts. Be brutally honest with the sounds of the silence and today can be the day when you get at the "Silent" cancerous tumors currently robbing you of the abundant Life God has for you and prepare your heart for that Life, The Eternal Life Christ will be sacrificing his life for – **FOR YOU. BUILD YOUR GRATITUDE LIST**

April 5

Holy/Maundy Thursday

The Passover Meal - Jesus Washes His Disciples' Feet

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

Passover is the oldest and most important of Jewish religious festivals, commemorating God's deliverance of the Hebrews from slavery in Egypt and his creation of the Israelite people. In its earliest forms it marked the beginning of the Jewish religious year (Exodus 12:1-2; because of changes in calendars, later Judaism observed the beginning of the year in the Fall with *Yom Kippur* and *Rosh Hashana*). It is based on the rituals of ancient Israel preserved primarily in Exodus 12-14 in which Israelites celebrated their deliverance by God from slavery in Egypt. The term Passover refers to the tenth and final plague God brought upon the Egyptians to persuade Pharaoh to let the people go, the death of all the firstborn of Egypt. In obedience to God's instructions, those who believed placed the blood of a lamb on the door posts of their homes, so that God would "pass-over" those homes. The festival actually celebrates the entire sequence of events that led to the Israelites' freedom from slavery. While thoroughly based in those historical events, the celebration encompasses much more as it becomes a vehicle to celebrate the very nature of God and His gracious work in the world. It is in this larger dimension that Jesus adopted the Passover service as a sacramental remembrance of God's new work of deliverance in the Christ, and allows Christians to celebrate this ancient festival.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "*Lord, are you going to wash my feet?*" Jesus replied, "*You do not realize now what I am doing, but later you will understand.*" "No," said Peter, "*you shall never wash my feet.*" Jesus answered, "*Unless I wash you, you have no part with me.*" "Then, Lord," Simon Peter replied, "*not just my feet but my hands and my head as well!*" Jesus answered, "*Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.*" For he knew who was going to betray him, and that was why he said not everyone was clean. When he had finished washing their feet, he put on his clothes and returned to his place.

"Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them."

Jesus Predicts His Betrayal

"I am not referring to all of you; I know those I have chosen. But this is to fulfill this passage of Scripture: 'He who shared my bread has turned against me.' I am telling you now before it happens, so that when it

does happen you will believe that I am who I am. Very truly I tell you, whoever accepts anyone I send accepts me; and whoever accepts me accepts the one who sent me."

After he had said this, Jesus was troubled in spirit and testified, *"Very truly I tell you, one of you is going to betray me."* His disciples stared at one another, at a loss to know which of them he meant. One of them, the disciple whom Jesus loved, was reclining next to him. Simon Peter motioned to this disciple and said, *"Ask him which one he means."* Leaning back against Jesus, he asked him, *"Lord, who is it?"* Jesus answered, *"It is the one to whom I will give this piece of bread when I have dipped it in the dish."* Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. As soon as Judas took the bread, Satan entered into him. So Jesus told him, *"What you are about to do, do quickly."*

But no one at the meal understood why Jesus said this to him. Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the festival, or to give something to the poor. As soon as Judas had taken the bread, he went out. And it was night.

Jesus Predicts Peter's Denial

When he was gone, Jesus said, *"Now the Son of Man is glorified and God is glorified in him. If God is glorified in him, God will glorify the Son in himself, and will glorify him at once. My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come. A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."* Simon Peter asked him, *"Lord, where are you going?"* Jesus replied, *"Where I am going, you cannot follow now, but you will*

follow later.” Peter asked, “Lord, why can’t I follow you now? I will lay down my life for you.” Then Jesus answered, “Will you really lay down your life for me? Very truly I tell you, before the rooster crows, you will disown me three times!”

Jesus Comforts His Disciples

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”

Jesus the Way to the Father

Thomas said to him, *“Lord, we don’t know where you are going, so how can we know the way?”* Jesus answered, *“I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”* Philip said, *“Lord, show us the Father and that will be enough for us.”* Jesus answered: *“Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do*

whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.

Jesus Promises the Holy Spirit

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

Then Judas (not Judas Iscariot) said, *“But, Lord, why do you intend to show yourself to us and not to the world?”* Jesus replied, *“Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me. All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said 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. You heard me say, ‘I am going away and I am coming back to you.’ If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. I have told you now before it happens, so that when it does happen you will believe. I will not say much more to you, for the prince of this world is coming. He has no hold over me, but he comes so that the world may learn that I love the Father*

and do exactly what my Father has commanded me. Come now; let us leave.”

The Vine and the Branches

*“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples. As the Father has loved me, so have I loved you. **Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.** My command is this: ‘Love each other as I have loved you’. Greater love has no one than this: ‘to lay down one’s life for one’s friends’. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. **You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.** This is my command: Love each other.”*

The World Hates the Disciples

“If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: ‘A servant is not greater than his master’. If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also. They will treat you this way because of my name, for they do not know the one who sent me. If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin. Whoever hates me hates my Father as well. If I had not done among them the works no one else did, they would not be guilty of sin. As it is, they have seen, and yet they have hated both me and my Father. But this is to fulfill what is written in their Law: ‘They hated me without reason.’”

The Work of the Holy Spirit

“When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning.”

Jesus Prays to Be Glorified

After Jesus said this, he looked toward heaven and prayed: *“Father, the hour has come. Glorify your Son, that your Son may glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him. Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. I have brought you glory on earth by finishing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began.”*

Jesus Prays for His Disciples

“I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. Now they know that everything you have given me comes from you. For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. I pray for them. I am not praying for the world, but for those you have given me, for they are yours. All I have is yours, and all you have is mine. And glory has come to me through them. I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.. I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. For them I sanctify myself, that they too may be truly sanctified.”

Jesus Prays for All Believers: *“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete*

unity. Then the world will know that you sent me and have loved them even as you have loved me. Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world. Righteous Father, though the world does not know you, I know you, and they know that you have sent me. I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.”

MEDITATION: Jesus is now in the height of his passion. How casually we take his words. Our hubris deceives us into righteous indignation of doctrine. We are deceived into allowing worldly racial tensions to keep us at odds while these tensions are not found in The Father’s world. **How pathetic we are!** It is only through unity with each other that the world will know that Jesus is who he says he is. It’s no wonder Christianity is in the condition it is today. In the words on Dr. King, “We must learn to live together as brothers or perish together as fools.” **United we will stand, and divided we will surely fall.** We must humble ourselves for we are about to experience a brutal murder, and our sin is the executioner. How dare we say we follow The Christ while we cannot live in unity because of our hubristic arrogance as we retard into captivity seduced by mistress reason through our finite minds. **WE SHOULD BE ASHAMED! FOR GIVE US FATHER – FOR WE KNOW NOT WHAT WE DO!**

Jesus Arrested

When he had finished praying, Jesus left with his disciples and crossed the Kidron Valley. On the other side there was a garden, and he and his disciples went into it. Now Judas, who betrayed him, knew the place, because Jesus had often met there with his disciples. So Judas came to the garden, guiding a detachment of soldiers and some officials from the chief priests and the Pharisees. They were carrying torches, lanterns and weapons. Jesus, knowing all that was going to happen to him, went out and asked them, *“Who is it you want?”* *“Jesus of Nazareth,”* they replied. *“I am he,”* Jesus said. (And Judas the traitor was standing there with them.) When Jesus said, *“I am he,”* they drew back and fell to the ground.

Again he asked them, *“Who is it you want?”* *“Jesus of Nazareth,”* they said. Jesus answered, *“I told you that I am he. If you are looking for me, then let these men go.”* This happened so that the words he had spoken would be fulfilled: *“I have not lost one of those you gave me.”* Then Simon Peter, who had a sword, drew it and struck the high priest’s servant, cutting off his right ear. (The servant’s name was Malchus.) Jesus commanded Peter, *“Put your sword away! Shall I not drink the cup the Father has given me?”* Then the detachment of soldiers with its commander and the Jewish officials arrested Jesus. They bound him and brought him first to Annas, who was the father-in-law of Caiaphas, the high priest that year. Caiaphas was the one who had advised the Jewish leaders that it would be good if one man died for the people

Peter’s First Denial

Simon Peter and another disciple were following Jesus. Because this disciple was known to the high priest, he went with Jesus into the high priest’s courtyard, but Peter had to wait outside at the door. The other disciple, who was known to the high priest, came back, spoke to the

servant girl on duty there and brought Peter in. *“You aren’t one of this man’s disciples too, are you?”* she asked Peter. He replied, *“I am not.”* It was cold, and the servants and officials stood around a fire they had made to keep warm. Peter also was standing with them, warming himself.

The High Priest Questions Jesus

Meanwhile, the high priest questioned Jesus about his disciples and his teaching. *“I have spoken openly to the world,”* Jesus replied. *“I always taught in synagogues or at the temple, where all the Jews come together. I said nothing in secret. Why question me? Ask those who heard me. Surely they know what I said.”* When Jesus said this, one of the officials nearby slapped him in the face. *“Is this the way you answer the high priest?”* he demanded. *“If I said something wrong,”* Jesus replied, *“testify as to what is wrong. But if I spoke the truth, why did you strike me?”* Then Annas sent him bound to Caiaphas the high priest.

Peter’s Second and Third Denials

Meanwhile, Simon Peter was still standing there warming himself. So they asked him, *“You aren’t one of his disciples too, are you?”* He denied it, saying, *“I am not.”* One of the high priest’s servants, a relative of the man whose ear Peter had cut off, challenged him, *“Didn’t I see you with him in the garden?”* Again Peter denied it, and at that moment a rooster began to crow.

Jesus Before Pilate

Then the Jewish leaders took Jesus from Caiaphas to the palace of the Roman governor. By now it was early morning, and to avoid ceremonial uncleanness they did not enter the palace, *because “were he not a criminal,”* they replied, *“we would not have handed him over to you.”* Pilate

said, *“Take him yourselves and judge him by your own law.”* *“But we have no right to execute anyone,”* they objected. This took place to fulfill what Jesus had said about the kind of death he was going to die. Pilate then went back inside the palace, summoned Jesus and asked him, *“Are you the king of the Jews?”* *“Is that your own idea,”* Jesus asked, *“or did others talk to you about me?”* *“Am I a Jew?”* Pilate replied. *“Your own people and chief priests handed you over to me. What is it you have done?”* Jesus said, *“My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.”* *“You are a king, then!”* said Pilate. Jesus answered, *“You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.”* *“What is truth?”* retorted Pilate. With this he went out again to the Jews gathered there and said, *“I find no basis for a charge against him. But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release ‘the king of the Jews’?”* They shouted back, *“No, not him! Give us Barabbas!”* Now Barabbas had taken part in an uprising.

Early in the morning, all the chief priests and the elders of the people made their plans how to have Jesus executed. So they bound him, led him away and handed him over to Pilate the governor. When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. *“I have sinned,”* he said, *“for I have betrayed innocent blood.”* *“What is that to us?”* they replied. *“That’s your responsibility.”* So Judas threw the money into the temple and left. Then he went away and hanged himself. The chief priests picked up the coins and said, *“It is against the law to put this into the treasury, since it is blood money.”* So they decided to use the money to buy the potter’s field as a burial place

for foreigners. That is why it has been called the Field of Blood to this day. Then what was spoken by Jeremiah the prophet was fulfilled: *“They took the thirty pieces of silver, the price set on him by the people of Israel, and they used them to buy the potter’s field, as the Lord commanded me.”*

* See [The Game Plan]

April 6

Friday – Day of Reflection and Atonement

Then the whole assembly rose and led him off to Pilate. And they began to accuse him, saying, *“We have found this man subverting our nation. He opposes payment of taxes to Caesar and claims to be Messiah, a king.”* So Pilate asked Jesus, *“Are you the king of the Jews?”* *“You have said so,”* Jesus replied. Then Pilate announced to the chief priests and the crowd, *“I find no basis for a charge against this man.”* But they insisted, *“He stirs up the people all over Judea by his teaching. He started in Galilee and has come all the way here.”* On hearing this, Pilate asked if the man was a Galilean. When he learned that Jesus was under Herod’s jurisdiction, he sent him to Herod, who was also in Jerusalem at that time.

When Herod saw Jesus, he was greatly pleased, because for a long time he had been wanting to see him. From what he had heard about him, he hoped to see him perform a sign of some sort. He plied him with many questions, but Jesus gave him no answer. The chief priests and the teachers of the law were standing there, vehemently accusing him. Then Herod and his soldiers ridiculed and mocked him. Dressing him in an elegant robe, they sent him back to Pilate. That day Herod and Pilate became friends—before this they had been enemies.

Pilate called together the chief priests, the rulers and the people, and said to them, *“You brought me this man as one who was inciting the people to rebellion. I have examined him in your presence and have found no basis for your charges against him. Neither has Herod, for he sent him back to us; as you can see, he has done nothing to deserve death. Therefore, I will punish him and then release him.”* But the whole crowd shouted, *“Away with this man! Release Barabbas to*

us!” (Barabbas had been thrown into prison for an insurrection in the city, and for murder.) Wanting to release Jesus, Pilate appealed to them again. But they kept shouting, “*Crucify him! Crucify him!*” For the third time he spoke to them: “*Why? What crime has this man committed? I have found in him no grounds for the death penalty. Therefore I will have him punished and then release him.*” But with loud shouts they insistently demanded that he be crucified, and their shouts prevailed. So Pilate decided to grant their demand. He released the man who had been thrown into prison for insurrection and murder, the one they asked for, and surrendered Jesus to their will.

The Soldiers Mock Jesus

The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. They put a purple robe on him, then twisted together a crown of thorns and set it on him. And they began to call out to him, “*Hail, king of the Jews!*” Again and again they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

The Crucifixion of Jesus

A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross. They brought Jesus to the place called Golgotha (which means “the place of the skull”). Then they offered him wine mixed with myrrh, but he did not take it. And they crucified him. Dividing up his clothes, they cast lots to see what each would get. The written notice of the charge against him read: THE KING OF THE JEWS. They crucified two rebels with him, one on his right and one on his left.

Those who passed by hurled insults at him, shaking their heads and saying, *“So! You who are going to destroy the temple and build it in three days, come down from the cross and save yourself!”* In the same way the chief priests and the teachers of the law mocked him among themselves. *“He saved others,”* they said, *“but he can’t save himself! Let this Messiah, this king of Israel, come down now from the cross, that we may see and believe.”* Those crucified with him also heaped insults on him.

The Death of Jesus

And at three in the afternoon Jesus cried out in a loud voice, *“Eloi, Eloi, lema sabachthani?”* (which means “My God, my God, why have you forsaken me?”). When some of those standing near heard this, they said, *“Listen, he’s calling Elijah.”* Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. *“Now leave him alone. Let’s see if Elijah comes to take him down.”* He said the curtain of the temple would be torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, *“Surely this man was the Son of God!”*

Some women were watching from a distance. Among them were Mary Magdalene, Mary the mother of James the younger and of Joseph, and Salome. In Galilee these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there.

Meditation (To Be Done Between 9AM and 3PM)

“But when they came to Jesus and found that he was already dead, they did not break his legs.”

In that day those being crucified would use their legs to hoist themselves up to ease their suffocation and delay death. *“But when they came to Jesus and found that he was already dead, they did not break his legs.”*

Today we hear and read a barrage of information and theories about living lives of purpose and this topic is obviously being sought by many. Unfortunately, most people are seeking to find purpose while they continue to hoist up their earthly lives and dying in Christ while trying to have it both ways which encapsulates the total purpose of The KNOW Sin Zone™. **Christ was born with one purpose and one purpose only – TO DIE, that’s why his legs did not have to be broken.**

Many followers of Christ who have been so-called “born again,” quote **2 Corinthians 5:17** which tells us *“we are new creations after being born again.”* So we microwave ourselves “saved” and bluntly go on doing whatever we want due to our new lives. The problem with microwaving is what comes out hot turn’s cold real fast. On the other hand, in the Apostle Paul’s letter to the Galatians he writes, *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”* **Galatians 2:20**

In order to be “crucified in Christ” and truly be “born again,” we must stop hoisting ourselves up by holding on to those Strongholds/Character Defects in our lives that deceives us into believing we can have it both ways. We can only be born again if we are totally dead – if not we might be a “new creation” that is unfortunately “still-born.”

The KNOW Sin Zone™

The KNOW Sin Zone™ is where those of us who live with a “God-Consciousness” of varying degrees, choose to play life while flirting with the out of bounds markers – attempting to “*Have It Both Ways*”. Its living “*SEPARATED*”⁴ from “*Whose We Are*” while we function as the centers of our own created universe. However, since we were created to be totally dependent on God, we instinctively seek to close up our separation from God through “*Dependencies*” “*Character Defects*” or “*Strongholds*” as the Bible refers to them in order to “Cover-up” for our shame. Upon entering The KNOW Sin Zone™, you will determine just:

- “Whose” you are. Are you a creation of an “Intelligent Design”, or have you simply evolved as a result of scientific progression?
- “Who” you are
- “What” do you believe
- “Why” do you believe what you believe

Those living in The “*KNOW*” Sin Zone are always seeking happiness rather than joy. Since they are so intoxicated on “self,” they will not accept that joy is a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can “exist” in for a while as it serves as a cover-up. Happiness requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a “Light” that fills you with hope, faith and love. 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. “*The JOY of the Lord is my strength.*” -**Nehemiah 8:10**. If your life is producing a whine instead of wine, you must ruthlessly kick it out. It is a crime for a person to be weak in God's strength. Those living in The KNOW Sin Zone™ on a high when life is good, yet as time goes on the feeling that “*Something*” is missing gnaws at them and

⁴ Sin is defined in the catechism as “*Separation from God.*”

deceives them by getting deeper into the cover-up by believing they are *entitled* to “*more*” of the good life they have adopted in order to maintain the level their *separation* needs in order to satisfy their innate need for “*Wholeness*”. Their enslavement to “*Knowledge*” and “*Reason*” traps them into a downward spiral of quiet desperation, chronic un-fulfillment, blame and discouragement. Underneath it all is a deep-seeded fear and anxiety deceptively disguised as a self-protective confidence as they desperately try to hide from who they really are. As the saying goes, “*Mirror, mirror on the wall, the mirror isn’t on the wall at all. The reflection I see comes deep from within me.*”

“*Reason and Rationalization*” are secondary tumors that have metastasized from the primary tumor “*KNOWLEDGE*” described by God as “sure death”. As a simple guy I find it so interesting how many of those who live in The KNOW Sin Zone™ are of the opinion the bible is out of date, a nice story, opium for the masses. Yet, at creation the Lord God forbid us to eat of just one thing...“*The Tree of KNOWLEDGE*”, yet today we overdose on it. How ironically accurate this out of date this book is actually proving to be at a time where we are experiencing an opioid epidemic by the masses. It appears “*Reason and Rationalization*” has slowly broke us down and drained the **Life** out of us. The antidote – Jesus Christ. A life rooted in Christ surrenders “*Reason and Rationalization*” daily as we live in a state of humble remission. A life rooted in Jesus Christ doesn’t mean one needs to be a fanatic of sorts and it certainly doesn’t mean a man needs to surrender his masculinity. A life in Christ looks very similar to the reverence a golfer holds for the game. They play with an uncompromising honesty and commitment and well-founded humility unparalleled by any other sport.

In the book [The Bondage of the Will] an excerpt from Martin Luther’s writings speaks to “*Knowledge/Reason*” as follows: “*The Holy*

Spirit is no Skeptic, and the thing it has written on our hearts are not doubts or opinions – but assertions, surer and more certain than sense of life itself. Luther's unflagging polemic against the abuse of knowledge/reason is aimed only at the ideal of rational autonomy and self-sufficiency – **the ideal of philosophers and scholastic theologians, to find out and know God by the use of their own knowledge and self-convenient unaided reason.**

*It was in her capacity as the prompter and agent of 'natural' theology that Mistresses Knowledge/Reason were in Luther's eyes the Devil's whores; for natural theology is, he held, blasphemous in principle, and bankrupt in practice. **It is blasphemous in principle, because it seeks to snatch from God a knowledge of Himself which is not His gift, but man's achievement** – a triumph of human brain-power; thus it would feed man's pride, and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Thus natural theology appears as one more attempt on man's part to implement the program which he espoused in his original sin to deny his creature-hood, and defy himself, and deal with God henceforth on an independent footing. But natural theology is bankrupt in practice; for it never brings its devotees to God; instead it leaves them stranded in a quaking morass of insubstantial speculation."*

*"Man's part therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which prompts him to treat himself as the measure of all things, to confess his blindness of his corrupt heart, and thankfully to receive the enlightening Word of God. Man is by nature completely unable to know God as to please God; let him face the fact – and admit it."*ⁱ

As those who seek the full and complete satisfaction of serving God while enjoying all the pleasures of the world find themselves wandering aimlessly in **The KNOW Sin Zone™**, they continue trying one thing after another seeking the “*Something*” that is missing in their lives which they really have never identified. They can be dying inside, yet on the outside they appear to “have it all.” Around the club we call this the, “Fernando Lamas Syndrome - when someone would much rather look marvelous rather than feel marvelous.”

Man was not made to serve both God and “*Mammon.*” It is impossible to serve both God and the world. We were not created to claim the rewards of both. **Putting God first means we must be prepared to sometimes stand apart from the world.** You cannot always turn to the world and expect all the rewards which life has to offer. If you are trying sincerely to serve God, you will have other and greater rewards than the world has to offer. This does not mean one must turn fanatical, self-righteous or go around trying to convert everyone they meet. Of critical importance it doesn’t mean a man has to give up his masculinity. **It means one has found the courage and has dug down deep into their being and has faced and now “KNOWS” the glaring character defects that push them into their dependent behaviors which afforded them comfort and dominance in their fraudulent kingdoms.** This “God-knowledge” is the freeing knowledge given us by Christ on the cross. It leads one to a humble, gracious, credible and authentic life. ⁱⁱ

"Upon discovering they are clinging to strongholds that they will not let go, they must sincerely ask God to help them to be willing to let those go. They cannot divide their lives into compartments keeping some for themselves and some for God. They must give it ALL to God saying, *My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single*

defect of character which stands in the way of my usefulness to You and others."

The laws of nature cannot be changed - they must be obeyed. No exceptions will be made in any case. **We either submit to the laws of nature or they will eventually break us.** When this happens and depending on our current condition, we will either accept our broken condition or we will impose it on others in an attempt to break them by keeping the focus away from ourselves. Those who are so enslaved in self-will, cowardly impose their brokenness on others.

These are mostly people who are constitutionally incapable of being honest since their fraudulent lifestyles have become their desperate attempt at survival. However, as they continue their cover up and continue to break the laws of honesty, purity, unselfishness, and love, they will eventually spiral down to a point of no return being left abandoned, angry, bitter, bitter and alone. The moral and spiritual laws of God, like the laws of nature, are unbreakable without some disaster. If we are dishonest, impure, selfish, and unloving, we will not be living according to the laws of the spirit, eventually we will suffer the consequences and the more intellectually arrogant one is the harder they we are doomed to fall. **No one beats the rhythm of this life since the laws of nature respects no one who lives in their breach.**

Their pain eventually becomes so chronic that they find themselves suffering physically, emotionally, spiritually socially and financially. Those who achieved financial success tend to suffer more intensely from those who find themselves in poverty, since financial success typically was a form of their power and usually the way they controlled and manipulated others. The intellectual component of their life now becomes their bankruptcy leaving them insufficiently funded deep in the depths of The KNOW Sin Zone™.

Rigorously identifying one's character defects and the various salves used to cover up these defects is the manner in which one can hope to narrow the separation between God's design for humanity and sin itself. Once this identification is made the best we can hope for is a consciously repentant self which keeps us on noticed to the fact that we are flawed and humbly aware that without the person on Jesus Christ we would be living in eternal abandon.

Unfortunately, at the creation we as humans failed Satan's test and took on a worship of *"self"* separating ourselves from our total dependence on God which was His design for us. Our eyes may have been opened but we were lost, abandoned and petrified. So much so we covered ourselves up and that cover up goes on to this day. The deception of independence was just that - a deception.

The proof of our blindness and our slavery to earthly treasures is found in the naive certainty that we often display that we can serve God on Sunday and mammon on Monday through Saturday and that God will accept this; as if, we can work out a compromise. Jesus says, *"you cannot serve God and mammon"*. What Jesus is saying is that these are absolutes. There is no mean between two opposites. If the material outlook controls us, then we are really godless, even though we talk about God all the time. I know there are many among us who would decry what we call *"atheistic materialism,"* but what Jesus is saying is that there is something even worse. It is the materialism that thinks it is godly! In the letter to the church at Laodicea he reminded them of this. They were lukewarm, he said, *"neither hot nor cold."* They were saying, *"We are rich and increased with goods and have need of nothing,"* and Jesus said, *"You do not know that you are wretched, pitiable, poor, blind, and naked,"*. **Rev 3:16-17** This is the materialism that thinks that it is godly.

So the consummate question here is not "*What do you confess?*" but, "*Whom do you serve?*" **It is either God or mammon, it cannot be both.** Everyone today -- is either serving God or serving mammon. We are not doing both. We cannot do both, that is the point that Jesus makes.

Let's take a look at where you stand as you identify your strongholds by taking The Mammon Test.

THE MAMMON TEST IDENTIFYING YOUR STRONGHOLDS

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

- | | |
|---|--|
| ☐ Excessive Work | ☐ Materialism |
| ☐ Sex / Pornography | ☐ Under-Earning |
| ☐ Over-Achievement | ☐ Overindulging in Alcohol |
| ☐ Binge Eating | ☐ Abusing Drugs, (Legal or Illegal) |
| ☐ Taking Control | ☐ Headaches / Migraines |
| ☐ Uncontrolled Anger | ☐ Blaming Others |
| ☐ Money Dysfunction, (Excess / Debt) | ☐ 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 | ☐ Other: |
| ☐ Rescuing Other People | ☐ Other: |
| ☐ 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 Others | ☐ Other: |
| ☐ Frequent Exhaustion/Burnout | ☐ Other: |
| ☐ Need or Enjoy To Hurt People | ☐ 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 and happy life when under pressure. |
| ☐ ☐
Y N | 2. I turn to the habit, substance, or activity for reward or protection. |
| ☐ ☐
Y N | 3. I sometimes hide the habit, substance, or activity from those around me. |
| ☐ ☐
Y N | 4. Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life? |
| ☐ ☐
Y N | 5. Have I been deceitful or dishonest with the habit, substance, or activity to the detriment of others around me? |
| ☐ ☐
Y N | 6. Could the habit, substance, or activity left un-addressed be destructive to myself or others? (<i>Look at the worst case scenario</i>) |
| ☐ ☐
Y N | 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?
Y N
- ☐ ☐ 9. Do I feel any guilt or remorse for indulging in the habit, substance, or activity?
Y N
- ☐ ☐ 10. Do I promise myself I will stop the habit, substance, or activity?
Y N
- ☐ ☐ 11. Do I find that regardless of my resolve to stop the habit, substance, or activity only to turn to it again?
Y N
- ☐ ☐ 12. After attempting to unsuccessfully stop the habit, substance, or activity, do I find that the habit, substance, or activity actually increases?
Y N

The Burial of Jesus

It was Preparation Day⁵. So as evening approached, Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb.

⁵ **Preparation Day** is the day before the Sabbath.

April 7

Day of Mourning

The Guard at the Tomb

The next day, the one after Preparation Day, the chief priests and the Pharisees went to Pilate. *“Sir,” they said, “we remember that while he was still alive that deceiver said, ‘After three days I will rise again.’ So give the order for the tomb to be made secure until the third day. Otherwise, his disciples may come and steal the body and tell the people that he has been raised from the dead. This last deception will be worse than the first. Take a guard,”* Pilate answered. *“Go, make the tomb as secure as you know how.”* So they went and made the tomb secure by putting a seal on the stone and posting the guard.

Meditation: As we keep watch, let's take a look at two events in the life of a man that had a profound effect on the entire world.

1. Jesus was born of a virgin.
2. His tomb would be guarded - **so he couldn't get out.**

Two amazingly incredible and far-fetched events the world has been asked to believe. From a scientific perspective, can a woman be born with the "seed of a man"? Perhaps. It's routine today for women to conceive children without ever being with a man. Why then couldn't the Holy Spirit have inseminated Mary. During the times of each, both were not possible from the finite minds of the day.

From a scientific perspective, Can a person dead for two days come back to life? Perhaps. Embalming in those days was completely a surface process. From time to time we here of people coming back to life after being dead for periods of time. Today for instance, due to advancements

in science, people's hearts are restarted routinely. Yet, it seems easier to discount base on human knowledge.

It would be very easy to say the answer is to have faith. To that many say they try while the others are over indulging on the Tree of Knowledge but of course are totally oblivious to it. Believing in the events leading up to the resurrection may be labeled "Opium for the masses" by some, while many of those today who exist hopelessly are caught up in a mass opioid epidemic.

- What do you believe?
- Why do you believe what you do?

* See [The Game Plan]

April 8

Day of Victory

The Empty Tomb

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, *“They have taken the Lord out of the tomb, and we don’t know where they have put him!”* So Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus’ head. The cloth was still lying in its place, separate from the linen. Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then the disciples went back to where they were staying.

Jesus Appears to Mary Magdalene

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus’ body had been, one at the head and the other at the foot. They asked her, *“Woman, why are you crying?”* *“They have taken my Lord away,”* she said, *“and I don’t know where they have put him.”* At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, *“Woman, why are you crying? Who is it you are looking for?”* Thinking he was the gardener, she said, *“Sir, if you have*

carried him away, tell me where you have put him, and I will get him.” Jesus said to her, *“Mary.”* She turned toward him and cried out in Aramaic, “Rabboni!” (which means “Teacher”). Jesus said, *“Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, ‘I am ascending to my Father and your Father, to my God and your God.’”* Mary Magdalene went to the disciples with the news: *“I have seen the Lord!”* And she told them that he had said these things to her.

The Guards’ Report

While the women were on their way, some of the guards went into the city and reported to the chief priests everything that had happened. When the chief priests had met with the elders and devised a plan, they gave the soldiers a large sum of money, telling them, *“You are to say, ‘His disciples came during the night and stole him away while we were asleep.’”* *“If this report gets to the governor, we will satisfy him and keep you out of trouble.”* So the soldiers took the money and did as they were instructed. And this story has been widely circulated among the Jews to this very day.

Jesus Has Risen

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, *“Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over*

to the hands of sinners, be crucified and on the third day be raised again.” Then they remembered his words. When they came back from the tomb, they told all these things to the Eleven and to all the others. It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. But they did not believe the women, because their words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.

On the Road to Emmaus

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him. He asked them, *“What are you discussing together as you walk along?”* They stood still, their faces downcast. One of them, named Cleopas, asked him, *“Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”* *“What things?”* he asked. *“About Jesus of Nazareth,”* they replied. *“He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”* He said to them, *“How foolish you are,*

and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, *"Stay with us, for it is nearly evening; the day is almost over."* So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, *"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"* They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, *"It is true! The Lord has risen and has appeared to Simon."* Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

Jesus Appears to His Disciples

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, *"Peace be with you!"* After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again Jesus said, *"Peace be with you! As the Father has sent me, I am sending you."* And with that he breathed on them and said, *"Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."*

Jesus Appears to Thomas

Now Thomas (also known as Didymus, one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, *"We*

have seen the Lord!" But he said to them, *"Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."* A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, *"Peace be with you!"* Then he said to Thomas, *"Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."* Thomas said to him, *"My Lord and my God!"* Then Jesus told him, *"Because you have seen me, you have believed - blessed are those who have not seen and yet have believed."*

The Great Commission

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, *"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

What is Your Commission? (Pray on this wholeheartedly for the next seven days using the guide provided for each day.)

April 9

Over the next six days, we are going to look at six worlds of life from where you can apply your purpose and fulfill The Great Commission. These areas are, Physical, Spiritual, Intellectual, Emotional, Financial and Social. Let's begin by taking a look at the "Physical" and answer the question the apostle Paul asked the Corinthians. *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."* So, if your body is not your own, do you have the right to say, *"No one can tell me what to do with MY body?"* The answer to that question is "No" if you are trying to fulfill your purpose for The Great Commission.

Today, How will you care for your body through exercise and nourishment in order that it will be a perfect machine for your bidding? Remember, "Health is the single most commodity you have been given as a gift, one you won't recognize or appreciate until you have it no longer. **BUILD YOUR GRATITUDE LIST.**

* See [The Game Plan]

April 10

Let's begin today and take a look at the "Spiritual" and what Christ said to the apostles. "When the Spirit of Truth comes, it will guide you into all the truth. It will not speak to you on its own; it will speak only what it hears, and it will guide you in what is yet to come." The Spirit of Truth is the driving force to a life guided by wisdom. It breathes truth into you as you learn truth and open your heart to it. The more you accept what it tells you about yourself, you will begin to experience a new found freedom accompanied by a depth of Spirit. Depth is a necessary quality to be a winner in life.

Today, Practice facing yourself by digging those strongholds out of the dirt of your life that you've come to "Know". Practice! Practice! Practice! Dig into those strongholds that you've been using to perpetrate your cover-up and discover a new found freedom guided by wisdom so it will benefit others. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 11

The “Emotional” component of your life tells others in your sphere of influence a lot about you. It's one thing to talk a good game and another thing to live/play a good game. How you play the game of life is more of a testament to others than any talk. Jesus said, “**by their fruit you will recognize them**”.

In order to fulfill The Great Commission in your life, your emotional or inner world must be in order. As you cooperate with the Spirit through sound spiritual principles, you will experience an increasingly rich emotional life. Your emotional reflexes to life depend greatly on the condition of your spiritual life.

Today, Seek to improve your conscious contact with God. See God in everything with a Spirit of "Gratitude" to unlock a fullness of life that will empower others. Work on the Spiritual Cardio. **BUILD YOUR GRATITUDE LIST**

* See [Is A Champion Born or Made?]

April 12

The financial component of your life has a personality all of its own. Money is highly emotional. It reveals to all the condition of your heart.

Indifferent to what many believe, money does not lead to independence or security, and it certainly doesn't lead to peace. It may seem to at first but it doesn't last. Money reveals the true condition of your heart. Money is more apt to put chaos into your life than it will peace of mind.

True peace of mind expresses itself through what is referred to as a "Prosperity Consciousness." Your Prosperity Consciousness is determined by how you function in the material world having money or not. Problem is, when it comes to money, most live with a "Poverty" Consciousness.

Today, Visit your Poverty Consciousness Assessment. If you've not taken one it is advisable you do. The assessment is available on the club's website and app to all members. A "Conscious" Building of Your Gratitude List is the main component for developing a Prosperity Consciousness in your heart.

* See [Is A Champion Born or Made?]

April 13

Your "Social" component of life could be the perfect place to fulfill your commission, it could be a club, group, hobby, job, music, a sport etc. Using what God has put in your hands is an ideal way to fulfill your commission.

Once you "make a decision" and "become willing" you must first "listen", You will learn a lot about people if you just listen. "Ask God to teach you" the best way to communicate with them.

Finally, "walk the walk" in your personal life and be "other absorbed" not "self-absorbed" so you don't miss an opportunity to be a friend and/or be of service.

Today, Tell God you have become willing to fulfill your commission and ask that your eyes be opened as to where to serve. Your goal should be to hear the words, *"Well Done Good and Faithful Servant"* as you sink your final putt in this life. **BUILD YOUR GRATITUDE LIST**

* See [Is A Champion Born or Made?]

April 14

We wrap up with the Intellectual. The key for peak performance in life is balance - not the highest performance in each category on the balance wheel. If you are going to fulfill The Great Commission using your Intellect/Knowledge, you must be certain this is done carefully and with very close accountability keeping you in check that your balance wheel is no more than medium in its size.

While fulfilling The Great Commission through Intellect/Knowledge may win over some of the pundits, contrary to Satan's lie, you surely can die if this gift is not used with a Godly purpose.

Today, Stay out of your head. Catch yourself if your mind turns to worry or anxiousness or you attempt to try to figure out life with your finite mind. In the book of Romans we read, *"Who has ever known the mind of The Lord or has been his counselor"*. **BUILD YOUR GRATITUDE LIST** - For Winning Balance.

* See [Is A Champion Born or Made?]

April 15

Christ was born because we as humans were dead to sin, and he defeated that sin on the cross through his death and resurrection. We've experienced quite a bit from Christ's life here on earth, now to apply it.

"But there's so much to think about and remember" is the cry of many who choose to follow the teachings of Jesus. That is certainly the case if you are going to go on living a self-absorbed life. However, Jesus left us with the Holy Spirit, which will bring you wisdom and freedom by bringing you to a rigorous honesty about yourself.

"Ruach" (Ru-ack) is Hebrew for "The breath/wind of God." The bible tells us, *"And with that he breathed on them and said, Receive the Holy Spirit."* Fact is, there's nothing to think about or remember. You've been set free! The only reason you will have to think or remember is if you give up your new found freedom and return to self-incarceration

. Go! Share God's Word - *"To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps."* -1 Peter 2:21

Today, Ask yourself, "What am I going to do with the "Mulligan" I've been given? What will my game plan look like in order that I will play life from "within myself never putting myself in position to seize my life back and take on a deceived control? **BUILD YOUR GRATITUDE LIST**

* See [Is A Champion Born or Made?]

April 16

To fully attempt to understand the impotence of human nature when it comes to "The Will," let's take a look at what the Prophet Jeremiah had to say. *"I know, O Lord, that the way of a person is not in itself; for it is not in any person to walk and direct their own steps."* The humanist relates to the happy outcome of events when thinking of God as though the word of God were under their jurisdiction. But what need is there for our pathetic selves to feel we are of such great authority to attempt to control our will in the first place?

In our humanness we are deceived into thinking that God is supposed to do only good things and when the things we see to be bad happen, we question God since we have made ourselves lord of our lives.

While we have no power to hold down our character defects, where do we derive the insanity to actually think we can control the Creator of the universe? How can we be so crazy? When God questioned Job one of the many questions asked of Job was, *"Have you ever given orders to the morning, or shown the dawn its place?"* Have you?

Today, "Become Willing" to "Make a decision" to turn your will over to God. Stop deceiving yourself into thinking you have power you don't. Become willing to go to your cross so that you too may return to The Father WHOLE through the death of Jesus. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 17

Let's take a close look at our "Prayer For Victory".

*God, I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness to those I would help
of Thy Power, Thy love & Thy way of life.
Forgive my sinful nature.
Come into my heart and cleanse me.
Make me a new person.
Right now Lord, I turn away from my old life
and receive a new life in your Son.
I am now ready that you should have all of me...good and bad.
I ask that you remove from me every single defect of character,
which stands in the way of my usefulness to others.
Grant me strength, as I go out to do your bidding.
Jesus, thank you for loving me and for being my Lord and Savior.
It is but only for your precious Grace go I ! **Amen***

Today, "Offer yourself to God". Recite this prayer often. Become willing to go to your cross so that you too may return to The Father WHOLE through the death of Jesus. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 18

2 Corinthians 10:4-6

4. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

"In my distress I call to you LORD; I call out to you my God. From your temple you heard my voice; my cry came to your ears. You rescues me from my powerful enemy, from my foes, who are too strong for me. My enemies come against me with sword and spear and javelin, but I come against them in the name of the LORD Almighty, the God of the armies of Israel."

5. The weapons we fight with destroy every proud obstacle that keeps people from knowing God. They capture their rebellious thoughts and teach them to obey Christ.
6. And after I have become fully obedient, these weapons will punish everyone who remains disobedient.

BUILD YOUR GRATITUDE LIST

* See [The Game Plan]

April 19

Psalm 100

A psalm. For giving grateful praise.

¹ Shout for joy to the LORD, all the earth.

² Worship the LORD with gladness;
come before him with joyful songs.

³ Know that the LORD is God.

It is he who made us, and we are his^[a];
we are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

⁵ For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

Here at the club we have experienced just how “Gratitude Unlocks the Fulness of Life”. Your gratitude list is critical for keeping a winning rhythm in life. Reach for an incurable gratitude in your life.

Today, BE INCURABLY GRATEFUL - ITS A CHOICE. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 20

God, grant me the Serenity

"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

To accept the things I cannot change...

I admit that in the vastness of the universe I am a powerless person and of my own power, my life will be unmanageable.

Courage to change the things I can,

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

-John 5:7

And Wisdom to know the difference.

"For where two or more gather in my name, there am I with them."

-Matthew 18:20

Living one day at a time,

We know from our experience the future takes care of itself.

Enjoying one moment at a time,

The Present is the point at which time touches Eternity.

Accepting hardship as the pathway to peace.

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

-Galatians 2:20

Taking, as He did, this sinful world as it is, not as I would have it.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

-John 16:33

Trusting that He will make all things right if I surrender to His will.

"This, then, is how you should pray. "

*"Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.*

Give us today our daily bread.

And forgive us our sins, as we forgive those who sin against us..

And lead us not into temptation,

but deliver us from the evil one. "

-Matthew 6:9-13

That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.

"Surrounded by Your glory

What will my heart feel

Will I dance for you Jesus

Or in awe of You be still

Will I stand in your presence

Or to my knees will I fall

Will I sing hallelujah

Will I be able to speak at all

I can only imagine

I can only imagine"

Words From "I Can Only Imagine" -Mercy Me

Amen!.

Today, Meditate on this message. BUILD YOUR GRATITUDE LIST

* See [The Game Plan]

April 21

“Where There’s A Will - There’s A Way!” We’ve all heard that saying and maybe it’s one you have used yourself. That expression as with many others has a real biblical meaning when read in the proper context.

Unfortunately, most take this expression to mean they can get or achieve whatever by exercising a strong will. Problem with that thinking is it is a set up for failure.

When you exercise your will you must move God to the periphery of your life. When that happens you will manipulate, lie, cheat, steal and well, just plain sell your soul to the devil. The result – Bondage.

Now let’s examine that saying from a biblical perspective.

Jesus said, *“I am THE WAY, The Truth and The Life”*. What Jesus is telling us is, *“Where There’s A Will – I AM THE WAY!”* He wants us to surrender our wills. We surrender our will by conducting a thorough inventory about ourselves then wrap up that inventory with a hard rest.

Today, Meditate on the Prayer For Victory (April 17). Read the words slowly. Let them sink into your mind and heart. **BUILD YOUR GRATITUDE LIST**

* See [The Game Plan]

April 22

Were you ever hurt very deeply by a parent, spouse, sibling, child or family member or close friend? It can really knock you for a loop. What can I do to get over the hurt and come out of the funk this event has put me in?

First, feel the feelings. If you don't you may take it out on yourself through built up resentment.

Second, examine your conscience confess your part to "God" and ask "God" for forgiveness. Why ask God for forgiveness and not the other person? The bible states, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"* and hurting people hurt people. Chances are if someone close to you hurts you, they probably know (or have been trained by the family environment), that you're the type of person they can hurt.

Third, "Acceptance!" *"Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes."* **IMP, acceptance is not submission; It is acknowledgment of the facts of a situation.**

Fourth, If the situation lingers in you, sit with the Spirit and with pastoral counsel and/or accountability and decide what if anything you can do about it.

* See [The Game Plan]

April 23

“If the situation lingers in you, sit with the Spirit and with pastoral counsel and/or accountability and decide what if anything you can do about it.”

You and your accountability must examine the situation from all sides asking the Spirit to guide you along the way. PRAY ESPECIALLY FOR PATIENCE – YOU MAY NEED IT. Remember you are dealing with evil and not another person. Be sure you are not looking to repay evil with evil and pray that when God avenges it brings the other person or persons closer to God.

There are times however when a calculated gamble is prudent. When deciding to gamble;

1. Pick your mistake
2. Accept you can fail
3. Be prepared to pay
4. Move On – No Excuses

Top contenders in sport and life have an ability to “re-set” themselves when they take a blow. They’ve disciplined themselves to keep calm and focus – no matter what. They will either recite an affirmation or begin counting to keep their minds from wandering.

Today, Practice Patience. In Proverbs 16:32 we’re instructed, *“Better a patient person than a warrior, one with self-control than one who takes a city”*.

* See [The Game Plan]

April 24

God has ushered in a brand new day, untouched and freshly new. As you come to, what are your first thoughts? Pay close attention to those thoughts since they will shape the day. If they're joyful, peaceful thoughts, you've been working your gratitude list. If they're fearful, anxious or discouraging thoughts, now's the time to get a grip and get to "The Daily Warm Up". You only have to play today. Anyone can fight the battles of just one day.

Read the following throughout the day to keep yourself focused. ***"Just for today I will try to live through this day only, not tackle my whole life problem at once. My gravest danger is worrying about tomorrow. If I try to carry tomorrow's burden today, I will stagger under the load and eventually fall flat. 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."***

God goes before you today and every day every step of The Way!
HOW YOU START SETS THE PACE EACH DAY.

Today, This is the day The Lord had made. Choose to be joy-filled and rejoice in it. **BUILD YOUR GRATITUDE LIST**

* See [The Practice Area Warm Up] In The Practice Area

April 25

What are your first thoughts this morning? Are they restful and present? Or, are they revisiting yesterday thinking about where you may have fallen short? Or are they anticipating and dreading today and worse yet tomorrow or even farther out. Your success today and every day is going to come by keeping a proper rhythm and pace going.

No need to worry and be anxious about deadlines and quotas. Proper rhythm and pace seem to have a cause and effect that see things fall into place. Rhythm and pace are about execution - not outcome. You are not capable of producing a successful outcome. Rhythm and pace produce successful outcomes. Doing the right thing at the right time - NOW, produces successful outcomes. Remember, *"Today well-paced makes yesterday a dream of joy and tomorrow a vision on hope."*

Today, Be aware of your focus and pace. Journal throughout the day on how it's going. Chances are, if your pace is proper your focus will be sharp. **BUILD YOUR GRATITUDE LIST**

* See [The Practice Area Warm Up] In The Practice Area

April 26

When we think about rhythm and pace we think about our physical selves. But when you come right down to it, it's our mental rhythm and pace that is the driving force of the physical. It's those first thoughts you're thinking right now that will determine both your mental and physical rhythm and pace and will determine how you will play the day today.

When you open your eyes to the new day, sit on the edge of the bed with your feet on the floor and recite the following:

*Good day Father,
Thank you for bringing me safely through my sleep,
to the gift of a new day.
Today, grant me the serenity,
to accept the things I cannot change.
Courage to change the things I can,
and the wisdom to know the difference.*

Today, Set your game plan for every hour. Ask God to lead you as you set up both your agenda's. This will eliminate hurrying, procrastination and indecision and set your mental rhythm and pace.

BUILD YOUR GRATITUDE LIST

* See [The Practice Area Warm Up] In The Practice Area

April 27

You've probably heard the definition of insanity is, "*repeating negative behaviors and expecting different results*". In medical terms, insanity is a legal term for mental illness of such degree that "*the individual is not responsible for his or her acts.*"

Are there things in your life that you have become so powerless over that you are not responsible for? Things that have so much power over you that you obsess over them? That you can see the insanity in and yet still can't do anything about them? It's time you come to believe there is a power outside yourself that can restore the order in your life.

Today, Don't you think it's time you take control over those things that are controlling you? Don't you think it's time you truly come to believe there is a power outside yourself that can restore the order in your life? Recite the following over and over daily until you really believe and mean it.

My Creator,

I am now willing that You should have all of me, good and bad.

I pray that You now remove from me

every single defect of character which stands in the way

of my usefulness to You and others.

Grant me strength, as I go out from here, to do Your bidding. Amen

BUILD YOUR GRATITUDE LIST

* See [The Practice Area Warm Up] In The Practice Area

April 28

Let's spend the next few days taking a look at the club rules.

- When life gives you a bad break if you can't overcome the situation, use for the betterment of yourself and others.

Life is filled with bad breaks and there is no greater tragedy than wasting a life learning experience by succumbing to self-pity which will eventually lead to discouragement and defeat.

Too many people are going day after day like dead men walking. They are going through life on a gratitude drought. Why, because they're looking at the whole of life rather than just playing the bad break. Fact is no one knows what the whole of their life is anyway. Many times a bad break can launch a whole new chapter in life if you play it right.

Today, A bad break is only as bad as the level of your gratitude reservoir. The game plan is to buffer yourself from bad breaks by having a gratitude reservoir that is filled to capacity. **FILL YOUR RESERVOIR - BUILD YOUR GRATITUDE LIST**

* See [The Practice Area Warm Up] In The Practice Area giving extra time to your Gratitude List.

April 29

- When angry, step back and spend some time in quiet reflection...Don't REACT. Wait until tomorrow, especially if your reaction is going to be verbal. Chances are when tomorrow comes you will not need to say it. If you do – it could be more your problem and your anger may be misplaced.

Anger, Resentment, Vengeance clogs the flow of life-giving and life-saving grace to your heart. Harboring these three terrorists will be deadly to you. They will rob you of the abundant life Christ paid the price he did for you on the cross. These emotions are there to terrorize you, First, they invade you, next they occupy your mind and heart if you let them and if they succeed they then bring you to the point of isolation. Then you're done! If you want to get back at the other person, insulate with truth by digging down deep inside through prayer and meditation. Remember, TRUTH IS TO EVIL LIKE KRYPTONITE IS TO SUPPERMAN. They cannot exist together.

Today, If you're a veteran member here at the club, you know you're heading to The KSZ. That's where we dig out our character defects and where we learn to set up safeguards against repeating destructive behaviors. **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone™] in The Game Plan

April 30

- When someone hurts and/or wrongs you, look at the hurts and wrongs YOU have caused others. DO NOT MINIMIZE and SCORE YOUR HURTS AND/OR WRONGS AGAINST THEIRS. If you're being rigorously honest with yourself you should be able to forgive them. God will avenge. Life will settle the score with them in its time - NOT YOURS.

Following is what Jesus had to say on this subject. *"If your brother or sister sins against you, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses. If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector."* If you dream of ever breaking par on this course, you must "Master" this rule.

Today, When you think of someone who has hurt you, remind yourself of Jesus' words on the cross, *"Forgive them Father for the know not what they do - Just as I didn't when I hurt other."* **BUILD YOUR GRATITUDE LIST**

* See [The KNOW Sin Zone™] in The Game Plan and examine your strongholds.

May 1

- ELIMINATE the word "ENTITLED" from your vocabulary. You are entitled to nothing in life, and the faster you understand and accept this fact, the less so-called "bad breaks" you will have to deal with.

The most beneficial attitude you can adopt is the attitude that life owes you nothing - because it doesn't. Remember, *"Life is a game that can't be won -Just Played"*. Those that get the so-called "good breaks" you can bet have good attitudes - not entitled ones.

If you are an entitled person, you need to immerse yourself in your Gratitude List – if that's even possible in order to unlock the full and abundant life Christ paid for on your behalf on the cross. This full and abundant life pales in comparison to a life of entitlements.

Today, The day is freshly new so you have a choice, you can live entitled or you can play the day with an incurable optimism driven by gratitude. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 2

- ALWAYS remain calm. When life mounts a charge against you, Step Back! Take one issue at a time. Do the Practical/Logical thing to avoid procrastination. ACT DON'T REACT!

Remaining calm allows the spiritual reflexes you've been developing to kick in. Step Back! Don't try to figure out the best thing to do, do the Practical/Logical thing. Hit the sure shot! ACT DON'T REACT!

When you "Act", you are in charge. However, when you "React" you are being controlled by some-one or some-thing. A perfect example of this are the many commercials that prompt you by saying, "The Time To 'Act' is Now." If you bite, you're not acting at all but rather reacting to their pitch. Get it?

Today, If there is any possibility that you can be in control it depends on whether you act or react to people and situations. **BUILDING YOUR GRATITUDE LIST** allows you to maintain a gracious perspective which leads to acceptance and gives you control over your actions.

* See [The Gratitude List] in The Practice Area.

May 3

- "INSULATE" NEVER "ISOLATE"

- Speak or meet with you accountability regularly.
- Get involved in an encouraging and supportive environment.
- Reaching out from within is a must to maintain peak performance.

"Isolation" is the Devil's prey. Winners in life "Insulate" themselves in order that they can maintain peak performance. They stay close to their accountability/caddie because they know life is a team sport. Being part of an encouraging and supportive environment is a critical component for maintaining the gracious perspective that keeps them in the winner's circle. Regularly reaching out from within by sharing your experience, strength and hope is a vital component for keeping their game in balance.

Today, Journal as you play the day today. Your notes need not be long - just pertinent to how you're feeling; physically, emotionally and spiritually. Spend time at day's end and review the day in quiet. **BUILD YOUR GRATITUDE LIST**

* See [The Journal] in The Daily Scorecard or Stand Alone Version

May 4

- SUICIDE IS ALWAYS A LONG TERM SOLUTION TO A SHORT TERM PROBLEM.

In the Christmas Classic "It's A Wonderful Life", George Bailey is ready to end it all. Then Clarence comes along and has George save his life stopping George from taking his own. Clarence, George's guardian angel, is sent from heaven to show George what life would have looked like without him. George had lost hope.

There are both emotional and physical forms of suicide. Emotional suicide happens when a person loses hope which usually leads to the devil's prey - Isolation. Accountability prevents Isolation. Accountability is the Clarence in your life.

Today, Thank the Clarence in your life for being there for you and for keeping you from the Devil's prey - Isolation. If you don't have a Clarence its time you get one. **BUILDING YOUR GRATITUDE LIST DAILY KEEPS HOPE ALIVE.**

* See [The Gratitude List] in The Practice Area.

May 5

There was a successful man who in the eyes of the world had a disability. This man had a successful career in business prior to his so-called debilitating accident. When asked how he was able to accomplish what he had considering his disability he responded, *"What disability?"* He went on to say that *"A true disability is only present when a person has lost hope."* This man went on to spend the next part of his life ministering to others – especially to those with so-called disabilities.

With the rise in adult hopelessness today there is an onslaught of disabled people. Maybe it's time to move God from the periphery of life back to the center. After all, didn't God say, *"For I know the plans I have for you, plans to prosper - not harm you, plans to give you HOPE and a future?"*

Today, Put God back into the center of life. Humbly ask God to show you the plans for you while asking for the faith and perseverance to carry those plans out, so that you may be filled with HOPE and fulfill your purpose for being born.. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 6

Have you ever thought about what you would do if you knew "Today" was your last day of this life? Well, "Today" is it! Where does the certainty of knowing that come from? It comes from the fact that when tomorrow gets here it's "Today" all over again.

This life is simply a series of "Today's". Living today to the fullest means you go through the day with a gracious perspective fueled by gratitude. You play life with an incurable optimism fueled by gratitude. You stop and smell the roses because you are grateful for the sense of smell. You are in awe of God's creation and the eyes to see it with. You hear the sounds of life around you and you are grateful for the gift of hearing as well as hearing the sounds of the silence that are holding you back in certain areas. It's this type of living that sets the rhythm of a life lived as if "Today" were your last.

Today, Want to live "Today" as if it were your last? **BUILD AN INCURABLE GRATITUDE LIST** throughout the day.

* See [The Gratitude List] in The Practice Area.

May 7

Do you ever live in fear of something bad happening? Do you ever walk through life as if your walking through a field of land mines? Do you ever wonder "Why do bad things happen to good people?"

"Bad things" come in varying degrees from the loss of a job, to the loss of a loved one. Believe it or not, your degree of "bad" has a lot to do with your overall perspective. How you "Act" on life during these times will be driven by the rhythm of your life through that perspective.

Remember, *"There is no greater tragedy in life than wasted pain"*, and to not waste the pain we need to know God's nature. Playing the game of life with God at the center is as much of a game of opposites as is the game of golf and what human nature sees as bad, God could mean for good. Does this mean the loss should not be processed? Of course not. God is greatly concerned about our process in both the storms as well as the victories in life. Process is a key ingredient of Perspective while Projection is what will keep you down.

Today, Make sure your accountability is tight. **"Do not be anxious for anything,"** God goes before you to make your path in life safe.
BUILD YOUR GRATITUDE LIST

* See [The Gratitude List] in The Practice Area.

May 8

Living with an eternal purpose in this life can help to put "Bad Things" in perspective. St. Paul told the Philippians, *"But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God will call me heavenward in Christ Jesus."*

Pay close attention to the word "straining". St. Paul is making it clear that pressing forward is not easy – it comes from the desire to fulfill the purpose of your life. Avoid saying things like "what a waste" when experiencing a loss. Instead say "God's ways are not my ways" and ask for the strength and courage to press forward

Today, Focus on your purpose. If your purpose is not clear, visit The KSZ and dig it out. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 9

Christ was born for a purpose, to die so we might have life eternal. We die to ourselves every time we share our experience, strength and hope with others. To fulfill our purpose for being here we give the experience of our lives to others in order that they might become aware of the character defects standing in the way of their purpose.

The facing of our defects creates a wisdom in us that will be strength for others. Our new found hope will become the desire of those we come in contact with and those who have been entrusted to our care. Following is a paraphrased quote from Peter Kreeft, *"This is the secret of life: the self-lives only by dying, finds its identity (and its joy) only by self-forgetfulness, self-giving, self-sacrifice, and sharing of God's love."*

Today, Will you be putting yourself into situations where your experience, strength and hope can benefit others? If not, why? A winning life is a balanced life. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 10

In order to maintain a joy-filled rhythm in life a balanced lifestyle is more important than you might realize. When you're on a roll your self-will sneaks up without you realizing it and you can begin to feel a bit bullet proof. It's especially during these times you need to "H.A.L.T." and give yourself a checkup by visiting your H.A.L.T. Assessment.

Step back and check if you're feeling Hungry, Angry, Lonely and/or Tired in some area(s) of life. Don't wait for it to catch up with you and then you crash. Never forget that you're only human and all good things must come to an end. Disciplining yourself to H.A.L.T. will keep you in a winning rhythm.

Today, Spend time basking in God's peace. Be thankful for the success you are having remembering your success is really God's success. **BUILD YOUR GRATITUDE LIST.**

* See [The Gratitude List] in The Practice Area.

May 11

One of the Seven Deadly Sins is the name of the third hole at the club - "Greed." St. Paul said, *"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Christ who gives me strength."*

Striving to have it all as so many do today will keep you wallowing in The KNOW Sin Zone discouraged and just never seeming to get it all done. You must accept life on life's terms to live a joy-filled life. Accept that the bad breaks will come and that what people might mean for evil, God can turn to good if you accept your lot. Don't be greedy! Remember, *"Life is a game that can't be won - Just Played"*.

Today, Practice acceptance by maintaining a gracious and eternal perspective. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 12

When an elephant is born as part of its training process a chain is wrapped around its hind leg and the chain is then attached to a stake driven into the ground. This maneuver trains the elephant so that when it is fully grown and it is tied to that stake it will not move. The purpose of this training is so “the elephant never forgets”. Fact is the elephant doesn’t realize if it wanted to it could pull that stake out of the ground with a sneeze. The stake has absolutely no power over it.

Many of us have much in common with the elephant. There are things in our lives that have trained our thinking to grip life in such a way that today causes us to stray off target, yet they have absolutely no power over us any longer, but like the elephant we have been trained in a way that keeps us tied down. In life we find that when we relax our grip, adjust our stance and realign ourselves by forgetting what is behind us and press forward to the purpose which God created us for in His image, our Power and Control will increase dramatically.

Today, Identify those people, places and things that you are giving power to that really have no power over you at all. Admit to your accountability your powerlessness over them, then give them to God and ask to be kept from them. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 13

We have all heard of someone who has had a near death experience. Maybe you have actually experienced one yourself. Unfortunately, however, too many people are going through their lives having had a “near life” experience because they continue to hide from digging out of the dirt that which prevents them from feeling the freeing pain God gives them for helping others and truly experiencing life.

Oswald Chambers writes, *“Self-awareness is the first thing that will upset the ‘completeness’ in our lives. Self-awareness will continue to produce a sense of struggling and turmoil in our lives. Self-awareness will slowly but surely awaken self-pity and excuse making for our performance leading us to desperation.”* This ends up being the demise of not only many an athlete but people in everyday life.

Champions do not live in their heads; rather they persevere, and allow perseverance to finish its work in them so that they may be mature and complete – lacking in nothing. *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.”* **-Romans 12:2**

Today, Remember the famous motto from the United Negro College Fund commercial, *"A mind is a terrible thing to waste"*. You're never too old to stop being like the elephant that never forgets. You're never too old to stop the stinkin thinkin in your life. God created you with a sound mind - uniquely brilliant if used for God's glory. The perfect way to begin reformatting your mind is by being diligent and **BUILD AN INCURABLE OPTIMISTIC and JOY-FILLED GRATITUDE LIST.**

* See [The Gratitude List] in The Practice Area.

May 14

Let's begin taking a look at the Amends Process.

There are distinct differences between giving someone an apology and making an amends to them. An apology is like putting a band aid on a wound; it covers the source of the pain until it eventually disappears.

Making an amends on the other hand is the best way to reconnect with the people who have been deeply hurt as a result of your actions. People who have made reckless decisions cannot magically un-do the pain and often irreversible heartache they have caused by issuing a simple apology. In most cases, your victim will need a much more prolific and profound interaction with you before any attempt at reconciliation can be made. However, making an honest and humble amends is an important step toward rectifying a broken relationship. This is why The Daily Wrap Up is so important for keeping you aware and you KNOW when you are acting in a way that has been harmful to another person and you can get yourself back to proper focus and make an amends before things get too out of hand.

Today, Be especially thankful for the forgiveness you have received by God and the people you have harmed. Never forget that you are not "entitled" to anything and that forgiveness is a gift. If you **BUILD YOUR GRATITUDE LIST** daily, you will keep this green in your life.

* See [Making An Amends] in The Game Plan

May 15

The Importance of making an amends is it helps to detox your system spiritually. Making amends is an integral part of personal growth and healing.

It is imperative to make amends with those people whom you have wronged. Making amends with somebody you have wronged is not intended to make them like or forgive you. Making an amends is for your benefit. You should only make an amends when you truly understand the situation and when you feel a sincere call for atonement. For, it is with this momentous step that you alone are able to bring closure to shattered relationships. The key word is "closure". Making an amends may not bring you forgiveness but it will bring closure leading you to a new found freedom in your life.

Today, Humbly look at what making an amends for your wrongs would look like. Ask God for the proper words. **BUILD YOUR GRATITUDE LIST**

* See [Making An Amends] in The Game Plan

May 16

Let's take a look at the various types of amends beginning with a "Direct Amends".

When making a Direct Amends we deal directly with the person we have harmed by taking personal responsibility for our actions. Be careful however. Be sure to discuss this with your accountability first. Be careful as to how you take responsibility and own your actions. **Never make promises with an amends.** Remember the amends is to clean your slate not to get the other person to like you again and/or forgive you. Chances are if a person you've harmed is going to forgive you they will do so without an amends.

Then there are those with such pent-up resentment that there is nothing you can ever do to get their forgiveness.

A Direct Amends might sound something like the following:

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

Today, Build the humility in your life by showing gratitude for those who have forgiven you. NEVER focus on harm done to you. That's a set up. Pray for those who have hurt you in the words of Christ. *"Forgive them for they know not what they do."* **BUILD YOUR GRATITUDE LIST**

* See [Making An Amends] in The Game Plan

May 17

“Indirect Amends” is the process of showing humility to amend something that cannot be undone. For instance, if a legal violation in the past or some other error(s) in judgement prohibit you from being able to directly approach the harmed party(s) you have offended, the amends can be made indirectly. This is done by making a life-long commitment to an outreach that reaches out to others who may be struggling with the same character defects and strongholds that you now recover from.

The perfect example of this was St. Paul who went from persecuting Christians to becoming one of the greatest ambassadors for Christ in history. If you've made a fearless and searching journey to The KNOW Sin Zone you know where your life's focus needs to be.

Today, Examine your outreach efforts. A life commitment of outreach is essential for your success in keeping your path straight and your life balanced whether you have an amends to make or not. **BUILD YOUR GRATITUDE LIST**

* See [Making An Amends] in The Game Plan

May 18

Forgiving yourself is critical for keeping you from guilt and shame. Finally, a “Living Amends” is an assurance to yourself that you have come to KNOW your strongholds and defects and have made a genuine lifestyle change. Your assurance comes from the accountability you now keep along with the balanced life you now live which includes service to others stemming from those strongholds and defects. Making a living amends to yourself is critical to your assurance from self-sabotage during times of living in life's valley's.

Today, Visit The KSZ for a checkup on your strongholds and character defects. Also keep your friends close and those people, places and things closer that have the tendency to push your buttons. **BUILD YOUR GRATITUDE LIST**

* See [Making An Amends] in The Game Plan

May 19

It's time to leave the training area and get into the action and play life. Hopefully when you opened your eyes the first thing you did was to thank God for bringing you safely from your rest to a new day. Next you should have listened to your first thoughts, this is how you will set your perspective or swing thought as we say here at the club.

You may have a very challenging day ahead or it may be a very light day. Maybe you're just veggin out or your on holiday. No matter what it is, you can anticipate throughout the day or participate in the day - and play it for all it's worth. As you go through the day, journal your feelings and mindset. You don't have to write a book. A sentence or two will do just fine. When the day is through you can read over your notes and summarize the day. Don't waste the day today - THANKFULLY PLAY IT.

Today, This is the day The Lord has made. Rejoice and Be Joy-filled in it. **BUILD YOUR GRATITUDE LIST**

* See [Staying In The Present] in The Clubs and Sport & Life Psychology.

May 20

God has ushered in a new day. Did you begin the day by thanking God? Pay close attention to your first thoughts they're going to set up the rhythm for the day. How did the gift of yesterday go? Did you play it or were you a spectator? Did you see God in everything yesterday or were you just a pathetic victim of the days happenings? Did you express incurable and contagious gratitude throughout the day or did you fall to the back of the pack along with the rest of the also-rans complaining by natural reflex? Was yesterday a dream of joyfulness which made today a vision of hope? Or was yesterday just a grudge and today you were defeated before your feet touched the floor? What does your journaling tell you? Or didn't you bother?

Far too many people today function through life as basically dead men walking. If you say you believe in God and are anxious, nervous, envious, greedy, defeated, etc., get a grip and the guts to LIVE today. Most of the so-called "bad luck" you have yourself to blame based on your pathetic attitude. IT'S YOUR CHOICE!

Today, Try to participate in the day, don't anticipate what might happen. What do you have to lose? Being miserable? **BUILD YOUR GRATITUDE LIST NO MATTER WHAT TODAY.** You're not that special that life has singled you out for the bad breaks award.

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology.

May 21

Would you be an accomplice or an encourager? As you go through the day, suppose God were to place you in front of someone who was at the end of their rope? Really at the end of their rope? Would you be an accomplice to their demise or an encourager to their going on?

Don't think about it because there's nothing you would be able to do about it in your own power. You would only be able to do something through the power of the Holy Spirit. This is why it is so critical that you get a firm grip on life.

God thinks so highly of you that God will even use your pathetic self. So you see you need to be on your guard at all times but you must have The Spirit of an encourager. Someone who humbly recognizes the grace in their life through an incurable Spirit of gratitude.

Today, Spend the day repeating the words "Thank You!" over and over. It will develop into a reflex if you practice. **BUILD BUILD BUILD YOUR GRATITUDE LIST**

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology.

May 22

Spring has certainly sprung. Sounds of birds chirping to help usher in the new day. Flowers and trees in bloom after their winter sleep and the air smells of freshness. Everything is new. How about you?

Rather than beginning the day with those awful sarcastic expressions like, "Another day in paradise" or "I'm just living the dream", why not make the choice to bloom a new you?

Begin each day by saying, "It's going to be a *GREAT* day." God is all around you almost. Those smells and sounds – that's God. You can smell God through the freshness, hear God through the sounds of the birds and even see God through all the new growth. ITS YOUR CHOICE.

Today, Make the choice to begin anew. Repeat often, "*It's going to be a GREAT day*". Act Joy-filled and You Will Be Joy-filled. **BUILD YOUR GRATITUDE LIST**

* See [Maintaining A Gracious Perspective] in The Clubs and Sport & Life Psychology.

May 23

If you're reading this message you've got another shot at life today. Hopefully you had some little victories yesterday by Maintaining A Gracious Perspective on life. Don't get down on yourself if the day wasn't perfect. Few days will ever be perfect. Just trying to break the old habits keeping you from playing life in peak performance is a victory.

As Winston Churchill said, "NEVER, NEVER, NEVER Give Up." "You stick to the task until it sticks to you." " In The Burnin Comes The Learnin." Pray to God. God will come through when the time is right. **You've got to really want it.** God's timing is never our timing.

Today, Stick to the task with an incurable optimism and have patience. You're getting closer as long as you honor your commitment. Repeat often, *"It's going to be a GREAT day"*. **BUILD YOUR GRATITUDE LIST**

* See [The Gratitude List] in The Practice Area.

May 24

If you were to visit the official scorer's tent at a golf tournament, aside from seeing numbers next to the players name you may see the letters "WD". These dreadful letters indicate that the player "Withdrew" from the event. The reason for withdrawing can come as a result of injury or illness, but more often than not the player is playing so badly that they quit.

What's next to your name? Having you been "participating" and emptying the tank by playing each day to the fullest, or do you have that dreadful "WD" next to your name? If you are withdrawing each day guaranteed your attitude is that of withdrawal before your feet ever hit the floor. Instead of thanking God at the end of the day, you withdraw to some person, place or thing that acts as a buffer between you and your disabling hopelessness.

Today, Use The Daily Scorecard and at the end of the day journal on the card about your attitude. Hopefully you will pick up patterns as to just why you're withdrawing. Get with your mentor/caddie on this one.

BUILD YOUR GRATITUDE LIST

* See [The Daily Scorecard] along with doing some quality journaling.

May 25

Another set of letters that may be found alongside a player's name is "DNS" which indicates the player "Did Not Show". Are you planning to show up today by participating in the day, or will you be off in the gallery anxiously anticipating what might be lurking around the next corner?

You may have heard the expression, "Half the battle is just showing up". It's unfortunate to witness just how many people don't show up for the day. Life is like the movie "Ground Hog Day". It's easy to detect the "No Show's". They're the ones when you say "Good Morning" and ask how they're doing will sarcastically reply, "What's so good about it?" Or they may sarcastically reply "I'm living the dream!" Or, "Another day in paradise!" It's your choice. If showing up is half the battle - show up and shut up, you'll be ahead of half the people out there today.

Today, Use The Daily Scorecard and at the end of the day journal on the card about your attitude. Hopefully you will pick up patterns as to just why you're withdrawing or maybe not showing up at all. **BUILD YOUR GRATITUDE LIST**

* See [The Daily Scorecard] along with doing some quality journaling.

May 26

The "participation rate" as it is known is a measure of the active portion of an economy's labor force. It refers to the number of people who are either employed or are actively looking for work. Here at the club our participation rate is a measure of how actively we "participate" in the life God had given us.

While the labor participation rate is measured by percentage, our participation rate is determined at the conclusion of our daily round of life. It is scored with a plus or minus based on just how our life fared to par each day. Then once each week we meet with our accountability/caddie and we take a look at the week's participation rate. This keeps us on top of our games and measures the condition and the all-important balance in our lives.

Today, Use The Daily Scorecard and at the end of the day score your participation rate. At the end of the week use the complete scoring system to measure the week's participation rate. **BUILD YOUR GRATITUDE LIST**

* See [The Daily Scorecard] along with doing some quality journaling.

May 27

It's the time of the year when we honor our veterans. Men and women who fought for the freedom and rights many take for granted to the point of seeing them as justified entitlements.

Over the last few days we've been looking at why we withdraw and at times don't even show up for life. **Entitled attitudes are a result of self-absorption which leads to the bondage of self-pity.** In the book of Galatians it reads, *"For freedom Christ has set us free; stand firm therefore, and do not submit again to bondage. For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another."* We must break the chronic individualism which is sweeping over us today by uniting with others or it may just cost us the freedom we have been freely given.

"United We Stand – Divided We Fall"

If a house is divided against itself, that house cannot stand. -Mark 3:25

Today, *"See a Friend, Be a Friend, Share Christ Your Friend."*

BUILD YOUR GRATITUDE LIST

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with the strongholds that give you a spirit of divisiveness.

May 28

Rev. Dr. Martin Luther King said, *"We must learn to live together as brothers or perish together as fools."* Great nations have fallen due to division. Power is a powerful intoxicant. Combined with a worldly knowledge they are more lethal than the so-called "Mother of all Bombs".

The bible tells us, *"Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you."* Love of this world and the things it offers puts power into a false sense of reality. It's Satan's ploy to take our eyes off the ball so to speak. When this happens we begin living in an alternate reality which spirals us down to defeat through isolation.

Power combined with a Godly knowledge is a combination used to empower others through the grace given us. This leads to Power through unity and fulfills Christ's prayer during his passion. *"I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me."*

Today, When you find yourself critical of, jealous of or feel above another person say, "He/She is a child of God just as I am." **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and continue coming to terms with the strongholds that give you a spirit of divisiveness.

May 29

In the book of Galatians it reads, *"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another."* Let's take a close look at this passage.

If you believe you came from God you must believe you were "created/called" for freedom. This freedom is to be used to empower others through the grace given you. Problem is when born into freedom you may take it for granted. Freedom can then become an opportunity for the flesh or as the saying goes "a license to steal". Jesus told us, *"You cannot love both God and mammon"*.

When your dependent nature meets an addictive agent (mammon/strongholds) you become a "Junkie". A "Junkie" is a person with a compulsive habit or obsessive dependency on something (mammon/strongholds) who is out for no one but themselves because "their flesh/human nature" rules them. If we are not accountable, abuse of freedom will eventually enslave us.

Today, **BUILD YOUR GRATITUDE LIST** on ways you are grateful for your freedom. Next ask God to lead you on how you can use your freedom to benefit others.

* See [The Gratitude List] in The Practice Area.

May 30

In the fictional yet prophetic movie "Shoes of the Fisherman," political prisoner 103592R Kiril Pavlovich Lakota played by Anthony Quinn a Russian Arch Bishop held by the Russian Authority for twenty years. During the exit interview prior to his release two of the questions he was asked stood out which were:

Q: What you have learned while in captivity?

A: I have learned that without some kind of loving a man withers like a grape on a dying vine.

Q: Have you learned enough to face freedom?

A: I have been free for a long time.

Upon his release, Lakota would serve at the Vatican. Shortly after his arrival the current pope died suddenly. The conclave to elect a new pope was deadlocked and sought out Lakota who would become the first pope from a communist country. Ironically this exact scenario would play out ten years later upon the election of John Paul II from communist Poland after the deaths of Popes Paul VI and John Paul I.

When you are being held captive by the problems, stresses and bad breaks of life, would you feel so close to the precious love of God that you would consider yourself to be free while in their captivity? Is your accountability so tight that you could seek freedom there no matter what is around the corner that life has in store for you?

Today, Ask yourself, am I free? Don't answer too quickly. Just because you may be problem free for today you may still be held captive by an anxious spirit. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and continue coming to terms with the strongholds that give you a spirit of anxiousness.

May 31

In a recent interview, Secretary of State Retired General James "Mad Dog" Mattis was asked, "What is it that keeps you up at night?" Mattis responded without a flinch and said, *"Nothing - I keep other people up at night,"* Wow! Mattis has been described by his comrades as, *"one of the most urbane and polished men they know."*

Are you so urbane and suave that you keep your opposition in life whether they be problems, anxieties, bad breaks, etc., up at night? Does your faith in God have you so trained and so polished that you sleep like a baby no matter what life sends your way because of the freedom you have through your faith?

This type of discipline requires an unwavering commitment. It's not for the "also-rans" in life. This type of discipline is adopted by God's generals, God's chosen leaders who live lives that inspire others in ways that are clear only God can be doing the things in their lives that make them the leaders they are.

Today, Use the daily scorecard and see just how disciplined you are and just how free you really feel. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and continue coming to terms with the strongholds that give you a spirit of anxiousness.

June 1

Let's begin shaping your Game Plan for Playing the Game of Life in championship form. Following is what we seek to accomplish and accept here at the club.

- Live an Authentic, Credible and NORMAL life with God being the root of my life.
- Play the Game of Life by Developing Spiritual Reflexes that will empower me to RESPOND on versus REACT to circumstances and obstacles in life.
- Discover the rhythm of an Abundant Life of JOY – *Not Happiness*.
- "Life is a game that can't be won - Just played" - and identify how my fiercest competitor (Me) rents free space between my two ears."
- "I am my own worst enemy." That's a whole lot more than just a figure of speech; it's a cold hard biblical fact.
- You will learn about the Rabbi and the Monkey and discover,
 - “WHOSE” You Are,
 - “WHO” You Are,
 - “WHAT” You Believe,
 - “WHY” You Believe What You Do.

Today, Ponder on this initial meditation throughout the day in order that you will build a solid foundation for success both in this life and the next. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and continue coming to terms with the strongholds that give you a spirit of anxiousness.

June 2

The following is taken and paraphrased from the movie, "The Legend of Bagger Vance." You certainly don't need to be a golfer to get this message.

*"I think it's time for you to see the field. Fix your eyes on Bobby Jones. Look at his practice swing. Almost like he's searching for something. Then he finds it. Feel that focus. He's got a lot of shots to choose from. Duffs and tops and skulls. There's only one shot that's in perfect harmony with the field. One shot that's his - authentic shot. That shot is gonna choose him. There's a perfect shot trying to find every one of us. All we got to do is get ourselves out of its way - and let it choose us. Look at Jones, he in the field. You can't see that flag as some dragon you got to slay. You've got to look with soft eyes. See the place where the tides, and the seasons - the turning of the earth - all come together. Where everything that is – **BECOMES ONE**. Rhythm of the game like the rhythm of life. See, the trick is to find your swing. Inside each and every one of us is one true, authentic swing. Something we was born with, that's ours - **and ours alone**. Something that can't be taught to you or learned. Something that we was given as a gift. Over time, the world can rob us of that swing - and get buried inside us under - all our woulda's and coulda's, and shoulda's. Ain't a soul on this entire earth ain't got a burden to carry they don't understand, you ain't alone in that. – Then we become like the elephant that never forgets and all those woulda's, coulda's, and shoulda's have chained us like the elephant to a post that had absolutely no power over us except the power we have given it. Time to break those chains. Time to do what Hogan did, dig it out of the dirt (the dirt of our lives) in order that we can be free and gain the wisdom that will benefit others."*

Today, What was it Jesus asked the invalid at the pool in Bethesda? *“Do you ‘really’ want to get well?”* He simply said to him, *“Pick up your mat and walk.”* Write out what you want your life do look like and why. Don’t be concerned at this point how you’re going to get there. BUILD YOUR GRATITUDE LIST

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with the strongholds that are holding you back from a winning life.

June 3

Let's take a closer look at what Bagger had to say about the swing. *"See, the trick is to find your swing. Inside each and every one of us is one true, authentic swing. Something we was born with, that's ours - and ours alone. Something that can't be taught to ya or learned. Something we was given as a gift. Over time, the world can rob us of that swing - and get buried inside us under - all our woulda's and coulda's, and shoulda's."*

The Psalmist wrote, *"I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked."* In other words, the swing (Your Purpose for Life) you was born with may not be pretty or even get you worldly accolades, but it was given to you as your gift for living the life of a champion if used to glorify God.

Over time worldly achievement and notoriety can distract and deceive you and lead you to despair, hopelessness and eventually discouragement, robbing you of achieving the greatness you was born with.

Today, Lost your swing? "Keep It Simple!" Go inside and pull it back out. It's gotten buried over time probably because you got caught up with "following the crowd. **BUILD YOUR GRATITUDE LIST**

* See [The Daily Wrap Up – Long Version] in The Practice Area and pay special attention to and practice the basics. That's where your swing is hiding.

June 4

You've probably heard the expression, "*They're going through life with their eyes closed!*" You should only be that fortunate. What? Well it was how God originally created us, didn't He?

Without question the conversion of Saint Paul is the most profound life change in biblical history. In order to get Paul's attention to the degree He did, God blinded Paul for three days putting Paul in the position of desperate total dependence before God which was God's original intention for the human race. Putting it in Twenty-First Century lingo, God put Paul through a "Hard Reset".

In the bible we read; "*Do not conform to the pattern of this world, but be transformed by the renewing of your mind..*" Getting the drift?

In the game of life as in all games we must know our opponent and take them seriously – very seriously, and we must never attempt to take on that opponent alone. Our opponents name is "Evil". Evil is a very formidable opponent whose game plan focuses on convincing us that we know what is best for ourselves and "*If it is to be– It is up to Me*". Evil deceived the human race by convincing us that we could be like God. However, before Evil can bring us down it must isolate us. Its cards are on the table. Evil always does things the same way - it just changes the circumstances - then it MUST; Make us think our situation is unique, Self-Absorb Us, then Isolate Us.

Today, So, you should have written down; what you want your life to look like and what can keep you from getting there. Now you learn you are going to have to be desperately dependent on God to see the vision you have become a reality. Are You Ready? **BUILD YOUR GRATITUDE LIST**

* See [The Hard Reset Assessments] in The KNOW Sin Zone™

June 5

Two men were flying on the same plane. One was a famous humanist, a naturalist, the other a famous rabbi. Both of them were flying with their sons. The humanist's son was very disrespectful toward his father whereas the rabbi's son was kind and attentive, waiting on his father and anticipating his father's every need and request. As his son derided him, at last the humanist could tolerate it no longer and he asked the rabbi, *"What's the difference between us that your son treats you with such respect and mine treats me with such disrespect?"* The rabbi explained, *"I am one generation older than my son. That means that I am one generation closer to Adam, the first man, the original creation made in the image of God. So my son respects me because I am closer to the original model of the image of God than he is. But you say you don't really take God seriously and that it's possible that people could have evolved from apes, therefore, to your son, you are one generation closer to an ape than he is, so why should he respect you?"* Our legacy's come from our heritage, validity and integrity and when we look at scripture we see that is exactly where Satan tempted Jesus.

- First **"His Heritage"**, when Satan said to Jesus, *"If you are the Son of God, tell these stones to become bread."* Jesus answered, *"It is written: Man does not live on bread alone, but on every word that comes from the mouth of God."*
- Second **"His Validity"**, Satan said, *"If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone."* Jesus answered him, *"It is also written: Do not put the Lord your God to the test."*

• Third "***His Integrity***", Once again, Satan took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "*All this I will give you,*" he said, "*if you will bow down and worship me.*" Jesus said to him, "*Away from me, Satan! For it is written: Worship the Lord your God, and serve him only.*"

You were created by God and for God. You are His perfect creation with talents and gifts to be used for His glory. No matter where life has taken you or where your life may be, it is critical that you understand God knew this long before you were born, yet he created you anyway because He has a purpose for your life that only you can fulfill.

Today, Meditate on the following questions...

- "WHOSE" are you? Who or What is the god of your understanding? GIVE THIS A GREAT DEAL OF TIME AND RIQOROUS HONESTY. Have your accountability review your answer before you go on to the next question. **Your answer is not to be the catechism's definition.**
- Why do you believe what you do? Give much thought to that powerful parent or the parent who abandoned you or was missing physically or emotionally.
- Think back over your life to "*Coincidences*", "*Something Told Me's*"..., "*Somebody's Watching Over Me*", "*Strangest Thing Happened*", *Dreams That Came True* etc. God may speak to you in a special way. **BUILD YOUR GRATITUDE LIST**

* See [The Hard Reset Assessments] in The KNOW Sin Zone™

June 6

Your mind is one of the greatest gifts God has given you and it ought to be devoted entirely to Him. Your mind is the greatest asset you have and by accepting “Who You Are” not as the world sees you – but as God sees you, you will begin to see that your thoughts are from God, and your mind will no longer be at the mercy of your self-absorbed thinking, but will always be used in service to God.

*You are who you are for a reason.
You're part of an intricate plan.
You're a precious and perfect unique design,
Called God's special woman or man.
You look like you look for a reason.
Our God made no mistake.
He knit you together within the womb.
You're just what He wanted to make.
The parents you had were the ones He chose,
And no matter how you may feel,
They were custom-designed with God's plan in mind,
And they bear the Master's seal.
The problems you face are not easy.
And God weeps that it hurts you so;
But it is allowed to shape your heart
So that into His likeness you will grow.
You are who you are for a reason,
You've been formed by the Master's rod.
You are who you are, beloved,
Because there is a God!*

By: Russell Kelfer

Today, Find the gratitude in everything today. This will be the foundation of "Who" you are. **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessments] in The KNOW Sin Zone™

June 7

When an elephant is born, as part of its training process a chain is wrapped around its hind leg and the chain is then attached to a stake driven into the ground. This trains the elephant *“To Never Forget”* so when it is fully grown and is tied to that stake it will not move. The purpose of this training is so “the elephant never forgets”. Fact is the elephant doesn’t realize if it wanted to it could pull that stake out of the ground with a sneeze. The stake has absolutely no power over it.

Many of us have much in common with the elephant. Things from our past lives have trained our thinking to grip life in such a way that today causes us to stray off target, yet these things have absolutely no power over us any longer, but like the elephant we have been trained in a way that keeps us down.

Oswald Chambers writes, *“Self-awareness is the first thing that will upset the ‘completeness’ in our lives. Self-awareness will continue to produce a sense of struggling and turmoil in our lives and will slowly awaken self-pity and excuse making for our performance leading to desperation.”* This ends up being the demise of not only many an athlete but in everyday life. Champions do not live in their heads; rather they persevere, and allow perseverance to finish its work in them so that they may be mature and complete – lacking in nothing. *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind..”* -Romans 12:2

Today, Begin giving thought to things from the past that hold you down from reaching your full potential. Also give thought to why it is important to you that you overcome these things that are holding you down. **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessments] in The KNOW Sin Zone™

June 8

In that day those being crucified would use their legs to hoist themselves up to ease their suffocation and delay death. *“But when they came to Jesus and found that he was already dead, they did not break his legs.”*

Today we hear and read a barrage of information and theories about living lives of purpose and this topic is obviously being sought by many. Unfortunately, most people are seeking to find purpose while they continue to hoist up their earthly lives in an effort to have it both ways which encapsulates the total purpose of The KNOW Sin Zone™.

Christ was born with one purpose and one purpose only – TO DIE, that’s why his legs did not have to be broken. Many followers of Christ who have been so-called “born again,” quote 2 Corinthians 5:17 which tells us *“we are new creations after being born again.”* So we microwave ourselves “saved” and bluntly go on doing whatever we please. The problem with microwaving is what comes out hot turn’s cold real fast.

On the other hand, in the Apostle Paul’s letter to the Galatians he writes, *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”* In order to be “crucified in Christ” and truly be “born again,” we must stop hoisting ourselves up by holding on to those Strongholds/Character Defects in our lives that deceive us into believing we can have it both ways.

Today, Think of the ways subtle as they may be that you are using to hoist yourself up preventing you from dying completely. **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessments] in The KNOW Sin Zone™

June 9

The KNOW Sin Zone™ is where those of us who live with a “God-Consciousness” of varying degrees, choose to play life while flirting with the out of bounds markers – attempting to “Have It Both Ways”. Its living “SEPARATED”^[1] from “Whose We Are” while we function as the centers of our own created universe.

However, since we were created to be totally dependent on God, we instinctively seek to close up our separation from God through “Dependencies” “Character Defects” “Strongholds” and other “Temporal Substances” as the Bible refers to them in a desperate attempt consciously or unconsciously to “Cover-up” for the shame we live with. Those living in The KNOW Sin Zone™ claim to be seeking happiness and the thing they are “entitled to” rather than seeking joy as we do here at the club.

Since they are so intoxicated on “self,” they may never discover joy is a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) they can “exist” in only for a while. However happiness requires more and more of itself in order to continue perpetrating their cover-up. Joy on the other hand is a “Light” that fills us with hope, faith and love. 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. *“The JOY of the Lord is my strength.”* -Nehemiah 8:10.

If your life is producing a whine instead of wine, you must ruthlessly kick it out. It is a crime for a person to be weak in God's strength. Those living in The KNOW Sin Zone™ are on a high when life is good, yet as time goes on the feeling that “*Something*” is missing gnaws at them and deceives them by getting them deeper into the cover-up by believing they are “*entitled*” to “*more*” of the good life they have adopted in order to

maintain the level their *separation* needs in order to satisfy their innate need for “*Wholey-ness*” – “*To Be Whole and Complete*”. Their enslavement to “*Knowledge*” and “*Reason*” traps them into a downward spiral of quiet desperation, chronic un-fulfillment, blame and discouragement. Underneath it all is a deep-seeded fear and anxiety deceptively disguised as a self-protective confidence as they desperately try to hide from who they really are. But as the saying goes, “*Mirror, mirror on the wall, the mirror isn’t on the wall at all. The reflection I see comes deep from within me.*”

Today, Continue working on the exercise from June 5 and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessments] in The KNOW Sin Zone™

June 10

“Reason and Rationalization” are secondary tumors that have metastasized from the primary tumor *“KNOWLEDGE”* described by God as “sure death”. Isn’t it interesting how many of those who live in The KNOW Sin Zone™ are of the opinion the bible is out of date, a nice story, opium for the masses? Yet, at creation the Lord God forbid us to eat of just one thing...*“The Tree of KNOWLEDGE”*, and today we overdose on it. How ironically accurate this out of date this book is actually proving to be at a time where we are experiencing an opioid epidemic by the masses.

It appears *“Reason and Rationalization”* has slowly broke us down and drained the **Life** out of us. The antidote – Jesus Christ. A life rooted in Christ surrenders *“Reason and Rationalization”* daily as we live in a state of humble remission. A life rooted in Jesus Christ doesn’t mean one needs to be a fanatic of sorts and it certainly doesn’t mean a man needs to surrender his masculinity. A life in Christ looks very similar to the reverence a golfer holds for the game. They play with an uncompromising honesty and commitment, and a well-founded humility unparalleled by any other sport.

In the book [The Bondage of the Will] an excerpt from Martin Luther’s writings speaks to *“Reason/Rationalization”* as follows: *“The Holy Spirit is no Skeptic, and the thing it has written on our hearts are not doubts or opinions – but assertions, surer and more certain than the sense of life itself. Luther’s unflagging polemic against the abuse of reason/rationalization is aimed only at the ideal of rational autonomy and self-sufficiency – the ideal of philosophers and scholastic theologians, to find out and know God by the use of their own knowledge and self-convenient unaided reason. It was in her capacity as the prompter and agent of ‘natural’ theology that Mistresses*

Reason/Rationalization were in Luther's eyes the Devil's whores; for natural theology is, he held, blasphemous in principle, and bankrupt in practice.

It is blasphemous in principle, because it seeks to snatch from God a knowledge of Himself which is not His gift, but man's achievement – a triumph of human brain-power; thus it would feed man's pride, and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Thus natural theology appears as one more attempt on man's part to implement the program which he espoused in his original sin to deny his creature-hood, and defy himself, and deal with God henceforth on an independent footing. But natural theology is bankrupt in practice; for it never brings its devotees to God; instead it leaves them stranded in a quaking morass of insubstantial speculation."

Man's part therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which prompts him to treat himself as the measure of all things, to confess the blindness of his corrupt heart, and thankfully to receive the enlightening Word of God. Man is by nature completely unable to know God as to please God; let him face the fact – and admit it."

Today, Continue working on the exercise from June 5 and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessments] in The KNOW Sin Zone™

June 11

As those who seek the full and complete satisfaction of serving God while enjoying all the pleasures of the world find themselves wandering aimlessly in The KNOW Sin Zone™, they continue trying one thing after another seeking the “*Something*” that is missing in their lives which they really have never identified – and never will. They can be dying inside, yet on the outside they appear to “have it all.” Around the club we call this the, Fernando Lamas Syndrome - when someone would much rather “*look marvelous than feel marvelous.*”

Man was not made to serve both God and “Mammon.” It is impossible to serve both God and the world. We were not created to claim the rewards of both. Putting God first means we must be prepared to sometimes stand apart from the world. You cannot always turn to the world and expect all the rewards which life has to offer. If you are trying sincerely to serve God, you will have other and greater rewards than the world has to offer.

Does serving God mean one must turn fanatical, self-righteous or go around trying to convert everyone they meet? Of critical importance does it mean a man has to give up his masculinity? The answer to both questions is “NO”. It means one has found the courage and has dug down deep into their being and has faced and now “KNOWS” the glaring character defects that push them into their dependent behaviors which afforded them comfort and dominance in their fraudulent kingdoms. Making a decision to serve God takes guts, - real guts.

This “God-knowledge” is the freeing knowledge given us by Christ on the cross. It leads one to a humble, gracious, credible and authentic life. Upon discovering we are clinging to strongholds that we will not let go of, we must sincerely ask God to help us to be willing to let those go. We cannot divide their lives into compartments keeping some for

ourselves and some for God. We must give it ALL to God saying, “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and others.”

Today, Continue working on the exercise from June 5 and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessment] in The KNOW Sin Zone™

June 12

The laws of nature cannot be changed - they must be obeyed. No exceptions will be made in any case. We either submit to the laws of nature or they will eventually break us. When this happens and depending on our current condition, we will either accept our broken condition or we will impose it on others in an attempt to break them by keeping the focus away from ourselves. Here at the club, WE PLAY IT AS IT LIES – WE PLAY LIFE ON LIFE’S TERMS.

Those who are so enslaved in self-will, cowardly impose their brokenness on others. These are mostly people who are constitutionally incapable of being honest since their fraudulent lifestyles have become their desperate attempt at survival. However, as they continue their cover up and continue to break the laws of honesty, purity, unselfishness, and love, they will eventually spiral down to a point of no return being left abandoned, angry, bitter and finally, discouraged. The moral and spiritual laws of God, like the laws of nature, are unbreakable without some disaster. If we are dishonest, impure, selfish, and unloving, we will not be living according to the laws of the spirit, eventually we will suffer the consequences and the more intellectually arrogant one is the harder they are doomed to fall.

No one beats the rhythm of this life since the laws of nature respects no one who lives in their breach. Their pain eventually becomes so chronic that they find themselves suffering physically, emotionally, spiritually socially and financially. Those who achieved financial success tend to suffer more intensely from those who find themselves in poverty, since financial success typically was their power and usually the way they controlled and manipulated others. The intellectual component of their life now becomes their bankruptcy leaving them insufficiently funded deep in the depths of The KNOW Sin Zone™.

Today, Continue working on the exercise from June 5. This will prove to be critical to your success, and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessment] in The KNOW Sin Zone™

June 13

Rigorously identifying one's character defects and the various salves used to cover up those defects is the manner in which one can hope to narrow the separation between God's original design for humanity and sin itself. Once this identification is made the best we can hope for is a consciously repentant self which keeps us on noticed to the fact that we are flawed and humbly aware that without the person on Jesus Christ we would be living in eternal abandon.

Unfortunately, at the creation we as humans failed Satan's test and took on a worship of "self-independence," separating ourselves from our total dependence on God which was His design for us. Our eyes may have been opened but we were lost, abandoned and petrified. So much so that we covered ourselves up and that cover up goes on to this day. The deception of independence was just that - a deception. The proof of our blindness and enslavement to earthly treasures lies in the naive certainty that we often display where we can serve God on Sunday and mammon on Monday through Saturday and that God will accept this; as if, we can work out a compromise.

However, Jesus said, *"You cannot serve both God and mammon"*. What Jesus is saying is that these are absolutes. There is no means between two opposites. If the material outlook controls us, then we are really godless, even though we talk about God all the time. There are many among us who would decry what we call "atheistic materialism," but what Jesus is saying is that there is something even worse. It is the materialism that thinks it is godly!

In the letter to the church at Laodicea he reminded them of this, *"They were lukewarm"*, he said, *"neither hot nor cold"*. They were saying, *"We are rich and increased with goods and have need of nothing,"* and Jesus said, *"You do not know that you are wretched, pitia-*

ble, poor, blind, and naked". This is the materialism that thinks it is godly.

So the consummate question here is not "What do you confess?" but, "Whom do you serve?" It is either God or mammon, **it cannot be both**. Everyone today -- is either serving God or serving mammon. We are not doing both. We cannot do both, that is the point that Jesus makes.

Today, Continue working on the exercise from June 5. This will prove to be critical to your success, and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessment] in The KNOW Sin Zone™

June 14

Let's begin by defining a "Hard Re-Set" as it would be defined in today's technology terms.

"A hard re-set, also known as a factory re-set or master reset, is the restoration of a device to the state it was in when it left the factory. All settings, applications and data added by the user are removed."

Now let's define a hard re-set and how it is defined here at the club.

"A hard re-set, also known as a creation or Re-Set by the Master, is the restoration of a person to the Image of the Master Creator. The old has gone, the new is here!"

Let's look at two passages of scripture very practically and see if you can identify a pattern.

Genesis 3:1-5: 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 certainly 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."

Acts 9:1-9: Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as

prisoners to Jerusalem. As he neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, “Saul, Saul, why do you persecute me?” “Who are you, Lord?” Saul asked. “I am Jesus, whom you are persecuting,” he replied. “Now get up and go into the city, and you will be told what you must do.” The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. Saul got up from the ground, but when he opened his eyes he could see nothing. For three days he was blind, and did not eat or drink anything.

Today, Were you able to see a pattern between the two previous passages? What did you see? Continue working on the exercise from June 5. This will prove to be critical to your success, and **BUILD YOUR GRATITUDE LIST**

* See [The Hard Re-Set Assessment] in The KNOW Sin Zone™

June 15

In the bible we read about Jesus going into the desert during a time of reflection and being tempted by Evil, (your competitor). You've got the most powerful weapon ever created in order to win at the game of life - God's Word. Jesus mapped out our life game plan and demonstrated it when tempted - the Power of God's Word.

During your training you will find yourself being tempted. **Evil's most powerful tactic will be to discourage you.** When you feel yourself getting discouraged:

- Step Back and Thank God. You're Becoming Successful - Evil Hates That! **Your Success Will Be In Direct Proportion To Your Gratitude.**
- Call a Timeout. Get with your [mentor, sponsor, accountability partner].
- "ADMIT" you're powerless one-on-one when being tempted, and turnover your WILL, (that part of your mind over which you have control) to God and your [mentor, sponsor, accountability partner]. Close your eyes and let them direct your path.

Today, Work your plan. As the saying goes, "*It Works – If You Work It!*" **BUILD, BUILD, BUILD YOUR GRATITUDE LIST** Remember, Your Success Will Be In Direct Proportion to the Depth of Your Gratitude.

* See [The Gratitude List] in The Practice Area.

June 16

Everyone's training is different. Some training periods are quick and some not so quick, especially if you are anxious and continue to take your "Will" back. Jesus spoke to us through the bible at different times about being anxious. He told us when anxious talk to Him and you will experience His peace. He also said not to be anxious about the future, that sufficient for the day is its own challenges.

When Moses led his people out of Egypt, they spent forty years in the dessert. During that time God provided for them with a special food called Manna. While in the desert the people were told to take just enough manna for that day. However, some were anxious and took back their wills taking more of the manna than they needed for the day not trusting God would provide tomorrow.

Next day they discovered the manna they were storing up was spoiled and could not be eaten. Much is the same as we train to play the game of life. Each day you should have just enough on your plate to get through the day feeling satisfied. Taking from tomorrow NEVER works.

When you feel yourself getting anxious:

- Take It Easy and Keep It Simple
- Take Out Your Gratitude List. Read It and Build On It.
- REACH OUT TO SOMEONE – TAKE THE FOCUS OFF YOUR SELF and **MAKE IT AN INCONVENIENCE**

Today, Work your plan. As the saying goes, ***"It Works – If You Work It!"*** **BUILD, BUILD, BUILD YOUR GRATITUDE LIST.** Remember, Your Success Will Be In Direct Proportion to the Depth of Your Gratitude.

* See [The Gratitude List] in The Practice Area

June 17

Let's take a look over the next few days at how you use your time.

“Simplicity is the keynote of a balanced life. Choose the simple things always. Life will become complicated... only if you let it be so. You can be swamped by difficulties if you let them take up too much of your time. Every difficulty can be either solved or ignored and something better substituted for it. Love the humble things of life. Reverence the simple things. Your standard must never be the world's standard of wealth and power.” -Hazelden Foundation

It is critically important that we gain control of our time from an early age. We as parents and individuals need to take a truthful look into lessons we have learned and establish the following principles in our own lives if we have any chance of affecting our children positively in the competitive world we are bringing them up in. Following are “MacDonald’s Laws of Un-seized Time” from the highly acclaimed *Ordering Your Private World*. If you have not read this book, it is strongly suggested that you do.

Today, By now you should know Whose and Who You Are, What You Believe and Why You Believe What You Do. Start giving thought as to how "KNOWING" this can help shape your mission. **BUILD YOUR GRATITUDE LIST**

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 18

LAW #1: UNSEIZED TIME FLOWS TOWARD MY WEAKNESSES

Have you defined a sense of mission in your life?

- Are you filling a purpose with your time or a void? Don't be too quick to answer, you may not even be aware of it.
- Is the clock your dictator? Your "Pusher?" Yes, Your "Pusher!"
- Are you getting high on a schedule of tasks that can't possibly be met? Are you living with such an ideal that your activities keep you numb? Numb from hearing the cleansing signs of silence that are planted in your brain that if faced would actually get you to stop to smell the roses and discover why you're here to begin with?

Don't blame your job or your children. Ask yourself and answer with rigorous honesty why you're doing the job you do? If you say "for your family", think again. If you were to be called to the eternal first tee today, your family wouldn't want your job back - they would want you back. Or would they?

Today, Ask yourself, "What am I modeling to my family that is setting up their priorities? What is the eternal purpose of why I'm here?

BUILD YOUR GRATITUDE LIST

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 19

LAW #2: UNSEIZED TIME COMES UNDER THE INFLUENCE OF DOMINANT PEOPLE IN MY LIFE

Spiritual law states that God loves you and has a plan for your life. Men and women who do not have a defined sense of mission in their lives will discover that the same thing can be said about the dominating people, places and things in their lives.

Without a defined sense of mission you will run from task to task never seeming to get it all done. Dominant people, places and things seem to beckon your call. It's like you're on a treadmill. You're going and going yet not getting anywhere. Then when tomorrow comes you get to do it all over again. You may be running more "From" some person/people, places or things than "To" them.

Please take a few minutes to write down your answers to the following :

- How do you want your life to unfold?
- What is your personal philosophy about life?
- If you could leave only one thing behind after you leave this life, what would it be?
- Name two of your unique contributions.
- What do you want to accomplish before your life is complete?
- What are you known for?
- What do you want others to say about your talents?

Today, Write your own Personal Mission Statement using the answers to the preceding questions. **BUILD YOUR GRATITUDE LIST**

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 20

LAW #3: UNSEIZED TIME SURRENDERS TO THE DEMANDS OF ALL EMERGENCIES

Who are you? Have you determined what you need to be joy-filled in life? Have you really determined what is important to you? Charles Hummel in a small and classic booklet says it best: *“we are governed by the tyranny of the urgent.”* Those of us filling our voids with busyness will continually find ourselves surrounded by events that cry out for immediate attention.

- What is it in your life that's most important to you?

If you have not come to terms with what's most important, you will run aimlessly from task to task oppressed by the urgent. Of course you have responsibilities and want to do the best for those you love and yourself. In order to do that you don't need a schedule that can't be met. You need regular spiritual cardio training and then model the contagious joy and gratitude you are developing to those you love. That then becomes reality and drives your daily activities.

Today, Meditate on what's most important in your life. Do your spiritual cardio exercises and **BUILD YOUR GRATITUDE LIST.**

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 21

LAW #4: UNSEIZED TIME GETS INVESTED IN THINGS THAT GAIN PUBLIC AND PERSONAL ACCLAMATION

These days we give large amounts of time to events and causes that will bring us the most gratification. We achieve these “feel good” experiences through our professions, positions on civic and professional boards and a big one today is through our children. We have a generation of children today screaming “uncle” as we teach them to push beyond their human limits, and for what?

As Bagger said, *“Rhythm of the game like the rhythm of life. See, the trick is to find your swing. Inside each and every one of us is one true, authentic swing. Something we was born with, that's ours - and ours alone. Something that can't be taught to you or learned. Something that we was given as a gift. Over time, the world can rob us of that swing - and get buried inside us under - all our woulda's and coulda's, and shoulda's”*. It's time to begin probing yourself again.

- Do you know your rhythm of maximum effectiveness?
- How can you work less and make more? This can be a trick question if you haven't established “Your Price” in life.
- Have you established how much is enough?
- How much is it?
- Explain what a “comfortable” financial future looks like to you?
- Are you earning to equal your time commitment, or are you just busy all the time?
- Do your volunteer activities meet a real need that people respond to?
In other words, are your efforts bearing fruit?

- If you have children, is the time you spend with them more important to you than your busyness?
- This next question is going to be very bold and will require deep and honest searching. Were you an occasional drug user when you were younger? Is there a family history of alcohol, drug, gambling, or anger abuse, etc.? If you are “out of time” today, do you think your busyness has a numbing component to prevent you from feeling? Regular “burn-out” is also a sign of this.

Slowly read the following parody to the 23rd Psalm

*The clock is my dictator, I shall not rest.
 It makes me lay down only when exhausted.
 It leads me to deep depression and burnout.
 It hounds my soul.
 It leads me in circles of frenzy for activities sake.
 Even though I run from task to task,
 I will never get it all done, for my ideal is with me.
 Deadlines and my need for approval...they drive me.
 They demand performance from me beyond the limits of my schedule.
 They anoint my head with migraines.
 My in-basket and e-mail overflow.
 Surely fatigue and pressure will follow me all the days of my life.
 And I will dwell in the bonds of frustration forever.*

Today, There's a lot here, but hey, you're a busy guy. You can handle it - can't you? **BUILD YOUR GRATITUDE LIST**

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 22

Well, you've certainly been given a lot to chew on lately. While it's said, "there's no sure thing but death and taxes", there's another. No matter how focused you participate in life, you will never be perfect. You may be narrowing the separation in The KNOW Sin Zone™, but you will never completely eliminate some of your most blaring strongholds.

From time to time our human nature can cause us to "slip" as it's said. Here at the club, "S.L.I.P. stands for Sober-Living Lost Its Priority. For our purposes, sobriety means soundness of mind. In 1 Peter 5:8 St. Peter writes, *"Be sober-minded; be watchful. Your adversary/competitor Satan prowls around like a roaring lion, seeking someone to devour."*

Today, Begin looking at the "Slips" you experience. Ask yourself "why" they keep their power over you. Tomorrow we are going to take heed of St. Peter's warning and look at spiritual warfare. **BUILD YOUR GRATITUDE LIST**

* See [Re-Capture Your Time Assessment] in The KNOW Sin Zone™ Practice Facility.

June 23

If you have ever watched a golfer hit a ball from a distance, you see the golfer swing, see the ball starting in flight and then you hear the delayed sound of the hit after the ball is well on its way. This is a perfect analogy when describing the dynamics leading up to a S.L.I.P.

A so-called "Slip" occurs long before a blaring stronghold takes you hostage. Sober-living begins to lose its priority. Some of the signs are sloppiness, flirting with life's out of bounds lines, cockiness, anger, and resentment. You begin getting anxious and overwhelmed which causes you to go back to anticipating life. Unconscious shame sets in and your accountability breaks off, isolation sets in and it's no contest – You Slip.

Today, Pray and meditate on this message. Ask God to impress upon your heart the critical importance of increasing your conscious contact with Him through prayer, meditation and outreach. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with the strongholds most likely to cause you to S.L.I.P.

June 24

Champions avoid "slips" in life and sport by mastering the basics, keeping it simple, balanced living, regular accountability and fruitful outreach. These critical steps put distance between them and a "slip" in life or a "slump" in sport. Here at the club, "Slump" stands for, Sophistication Leads to Unrealistic Measures of Performance.

There will of course be times when the pressure mounts and deadlines pile up, rather than succumbing, admit your powerlessness to control outcomes. Step back! That's right, step back. Give up control to have control and go to what works for you. With success comes pressure – it's what you're playing the game for. Nothing can happen to you that's unique and God will never give you more than you can handle. You have God's word on that.

Today, Have a plan. Take charge over the pressure by eliminating hurry and procrastination. Shoot for small victories. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with your strongholds.

June 25

Let's begin taking a look into what is referred to as "Spiritual Warfare. When talking to the Ephesians, St. Paul said, *"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."* St. Peter also wrote, *"Be sober-minded; be watchful. Your adversary Satan prowls around like a roaring lion, seeking someone to devour."* Let's begin mapping out a maintenance plan for your life by understanding the battle you are fighting.

Step 1: Know Your Enemy

Satan's weapons for warfare are taken from the wars of old. Satan is the founder 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 from the spiritual powers of this world, rather than from Christ."*

Today, Visit The KNOW Sin Zone™ and identify those strongholds you are most vulnerable to. In war the enemy will not warn but ambush. You must be prepared and properly trained to respond. BE ALERT!
BUILD YOUR GRATITUDE LIST

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with your strongholds..

June 26

Step 2: Know Your Commander

The depth of a relationship is measured by the extent you are willing to work at it. In warfare you must know that you have leadership you can trust. In order to have this trust you need to learn about your leadership, in this case knowing the nature of God.

Jesus gives you his word that not only is he with you in battle but he goes before you. Jesus also gives you his word that there is nothing you can face that he has not already faced, and he will never give you more than you can handle. Jesus has given you his assurance that he will never leave you nor forsake you. This is the commander you will be following into the battle field of life.

Today, Have a talk with your commander Jesus. Go for a ride or sit in a quiet place. Talk to him like you would anyone you want to get to know. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with your strongholds.

June 27

Step3: Knowing Yourself

Knowing yourself and determining what works for you is crucial in spiritual warfare. It takes ongoing selfless and rigorously honest sessions with the Holy Spirit in The KNOW Sin Zone™.

Your mind is trained just like the elephant's. A strong will can never break this training. In fact, it was a strong will that trained your mind in the first place. You need to hear the sounds of the silence that are planted deep in your unconsciousness. This training is what's known as sanctification.

Sanctification is the act or process of acquiring sanctity, of being made or becoming whole and complete. "Sanctity" is an ancient concept widespread among many religions. In James 1:4 we read, *"Perseverance must finish its work so that you may be mature and complete, not lacking anything."* You must stick to this task. Remember, *"Beginners are many but Enders are few."* *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

Today, Get yourself in a quiet place away from distractions. Invite the Holy Spirit in and listen and face the sounds of the silence. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to terms with your strongholds.

June 28

In sport as in life the battlefield is your mind. Mental Toughness requires intense training in The KNOW Sin Zone's™ Spiritual Strength Training area. Mental Toughness must become a spiritual reflex if you are to be victorious.

If your opponent can get into your head and get you to focus on self - you're in trouble. You begin to experience doubt and conflicting thoughts. Fear then sets in and you move your focus from your game plan to yourself.

Your focus must never leave your Target. Teamwork with your accountability is a must. DON'T ISOLATE. That's the plan to bring you down. Christ made it very clear when he said, *"When two or more gather together in my name, I am there too."* You must insulate through strength training and accountability not isolating by giving into panic. Step back and Keep It Simple - Very Simple.

Today, **BUILD YOUR GRATITUDE LIST** to Maintain Perspective. This will keep you in winning form.

* See [Mental Toughness] in The Clubs and Sport & Life Psychology.

June 29

Let's take a journey into the Book of Ephesians and train you to use "The Armor God gives us for playing the Game of Life ".

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against Satan's schemes. For your struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

*"Stand firm then, with **the belt of truth** buckled around your waist, with **the breastplate of righteousness** in place, and with your feet fitted with **the readiness that comes from the gospel of peace**. In addition to all this, take up **the shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take **the helmet of salvation** and **the sword of the Spirit, which is the word of God.**" -Ephesians 6:10-17*

Today, Go back to that quiet place from two days ago, or find one just like it. Quiet yourself and ask the Holy Spirit to talk to you. Listen to the sounds of the silence. Few do. Remember, *"If You Do What Most Won't - You Will Enjoy What Most Never Will."* **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

* See [Mental Toughness] in The Clubs and Sport & Life Psychology.

June 30

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

It should come as no surprise to anyone that evil exists in the world. Watching the news confirms that. However to many people Satan is looked at as somewhat of a cartoon like character.

Yet, upon the death of Osama Bin Laden, the majority of people polled were of the opinion he was in hell. How can that be? It can be because Satan at his craftiness has taken our eyes off the ball.

Unity is the winning strategy in warfare. Unfortunately today rather than taking the fight to the real enemy "Satan", we fight each other. As long as Satan can fragment us - he can destroy us. We need to be mindful of what Jesus and St. Paul told us, *"We ALL sin and fall short of God's glory"* and *"A house divided against itself cannot stand"*.

Today, Go to that quiet place ask The Spirit help you to feel a Spirit of unity. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 1

"Stand firm then, with the belt of truth buckled around your waist."

Truth like a belt holds you up. To paraphrase, *"No evil can seize you except what is already common to people, and God is faithful. He will never allow you to be tempted beyond what you can hold up to."* Unfortunately we are living in a time of moral relativism. *"Who's to say what's right and what's wrong?"* What we are witnessing today is the death of truth.

Worldly "Knowledge" is the terrorist and if believed *"you will surely die."* Why? Power in the hands of the wrong people is deadly. As humans worldly knowledge is our kryptonite.

Before hitting a golf shot, Arnold Palmer was famously known to grab his belt and hitch up his pants. In everyday life you too need to grab your belt and hitch up your pant by playing life smack down the middle hitting it with pure old fashioned truth and "Godly" not worldly knowledge. If you do you are sure to have a leg up on the competition.

Today, Play today smack down the middle with the *"eye of the serpent"*. Ask God for wisdom especially in a tight situation. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 2

"With the breastplate of righteousness in place."

The imagery of this passage is of an armed Roman or Israelite soldier, prepared for battle. A typical breastplate was made of bronze or chain mail and was made to cover the vital organs, in this case the heart. Interestingly, the breastplate was fitted with loops or buckles that attached it to the belt. If the belt loosened, the breastplate would come right off.

Righteousness is defined, *"the quality of being morally right or justifiable."* It's critical what "morality" means. Morality is defined, *"principle concerning the distinction between right and wrong or good and bad behavior."* There's no moral relevance in these definitions. If you haven't trained hard in The KNOW Sin Zone™ and developed sound moral reflexes between good and evil, you will fall when ambushed by evil. Morality makes honesty a reflex. KNOWING both "What you believe" and "Why you believe what you do" will be lifesaving.

Today, Spend some time in The KNOW Sin Zone™ and revisit "What you believe" and "Why you believe what you do" to keep that reflex finely tuned. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 3

"Your feet fitted with the readiness that comes from the gospel of peace."

You are a warrior in training, and in the warrior's code there's no surrender or quit. You've put on the Belt of Truth. You've put on the Breastplate of Righteousness. A warrior fears nothing and stands on a solid foundation. A warrior walks in the confidence of readiness KNOWING that no matter what comes against them, God is for them and in fact goes before them.

Their eyes stay laser focused on their Leader. If their focus shifts to self they can be in very serious trouble. They have an unshakable confidence due to their training and a blind trust in God giving them a peace that passes all worldly understanding.

In the words of Brother Lawrence; *"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."*

Today, Go back to The KNOW Sin Zone™ and continue pondering "What you believe" and "Why you believe what you do" to keep that reflex finely tuned and your stance/foundation firm and solid. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 4

"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

A shield was used to deflect or block if you will. It was used as extra protection for the warrior. In coming to KNOW your weaknesses and strongholds a champion learns how to deflect and block out those areas when under heavy competition.

The Evil One is a hustler and KNOWS your weak spots and is bound to hit you there. In warfare or in any sport competition, don't you identify your opponent's weak spots? Your shield of faith is made up of several components:

- Strong Accountability
- Increasingly put distance between you and your weaknesses through outreach, study of God's Word, fellowship with other Christ followers, disciplined prayer and meditation and playing life smack down the middle with a morality that is beyond reproach yet with the eye of a serpent.
- Service to others that battle the same strongholds that you painfully were redeemed from in order to keep truly humble.
- BUILD, BUILD, BUILD your Gratitude List throughout each and every day.
- An unshakable and child-like faith in the Power of God.

Today, Pray and Meditate on the long version of The Practice Tee thoroughly - very thoroughly. Increase the distance between you and your strongholds and reinforcing your shield of faith. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 5

"Take the helmet of salvation and the sword of the Spirit, which is the word of God."

Without the helmet of salvation, you will be unprotected from life and its many hazards. You will live in constant anxiety imagining what the future ultimately holds. Just as the helmet protects the head from otherwise fatal blows, the hope of salvation will protect our thoughts from the enemy's deceptions.

The all-powerful sword of the living God is able to cut through every defense our enemy can send our way. When wielded by a servant of God, nothing can withstand its ability to cut straight to the core of a matter and uncover the truth.

As soldiers in God's army, it is our responsibility and duty to use His Word to discern the truth and then follow it. When God's Word shows us something wrong in ourselves, we can use this spiritual weapon to come to KNOW how to block the enemy's deception. Unlike all other pieces of the armor of God, which are solely defensive, the sword is uniquely suited for both defensive and offensive roles. A solid defense is invaluable, but the sword is the only way we can complete the work we have been given to do.

Today, Give careful thought to both your defensive and offensive strategies in sport and life. While champions play on the offense there comes a time when the best offense is a well-managed defense. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 6

Let's begin mapping out a portion of a maintenance plan for *your life* by understanding the battle you are fighting. St. Paul said, *"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."* St. Peter wrote, *"Be sober-minded; be watchful. Your adversary Satan prowls around like a roaring lion, seeking someone to devour."*

Step 1: Know Your Enemy / Competitor

Satan is the original sponsor 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 from the spiritual powers of this world, rather than from Christ."*

Step 2: Know Your Commander / Leader

The depth of a relationship is measured by the extent you are willing to work at it. In warfare you must know that you have leadership you can trust. In order to have this trust you need to learn about your leadership, in this case knowing the nature of God. Jesus gives you his word that not only is he with you in battle but he goes before you. Jesus also gives you his word that there is nothing you can face that he has not already faced, and he will never give you more than you can handle. Jesus has given you his assurance that he will never leave you nor forsake you.

Step3: KNOW Yourself

Knowing yourself and determining what works for you is crucial in spiritual warfare. It takes ongoing selfless and rigorously honest sessions with the Holy Spirit in The KNOW Sin Zone™. Your mind is trained just like the elephant's. A strong will can never break this training. In fact, it was a strong will that trained your mind in the first place. You need to hear and face head on the sounds of the silence that are planted deep in your subconsciousness. This training is known as sanctification. Sanctification is the act or process of acquiring sanctity, of being made or becoming whole and complete. James 1:4 tells us *"Perseverance must finish its work so that you may be mature and complete, not lacking anything."* *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

Step 4: The Battlefield of the Mind

In sport or life the battlefield is your mind. Mental Toughness requires intense training in The KNOW Sin Zone's™ Spiritual Strength Training area. Mental Toughness must become a spiritual reflex if you are to be victorious. If your opponent can get into your head and get you to focus on self - you're in trouble. You begin to experience doubt and conflicting thoughts. Fear then sets in and you move your focus from your game plan to yourself. Your focus must never leave your Target. Teamwork with your accountability is a must. DON'T ISOLATE. That's the plan to bring you down. You must insulate through strength training and accountability not isolate by giving into panic. Step back and Keep It Simple - Very Simple.

Step 5: Take the Fight to the Enemy

Unity is the winning strategy in warfare. Unfortunately today rather than taking the fight to the real enemy "Evil Satan", we fight each other. As

long as Evil can fragment us - it can destroy us. Euclid's geometry of common notions states, *"Things which equal the same thing also equal one another."* Those who have pledged to follow God with their lives are loved equally by God making them unified to each other. Doctrinal issues are mute points since God is Love and that Love unifies us. At the height of Christ's passion he prayed, *"Father, may they come to complete unity so the world may know You and I are ONE."*

Today, Drill through these steps with your accountability until they become reflexes and then keep them fine-tuned. **BUILD YOUR GRATITUDE LIST**

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 7

"Stand firm then, with the belt of truth buckled around your waist."

Truth like a belt holds you up. Unfortunately we are living in a time of moral relativism. *"Who's to say what's right and what's wrong?"* What we are witnessing today is the death of truth. Worldly "Knowledge" is the terrorist and if believed *"you will surely die."* Why? Power in the hands of the wrong people is deadly. As humans worldly knowledge is our kryptonite. Before hitting a golf shot, Arnold Palmer was famously known to grab his belt and hitch up his pants. In everyday life you too need to grab your belt and hitch up your pants by playing life smack down the middle hitting it with pure old fashioned truth and "Godly" not worldly knowledge. If you do you are sure to have a leg up on the competition.

"With the breastplate of righteousness in place." A typical breastplate was made of bronze or chain mail and was made to cover the vital organs, in this case the heart. Righteousness is defined, *"the quality of being morally right or justifiable."* Morality is defined, *"principle concerning the distinction between right and wrong or good and bad behavior."* If you haven't trained hard in The KNOW Sin Zone™ and developed sound moral reflexes between good and evil, you may fall when ambushed by evil. The enemy will NEVER give you a chance to think. Morality makes honesty a reflex. KNOWING both *"What you believe"* and *"Why you believe what you do"* will be lifesaving.

"Your feet fitted with the readiness that comes from the gospel of peace." You've put on the Belt of Truth. You've put on the Breastplate of Righteousness. A warrior fears nothing and stands on a solid founda-

tion. A warrior walks in the confidence of readiness KNOWING that no matter what comes against them; God is for them and in fact goes before them. Their eyes are laser focused on their Leader. If their focus shifts to self they can be in very serious trouble. They have an unshakable confidence due to their training and a blind trust in God giving them a peace that passes all worldly understanding. In the words of Brother Lawrence, *"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."*

"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one." A shield was used to deflect or block if you will. It was used as extra protection for the warrior. In coming to KNOW your weaknesses and strongholds a champion learns how to block out these areas when under heavy competition. The Evil One is a hustler and KNOWS your weak spots and is bound to ambush you there. In warfare or in any sport competition, don't you identify your opponent's weak spots? Your shield of faith is made up of several components:

- Strong Accountability
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- Service to others that battle the same strongholds that you painfully were redeemed from in order to keep truly humble.
- BUILD, BUILD, BUILD your Gratitude List throughout each and every day.

- An unshakable and child-like faith in the Power of God.

"Take the helmet of salvation and the sword of the Spirit, which is the word of God." Without the helmet of salvation, you will be unprotected from life and its many hazards. You will live in constant anxiety anticipating what the future ultimately holds. Just as the helmet protects the head from otherwise fatal blows, the hope of salvation will protect our thoughts from the enemy's deceptions. The all-powerful sword of the living God is able to cut through every defense your enemy can throw at you. When wielded by a servant of God, nothing can withstand its ability to cut straight to the core of a matter and uncover the truth. As soldiers in God's army, it is our responsibility and duty to use His Word to discern the truth and then follow it. When God's Word shows us something wrong in ourselves, we can use this spiritual weapon to come to KNOW how to block the enemy's deception. Unlike all other pieces of the armor of God, which are solely defensive, the sword is uniquely suited for both defensive and offensive roles. A solid defense is invaluable, but the sword is the only way we can complete the work we have been given to do.

In Closing

It has recently been made public that President Ronald Reagan and Pope John Paul II met secretly on a number of occasions to discuss how communism was vulnerable. It is said during one of those meetings the pope was said to have told the president the following. *"Communism is like an elephant with legs of clay, more apt to fall due to spiritual rather than tactical reasons."* The warfare we have been going through is in fact most powerful because we have identified life's battles are in fact spiritual. Tactical warfare will eventually fall due to human error. Spir-

itual warfare on the other hand is tethered to the heart and is there in reserve for eternity.

Today, All the weapons in the world are only as good to the extent you use them. Now it's up to you to make the commitment to apply the extensive training in these messages. Remember, half measures are nil.

BUILD YOUR GRATITUDE LIST

* See [Your Inventories] in The KNOW Sin Zone™ and come to KNOW your strongholds.

July 8

Shakespeare has been misquoted as writing, "*A coward dies a thousand deaths, but a hero dies but once*". Some people have been dying all their lives. Some walk around basically still-born due to the ruts they live in and call life. What a shame! It's been said that when many people die the inscription on their tombstones should read, "*Dead, But Never Used Up*".

Did you get up this morning and thank God for bringing you through the night to a new day or do you have that "*Another day in Paradise*" or "*I'm just living the dream*" awful defeated attitude? Are you completely focused, confident God has your back with the things you can't control, or do you feel that God stuff is all nonsense?

"Gratitude" unlocks the fullness of life". Gratitude fills you with joy to live each day to its fullest whether at work or leisure? It fills your heart with overflowing grace that you can't help but share with others?

Today, Keep a close check on the preceding questions and journal your thoughts throughout the day. **BUILD YOUR GRATITUDE LIST**

* Start the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 9

Is it well with your soul today? Life has a way of ganging up on us at times. Be careful during these times. Careful that you don't fall into, "The Trap That Your Under Attack." Before thinking that you're so special that life is attacking you, ask yourself, "Where have I become sloppy?" Chances are the high of being "on a roll" so to say, will get us to "push the envelope" to coin another phrase. Then, life gangs up.

Sure there are times of bad breaks and experiences. However, most times you can bet you've just overindulged. Use the words of the classic hymn to remind yourself daily to play life down the middle.

*"When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot,
Thou hast taught me to say,
It is well, it is well with my soul."*

Today, From time-to-time, read those words then **BUILD YOUR GRATITUDE LIST**

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 10

Here at the club we play life "straight down the middle". What does this mean? It means we play each day in Good Ordery Direction = **G.O.D.** We don't take liberties by flirting with the out of bounds lines. We don't take short cuts trying to beat life's system. Our "Yes" means "Yes" and our "No" - "No".

We live this way because we have come to "KNOW" the strongholds that tend to have our number and we have looked back and faced the trouble and hurt they caused. Bottom line, we know what we are capable of trying to run life on our own. We've experienced what it's like to have GOD, Good Ordery Direction run life and it far exceeds the alternative. These are some of the ways we play life, "straight down the middle".

Today, Play it "straight down the middle today" using the preceding tips. **BUILD YOUR GRATITUDE LIST**

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 11

Here at the club we play life "*as it lies*". We don't wish. There's no shouldas and couldas. We accept life where it is and we play it as it lies. We believe that "*In the burnin comes the learnin*". We don't make up excuses or blame others. We own the victories and in particular the loses because we learn valuable lessons from them that many times bring our games to a whole new level.

We play life in this way because it allows God to lead us in the direction we are to go. When we go where God is God goes before us and charts our path. We play life on life's terms. We consider it pure joy when life is difficult at times. We believe God's word that, "*the testing of our faith produces perseverance*" so we, "*let perseverance finish its work so that we may be mature and complete, not lacking anything*".

Today, **BUILDING YOUR GRATITUDE LIST** daily is where the perseverance to play life as it lies comes from.

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 12

Another saying here at the club is, *"Let the Big Dog Eat"*. We live life to its fullest each and every day. Play life straight down the middle and as it lies - on life's terms. We do the things most won't and we get to enjoy what most never will - the abundant life God promises. We are confident based on our life experience that life takes care of itself. Even in the dark times we remain patient and practice incurable gratitude. We live balanced and reach out to others through our personal pain.

We have seen all too often the joy these practices bring us. God-incidents seem to happen that we can't explain. It makes us clearly see God can do for us what we could never do for ourselves and we are humbly grateful.

The term "abundant life" comes from the bible verse John 10:10, *"I have come that they might have life, and that they might have it more abundantly"*. *"More abundantly"* refers to a superabundance. "Abundant life" refers to life in its abounding fullness of joy and strength for mind, body, and soul.

Today – and Every Day, "Let the Big Dog Eat" and **BUILD YOUR GRATITUDE LIST**

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 13

Let's spend some time on the financial side of life. How you handle the financial side of life tells an awful lot about you. Are you organized financially or is the financial side of your life a guessing game? Do you work on your finances or do you ignore them? Do you face financial challenges or do you go into denial? Are you paid what you deserve or do you always seem to play catch up? Do you have a rainy day fund or do you live month-to-month?

In Jeremiah 29:11 we read, *"For I know the plans I have for you,"* declares the LORD, *"plans to prosper you and not to harm you, plans to give you hope and a future"*. Here at the club we train our members how to keep money in perspective. We train them on how to develop a prosperity consciousness which contributes to their rhythm in all areas of life.

Today, Ponder on the questions posed today. Give them honest consideration. **BUILD YOUR GRATITUDE LIST** It will be critical to the financial part of your life.

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 14

Here at the club we define a "Prosperity Consciousness" as *"the ability to function effortlessly and peacefully whether you have money or not"*. A Prosperity Consciousness is driven by an incurable attitude of gratitude with confidence **and acceptance** that God will meet your needs – His Way - in His time. Prosperity is a "spiritual reflex" of a joy-filled heart - not net worth.

Financial independence is achieved not by being financially independent, but rather independent from your finances. Money will never bring joy, maybe happiness – but only for a while. Happiness can only be maintained by “More!”. “More” will eventually lead to overdose from Lust, Gluttony and Greed. Fact is, if you are not in top spiritual cardio shape, money will never get you into that shape.

In fact, having money can actually become a curse. Forget about security. If you're in top spiritual cardio shape, you're secure right now. A word of caution, be certain that the peace you are feeling about money is not driven by denial and/or avoidance. You will avoid this trap of self-sabotage through close contact with your accountability.

Today, Take a trip to The KNOW Sin Zone™ and do some financial training. **BUILD YOUR GRATITUDE LIST**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 15

Let's now take a look at what a "Poverty Consciousness" looks like. Many people who have more money than they will ever need are actually living in poverty. They worry about money constantly. No matter how much they never seem to feel secure. To people who live with a poverty consciousness money is a more a substance rather than a means of exchange. It's preoccupation holds its victims hostage in a ghetto of poverty - the battlefield of their mind.

Problem is, money has never solved a problem in their life. In fact, the more they have the more isolated they become. Here at the club we have the perspective that money is merely a means of exchange. Each time we spend money we look are blessing someone. We believe that if we have "our daily bread" it's all we need. Money does not provide security for tomorrow. The rhythm of life sets up the rhythm for tomorrow and blessing others builds that rhythm like nothing else.

Today, You guessed it. "You are about to enter The KNOW Sin Zone" and dig real deep. That's where you will find security for tomorrow. **BUILD YOUR GRATITUDE LIST**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 16

Here at the club we discipline ourselves to meet our "needs" versus "wants". Stewardship of the money God blesses us with is critical to the rhythm of our lives. Stewardship is defined as, *"the conducting, supervising, or managing of something; especially the careful and responsible management of something entrusted to one's care."* What we have earned or been given is only as good as the blessings they give.

Stewardship and living within means is the main driver of prosperity consciousness. Extravagance on the other hand is the main driver of poverty consciousness. Stewardship is blessed by God because it blesses others. Extravagance is frowned on by God since it is the epitome of self-satisfaction. Problem is extravagance feeds on itself to maintain a level of satisfaction which eventually leads to destruction. It's a system that can't be beaten. We will be going more in depth on stewardship over the next few days.

Today, Back to The KNOW Sin Zone. Work the Poverty Consciousness Assessment with rigorous honesty. It will be some of the best work you can do for the whole of life. **BUILD YOUR GRATITUDE LIST**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 17

Let's begin by taking a step by step look at the Four Principles of Stewardship.

Principal 1: The Principle of Ownership

We read in Psalm 24, *"The earth is the LORD's, and everything in it, the world, and all who live in it."* "In the beginning" God created everything and put Adam in the Garden to work it and to take care of it. It became clear that man was created to work and that *"work is the stewardship of all of the creation that God had given him"*.

The fundamental principle of biblical stewardship is based on the belief that God owns everything, you are simply a manager or administrator acting on His behalf. The biggest mistake you can ever make when it comes to the things you are put in possession of is to become emotionally attached. Emotional attachment to possessions is a self-sabotaging trap. On the other hand stewardship expresses itself through your obedience regarding the administration of everything God has placed under your care.

Stewardship is the commitment of you and your possessions to service to God and His people. You must recognize service that you do not have the right of control over property or yourself. Strict accountability is the antidote will keep you mindful of the words of Deuteronomy 8:17&18, *"You may say to yourself, my power and the strength of my hands have produced this wealth for me. But remember the LORD your God, for it is He who gives you the ability to produce wealth, and so confirms his covenant, which He swore to your ancestors, as it is today."*

Today, Make a review of your hard assets and anything else you had entrusted to your care. Determine if there is one or more you may be emotionally attached to and ask God to remove that attachment and help you put it in a Godly perspective. **BUILD YOUR GRATITUDE LIST**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 18

Principle 2: The Principle of Responsibility

Responsibility has become one of the lost arts in today's society. Many have come to believe that spinning is winning in the game of life they play. All one has to do is turn on one of the twenty-four hour news networks and they can hear spin that can make their stomachs turn. Those that are living so deceived KNOW not what they do. They are in an overdose state on worldly knowledge. Their state of entitlement has them in a spiral of disaster.

To paraphrase Galatians 6:5 *"For each will have to bear his own responsibility"*. Here at the club we take full responsibility for our wins and especially our losses since we gain wisdom as a result of them. Those who take responsibility for their actions have an enormous edge on the competition.

Responsibility is also crucial in stewardship. You and only you are responsible to the things placed in your care. Whether monetary assets, or assets such as children, talents, gifts etc. You and only you are responsible. It's the oldest trick in the book, "blame" which didn't work for Adam and Eve and it will never work for you.

Today, **BUILD YOUR GRATITUDE LIST** and you will find it natural to accept responsibility for your life.

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 19

Principle 3: The Principle of Accountability

A steward is manages the possessions of another. Possessions such as resources, abilities and opportunities. When you meet The Lord he will call you to give an account for how you managed what he had entrusted to your care. Keep in mind, he will already KNOW the truth.

The Parable of the Wicked Tenants can be found in Matthew 21:33-44; Mark 12:1-11; Luke 20:9-18. In this parable Jesus tells of a landowner who places his vineyards in the hands of tenant workers. Just as in many regions today, tenant farmers lease the land, care for the crops and reap reward from the harvest with a set amount going to the landowner.

The allegory tells us that the landowner sent his servants to collect his share. The servants were beaten, driven away, and some were killed. Finally, the owner sent his beloved only son. The tenants, rejecting the son, killed him as well. Then Jesus asked *“What then will the owner of the vineyard do? He will come and kill those tenants and give the vineyard to others.”*

Here at the club we make it clear you cannot play the demanding course of life without a caddie, another person you have strict accountability with who KNOWS you better than you may even KNOW yourself. Accountability in stewardship is of critical importance and doing it alone will surely set you up as prey for the evil one's schemes.

Today, Make a rigorously honest assessment of your accountability using The Caddie Assessment. **BUILD YOUR GRATITUDE LIST**

* Work the [Caddie Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 20

Principle 4: The Principle of Reward

In The Country Club of Life Daily Warm Up, our members remind themselves daily of the following verses from Colossians 3:23-24 where St. Paul writes, *"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."* Try conducting yourself like this every day and see how oddly people respond to you.

Imagine in today's "Me" society doing more than you're paid for? *"Doing what most never will"*. Suppose someone you know loses a spouse. You note it and a year later you contact them and say you're thinking about them on the anniversary. Then wait for the shock to wear off. Always remember, *"Love The Lord your God with all your heart, soul and mind, and love your neighbor as yourself"*.

Follow these tips and when you walk up the final fairway of this life and you sink your final putt then look into the face of Jesus, he will say to you, *"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"*

Today, Empower and bless those you come in contact with. Abandon yourself and you will taste sweet victory. **BUILD YOUR GRATITUDE LIST**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 21

Finally, let's look at debt and its effect on stewardship. Debt is a killer to stewardship. A great analogy on debt is watching a cat corner a mouse. The cat will take its time and slowly decreases the mouse's space. The mouse will scatter around thinking it actually has a shot at escaping. But then the cat deals the final blow. The mouse wasn't done when the final blow came, rather, it was done when the cat first spotted it. Debt will enslave you. You will always think you have wiggle room, but eventually the death blow will inevitably come.

Following is a fact. Debt has nothing to do with circumstances. NOTHING! Debt is all about your unresolved strongholds that keeps you imprisoned in The KNOW Sin Zone™, and until you do some real hard work, you will be caught in a debt spiral until you breathe your last. If a life event causes a steward to borrow, they will instinctively adjust their life until the last penny is paid. A steward lends freely, they don't borrow freely. Proverbs 22:7 Tells us, *"The rich rules over the poor, and the borrower is the slave of the lender"*.

Today, If your life has been on a consistent debt spiral, take this REAL serious. RUN to your accountability and ADMIT. **BUILD YOUR GRATITUDE LIST.**

* Work the [Poverty Consciousness Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 22

Here at the club we believe, "It is God's to avenge". We do not character assassinate other people. We know that it is the things we battle from within that causes us to have the need to bring others down. Some may ask, "What am I supposed to do, let people walk all over me?" Of course not. Jesus told us clearly, *"Be wise as a serpent and innocent as a dove"*.

As we train in The KNOW Sin Zone™ we will come to discover that in fact many of the damaged relationships and difficulties we experienced in life were powder kegs ready to explode. "But it wasn't my fault" you may say. "It takes two" you may hear. Fact is it has nothing to do fault or number involved. It has everything to do with the void which the relationship or situation filled. It's about your battles from within.

Today, Think and pray through this meditation closely. Ask yourself the question, "Do I really want to be victorious in this game of life?"

BUILD YOUR GRATITUDE LIST

* Work the [Strongholds Training Assessment] in The KNOW Sin Zone™ and come to terms with the things you battle from within.

July 23

How's your perspective reflex these day? Is it finely tuned, or is it a bit rusty due to the hazy, lazy days of summer? Perspective needs to be kept sharp all year round.

There will always be a reason or season to become complacent. Each and every day our commitment is tested. Remember, commitment is the bridge between thought and accomplishment. Maintaining a gracious perspective will allow you to respond quickly to the elements and hazards of life.

Of course there will be times when life may knock you against the ropes. As champions in life we know the ropes are not the step before life knocks us down. Rather, the ropes are where we go to recover and regain perspective. The ropes actually stabilize you during those times when life is slugging at you. Going to the ropes means you increase accountability both one on one and in a group. It means you insulate through God's word rather than isolating by dwelling on the negative words being put in your mind by the evil one.

Today, Fine tune your perspective through incurable optimism.

BUILD YOUR GRATITUDE LIST

* Work the [Caddie Training Assessment] in The KNOW Sin Zone™ and continue building your Gratitude List faithfully daily until it becomes habit and a spiritual reflex in your life.

July 24

When was the last time you stopped to realize how blessed you are? If you don't do this daily, you may get caught in the trap thinking you have what you have because you've earned it, or worse yet, you're entitled to it.

You will never know what it's like to live life to its fullest without a spirit of incurable gratitude driven by a gracious perspective. For it is this incurable gratitude driven by a gracious perspective that unlocks life's fullness. An incurable perspective of gratitude blesses others through the overflow of your blessings. It's called "God's Grace" - God's love for you that just won't quit that you can share with others.

Today, Say "Thank you!" over and over throughout the day until it embeds into your heart. **BUILD YOUR GRATITUDE LIST**

* Work the [Gratitude List] in The Practice Area and build it faithfully daily until it becomes a habit and a reflex to life.

July 25

How are your character defects doing these days? You certainly should KNOW what they are by now. Are you keeping regular accountability by using the accountability scorecard? Are you monitoring your strongholds?

We all sin and fall short of God's glory at times. That is our inherited nature. Your humanness will tend to show its face more than you will want to admit or maybe realize. We all have those inherent tendencies that are deeply ingrained. However, the top winners in sport and life have come to KNOW through practice and training how to block out those defects.

For instance in golf the greatest ball strikers were not born great ball strikers. Instead they learned through committed practice how to block out their blaring flaws. The same strategy holds true for a winning life. Don't ever get discouraged by saying, "Hey that's just me", or "You know the way I am and I really don't mean it". That's a cop out - not a winning attitude.

Today, When you do your warm up, chart out the course for the day. Set a game plan where your defects may surface and plan with accountability how you're going to block them out. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

July 26

How's immovable is the commitment to your health? Do you care for your body? Do you exercise it for 15 to 30 minutes daily? Do you fuel it with regular or premium nourishment? Do you take seriously your health is the single commodity you have been given as a gift, one that really won't be appreciated or valued until it is there no longer? You've made a commitment to lead a Godly life, along with that commitment your body is supposed to be God's Temple. What is the temple you provide God like?

What is it that causes us to neglect our health? It's all in our dependent natures that we discover in The KNOW Sin Zone™. Since the hazards we face in life are spiritual, logic is typically not a successful method for turning the neglect around. Dependence on strongholds has a spiral type of affect. The longer one exhibits dependence in certain strongholds, the further down the spiral one will go. The further down the spiral the more you will earn your health back - if it's still possible. If you try and try and you can't get it in gear, professional assistance in one form or another is needed.

Today, Spend the next few days and diary your health habits. Write down what you eat and drink. How many alcoholic drinks you have. How much you exercise. How much you smoke. Pray for God to remove the strongholds. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

July 27

Let's take a close look at the difference between "ethics" and "morals". Ethics and morals can seem somewhat arbitrary to many, but there is a basic yet subtle, difference.

Ethics stress a social system in which ethical behavior is applied. Ethics are ever-changing. What was once considered to be ethical behavior is looked at very differently today. For instance, there are words used today that were once considered to be vulgar that are now ethically accepted and even viewed as humorous. Spinning words has become an art. Most who are masters of spin will tell you *"things are different today"*. Yet these people consider themselves to be highly ethical.

Morals on the other hand define personal character and are immovable. Those with a sound moral compass subscribe to the standards of right and wrong. Life is played straight down the middle. God is at the center of their lives rather than reason. Here at the club we know from experience that we will reap what we sow.

Today, Check your moral compass. See just how straight you view life. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

July 28

To quote Oswald Chambers, *"Walking with God means practicing the presence of God in your daily affairs. It means asking God for strength to face each new day. It means turning to Him often during the day in prayer for yourself and for other people. It means thanking Him at night for the blessings you have received during the day. Nothing can seriously upset you if you are walking with God. You can believe that He is beside you in spirit, to help you and to guide you on your way."* God is a caring Father who gives you His word that He is not only with you, but actually goes before you to make the path you take straight.

Here at the club we "participate" in the day by conversing with God regularly. When life's hazards jump out, the momentum of practicing God's presence blocks out "anticipation". Practicing God's presence daily develops a winning rhythm. When you face life's hazards your spiritual reflexes will automatically kick in through this daily commitment to living.

Today, *"The rhythm of the game just like the rhythm of life."* How's the rhythm in your life? **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

July 29

Here at the club we teach our members the difference between Godly knowledge and worldly knowledge. The main difference is obedience to the mission God created you for that will glorify Him by using knowledge to serve Him and empower others.

Unfortunately we are living in a time of intellectual arrogance. Obedience and Respect are practices of the past. We use others as chattel for our personal gain. If Godly knowledge is something you struggle with, there is darkness in your life that you need to take a rigorously honest look at. You need to ask yourself, "*What is the void that I am filling through worldly knowledge?*" Quiet yourself. The Spirit will show you. Then you will have to make a decision on where your obedience, respect and knowledge is pledged - Yourself or God?

Today, Make a visit to The KNOW Sin Zone and rigorously explore what void or voids you are filling through worldly knowledge. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

July 30

Here at the club we inconvenience ourselves whenever possible. We believe in making personal sacrifices because they please God, help us practice surrender and they keep us humble. We KNOW that if we are to keep our new found serenity and freedom we must give it away.

Giving it away is a reflex of the depth of our gratitude. Sacrifice is a thing of the past. At one time sacrifice was a way of life. Unfortunately as the “new-normal” takes hold, sacrifice is being replaced by convenience. We believe “we can have all” and in fact we are “entitled” to it.

What is it at the center of this change? It's the god of Knowledge. We are becoming more and more like God the more we come to learn. In fact there are scientific researchers today out to prove there is no God.

We must insulate ourselves with the Word of God, not isolate with the god of Knowledge. The more isolated we become the more vulnerable prey we become for the evil one's ploys, and “yes” – we will surely die.

Today, How is your life of sacrifice going? When was the last time you inconvenienced yourself for the betterment of someone else? **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

July 31

Let's take a look at the club's disclaimer. "The Country Club of Life™ is a life training environment whose techniques, methods and training are rooted in the belief of an "Intelligent Design." **The CC of Life does not reject other findings and opinions and does not attempt to change the findings and opinions of contrarians. The CC of Life operates solely from a position of attraction - not promotion or opposition.** Experience has shown us there are many people who want what we offer making it unnecessary to debate the pundits.

Intelligent Design is defined, *"the theory that life, or the universe, cannot have arisen by chance and was designed and created by some intelligent entity."* We believe the God of the bible is that Creator. In our training we dig deep into "What" we believe and "Why" we believe what we do."

Today, Let's revisit, "What" you believe and "Why" you believe what you do? **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

August 1

"The CC of Life does not reject other findings and opinions and does not attempt to change the findings and opinions of contrarians."

People can believe whatever they choose. Here at the club we do not lecture those in our paths with our belief system. Instead, we *"Do the things most won't."* First, we listen. People will tell you a lot about themselves if you just listen. We have found we can have our most influence when we inconvenience ourselves for others. We often find they are perplexed when we do this. When this happens we use a gracious perspective from our personal experience. We may say, "There have been times when people have reached out to me and I have found it to be a great discipline. It helps me keep life in perspective." It's amazing the impact this sort of response gets. Don't mention God. Let God's Spirit do the work. Our job is to, "Love our neighbor as our self - and give our life so that others will find theirs."

Today, **BUILD YOUR GRATITUDE LIST.** This is the most effective way to be equipped when called.

* Visit [The Gratitude List] in The Practice Area. It's the most basic yet in-depth practice you can get.

August 2

"The CC of Life operates solely from a position of attraction - not promotion or opposition." Here at the club our goal is to see lives transformed through the Holy Spirit. We are merely the instrument God uses through the grace given us. We believe after many years of testing that our methods work. People around us will KNOW a changed life when they see one. Those closest to us including family may reject us, that's to be expected. Be careful! It's those close relationships especially family that set up self-sabotage. Our job is to give away what we have been given - unconditionally. "We love because God first loved us." God does not give us a choice. In fact, God commands us to, "Love The Lord your God with all your heart, soul and mind, **and to love your neighbor as yourself.**" We see nothing constructive in promoting preaching our ways or opposing those who think and feel differently than we do.

Today, Give thought to what others are seeing from your life.

BUILD YOUR GRATITUDE LIST

* Visit [The Gratitude List] in The Practice Area. It's the most basic yet in-depth practice you can get.

August 3

Wisdom can be obtained in several ways. Two of those are teaching and crisis. Here at the club we prefer teaching.

Christ was referred to by his disciples as "Rabbi" which means "Teacher". In the family the father was the rabbi or teacher. He bestowed wisdom on his children through what he was taught and had experienced.

Then there are those who gain or gained wisdom through crisis. They either didn't have the teaching or had all the answers and chose not to accept the wisdom. These folks if they wake up will end up earning wisdom, and some pay very dearly.

In James 1:5 we read, *"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."* In God's Word we're told that we lack wisdom all we have to do is ask for it and God will give it generously.

Today, Practice the #9 Iron. *"Seek through prayer and meditation to improve your conscious contact with God throughout the day."* Remember, God goes before you and will show you the Way. **BUILD YOUR GRATITUDE LIST**

* Visit [The Gratitude List] in The Practice Area. It's the most basic yet in-depth practice you can get.

August 4

During the Sermon On The Mount, one of the tips for living that Jesus gave was, *"I am sending you out like sheep among wolves. Therefore be as wise as serpents yet innocent as doves."*

Let's use our wisdom to understand this very important verse. Jesus describes us as "sheep" among wolves. A sheep is an animal easily influenced as is the human. Sheep therefore travel in flocks and are led. As humans, we were made for community to be insulated by other people - not isolated by ourselves. This is an especially important point for men.

Should we wander away from our insulation we will be devoured by the human wolves. As human wolves, we ALL walk with feet of clay, sin, and fall short of God's glory. "Blessed are the meek, for they will inherit the earth." Meekness is not Weakness. Meekness is a quiet confidence we exhibit derived from the strength of our communities.

Today, Go to your Life Balance Wheel. Compare the "social" and "spiritual" components of your life. Note how you can get these areas in balance. **BUILD YOUR GRATITUDE LIST**

* Visit [The "Beginner / Refresher" Course] often as a strategy to sharpen your game.

August 5th

"Wise" means using the wisdom gained through your experience which leads you to use sound judgment. Wolves are wolves are wolves - and people are people are people. If a person asks or looks for help, help them. If you feel they need your help but they haven't asked, or the commitment they made is weak, focus on your task. Ponder the following analogy.

A young Indian brave who reached the age of maturity was sent to the top of a mountain. It was the custom of this tribe that a young man was not to return until it discovered what its contribution to the tribe would be. On the young braves walk back, a rattlesnake crossed his path. The young brave drew an arrow when the snake said, *"Please, pick me up and take me back to my environment, I will not hurt you"*. The Indian brave obliged. When the young brave went to put the snake down in its environment, the snack bit the young brave. The young brave then said to the snack, *"Why did you bite me after I helped you?"* The snake replied, *"You knew what I was when you picked me up."* Wolves are wolves are wolves. Snakes are snakes are snakes. People are people are people.

Today, Ponder your own life. What have been your past patterns in relationships personally and business? **BUILD YOUR GRATITUDE LIST**

* Visit [The "Beginner / Refresher" Course] often as a strategy to sharpen your game.

August 6

"Innocent as doves." "I'm a sucker for a sob story." Surely you've heard these before. Maybe it even pertains to you.

Innocence doesn't mean you're a sucker. Innocence in this context comes from a joy-filled heart of gratitude. Whereas being a sucker comes from "Idealism" and filling The KNOW Sin Zone™ with feel good strongholds that make you a sucker.

Idealism however doesn't pertain to just the very young. There are many at advanced age who are immature because they've gone through life allowing their strongholds to protect and make suckers out of them. They walk around victimized. They use their victim status very flexibly to dominate both passively and aggressively in their relationships and professions. Few really know "Who" they are since they can't risk the exposure. When problems arise they will either take over to cover up their fear or make the problem that of another so they can eventually blame them. You might say these types are a serpent of sorts.

In the words of Francis Begg, *"It is a sad fate for a man to die too well known to everybody else and still unknown to himself."* Coming to KNOW your strongholds and those that have allowed you to be suckered in the past is critical. This knowledge allows you to set up blocks to those areas so you are no longer sucked in by them.

Today, Take a trip to The KNOW Sin Zone™. Discover or revisit those strongholds. Remember, "It works only if you work it." **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and "With Accountability" begin Blocking Out those Strongholds that are most inherent in your life.

August 7

To quote our man Bagger, "*A man's grip on his club just like a man's grip on his world*". Ironically, our "*Grip*" on life develops in direct relation to our condition. If we're on the easy going side of things we will probably grip life on the soft side. However, if we play life with intensity and possess the compulsion to control people and things around us or we are living with unsettled issues, we will grip life tightly which causes loss of feeling - usually to those we are closest to and should mean the most to us.

In life as in golf we must give up control to have control and we must develop a feel in both games, however in both games, lightening up feels like anything but control and feel. Those who stick with it discover they begin playing both games with a power, control and feel they never thought possible. The proper grip in both games is the foundation. When asked how important Sam Snead thought the grip was, he answered, "*It's Everything*".

Since the proper grip in both games produces power, control and feel, the proper grip in life expresses itself in wisdom and can have a powerful effect on influencing others. On the other hand, a tight grip in life usually expresses itself through unresolved flaws from life's errant choices or *bad breaks* which if not dug out of the dirt only forms opinions and has an effect on few.

Today, Let's get back to the basics. Check your grip in both games. Visit The KNOW Sin Zone™ and dig out a "Take It Easy" style grip in both games. **BUILD YOUR GRATITUDE LIST**

* Visit [Take It Easy] in The Clubs and Sport & Life Psychology.

August 8

Our “Stance” in life is going to form out of three questions.

1. “WHOSE” Are You?
2. “WHAT” Do You Believe?
3. “WHY” Do You Believe It?

Champions in both games are extremely meticulous with their stance. Our stance in both games shapes our direction and prevents us from straying. A champion in both games develops a stance that forms a solid base making them immovable to potential flaws that find their competitors struggling in life as they seem to always be landing in life’s hazards.

This solid base is developed out of immovably knowing "Whose" we are, having precisely examined "What" we believe and "Why" we believe what we do. Our stance in life begins shaping our "Purpose" and usefulness to others. You may have heard the saying, *"If you stand for nothing you'll fall for it every time."* Your stance in life being your foundation is where your wisdom and impact will be based.

Today, Give those three questions some real thought. Have they formed a solid foundation in your life? **BUILD YOUR GRATITUDE LIST**

* Visit [Master the Basics] in The Practice Area

August 9

"Posture" in golf is critical in allowing for proper hip and shoulder turn along with providing freedom through impact leading to a finish which produces maximum distance. "Posture" in life is achieved by learning from our experience which produces a freedom that motivates us to get the most out of life - and to go the distance no matter what hazards we may face.

Posture in life is defined as, *"a particular way of dealing with or considering something; an approach or attitude."* Our posture in life comes out of knowing both "Whose" and "Who" we are - **and accepting it** by playing our game from there. Posture in life produces the freedom "To Be" since we have examined why we believe what we do which is critical in gaining the wisdom that produces the depth in spreading that wisdom for the benefit of others.

Posture without KNOWING both "Whose" and "Who" we are is nothing more than opinion which will have no real effect on anyone.

Today, Spend time today reinforcing what it is that works for you.
"Accept" "Who" You Are! BUILD YOUR GRATITUDE LIST

August 10

F.O.R.E. – “**F**ellowship **O**ffers **R**efuge & **E**ncouragement”.

The word “Fore” means “to go ahead.” A “Fore Caddie” goes out ahead of their player to watch their ball usually on a blind shot or when there's trouble ahead. When “F o r e !” echoes throughout a golf course and we are standing next to someone, instinctively we will shield that other person. So, that rests the case made by Rick Warren in his best seller [The Purpose Driven Life] that we were made for fellowship.

To play well on this demanding course of life, we must be in fellowship where we will find the valuable local knowledge only the seasoned members have gained. The bible tells us that as the Master Caddie, "God" goes ahead of us in life, He watches those blind and trouble spots for us as we put our faith in Him through the refuge and encouragement we get from fellowship. With Him our path in life will be made straight.

Today, What is the quality of your fellowship? This part of life is vital to your success. **BUILD YOUR GRATITUDE LIST**

August 11

D.I.V.O.T. – “Discipleship Illuminates Valiant Obedience & Trust”

Disciple comes from the word “Discipline”. Whether in life or golf a disciple is a “learner” and they possess two champion qualities; they are teachable and they are disciplined. Its these two qualities which lead to the wisdom which a disciple uses to benefit others both in their sport and life.

A disciple is not afraid to dig into the depth of their being where they will hear God reveal His purpose for them. Here they can deepen their obedience and trust in Him in order that they can earn the obedience and trust of others.

In both life and golf we must dig it out of the dirt to play both games with accuracy and credibility. It’s a result of being disciplined and learning more about God and ourselves that enhances our faith and confidence that will empower us to bear fruit in both games.

Today, Are you both discipled and disciple. Have you really made this disciplined commitment? DON'T try to play life alone. **BUILD YOUR GRATITUDE LIST**

* Visit [Keeping Life In Balance] in The Practice Area

August 12

E.A.G.L.E. – “Evangelism Assures God’s Loving Embrace”

Once again let’s go to Bagger. *“Ain’t a soul on this entire earth ain’t got a burden to carry he don’t understand, you ain’t alone in that... But you been carryin’ this one long enough... Time to go on... lay it down”...*

What Bagger is saying is that it’s time to dig the dirt out of life in order that we can be free and gain the wisdom that will benefit and impact others. **THIS IS WHERE YOU’LL FIND THAT “ONE” THING!** Ponder deeply about what Jesus asked “The Invalid” at the pool in Bethesda, *“Do you ‘really’ want to get well?” DO YOU?* Then he simply said to the invalid, *“Pick up your mat and walk”.*

Today, What is a burden that you carry or may have carried in your life? Are you willing to dig it out? If you already have, are you involved in an outreach that encourages others who share a similar burden? **BUILD YOUR GRATITUDE LIST – REMEMBER, “The Secret to Life Is About One Thing – and You’ll Know It When You Find It”.**

* Visit [Keeping Life In Balance] in The Practice Area

August 13

The origin of the Hebrew sabbath is uncertain, but it seems to have derived from the verb "sabat" meaning to stop, to cease, or to keep. Its theological meaning is rooted in God's rest following the six days of creation.

The sabbath is intended to be a day of obedience and reflection. On the sabbath we attend a service out of obedience to God. We reflect back on the past week and ask for God's guidance with the week ahead. On the sabbath we read the bible and learn more about God and His precious word that carries us through life.

Unfortunately, for many, the sabbath is just another day. Many of the intellectuals who claim to follow God intellectualize its meaning in order to justify their lifestyles. Having become a society of exhausted people we run from task to task chasing an ideal that lives within us that we never seem to catch up with.

Today, What is the quality of your sabbath? Do you actually observe one? It could be exactly what is missing from the life you want. **BUILD YOUR GRATITUDE LIST**

* Visit [The Life Balance Wheel] in The KNOW Sin Zone™. Really, Really work on your balance with accountability. Balance will increase your success/distance and accuracy in both games.

August 14

Today's Round 1 of a new week. It's "Positioning Day". You won't win the week today but you can lose it.

1. Plan to get started a half hour earlier today. Then get to The Practice Area and Warm Up. It is advisable to do The Long Version Round 1. You have no excuse, The Warm Up is available in print, virtually and voice recording.
2. Map out your game plan hour by hour and day by day. It's only a guide that can and should be adjusted as you go through the day. It will eliminate three competitors right off the tee, hurrying, procrastination and anxiousness. Make certain to inconvenience yourself and reach out to someone, visit your gratitude list often and take some quiet time later in the round to regroup and refocus.
3. Play the day straight down the middle. Your job is to focus and produce the best effort you can.
4. Today repeat over and over, *"I work for God not man. I will seize the opportunity He has put before by setting priorities and doing the right thing at the right time NOW."*
5. No matter what comes your way, **BUILD YOUR GRATITUDE LIST**
6. Perform a thorough Long Version of The Wrap Up. Read your notes from the day thoroughly. The strategy is to set a rhythm for the next four days.
7. Set The Game Plan for Round 2 then relax and clear your mind.

* Visit [Just For Today] in The Clubs and Sport & Life Psychology.

August 15

It's Round 2. Start with The Warm Up - Short Version. Chart your game plan and don't deviate from it no matter what hazards you face. FOCUS! "Do the things most won't." PACE! Watch for small openings to make a move - but it's not time to be over aggressive .Getting a bit is the strategy – however you need to pick your mistake.

1. Play the day straight down the middle. Your job is to focus and produce the best effort you can. **Too early in the game to flirt with the out of bounds** lines. Here's how Jesus put it, *“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life - **and only a few find it**”.*
2. Today repeat over and over, *"I work for God not man. I will seize the opportunity He has put before by setting priorities and doing the right thing at the right time NOW."*
3. No matter what comes your way, **BUILD YOUR GRATITUDE LIST**
4. Wrap up the day with The Daily Wrap Up - Short Version. Don't overdo things. Rhythm should have set in. Clear your mind.

* Visit [Just For Today] in The Clubs and Sport & Life Psychology.

August 16

Round or Day 3 is known by the pessimists as "Hump Day." They go through the week going through the motions and as the song goes, *"Everybody's Working for the Weekend."* For the winners in life today is "Moving Day." It's all we have! Today we view our carefully planned week and make our move to meet our goals. The key to remember, be certain you can execute what you attempt - **and pick your mistake.**

1. Start with The Warm Up - Short Version.
2. Pay special attention to. "Inner Coaching" and "Mental Toughness" in "The Clubs and Sport & Life Psychology".
3. Chart your game plan and be ready to be flexible so you can make your move.
4. Play the day straight down the middle. Your job is to focus and produce the best effort you can. FORGET outcomes. You can only control your effort.
5. Today repeat over and over, *"I work for God not man. I will seize the opportunity He has put before and do the things most won't today."*
6. Inconvenience yourself. Reach out and touch someone no matter how busy you are. Have the guts to believe God has your back.
7. Be prepared to put in extra time. Be flexible and narrow your path of priorities.
8. No matter what comes your way, **BUILD YOUR GRATITUDE LIST**
9. Get relaxed, quiet your mind and do a Long Version Wrap Up.

* Visit [Just For Today] in The Clubs and Sport & Life Psychology.

August 17

Day 4 hopefully finds you having a winning week especially if you had a focused Moving Day. If you find yourself a bit behind you must stay present and patient and FOCUSED on PRIORITIES.

1. Start with The Warm Up - Short Version.
2. Pay special attention to. "Inner Coaching" and "Mental Toughness" in "The Clubs and Sport & Life Psychology".
3. Start the day with a solid game plan and take it hour by hour.
4. Lean on your caddie (accountability buddy) this is the part of the week where they become invaluable, in particular keeping you in balance.
5. Do a Short Version Wrap Up then do something outside work and fuel up for tomorrow's final round. Plan an early start.
6. Today, "If a thing should be done, I will deal with that thing today and get it righted with God before I allow myself to undertake any new duty." **BUILD YOUR GRATITUDE LIST**
7. Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before and do the things most won't today."*

* Visit [Just For Today] in The Clubs and Sport & Life Psychology.

August 18

Day 5's success is all about how you took the time to develop a carefully crafted game plan/schedule. You've done what most won't and you're achieving what most never will. Christ was right, you're reaping what you've sown.

The word "patience" is heard around the tour often - and "PATIENT" you must be today. Don't fall into the trap and try and control outcomes - it just can't be done. You KNOW what works for you. Here's the plan.

- Start the day early.
- Do The Short Version of The Warm Up. If you haven't prepared you won't find your rhythm today.
- Be Patient! You're competing against yourself. Don't worry about the poorly prepared competition. They'll fold. Slow and steady wins. That's you.
- Along with Patience, "A Gracious Perspective" – NO MATTER WHAT can pull you to victory.
- "STAY PRESENT"
- Today, *"Better a patient man than a warrior, one with self-control than one who takes a city."* -Proverbs 16:32 **BUILD YOUR GRATITUDE LIST**
- Kick up, thank God for the week. Clear your mind and plan a balanced weekend and don't think. Your mind needs a rest. God has your back.

* Visit [Just For Today] in The Clubs and Sport & Life Psychology.

August 19

So, you made it to the weekend. How do you feel? You're supposed to be on holiday for two days with tomorrow being a "Sabbath". The test of the quality of your serenity will be based on how well you will be able to rest your mind. Are you a slave to mental preoccupation and distraction? Pay close attention. The state of your thoughts will reveal a lot about the quality of your overall life.

An early breakfast is a perfect time to meet with your accountability buddy/caddie and go over things. In particular, go over the time budget developed in your game plan. Diversity should be in there today. Between this accountability and the time to be spent renewing of your mind will determine your ongoing success and achievement. This part of your training is without a doubt critical.

Recreation is intended to Re-Create you. Mental preoccupation and distraction is torture. It will zap you of energy and motivation and lead to discouragement. The best thing to do over these two days is step back and - Let God Be God. PRACTICE POWERLESSNESS.

Today, Live the abundant life. Let God Be God. Gratitude unlocks life's fullness. **BUILD YOUR GRATITUDE LIST**

August 20

Your gravest danger is worrying about tomorrow. If you try to carry tomorrow's burden today, you will stagger under the load and eventually fall flat. You must discipline yourself to live within the boundaries of today. You will fail not so much when tragedy happens as you will before the happening, by procrastinating on all the little things you should be doing today, but avoid. You prepare for the future by doing the PRACTICAL thing at the right time NOW.

Living in the present takes courage, trust and reality. Doing nothing can be more powerful than working around the clock if you are in denial. Avoidance and procrastination are not powerlessness. Avoidance and procrastination are fear mongers that put us into denial. It is in the present moment that I walk the closest to you, helping you carry your burdens. IT IS IN THE PRESENT I WILL GIVE YOU THE WISDOM YOU NEED.

God never rests. He is always working in you. If you live in the present you will hear Him when he gives you the wisdom you need. When you are living in the past, the past becomes your protector. It doesn't take faith to live in the past. Living in the future is driven by anxiety. You then place more faith in your anxiety than you do in God. Both the past and the future are eternities where God is not present. Keep your focus on God's Presence in the present.

Today, Keep your focus on God's Presence in the present. **BUILD YOUR GRATITUDE LIST**

* See [Living In The Present] in The Clubs and Sport and Life Psychology.

August 21

"Just for today I will be Joy-Filled. Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals."

Stop and Meditate: Gratitude is the "Practice" of being Grateful. When I get in my "Moan and Groan" mood I practice negatively without even thinking. It's just a pity to watch how so many live trapped in a "Moan and "Groan" mood. "Living the dream," "Another day in paradise," are some of the most pitiful expressions.

Gratitude on the other hand is the basis for establishing and maintaining a spiritual perspective on life. Gratitude unlocks the fullness of life. That "abundance" Christ told us He came to give us. An "Incurable Gracious Perspective" leads to a life in the "Tidings of Great Joy" the angel told about on that first Christmas night.

Joy however is a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Chasing happiness is a lost cause. You will never find it. In fact, the chase may end up bringing you to your knees. Joy is a "Light" that fills you with hope and faith and love. Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.

Today, Repeat to yourself, *"The JOY of The Lord is my strength."*

BUILD YOUR GRATITUDE LIST

* See [Maintaining Perspective] in The Clubs and Sport and Life Psychology.

August 22

“Just for today I will adjust myself to what is; not try to adjust everything to my own desires. I will take my family, my business, and my luck as they come and fit myself to them.”

Stop and Meditate: Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing, happens in God's world by mistake. Unless I accept my life completely on life's terms, I cannot be joy-filled. Here at the club, "We play life as it lies." Sometimes where we are playing from is our doing and sometimes it's the result of a bad break. That's Life! All the moaning and groaning you can muster will not change where your life is at this very moment. Only "Acceptance" will do that. **I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.** I discover what needs to be changed in me and my attitudes by regular training in The KNOW Sin Zone™ and with my caddie/accountability buddy.

Today, Increase your conscious contact with God. Remember, God goes before you every step of the Way today. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 23

“Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse or neglect it, so that it will be a perfect machine for my bidding.”

Stop and Meditate: It’s been said, *"Health is the single most commodity we have been given as a gift, one we won't recognize or appreciate until we have it no longer."* In the bible we read, *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;"* "YOU ARE NOT YOUR OWN." Yet, what is it we seek? Self-fulfillment, enjoyment and preservation.

In the Purpose Driven Life we read, *"We were made by God for God"*. The Holy Spirit is the key to unlocking our true potential. However, in order to do this, we must die to self where we no longer live but it's God that lives through us. We must spend time in The KNOW Sin Zone™ and really get to KNOW the strongholds that are blocking us from taking care of our bodies and thus not fulfilling our true usefulness to God and others. Playing the game of life in championship form requires top physical endurance. Proper conditioning is paramount for playing both games.

Today, What is holding you back from realizing you are not your own and your body is a temple for the Holy Spirit. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 24

“Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.”

Stop and Meditate: Our fiercest competitor in no matter what we are doing lives between our two ears. Mental conditioning and toughness whether we realize it or not is as critical or perhaps more critical than the physical. A sharp keen mind along with an incurable optimism has made champions out of the most unsuspecting prospects. In the bible we read, *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--His good, pleasing and perfect will.”*

When taking care of your body you also take care of your mind. Take on difficult mind-twisting projects. Do the mental meditations taught in The KNOW Sin Zone™. Renew your mind by applying the self-talk you are learning in The KSZ. While top champions have been gifted physically, they are mentally advanced. That's what sets them apart.

Today, Strengthen your mind with the many resources provided in The KNOW Sin Zone™. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 25

“Just for today I will exercise my heart. Not just with aerobics but spiritually by inconveniencing myself and doing someone a good turn and not getting found out even at a cost to me if need be. I must overcome myself daily by doing something I view as inconvenient.”

Stop and Meditate (See Prayer List): Grace, some sing about how amazing it is, some refer to it more as a figure of speech. *“There but for the grace of God go I.”* The presence of authentic grace in a life comes from the overflow of blessings we received and know we were undeserving of after we got honest about ourselves and our secrets.

Grace is not a service we give away to a cause we deem needs help. Grace pours out of us the more we surrender our wills and become free from the bondage of self. Grace doesn't recognize busyness but responds to situations from its excess. Grace is a spiritual reflex. Since it flows from the heart grace responds as normally as the heart beats. Busyness isn't found in the spiritual realm. True grace is the sign of a life truly surrendered. It is always honored by God. However, God's ways are not always our ways. God's ways can sometimes hurt. But as we say here at the club, *“In the Burnin - Comes the Learnin”*.

Today, Go to your prayer list. Reach out and touch someone today at a cost to yourself. There is no better training. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 26

“Just for today I will be agreeable. I will look as well as I can, speak softly, act courteously, be liberal with praise, criticize not at all, nor find fault with anything, and not try to regulate or improve anyone.”

Stop and Meditate: Be careful with this one. “Look as well as you can”, BUT DON’T DO IT TO COVER UP A CHARACTER DEFECT. "Look as well as you can" means you bring your best to the day – NO MATTER WHAT. "Being agreeable" means you listen to others. You may not agree but you are agreeable. You take a live and let live attitude and focus not on what needs to be changed in the world and others but what needs to be changed in you. You speak softly with a mature and level tonality. Unwholesome talk does not pass through your lips. You show God to others through courtesy and how you live your life. You're liberal with your praise and encouragement always trying to build others up. The only faults you're concerned with are your own. Here at the club we do not allow character assassination. Remember, while human nature is to look at the outside, God looks at the inside.

Today, Practicing this meditation regularly will develop a winning rhythm in your life. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 27

“Just for today I will try to live through this day only, not tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.”

Stop and Meditate: There are two days in which we need not worry, “yesterday” and “tomorrow”. It’s only when we take on those two awful eternities that we break down. Anyone can take on the battle of just one day!

Anxiety therefore is a false god / a higher power and a challenge to God's integrity and fidelity. **Anxiety means that we believe in our circumstances more than we believe in God!** Things may look dark at times, but God is always bigger than things. We must be careful however not to fall into the trap of hiding in the day knowing what we are to face is just not here yet. This is another area where accountability is critical in giving us the wisdom to KNOW the difference.

Each day we must "Prepare" for what the future holds. That's Life! When we go through each day "Projecting" what the future "might" hold and allow that to isolate us, That's Self-Inflicted Anxiety! "Preparation" allows us to live while "Projection" enslaves us.

Today, Ask yourself the following question. "Am I living just for today?" Or, "Am I in hiding because tomorrow hasn't yet come?" GET ACCOUNTABLE - **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 28

“Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate two pests: “hurrying” and “procrastination”.

Stop and Meditate: I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done, but did not do. I must prepare for the future by doing the right thing at the right time NOW. If a thing should be done, I should deal with that thing today and get it righted with God before I allow myself to undertake any new duty. I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the message has been delivered or the task done.

Some may balk at this manner of living. They say “it's too ridged”. Some say, “this would drive me nuts”. We remind them that it's only a guide to help them concentrate and focus. It's much better than running from task to task aimless and never seeming to get things done. It will only become ridged and drive them nuts if they make it so. Applying this method to daily life will create a reference for how they're using the twenty-four hours they receive as a gift each day. They will also enjoy life more once it becomes a habit.

Today, Just for today give it a try, have a program. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 29

“Just for today I will have a quiet half hour by myself and relax. In this half hour sometimes I will think of God, so as to get a little more perspective into my life.” Schedule this time.

Stop and Meditate: Choose or compose a positive affirmation or scripture verse. Sit in a chair with your feet on the floor. Pick an object out in front of you and focus on it. For the first 5 minutes breathe in through your nose and out your mouth letting your mind quiet. Recite the affirmation or scripture verse 3 to 5 times then breathe. Continue this for 20 minutes. Wrap up the last 5 minutes just breathing. This exercise can also be made up of just prayer or a combination of both and can be done in mini versions as many times during the day as needed. Let the Spirit lead you. During times of extreme anxiety you may need to recline in order to fully relax.

Affirmations are a conscious control of your thoughts. They are short positive powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations are constructed to claim your reality before it actually happens. For instance, if you are a fearful person, don't say, "I will not be afraid." Instead say, "I am a fearless and focused person." Claim it! The bible is filled with affirmations many of which are in Jesus' own words. Apply them!

Today, As you go through the day stop, get a grip and reset your pace. **BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 30

“Just for today I will be unafraid, especially I will not be afraid to be joy-filled, to enjoy what is beautiful, to love, and to believe that those I love - love me.”

Stop and Meditate: NO ONE can stand in the midst of True Love and not Yield. Ponder that! TRUE LOVE does not keep score or as the bible puts it, “Keeps records of wrongs”.

Why is Love so important in life? God is love and perfect love casts out all fear. Love is patient and kind. If you're a fearful person ask yourself, Do I believe God loves me no matter where my life has taken me? If you're a scorekeeper in a relationship ask yourself, What is it about me that I need to be right? Is that need based in a protective arrogance that's really a deep seeded insecurity? If you're short tempered ask yourself, what is it that has me wound so tight? What is it from my past that is robbing me of the gift of love?

Today, Ask yourself today, "Do I really believe that those I love really love me? This one question can open a floodgate of feelings.

BUILD YOUR GRATITUDE LIST

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* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

August 31

Well, another summer season is drawing to a close. If you're one who likes the warm weather you're sad to see it end. If you're one who doesn't like the warm weather, then you're glad to see it end. No matter which category you fall into, have you ever stopped to wonder how many summers you may have left?

We seem to be living in a time of chronic anxiousness. We always seem to be ahead of ourselves. **"THIS is the day The Lord has made." Rejoice, Be Glad and LIVE in it - Don't Rush It.** Every day is a day of abundance if you just Stop and Live it. Everybody's working for the weekend and when it comes our minds maintain their anxiousness. We can vacation on the other side of the globe and not get away if we take our anxiousness with us.

We read in God's Word however, that we are to be anxious about nothing. But in EVERYTHING we are anxious about, give it to God and the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus. Every day can be a holiday if you rejoice in it and are glad in it. Every day should really be "another day in paradise" if your present, thankful and smelling the flowers to coin a phrase as you go along. We don't have to ingest speed to get high, the mere action of it is just as numbing and robs us of living just the same.

Today, Thank God for every minute today. Say "Thank you!" over and over until you REALLY mean it and feel it. **BUILD YOUR GRATITUDE LIST**

* See [Living In The Present] in The Clubs and Sport and Life Psychology.

September 1

Oswald Chambers writes, "*Prayer is not a normal part of the life of the natural man.* We hear it said that a person's life will suffer if he doesn't pray, but I question that. What will suffer is the life of the Son of God in him, which is nourished not by food, but by prayer. When a person is born again from above, the life of the Son of God is born in them, and they can either starve or nourish that life. Prayer is the way that the life of God in us is nourished. Our common ideas regarding prayer are not found in the New Testament. We look upon prayer simply as a means of getting things for ourselves, but **the biblical purpose of prayer is that we may get to know God Himself.**"

Prayer is our spiritual nourishment. Prayer however is not saying a bunch of pious Thee's and Thou's. In the bible we read we are to, "pray without ceasing." Does this mean we walk around with folded hands reading from a prayer book all day? Of course not. It means we increase our conscious contact with God and see God in everything throughout each and every day. We say "Thank you!" throughout each day and we will begin to feel both a spiritual and physical energy we never knew we had.

Today, Be conscious of God and grateful throughout the day.
BUILD, BUILD, BUILD YOUR GRATITUDE LIST

* See [The Gratitude List] in The Practice Area. Shape a new perspective that will increase your conscious contact with God daily.

September 2

Let's take a look at how to manage life at times when it is unmanageable.

1. **Get God Involved:** Clothe yourself with humility, because, *"God opposes the proud but shows favor to the humble."* 1 Peter 5:5&6. In other words - Surrender. Admit you're Powerless and need HELP! GET ACCOUNTABLE! Any other approach is like swinging at the wind. "Humility!" Did you hear that? If you want a positive outcome - Humble Yourself. There Is No Gain In Being Right and There Is No Gain In Blaming. HUMBLY Ask God for Help!
2. **Go Right At The Primary Tumor With A Vengeance:** In other words, go right at the root of YOUR PART in the situation. Looking at someone or something outside yourself will only make the situation worse. They are symptoms and treating symptoms will not heal the dis/ease. "Vengeance" is an innate part of our human nature. When Adam and Eve disobeyed God, what happened? Eve blamed the serpent and Adam blamed Eve. Then they covered up. Thus, our human fight and flight responses were born. We read in Romans 12:18-20, *"If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: It is mine to avenge; I will repay, says the Lord. On the contrary: If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."* Part of God's vengeance does in fact come from you. You are to *"Buckle the belt of truth around your waist"* and go at your

part of things with a vengeance. Mental freedom will enable you to clearly see the situation for what it really is.

3. **Get Competent Counsel, (Medical and/or Legal) and Do Not Spare the Expense:** What? Your humility had you admit you were powerless - right? You're humility forced you to surrender - right? Let God Be God and provide. You keep tightening the belt of truth and create "depth" of truth in your heart. It's in focusing on letting go that God will show you how to provide the counsel needed.
4. **Set a Realistic Daily Game Plan:** Remember, you don't need to tackle the whole situation in one day. The plan may be a bit ridged, You Can Do It - Just For Today, it's not going to be this way for the rest of your life.
5. **Adopt a Gracious Perspective:** A Gracious Perspective is an important part of the process. **The quality of our perspective on life is in direct proportion with the quality of our gratitude.** When perspective is powered by gratitude, a winning rhythm to life takes shape.
6. **Journal Daily:** Journal throughout each day. Get with your accountability and look for patterns and triggers. It is suggested you put pen to paper during this time rather than typing your journal.

Today, Read this meditation over and over throughout the day.

BUILD YOUR GRATITUDE LIST

* See [The Surrender Assessment] in The KNOW Sin Zone™.

September 3

Over the next two days, let's take a look at resentment both from the standpoints of what you have toward others and what others may have toward you. Let's start with resentment toward others.

We read in Proverbs 27:3, *"Stone is heavy and sand a burden, but a fool's resentment is heavier than both."* Resentment is as lethal as an aggressive form of cancer. Slowly and surely it will destroy you. It hits it's victims physically, emotionally, spiritually, socially and very possibly financially as it metastasizes largely through reason and self-will which is driven by the intellect then convinces the victim that the resentment is justified. The best known treatment is to inject in the victim the exact thing that is causing the resentment - sin.

Resentment can only be put in remission when you look at the other person through your sin. In the eyes of God, sin is sin is sin. God sees every sin the same. If you can find the obedience to do this you will identify the pain of your own sin nature.

Our sin nature grieves God to the degree of which we cannot comprehend. We must then go through a radical self-ectomy and come to the awareness that the other person sinned against God not our pathetic pompous self. Self drives the justification - not what the other person did which you think drives the resentment. PERIOD!

Today, You need to go to The KNOW Sin Zone™ stat for your self-ectomy. This is your only chance. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

September 4

When you are dealing with a resentful person your role is to be the adult in the room so to speak. Walking in the shoes of another is a learned quality since our human nature is the natural opposite. **REMEMBER, YOU MUST ALWAYS PLAY YOUR GAME.**

Our human and innate response is to retaliate against the other person which fuels them and only makes the situation worse. Chances are what you are seeing in the other person is a deep seeded insecurity and their cover-up is that of a victim. If you are not careful and keeping close accountability you may fall prey and they will lure you into their game.

It is critical to continually remind yourself that the battle you face is not against the other person. Praying for the other person is hard yet will be greatly helpful to you. Taking a fearless and moral inventory of your part in things then making an amends to clear your side of the slate is also critical. Once you've done this it is time to compassionately let the other person know you will no longer engage in the dysfunction and are going to take the appropriate steps to bring closure to the matter. This must only be done once you have been brutally honest with yourself and your slate is thoroughly cleaned.

Today, Spend time with the Spirit of Truth. Ask for the courage to be brutally honest with yourself. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Visit [The KNOW Sin Zone™] and “With Accountability” begin Blocking Out those Strongholds that are most inherent in your life.

September 5

When it comes to the major tournaments the one word you will hear that is an absolute must is "Patience". Fact is it takes patience to win in both games. The following is paraphrased from Proverbs 16:32, *"Better a patient person than a warrior, one with self-control rather than one who takes over and attempts to conquer."*

While you don't hear it as much in today's microwave society, *"Patience is a virtue"* was a saying often quoted some years ago. It takes high moral character and discipline to be patient. Having a sound game plan is imperative. If evil is on its game plan which it usually is, it will attempt to hustle you and get in your head to bring you down.

When the pressure in both games mounts patience trains us to dial it back a notch or two in order that we can remain focused. In order to maximize on the virtue of patience, we must abandon our innate urge to control outcomes especially since it is humanly impossible to produce an outcome anyway.

Finally, patience is the practice and discipline of present living and a gracious perspective.

Today, Apply the virtue of patience and **BUILD YOUR GRATITUDE LIST**

* Visit [The Clubs and Sport & Life Psychology] practice With Accountability” “Maintaining A Gracious Perspective and Living In The Present by Blocking Out those Strongholds that are most inherent in your life.

September 6

Let's begin learning to use the clubs we need for playing the game of life by starting with a little history.

In the earliest days of golf on the eastern coast of Scotland, players used primitive equipment to play the game in a rather haphazard and casual manner. A set of clubs at the time consisted of play clubs (long-noses) for driving, fairway clubs (or grassed drivers) for medium shots, spoons for short range shots, niblicks (similar to today's wedges) and a putting cleek.

Since World War II, golf club development has been influenced by research into synthetic and composite materials. The casting method of manufacturing club heads was introduced in 1963. This made clubs more affordable than ever. However, professional golfers continue to use hand forged clubs because of their increased "feel" and therefore control.

Now, let's take a look at the history behind the clubs used to play the game of life.

Author M. Scott Peck called it the greatest event of the twentieth century...The "founding" of Alcoholics Anonymous in Akron Ohio on June 10, 1935 by a NY City stockbroker jobless at the time and a surgeon who needed a drink to steady his scalpel. The stockbroker a man by the name of Bill Wilson who was quite adverse to religion I might add, was asked to attend a meeting at a Manhattan rescue mission sponsored by the Calvary Episcopal Church known as the Oxford Group. Dr. Frank Buchman, a Lutheran minister, was the founder of the Oxford Group (a Bible study group), which in turn became a source of the life transforming Twelve Steps in the recovery process.

Bill Hybels pastor of the Willow Creek Church in South Barrington, Illinois tells about a conversation he had with his friend world renown consultant Peter Drucker. While they were talking, Drucker told Hybels,

“I finally found the one thing in the world that really helps ALL people...The Twelve Steps of Alcoholics Anonymous.” Drucker went on to tell Hybels, *“If the church would adopt their principles, they might begin really helping people.”*

How many of us play the game of life in a rather haphazard and casual manner? We're never really happy and at peace, never really satisfied with our successes, and we continue to complicate life through some of today's methods that promise to microwave our lives into shape all for control and success. The clubs we use at playing life are outdated. They were built mostly out of cultural prejudice, myth and of course a principle not able to be explained. These clubs were highly dysfunctional and worked more against than for their user.

Our set of clubs for playing the game of life consist of steps of surrender for driving, and self-examination for the fairway woods/metals and long irons; acknowledgement of character defects for medium shots; restitution for harm done (confession) for the short range shots, and reaching out to others (which will include 2 of the Promises of AA) for the short game, rounding out our bag of fourteen clubs. The goal of these clubs is to provide a reflex approach to playing life and to provide a true peace that radiates to all with whom we come in contact.

Today, Pay close attention today to situations you face. Do you immediately respond out of reflex, or do other emotions kick in? **BUILD YOUR GRATITUDE LIST**

* Visit [The Clubs and Sport & Life Psychology] practice With Accountability” “Maintaining A Gracious Perspective and Living In The Present by Blocking Out those Strongholds that are most inherent in your life.

September 7

The most feared of all the clubs in the bag has always been the driver. It's the life-blood of the golf game. "*Grip It & Rip It*", "*Let the Big Dog Eat*", just a couple of phrases used to explain the ecstasy of seeing a tee shot sail out of sight. To give us that fix, the manufacturers have tried everything: drivers with smaller and shallow heads, offset style heads, persimmon and laminated wood heads, metal and titanium heads, steel, aluminum, graphite, and various compositions of shafts. Every ball is the longest and all for what? POWER & CONTROL.

Golfers have been searching for the secret behind the driver for years. Yet, almost every one of us can remember that one drive where we admitted we would give up our desperate quest for power and control, take a nice smooth swing, and "just meet the ball" and we ended up hitting our career tee shot.

It's no different as we play the game of life, is it? We try every new fad we can find to help us knock life out of sight. We addictively hunger for POWER & CONTROL, sometimes at a very dear cost to ourselves and our loved ones don't we? Hitting the driver is tough and life is equally as tough at times. Let's examine why.

We live in an imperfect world. Some feel they've been hurt by God, and many people have hurt us. Let's not forget how we've hurt ourselves and others. Like the Bible tells us, "*We all sin and fall short of the glory of God.*" Why can't we just accept this point? Admit our powerlessness as humans and just go at life easier, meet it squarely, and play it right down the middle instead of always flirting with the out-of-bounds stakes?

As we play the game of life, our driver is, "*We admit we are powerless and that our lives are unmanageable on our own.*"

There's a story of a man who said, *"If I'm going to give up the control of my life, I need a guarantee about God."* Another quick-witted member of the group replied, *"Ok, here's the guarantee: I guarantee you, you're not God."* If you don't think you're powerless and your life is unmanageable, take the following test:

- Do you ever stay up late when you know you need sleep?
- Do you ever try to get up early when you're tired and just can't get out of bed?
- How many diets and exercise routines have you begun in your life?
- How many times have you known what was the right thing to do, only to not do it?
- Have you ever tried to control another person or situation only to find it was uncontrollable?
- Do you ever promise your family or anyone else that you will be home for dinner or attend another function only to show up late...or not at all?
- How about the endless promises to our children? "I promise I'll be at the game next time. You know that you're more important than your job."

After answering "yes" to one or more of these questions, don't be discouraged. Welcome yourself to the human race and admit you are powerless, that your life is unmanageable, and that you need to begin thinking about coming to grips with the fact that there is a Power greater than you who can run your life much better than you can.

Today, Pull out your driver with confidence. Grip this new day by admitting you're powerless. God will talk to you. Relax and rip it straight down the middle. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The Driver - With accountability". Block Out those Strongholds that are most inherent in your life.

September 8

Understanding the dynamics behind the 3 Wood/Metal is the key to being able to successfully utilize its depth and flexibility. The biggest mistake most golfers make with this club is they try to scoop the ball by picking it cleanly, figuring that will lift the ball into the air. This approach causes them to lose their balance by falling back, and the result...frustration. Golf has been called "A Game of Opposites" and in this case, the obvious is just the opposite.

In order to get the most from this club, the golfer must meet the ball with a downward motion, popping the ball off its lie and sailing it towards the target. In order to consistently do this, the golfer must identify the bottom of their swing

The Second Step in the 12-Step Program and our 3 Wood is, "*Came to believe that a Power greater than myself can restore me to sanity.*" Sanity? I'm certainly not insane, so why would I need this? For this purpose, insanity is defined as, "*repeating a past negative behavior or action and expecting a positive result.*" If you think you haven't done this, pull out the tip on "The Driver" and come clean. No one could have answered "no" to the question posed. So it's time to "to believe" that there's something out there bigger and more powerful than you who can help.

Most of you will have no problem with this. A Gallup poll tells us that there aren't many atheists anymore. Gallup surveys tell us that 96% of Americans say, "I believe in God"; less than 2% of people say, "I'm an atheist." The survey discovered that there are far fewer atheists today than there were 50 years ago. Why? We know more about the universe today than we did 50 years ago. The more scientific discoveries we have, the more we find out about this universe and therefore fewer people are willing to stick their neck out and say, "I believe it all just happened by

random accident.” With computers that can list odds of all these things “just happening”, it takes more faith not to believe in a Creator than it does to believe in one. In fact, the late Pulitzer columnist, author and media personality Charles Krauthammer stated, Krauthammer stated that *“Atheism is the least plausible of all theologies. I mean, there are a lot of wild ones out there, but the one that clearly runs so contrary to what is possible, is atheism”*.

The Second Step in this training is not just to acknowledge His existence, but to understand His character. What is He really like? Until we know what God is really like, we can’t trust Him. We’re not going to trust something or someone that we don’t know about. He is a God of love not the task master figure with whom many of us grew up with.

We rarely change when we see the light. Instead we more tend to change when we feel the heat. We can’t change until our fear of change is exceeded by the pain. Most people never really move into recovery until they’re forced to move into it, because there is no other option. Some, unfortunately move to an unfavorable option because their pain gets too blinding.

So how do you plan to proceed through life? Seizing things back when they don’t happen according to the “Gospel of Me”? Trying to pick when you will come clean with God while continuously falling back and losing the balance in your life? Or will you “believe” in that “Greater Power” that will help you come to the “bottom of yourself”?

Today, Continuing to admit our powerlessness, we must now come to believe there is a Power greater than ourselves. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 3 Wood/Metal - With accountability”. Block Out those Strongholds that are most inherent in your life.

September 9

The 5 wood/metal was invented as one of the game's first utility clubs. Due to the club's length and loft, it was proven to be easier to hit than the long irons. It was especially invaluable for hitting from the ruff which could only be accomplished if the golfer had lumberjack-like strength.

We're taught that the way to hit a shot from the ruff is to open the blade of the club head (because the club will close up at impact), don't ground the club (so you don't hit anything on the back swing that will close the club head), widen your stance for more stability, and then make a swing that may throw your back out. Knowing this, most smart golfers never really got the most from this shot and played at a disadvantage never being able to reach full potential. However, thanks to the 5 wood and the many new utility woods/metals and hybrids that have been added, the playing field has been neutralized considerably. However, to take full advantage of these clubs, golfers must *make a decision* to make this change.

Our 5 wood/metal for playing the game of life is, "*Made a decision to turn my will and my life over to the care of God, as I understand God.*" I've been hearing for years that people in churches are saying "I've given my life to God". However, few mention anything about giving up their will. In Step Two, (*Our 3 Wood/Metal*) we said that we need not to only acknowledge His existence, but *understand His character*.

God being all-loving and knew that we could not live by being good all the time, so He sent His Son to show how much He loved the world and said that those who accepted Him would have eternal life. Unfortunately, this has not been communicated very well, but it's true. Of all the

gods in history, why was His tomb the only one to be guarded so He didn't get out?

How many of us have *made the decision* to give up our *wills* and make the change to a utility club that can allow us to compete in life at a level we've only been dreaming of up to this point?

So, what are the obstacles that keep us from making this decision? "Pride" will keep us from admitting we need help. "Guilt" will keep us from taking this step. "Fear" of what we might have to give up or change. "Worry" will keep us from abandoning ourselves to God's control. "Doubt" will make us believe our faith is too small. Up to this point our main problem has been the misuse of will-power. We've been trying to bombard our problems rather than bringing them into agreement with God's will for our lives. So how do I take this step? Repeat the simple prayer.

God, grant me the serenity to accept the things I cannot change.

*Courage to change the things I can,
and the wisdom to know the difference.*

Not my will but Yours be done.

Today, Who or What is the God of your understanding?

* Visit [The Tips] practice The 5 Wood/Metal - With accountability". Block Out those Strongholds that are most inherent in your life.

September 10

It was at the American Golf Classic a number of years ago where Lee Trevino, along with two other golfers, were struck by lightning. Shortly afterwards in an interview, Lee was asked, *“What will you do the next time you see lightning on the course?”* Lee replied, *“I’ll take my 1 iron out of the bag, hold it up to the sky and run down the fairway because even God can’t hit a 1 iron.”*

Due to its straight knife-like face angle, the 1 iron will get a golfer honest really quick about just how precisely they are striking the ball. Our 1 iron is: *“Made a searching and fearless moral inventory of myself”*. Believe me; this step done properly will help you get honest about just how precisely you are living your life...real quick.

Creation has given us instincts for a purpose. Without them we wouldn’t be complete human beings. However, these instincts are our greatest natural assets and can turn into physical and mental liabilities through grandiose and self-centered living. **This step is a vigorous and painstaking effort to discover what our liabilities are.** We need to know where our natural desires have warped us. If we’re going to rise above the heap in life, we need to begin striking at it with precision honesty like never before.

It’s time to lay it all on the line. This step has to do with cleaning up the past, letting go of guilt, gaining a clear conscience, learning to live guilt free the way God wants us to live *with no more compromise*. If you’ll take this step and fearlessly search yourself you will very soon begin living a life that you only dreamed possible. It’s not easy to hit the 1 Iron and it’s not easy to take this step. On the seventy-second hole of the 1950 US Open at Merion Country Club, Ben Hogan hit what has been considered to be the most famous 1 iron shot ever. This can be yours...*if you dare*.

Today, Hitting a 1 iron takes precision ball striking. You must find the exact bottom of your swing. The 1 iron in your life requires that you get to the bottom of the strongholds that are holding you back from achieving success in life. Visit The KNOW Sin Zone™ to find this exercise. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 1 Iron - With accountability". Block Out those Strongholds that are most inherent in your life.

September 11

The three iron, while still a difficult long iron to hit in golfing terms is considered to be “more forgiving” than the one iron. This means that there is more loft to the club’s face angle and its overall length is an inch shorter. However, many golfers are unable to dedicate the time necessary to find the precision in their swings to hit the three iron so they rely on more utility clubs. For our purposes at the club our three iron is: *“Admitted to God, myself, and to another human being, the exact nature of my wrongs.”*

A well-executed golf shot requires a precise pre-shot preparation. (See “Pre-shot Mindset” in the tips) Jack Nicklaus “went to the movies”, as he called it, and visualized a perfect shot every time he approached a shot. If the shot did not turn out like he visualized, he wouldn’t slam the club into the bag and downgrade himself. Rather, he would replay it perfectly over and over again.

The three iron for playing the game of life is more forgiving, also. In fact, if this step is executed with precision, forgiveness and love are the freeing results and hopefully you will no longer need to use life’s utility clubs to get you through. It’s now time for you to *“go to the movies”* and share your life with Your God, Your Caddie in Life, and Yourself. Most will stop here since this is where the pros and the amateurs part ways. The amateurs rationalize it and make a longer list of excuses than their list in Step Four if they even attempted to make a list.

If you dare to take this step, you will have your ego deflated and you will hopefully stop Easing God Out, (EGO) of your life and start easing Him in. Feel the feelings and most importantly, feel the forgiveness and love. So when you “go to the movies” and replay your life, if you’ve hit some bad shots (and we all have), don’t slam the club down and

downgrade yourself. Remember, our competition is “Old Slick” and he’s a dirty player and that’s exactly what he wants you to do. When you played sports as a kid, didn’t you try to get into your opponent’s head? Sure you did, that’s half the battle and the most fun when you succeed.

I have observed the dynamics of church groups with men and worked in a hospital with substance abuse patients. If you want to see group dynamics, sit in on one of those sessions. I’ve observed both ends of the spectrum from professionals to some of the toughest street people anywhere. My discovery was astonishing. As these people progressed through their treatment, they were able to face most tough situations. However, where most ran was in the letting go of the life-protecting survival mechanisms that had brought them through life thus far, and accepting forgiveness and love, both from God and those around them.

Almost all--and especially the tough ones--would have chosen to walk into the most dangerous surroundings imaginable, go back to jail, or to the loneliness of the streets than to venture into the valley of their own feelings. The echoes of the sounds of silence planted in their brains. The mere thought visibly petrified them.

This practice of admitting one’s defects to another person is, of course, very ancient. In fact, it has been validated in every century. This is clearly the *Confession* phase of the Caddie/Player relationship. It is only through this vital step that we can accept the fact that we can be forgiven and loved no matter what we have thought or done.

Today, Time to get with your caddie and go over your findings from The KNOW Sin Zone™. Done properly and you will come out of this portion of your development free swinging. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 3 Iron - With accountability”. Block Out those Strongholds that are most inherent in your life.

September 12

Our number four iron for playing the game of life is *“Was entirely ready to have God remove all these defects of character.”* It’s now time to start putting depth into our lives and taking those defects that have plagued us and begin accepting them by God’s grace and finding our strength in them.

A well-loved clergyman was quoted as saying, *“Anyone who is capable of the willingness and possesses the honesty to continually try this step, and fearlessly sees their faults without reservation has certainly come a long way spiritually and can be looked at as a person who is sincerely trying to grow into the image and likeness of his Creator.”*

Most of us were born with an abundance of natural tendencies. Arnold Palmer naturally hooked the ball. Lee Trevino and Ben Hogan turned a disastrous hook into a revered fade, which singled them out as two of the best ball strikers the game has known. We cannot expect our natural tendencies (character defects/strongholds) in life to be lifted off of us. There are certainly some of life’s snap hooks that need to be turned into fades, and most need to straighten out that slice so they can stop flirting with life’s out of bounds lines and begin playing it straight down the middle.

Be prepared. Whether it’s in life or golf, at the beginning, all we can expect is gradual improvement. Will you stick to it? Some examples of life’s hooks and slices could be seen as follows: Self-righteous anger is very enjoyable to some that possess it, however perverse, these people actually get satisfaction and a feeling of superiority preying on others through this defect. Gossip is just a polite word for murder by character assassination and is very satisfying to those who are addicted to it. Envy plagues us today. To a greater or lesser degree we are all infected with it. Many of us consume our days wishing for what we don’t have rather

than building upon a gratitude list of humility. For many of us, the cross of luxury is at best what most of us carry daily.

Your natural liabilities should have been revealed to you in steps four and five. How will you turn them into fruitful producing assets in your life? Of course you need the accountability, but you need more. You need to begin looking deep into the eyes of the One whose grave was guarded so He wouldn't get out, an event that never happened before or since. Feel His amazing grace, that love which just won't quit. Let it be the ingredient that will put the passion and staying power into your life and enable you to "stick to it" as you move to the winner's circle in life. If we dare say "these defects are just the way we are", we are simply closing our minds to God's healing grace and we are bound to finish in the ranks of life's "also-rans."

Today, As Jesus said to the invalid at the pool, "Pick up your mat and walk." Are you ready to pick up yours by shaking those protective strongholds off? **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 4 Iron - With accountability". Block Out those Strongholds that are most inherent in your life.

September 13

As we move to the mid irons, distance becomes less of a factor and accuracy rules supreme. It is usually early on in a golfer's career where the first lesson of this fact hopefully puts humility into their game. They play a match against what is sometimes referred to as a "scraper" and they get their clock cleaned. While dazed, they spend the near future in shock rationalizing, "how this guy beat the ball all day", and yet scored as well as he did. They find out the hard way about the importance of depth and the importance of eliminating the shortcomings in their game.

Bluntly said, as the golfer matures, they *may* discover "who they are" and if they accept it, they will develop a game around themselves and their God-given abilities. Our number five iron for playing the game of life is *"Humbly asked Him to remove my shortcomings."* This step specifically concerns itself with humility. Reverend Billy Graham was quoted saying...*"For many years I played the game of golf because it is so similar to the game of life, with its many obstacles, struggles, victories, conflicts, and blessings. If you're not modest about your abilities when you start playing the game, it won't take long for you to assume a role of humility."*

Humility is the foundation to each of these steps. Without it, it is impossible to live a truly useful life. Since time began, we have demanded more from life and as soon as we succeed in getting "more", we overdose in further grandiosity for "more" of what we feel we are entitled to. In all this striving, and much of it is well intentioned, our crippling handicap is simply a lack of humility. Lack of humility comes from a fine tuned life of self-centeredness and it cannot be turned around all at once. Just like a swing change, it takes time before a new result is experienced.

Whereas one-time humility stood for a force-feeding of humble pie, it now becomes the nourishing ingredient for true peace and serenity in life. Once blind, we now begin to see the tremendous value that can come out of a life of a painfully punctured ego. We begin to fear pain less and desire humility more. Be mindful of the words of the late Arch-bishop Fulton Sheen as you practice this step, *“There’s no greater tragedy in life than wasted pain.”* As a result of Easing God Out (E.G.O.), we realize that, of ourselves, we are nothing and that God does all the work in our lives and has a definite plan for them.

Today, Who are you? Have you “found your game” and identified your shortcomings? **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 5 Iron - With accountability”. Block Out those Strongholds that are most inherent in your life.

September 14

There's the story of a golfer who seemed to draw a player in their club championship each year and to say this player had this golfer's number would have been an understatement. Talk about depth, this player floated irons that landed on greens like marshmallows. Then to add salt to the wound, this player had such great hands that he would, for instance, hit a six iron where he could have easily hit an eight. He without doubt "found his game" and he gave up power to have control. He plain out-classed his opponent every time.

Do we not have people like this in our everyday lives? The sibling who is always the star (and maybe that's you) and takes the spotlight from you even when you have a triumph? Or the business associate who lives to have the "one-up" on you? How about the parent that you bucked because the two of you share identical, undesirable, characteristics so you consciously or maybe unconsciously took it out on each other? The list goes on and on, but you should get the drift.

It's now time to examine those relationships and free yourself. Come clean with yourself to the truth and begin "making your own luck" in life by gaining the unbeatable depth of wisdom through truth that the "Evil One" can't handle. Our number six iron for playing the game of life is *"Made a list of all persons I have harmed and became willing to make amends to them all."*

The moment we honestly agreed to have our defects removed in the previous step, God begins to turn us outward to prepare us to love others. We are called to love everyone. Some have argued, *"We don't have to like them but we are called to love them"*. However, before we can love others in the present, we must do our part to heal the broken and bruised relationships of the past. The fact is that the guilt, shame, pain, and resentments surrounding these relationships have been stored in the

basements of our lives forcing us to unconsciously isolate and keep our distance from other people and even from God.

Besides, what ever happened to repentance anyway? America's favorite song seems to be "I'm Mr. Lonely." I'm going to stick my neck out here. Many churches today spot that need and eagerly promise they will be friendly, loving, and even be that family that is longed for. This is certainly one area where denominational and doctrinal divisions vanish and each has its own way of making the pitch. The gospel of comfort is a gospel of minimal expectations. Christianity is the greatest religion in the world today and the greatest spiritual power in history. But, we don't act like it. The apostle Paul more envisioned a transformation of lives having Christ live in us and us in Him.

So, if we are going to invite Christ to live in us we need to be crucified in him. We need to take heed of the words of Isaiah and "*walk through the fires*". We must stop looking for ways to microwave our lives into shape. If we were to run through the fires, that would have been the command. Instead we have the promise that if we "*walk*" we will not be burned.

In this step, we will find that the only way out of pain is *through* the pain...not around it. Instead of justifying ourselves, we need to repent and own our parts in the broken and bruised relationships of our lives and eventually confess and make amends where fitting.

- Begin making a list of the people you have harmed. You should have a partial list from Step 4, The 5 Wood.
- As you make your list include what each of these people did to harm you and then list your part. (Men, take a close look at the relationship with your fathers, and women, your mothers. Even if they're gone, you can still make an amends).

Don't go out all excited and begin making amends. We're not there yet. The main purpose of this step is to begin cleaning our slate

and *preparing* (there's that word again) yourself to make an amends regardless of the other person's reaction.

Today, Get to The KNOW Sin Zone™ and broaden the list you started. "Take It Easy!" Just make the list and become "willing" to make amends to those on the list. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 6 Iron - With accountability". Block Out those Strongholds that are most inherent in your life.

September 15

Could you imagine a football player sprinting down the sideline and noticing a millimeter of his shoe cross the out of bounds line and calling it? How about a basketball player taking that extra step that only he picked up and calling it? Or a baseball player who traps a fly ball and then immediately admits it touched the ground first? However, it's every day practice for a golfer who is standing over a putt and only they notice the ball move ever so slightly that calls a penalty on themselves. Or a golfer notices they have walked off of the first tee with one extra club and they immediately alert an official and incur the just penalty. It's exactly the way we should live our lives. No flirting with the out of bounds lines, no trapping people to get a manipulated outcome, and no taking extra steps of liberties to bend the rules of life to suit our needs.

Our number seven iron for playing the game of life is *"Made direct amends to such people whenever possible, except when to do so would injure them or others."* The key words here are *"except when to do so would injure them or others."* A saying very suited to this step is: *"Honesty without compassion is nothing more than subtle hostility."* Unfortunately, there are many who are very willing to dump their life's anger on someone under the guise of "honesty." **Be Careful!**

Making amends is about reconciliation, which is the center of the Christian message. Keep in mind that when we were God's enemies, we were reconciled to Him through the death of His Son. His Son's command to us is "first" go and be reconciled with you brother. Be mindful also of the words... *"my peace I leave with you."* Unless we take the risk of being rejected and make amends, we cannot become reconciled with those we have harmed, and we are blocked not only from relating to those persons but also from fully worshiping God. Whether it's in life or golf we must take full responsibility for the way we play the

game and our decisions. There's no blame game allowed in the winner's circle.

We make amends by simply telling the person(s) we have harmed the truth about our actions. This amends is mainly for our healing and self-acceptance and hopefully the serenity we will receive will be worth the rejection we may encounter. Doing this step correctly also takes courage, prudence, good judgment, and a careful sense of timing. Don't go run out and start making off-the-cuff amends until you have worked these steps (in their order) thoroughly with your caddie. Remember, there is no "microwaving into shape" in this game. *"In the burnin' comes the learnin'!"*

You will encounter four groups of people to make amends to...

1. **People you go to at once:** usually family members or those close to you where you are in continuing personal relationships. Have patience and like a swing change, make it slowly so it becomes habit.
2. **People to whom you make only partial disclosure:** Complete disclosure might do more harm than good. This is especially true in matters of sexual immorality. The objective here is not to clear yourself while putting someone else on the griddle. This group must be worked closely with your caddie. NEVER make an amends at someone else's expense. Remember, *"Honesty without compassion is nothing more than subtle hostility."*
3. **Specific family members, friends, and others:** This too is a complex group. At first, just go to them admitting the denial of your past behavior. Second, be patient! These people will probably be the ones to doubt your change. Let them see how your life is changing. Show them consistency and authenticity. Continue the amends process with a caring integrity so your relationship with God doesn't suffer. This is where you need to "find your game" because, like

the pros, you're going to have to make the choice to call it on yourself.

4. People with whom you can't make personal contact: This group is made up of those people in your life that have either moved or died. The suggestion here is to write a letter to those individuals making your amends. Upon completion, a practice is to burn the letter so that you put finality to the amends.

Be prepared. Some people are not going to accept your amends. NEVER make an amends to manipulate another's forgiveness. Own your past sins...it will keep humility in your future! In the game of life, you must continue to "call it on yourself" if you are going to keep your side of the fairway clean.

Today, Work CLOSELY on this step with your caddie. There's most likely years to amend. "Take It Easy!" **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 7 Iron - With accountability". Block Out those Strongholds that are most inherent in your life.

September 16

Growing up around a public golf course I met many real characters. One of these was a man named Mickey. When Mickey got up to a golf shot, he waggled the club in a way that made him look like he was dancing, and he never stopped moving until he completed the shot. As a result, Mickey earned the name “*Rhythm*” by his friends. If Mickey hit an approach shot to the green and the ball backed up, he would dance around more than Chi Chi Rodriguez and he wouldn’t care what he shot; seeing that exciting spin made his day. Our number eight iron for playing the game of life is, “*Continue to take personal inventory and when you are wrong, **promptly** admit it*”.

A golf club swung properly makes a perfect circle and in order to get that exciting backspin, the pro’s work many long hours on precisely finding the bottom of their swings which allows them to get that spin because they are striking the ball so purely. Trust me, in Mickey’s case, it was a complete accident when he spun the ball and he knew it.

Have you found that exact bottom in your life? Have you reached that place in your life where you’ve come **completely** to the end of yourself? Are you living life straight down the middle or are you still flirting with the out-of-bounds lines at times? Well, you’re about to enter *G.O.L.F.*’s “NO SPIN ZONE”.

There’s a term used in politics today called “spin.” To understand what the word means, just take a look at some of the rationalizations made by politicians today and you will understand the meaning of “spin.” However, the deception behind “spin” is that we can get ahead by mastering its technique, but in truth it really makes our lives go backwards. As we perfect this crafty “spin” in our lives, we move closer to a back slide in life as it grips us tighter and tighter. We can get to a point where we don’t know if we’re telling the truth or not. We begin to

believe our lies (or "mis-speaking" as it has become spun), and we move to an intoxicated state of relevance and self-absorption. The more we allow ourselves the liberty of moving away from a life of rigorous honesty, the more we will move towards our old way of living.

Just like the pros analyze every round, we must spend time at the end of each day analyzing the day. Journaling is a great way to monitor how we use our time, finances, the balance in our life, and our relationships, etc. The “greats” of the game practiced until their hands bled. It’s no different if we want to truly win at life. This type of living minimizes life’s so-called “slips.” The Bible tells us that we are to live with “sober minds” meaning, “sound minds.” What the word “slip” really means is “Sound thinking Lost It’s Priority.” The best way to keep our lives and our golf games sound is as the great golf instructor Bob Toski repeats over and over again...**P R A C T I C E!**

Today, This step is probably the most crucial step when it comes to sober living. If we get sloppy here your life will eventually find itself in a stymied position. **KEEP LIVING STRAIGHT DOWN THE MIDDLE - BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The 8 Iron - With accountability”. Block Out those Strongholds that are most inherent in your life.

September 17

The game's notable players all shared the same technique when it came to hitting the more lofted irons. They approached these clubs from an open position and narrowed their swings. This is the part of the game where accuracy replaces distance. Once we begin working down from the number eight iron to the wedges, distance is no longer our quest. Our number nine iron for playing the game of life is, *"Sought through prayer and meditation to improve my conscious contact with God, as I understand God, praying only for knowledge of His will for me, and the power to carry it out."* Here at the club we have clearly come to the belief...and "understanding" that Jesus the Christ is the Son of God. For some, this is still a fact they use to shy away, and that seems to be the case for men especially. So let's take a close look at who this man Jesus is.

One of the greatest rewards of prayer and meditation is the sense of belonging. As you proceed through this tip, keep in mind the following questions...

- Who was the most dominant person in your life as a child?
- What is your opinion of that person?
- Were they understanding and loving? Or were they punishing and maybe even cruel at times?

While not an exact science, chances are, your feelings towards that dominant person are the same feelings you share towards God and the acceptance of His Son. Take heart, I'm not going to lecture you but let you know there is positive evidence for you to feel the way you do. But there is also very credible evidence in favor of accepting Jesus for you to consider. However, you will need to open yourself up and narrow your view. One thing Jesus asked is that we come to him like little children. Let's keep it basic and simple!

The ideology of masculinity has replaced Christianity as the true religion of most men. Frankly speaking, *“Christianity is something that is for women and for non-masculine men,”* writes Dr. Leon J. Poddles in his book, *“The Church Impotent...The Feminization of Christianity.”* And in light of the recent events in the Catholic Church, those who share this theory, I would think, have done some construction on the walls they have already built making them higher and thicker. In order for anyone to execute the lofted clubs in winning fashion, if you haven’t made an amends to that dominant person in your life (living or deceased), now’s the time to “open up.” Scary as it may seem, a tip I was given some years back was, “When your knees knock...kneel on them.” Let’s examine some of the facts...

The birth of Jesus was important enough in history that it split things into two parts, BC “Before Christ” and AD “After Christ.” As Philip Yancey puts it, *“Everything that has ever happened on this planet falls into a category of before or after Christ.”*

Let’s think about the golf course. In all my years of playing, I am still waiting for a golfer to yell “Buddha Damn” after missing a shot. There’s an old joke about a Chinese businessman returning to China to report about his observation of Americans. After completing his report he said, “Very interesting! On recent trip to U.S., I observed honorable Americans hitting little white ball on place called golf course playing game called...Jesus Christ - must be new kind of western church.” While intended to be humorous, why weren’t they playing “Mohamed” or “Allah”?

Has any one of the other graves been guarded out of fear the dead person would get out except for Jesus’? We live in an area of “strategic thinkers” so let’s think this out.

We have heard about the Taliban and their treatment of women and the position that women are put in. This is the same position they were

in during the time of Christ. For those who doubt the Bible as the Word of God, who back then would have strategically thought through things, knew there would be a sexual revolution in this country in the 1960's and have Jesus appear to a woman? That's one I still can't get around since it just wasn't a part of the thinking process of the day.

Try studying the medical explanation of a crucifixion. Understand the torture and the reality of what really takes place and tell me if you don't have to be a so-called "real man" to take it?

Having been raised in a strict Catholic family and having one foot in the door of seminary with the Maryknoll Fathers, I can tell you that while I did not have to be sold on Jesus Christ, I was braced to lay the head of a driver on the first "Jesus freak fanatic" that came near me on the first evangelical retreat I went on. Then, I saw the type of men on the retreat. Several of the leaders of the retreat were IBM executives. Instead, the Holy Spirit hit me upside the head with the driver I brought and gave me a realization that I still today can't find a loophole in, and I'm sure many of you have shared similar experiences.

When I was in the golf business and I worked at clubs, I ran into many influential people, doctors and executives whose offices knew my name and would take my call whenever I called them. However, once I left that particular club, they forgot who I was. It was the game of golf that held us together. However, I then got to be friends with these IBM executives and the realization that came to me was that I had absolutely nothing to offer these men. However, their offices knew my name and took my call also. This time I realized, the common denominator holding us together was the "person" of Jesus Christ. It became clear to me that these men were certainly capable of thinking through the "Jesus stuff" and if there was a loophole, they would have found it. Since then, there have been countless men who I have befriended and it's our brother Jesus right in the middle of it all.

Truth is, at one time I was afraid to feel my feelings. Aren't we as men told as we grow up that vulnerability is a sign of weakness? Honestly, when I made a face-to-face amends to my father he darn near came off the chair at me. I'm only in this ministry today as a result of working through some past pain that I had really no choice but to work through. The other "escapes" were just not worth the odds. When my brother died suddenly at the prosperous age of forty-four and my parents and I approached the casket for the first time, little did I know that when I braced my father because he was shaking so hard that the floor under me felt like I was experiencing a tremor, my brother Jesus would make it clear to me that it was my turn to take care of my father.

This step is about our relationship with our Heavenly Father, and our understanding at the club is there is no other Way to the Father except through His Son. Think about it this way, if a strange child came into your home you would probably at the very least show them the door. But what about if it was a friend of your son or daughter that was like family (our family has some of them), you wouldn't think twice if they walked into your home. It's not uncommon that they be there with you when your children are not home. Well, it's the same with our Heavenly Father. Our heart is Christ's home and Jesus and the Father are one.

Through regular use of prayer and meditation, we would no more do without it than we would refuse air, food, or sunshine. When we refuse air, light, or food, the body suffers, and when we turn away from prayer and meditation after doing it for a while, we deprive our minds and our hearts of the vitally needed endurance for life it gives us. We should simply ask God each day to place in us the best understanding of His will for that day and that by His grace, we may carry it through. Remember, when it comes to our needs, He knows them before we even ask. We should start up each day on the practice tee with Our Lord before we leave and hit that first tee of the day so that we are loose and ready to go.

Like the pros, it's just a warm up we're looking for. Keep it simple and Consistent!

If it wasn't for the example and Christ-centered friendships of the men I have come to know, I would have never found the guts to make that amends to my father. While I don't come with diplomas from major universities, and my vocabulary is somewhat limited, I can assure you that the one thing I have learned since being in ministry is that pain doesn't discriminate and it levels the playing field between the rich and the poor, and the educated and the non-educated. So, open your stance a bit, narrow your views and become like children, make those amends, find that accountability, and you will find that there is a "real man" and his name is Jesus Christ that wants to take up residence in your heart. Then, you will begin living a life of pinpoint accuracy and have a peace that passes all understanding.

Today, talk to God throughout the day as if He was right near you. As this becomes habit you will be amazed how your rhythm in both games will improve.

* Visit [The Tips] practice The 9 Iron - With accountability". Block Out those Strongholds that are most inherent in your life.

September 18

The pitching wedge was actually one of the first utility clubs. However, unlike the utility woods that have been introduced to the game recently that can actually be a quick fix for avoiding the long irons, the pitching wedge is a utility club requiring razor like precision to execute properly and to its full potential. Sam Snead is probably known as the greatest golfer to ever master the pitching wedge. Unlike many of today's professionals who use a sand wedge from the fairway more regularly, Snead was able to hit just as many different type pitch shots using his pitching wedge. This, however, didn't just happen without countless hours of practice on Snead's part. Snead felt that he was able to have more consistency and control without having the sand wedge's bounce interfere with the shot. This is a perfect strategy to follow if you are an occasional/weekend golfer.

Our Pitching Wedge for playing the game of life is, *"Having had a spiritual awakening as the result of these steps, I try to carry this message to others and practice these principals in all my affairs."* Christ was never flashy when reaching out to anyone. In fact, he was quoted numerous times as saying, "Tell no one what you saw." It's said Mother Teresa was asked by the host of a radio show, *"What could we do to help you?"* Bracing himself for the "ask" of money, Mother Teresa responded by saying, *"The most help you could give me today is to find someone who is un-lovable and show them the love of Jesus."* Needless to say, that little lady with no corporate savvy whatsoever left that host speechless.

The twelfth step, like the Pitching Wedge is based on dedication to practice. The practice we are talking about here is the application of the previous eleven steps in our everyday lives resulting in a spiritual awakening grounded in humility. Simply stated, we go out and love

because God first loved us. That's it! We reach out to others unconditionally, expecting nothing in return, and ***PLEASE***, this is not about networking.

Today, If you were to meet your Maker face-to-face would He be impressed with your life's scorecard? Are you the flashy long-ball hitter, or the scraper who gets it up-and-down that really no one notices...But Him? **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The Pitching Wedge - With accountability". Block Out those Strongholds that are most inherent in your life.

September 19

Eugenio Saraceni, better known to the golfing world as Gene Sarazen and nicknamed “The Squire”, was one of the few players to ever win the coveted “Grand Slam”. What’s probably least well known about Sarazen is the debt of gratitude golfers worldwide owe him for a little invention called the sand wedge. Story has it he was watching planes taking off one day and noticed how they bounced a bit before takeoff due to their rounded tail. This gave Sarazen an idea. He soldered extra metal to the sole of an old niblick (8 or 9 Iron), which made it heavier, broader, and added bounce to the club, and the sand wedge, as we know it today, was born. Our sand wedge for playing the game of life is, *“I am going to know a new freedom and a new happiness. I will comprehend the word serenity. I will realize that no matter how far down the scale I have gone I will see how my experience can benefit others.”*

The way to approach a sand shot is to dig your feet into the sand to determine its texture and to assure firm footing. The golfer’s stance should be open and the bottom of the club, known as the “flange”, should also be open and lined up with the intended target. The same holds true with life. If we are going to know a new freedom and happiness in our lives, and truly comprehend the word “serenity” no matter what life deals us, we are going to have to open ourselves up to the Word of God, the teachings of the Holy Spirit, and that person we are accountable to in life...our caddie.

Today, Open yourself up to your caddie so you can keep your system clean and you can remain in your new found freedom and joy.

BUILD YOUR GRATITUDE LIST

* Visit [The Tips] practice The Sand Wedge - With accountability”. Block Out those Strongholds that are most inherent in your life.

September 20

Jack Nicklaus tells a story where he was playing a sociable round of golf with his wife Barbara. At the time, Jack was having some putting woes and being a technical perfectionist, Jack was trying all sorts of intricate adjustments. Meanwhile Barbara, an occasional golfer at best, was effortlessly snaking in putts from different time zones and her basics approaching the putts were poor at best. Finally awe-struck, Jack asked Barbara how she could make so many putts when she's approaching them all wrong. Barbara replied, "*I aim the blade and hit the ball.*"

Our putter for playing the game of life is "*My whole attitude and outlook on life will change when I come to the realization that God is doing for me what I could not do for myself.*" The first ingredient of good putting is to believe you're a good putter and second is to believe in your method. All the practice on the basics and the intricacies of the stroke will be nil if, when standing over a three-footer pressure packed curler, you have any doubt you can make it.

On the greens of any golf course, golf is a game of inches. One day you make everything and the next day your hands turn to stone. In life one day you get all the breaks, and the next day life throws you a curve.

So, if you believe in your new found method of letting go of your life and letting God run it, your whole outlook on life will change when you clearly see how God is now doing for you what you could not do for yourself...*that's a promise!*

Today, Keep It Simple and make God your Target. **BUILD YOUR GRATITUDE LIST**

* Visit [The Tips] practice The Sand Wedge - With accountability". Block Out those Strongholds that are most inherent in your life.

September 21

What is it that gives you joy? What is it that you're really good at and you enjoy doing? It just might be possible that God's plan for your life can be found there since what you're doing is a gift God gave you.

Seek God's guidance, get educated into the area of your giftedness and get accountable in order that you can stay based in reality. As you go through life, God will affirm whether or not you're on the right path. That's why it's so important to have a daily relationship with him. That you increase your conscious contact with God asking for the knowledge of God's will for you.

God wants to be involved in your life. God's intention is for you to have life-abundant by using it for God's glory. Using your giftedness to glorify God makes yesterday a dream of happiness and tomorrow a vision of hope. It allows you "to be" to live presently rather than rushing through life. Your purpose excites and energizes you.

Today, Spend a quiet half hour or so with God. Ask for direction and follow that direction. Be accountable. **BUILD YOUR GRATITUDE LIST**

* Visit [Giftedness Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

September 22

It's told that before God created the world there was a failed hostile takeover attempt in heaven. The failed takeover attempt was led by God's favorite right-hand angel, Lucifer also referred to as Satan. God cast Lucifer and his imps out of heaven and into eternal damnation. Ever since Lucifer and his imps roam the world trying to destroy God's creation out of his hatred for Him.

God didn't bring sin into creation, Lucifer did. Just as God created mankind with a free will, He also created Lucifer and his angels with a free will, they all had a time of probation in which they could totally choose to obey God or choose self above God. Lucifer, chose self above God along with the angels who followed him in his failed takeover and they later would be successful in selling the bondage of self to the human race. This deception would then separate the human race from God rather than making us "like God" as Lucifer said. From a very practical perspective, we became our own worst enemy.

Today, How much self-bondage are you living in today? **BUILD YOUR GRATITUDE LIST**

* Visit [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

September 23

Let's take a close look at Lucifer's divide and conquer tactics used to deceive Adam and Eve. Before our eyes were opened, we were attached to God at the hip, figuratively speaking. God was all we needed. However now we find ourselves separated from God. Right from the start, it wasn't the crime but the cover up that dammed the human race.

When God found Adam and Eve hiding and asked them what had happened, instead of confessing the spin and blame games started and we've been covering up ever since.

Today, When you're wrong, do you promptly admit it? Or, do you spin, blame and make excuses. **BUILD YOUR GRATITUDE LIST**

* Visit [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

September 24

The human race now finds itself living in The KNOW Sin Zone™ smack in the middle between good and evil. Due to our dependent natures, we close up our new found void with various strongholds, dependencies that replace God as we try to achieve the deception to have it all.

This great deception Lucifer sold the human race couldn't work and Lucifer knew it. Murder then enters the world and the humanity is off to the races. We're fish out of water separated from God living in a state of chaos rather than the independence we were sold. We're literally a race of Jekyll and Hyde's. Now what?

Today, Get to The KNOW Sin Zone™ and come to KNOW those blaring strongholds and dependencies in order that you can narrow that gap between good and evil. ? **BUILD YOUR GRATITUDE LIST**

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

September 25

You may remember reading in these inspirations about Jekyll and Hyde and how Hyde eventually succumbed to the sin of this world. Lucifer or "Old Slick" as we refer to him here at the club is the resident hustler. His job, to occupy space in our heads. He has no depth to his game. In fact, he plays with the same game plan over and over. He knows once he gets you in his grip he's got you.

When he's really on his game, he'll beat you before you ever tee the day up. This is why it is so critically important that we spend adequate time in The KNOW Sin Zone™. This is so we come to KNOW our purpose for serving God and we KNOW the strongholds we are most susceptible to and we reinforce the blockades we have set up to avoid them.

Today, What are you facing as you start the day? What will you do to block out the day's blind spots that will take you off your game?

BUILD YOUR GRATITUDE LIST

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

September 26

In his epistle, James writes, *"What is it that causes fights and quarrels among you? Don't they come from the desires that battle within you? You desire but do not have, so you do what you need to do to get what you want - at whatever the cost. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may get your way."* While only three verses there's an awful lot to digest. Fighting can either take on the form of a "Reaction" or a "Reflex". Today let's look at the "Reaction" side first.

There are those sounds of silence that are planted in our brains that cause us to react to situations usually at our peril. We may seek God's help but it had better come quick or we will need to pack God back in our box of convenience until the next time we need to call on God. Usually our reactions only make the situation worse since we have not heard and dealt with the sounds of our silence.

Today, Make time to sit in a chair for a while and repeat the following, *"Hello darkness my old friend, I've come to talk with you again."* Ask the Holy Spirit to speak to you. If you're motives are pure, God will answer. Listen to the sounds of silence – you will find your game there – if you stick to the task. **BUILD YOUR GRATITUDE LIST**

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

September 27

Let's take a look at the "Reflex" response to fights and quarrels.

In 1 Peter 5:8 we read, *"Be alert and of sober/sound mind. Your enemy Lucifer prowls around like a roaring lion looking for someone to devour."* Be alert!" What Peter is telling us is to get into community. Once we isolate that roaring lion will devour us.

Community should be a reflex when Old Slick is roaming around you. Being in community with at least one other person is critical. Why is this important? Didn't Jesus say, *"When two or more are gathered together in my name, I am there too?"* Fights and quarrels may get you your way and maybe you're a master manipulator at getting your way. But in the end you will be devoured. Unity and only unity solves fights and quarrels among us. Wisdom - Wins and Truth Frees.

Today, Take a close look at the quality of your community relations. They are a key in life. They are there for your pain – not your gain.

BUILD YOUR GRATITUDE LIST

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

September 28

Jesus said, *"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."*

What is it that causes fights and quarrels? Our battles that come from within. Jesus left us with peace. A peace not as the world gives but a peace that passes all understanding. When we react, we do so out of fear that comes from the battles from within. Shakespeare wrote, *"To thine own self be true."*

Wisdom comes from being true to thine own. **What good is it to grow old and be of no use to anyone because you couldn't face yourself?** Is this the legacy you want to leave those you love? Life starts today - What will you do?

Today, Be True to Thine Own Self. **BUILD YOUR GRATITUDE LIST**

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

September 29

Here at the club we communicate using a very practical theology. Practical theology, as its name implies, is the study of theology in a way that is intended to make it useful or applicable. Another way of saying it is that it is the study of theology so that it can be used and is relevant to everyday living.

Practical is defined, *"of or concerned with the actual doing or use of something rather than with theory and ideas."* In plain talk, here at the club, "We Walk the Talk". There's no better way to walk the talk than to dig it out of our own life through a cleansing and freeing depth of truth.

Truth is unheard of in the world of modernism we live in today which we will be looking at more closely tomorrow.

Today, What you doing today? Are you "Walking the Talk" or are you "Talking the Walk"? How "Practical" is the theology in your life?

BUILD YOUR GRATITUDE LIST

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

September 30

Modernism denotes the attempt of scholars and theologians to bring religious thought into harmony with the scientific findings and secular philosophies of the day. Coming into prominence around the same time both Protestant Liberalism and Catholic Modernism had many of the same goals:

- Strip religion of its supernatural element and make theology more rational and scientific.
- Rejection of the Bible as divinely inerrant, and replacing Christianity with modern sciences and altruistic political schemes.
- Essentially, man as his own savior.
- “Knowledge” replaces faith.

Modernism in the cultural historical sense is generally defined by the new artistic and literary styles that emerged in the decades before 1914 as artists rebelled against the late 19th century norms of depiction and literary form, in an attempt to present what they regarded as an emotionally truer picture of how people really feel and think.

As a result of modernism we hear things today like, *"Things are different now"*, *"Who's to say what's right and wrong"*? While it may be a simplistic theory, it's obvious what drives modern thinking is Lucifer disguised as the serpent of knowledge, right where he started out and warned us about as he slithered around the garden. How crafty! *"Surely you will not die"* - or will you?

Today, How sound is your thinking? Are you steadfast or do you find yourself wavering at times believing things are different today?

BUILD YOUR GRATITUDE LIST

* Visit [Find Your Game Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

October 1

Very soon it will be time to prepare for the birth of Christ. Let's use the remaining days to lay out a game plan for our faith walk.

The Country Club of Life™ is a life *and golf* training environment whose techniques and methods are rooted in the belief of an "Intelligent Design." The CC of Life does not reject other findings and opinions and does not attempt to change the findings and opinions of contrarians. The CC of Life operates solely from a position of attraction - not promotion or opposition. Experience has shown us there are many people who want what we offer making it unnecessary to debate the pundits.

We begin by shaping our Game Plan for Playing the Game of Life in championship form. Following is what we seek to accomplish and accept here at the club:

- Live an Authentic, Credible and NORMAL life with God being the root of our life.
- Play the Game of Life by Developing Spiritual Reflexes that empower us to RESPOND to versus REACT to circumstances and obstacles in life.
- Discover the rhythm of an Abundant Life of JOY – *Not Happiness*.
- "*Life is a game that can't be won - Just played*" - and identify how our fiercest competitor rents free space between our two ears."
- "*We are our own worst enemy*." That's a whole lot more than just a figure of speech; it's a cold hard biblical fact.
- We learn about the Rabbi and the Monkey and discover,
 - "WHOSE" We Are
 - "WHO" We Are
 - "WHAT" We Believe
 - "WHY" We Believe What You Do

- *“COMMITMENT” Is the Bridge between “Thought” and “Accomplishment”*

Today, How committed are you to playing the game of life in championship form? BUILD YOUR GRATITUDE LIST

* Visit [Is A Champion Born or Made] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

October 2

The paradox of life is that a person finds themselves when they lose themselves; becomes themselves when they give themselves away to God; frees themselves when they commit themselves to God in unconditional obedience, are most powerful when they swing it easy. Have the courage to be used by God rather than using God. *"Whosoever will save his life shall lose it, and whosoever shall lose his life for my sake shall find it"* -**Matthew 16:25**

The following is taken and paraphrased from the movie "The Legend of Bagger Vance" You certainly don't need to be a golfer to get this message.

"I think it's time for you to see the field. Fix your eyes on Bobby Jones. Look at his practice swing. Almost like he's searching for something. Then he finds it. Feel that focus. He's got a lot of shots to choose from. Duffs and tops and skulls. There's only one shot that's in perfect harmony with the field. One shot that's his - authentic shot. That shot is gonna choose him. There's a perfect shot trying to find every one of us. All we got to do is get ourselves out of its way - and let it choose us."

"Look at Jones, he in the field. You can't see that flag as some dragon you got to slay. You've got to look with soft eyes. See the place where the tides, and the seasons - the turning of the earth - all come together. Where everything that is - BECOMES ONE. Rhythm of the game like the rhythm of life. See, the trick is to find your swing."

"Inside each and every one of us is one true, authentic swing. Something we was born with, that's ours - and ours alone. Something that can't be taught to you or learned. Something that we was given as a gift. Over time, the world can rob us of that swing - and get buried inside us under - all our woulda's and coulda's, and shoulda's."

“Ain't a soul on this entire earth ain't got a burden to carry they don't understand, you ain't alone in that” – Then we become like the elephant that never forgets and all those woulda's, coulda's, and shoulda's have chained us like the elephant to a post that has absolutely no power over us except the power we have given it. Time to break those chains - time to do what Hogan did, dig it out of the dirt (the dirt of our lives) in order that we can be free and gain the wisdom that will benefit others.

T H A T ' S - WHAT LIFE IS ALL ABOUT.

What was it Jesus asked the invalid at the pool in Bethesda, *“Do you ‘really’ want to get well?”* He simply said to him, *“Pick up your mat and walk.”*

Today, Write out what you want your life do look like and why. Don't be concerned at this point how you're going to get there. **BUILD YOUR GRATITUDE LIST**

* Visit [Is A Champion Born or Made] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

October 3

In the Garden of Eden, we as humans failed Satan's test and took on a dependence on "**self**" separating ourselves from our total dependence on God which was God's design for us. Our eyes may have been opened but we became lost, really lost, abandoned and petrified. So much so we covered ourselves up and that cover up goes on to this day.

The deception of independence was just that - a deception. We have since turned to many deceptive "higher powers" in order to fill our separation from God as we wander aimlessly in what we have identified here at the club as "The KNOW Sin Zone™". Problem is when we examine the facts our way doesn't seem to be working, in fact it seems to be failing miserably.

In order to get back to "Whole-ness," - "Wholey-ness" if you will, during the coaching process you **MUST** identify with rigorous honesty those "Temporal Substances", "Strongholds" or "Dependencies" that fill your separation from God that you tend to turn to when life gangs up on you, then get accountable and surrender them back to God. Our coaching trains the "Whole" person in order that they *"May be a COMPLETE person lacking in NOTHING"*.

So Christ had to come to "Bail Us Out" bringing with Him the most valuable gift we as humans could ever get. That gift – Grace, sometimes referred to as God's **Rescue At Christ's Expense**. As "Amazing" as it is, it is unfortunately severely misunderstood. It bailed us out of the spiritual bankruptcy we had gotten ourselves into and was our "Fresh Start" or "Mulligan" if you're a golfer at the life God originally intended for us.

You've probably heard the expression, *"They're going through life with their eyes closed!"* You should only be that fortunate. What? Well it was how God originally created us, didn't He? Without question the

conversion of the apostle Paul is the most profound life change in biblical history. In order to get Paul's attention to the degree He did, God blinded Paul for three days putting Paul in the position of desperate total dependence before God which was God's original intention for the human race.

Putting it in Twenty-First Century lingo, we're going to be doing a "Hard Reset". In the bible we read; *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will."* **-Romans 12:2**

Today, Think about when stress and pressure hit your life. What are your natural negative tendencies? If you don't clearly identify these you will never achieve peak performance. **BUILD YOUR GRATITUDE LIST**

* Visit [The Hard ReSet] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

October 4

Two men were flying on the same plane. One was a famous humanist, a naturalist, the other a famous rabbi. Both of them were flying with their sons. The humanist's son was very disrespectful toward his father whereas the rabbi's son was kind and attentive, waiting on his father and anticipating his father's every need and request. As his son derided him, at last the humanist could tolerate it no longer and he asked the rabbi, *"What's the difference between us that your son treats you with such respect and mine treats me with such disrespect?"* The rabbi explained, *"I am one generation older than my son. That means that I am one generation closer to Adam, the first man, the original creation made in the image of God. So my son respects me because I am closer to the original model of the image of God than he is. But you say you don't really take God seriously and that it's possible that people could have evolved from apes, therefore, to your son, you are one generation closer to an ape than he is, so why should he respect you?"*

Our legacy's come from our heritage, validity and integrity and when we look at scripture we see that is exactly where Satan tempted Jesus.

- First **"His Heritage"**, when Satan said to Jesus, *"If you are the Son of God, tell these stones to become bread."* Jesus answered, *"It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*
- Second **"His Validity"**, Satan said, *"If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone."* Jesus answered him, *"It is also written: Do not put the Lord your God to the test."*

- Third "***His Integrity***", Once again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. *"All this I will give you,"* he said, *"if you will bow down and worship me."* Jesus said to him, *"Away from me, Satan! For it is written: Worship the Lord your God, and serve him only."*

You were created by God and for God. You are His perfect creation with talents and gifts to be used for His glory. No matter where life has taken you or where your life may be, it is critical that you understand God knew this long before you were born, yet he created you anyway because He has a purpose for your life that only you can fulfill.

Today, Meditate on the following questions...**"WHOSE"** are you? Who or What is the god of your understanding? Why do you believe what you do? Think back over your life to *"Coincidences"*, *"Something Told Me's"*..., *"Somebody's Watching Over Me"*, *"Strangest Thing Happened"*, *Dreams That Came True* etc. God may speak to you in a special way. **BUILD YOUR GRATITUDE LIST**

* Visit [Shaping a Godly Legacy] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

October 5

Your mind is one of the greatest gifts God has given you and it ought to be devoted entirely to Him. Your mind is the greatest asset you have and by accepting “Who You Are” not as the world sees you – but as God sees you, **you will begin to see that your thoughts are from God**, and your mind will no longer be at the mercy of your self-absorbed thinking, **and will always be used in service to God**. It seems almost too simple to be true, but acceptance -- accepting things exactly as they are -- will be the key that unlocks the door to Joy, Serenity and Success in your life.

When an elephant is born as part of its training process a chain is wrapped around its hind leg and the chain is then attached to a stake driven into the ground. This maneuver trains the elephant so that when it is fully grown and it is tied to that stake it will not move. The purpose of this training is so “the elephant never forgets”. Fact is the elephant doesn’t realize if it wanted to it could pull that stake out of the ground with a sneeze. The stake has absolutely no power over it.

Many of us have much in common with the elephant. There are things from our past lives that have trained our thinking to grip life in such a way that today causes us to stray off our “Target”, yet these things have absolutely no power over us any longer, but like the elephant we have been trained to never forget.

In golf as it will be in life we will find that when we relax our grip, adjust our stance and realign ourselves by forgetting what is behind us and align our lives to the purpose which God created us for in His image and live by His design, our Power and Control in both games will increase dramatically.

We have all heard of someone who has had a near death experience. Maybe you have actually experienced one. Unfortunately, too many people are going through their lives having had a “*near life*” experience

because they continue to prevent digging out of the dirt that which prevents them from feeling the freeing pain God gives them for helping others and truly experiencing life.

Oswald Chambers writes, *“Self-awareness is the first thing that will upset the ‘completeness’ in our lives. Self-awareness will continue to produce a sense of entitlement, struggling and turmoil in our lives. Self-awareness will slowly but surely awaken self-pity and excuse making for our performance leading us to desperation.”* This ends up being the demise of not only many an athlete but people in everyday life.

Champions do not live in their heads; rather they persevere, and allow perseverance to finish its work in them so that they may be mature and complete – lacking in nothing. *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.”* -**Romans 12:2**

Today, Pay close attention to your thoughts. Offer them to God, positive, negative and wandering thoughts. Ask God how these thoughts can be used to benefit others and glorify Him. **BUILD YOUR GRATITUDE LIST**

* Visit [Find Your Game] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 6

In that day those being crucified would use their legs to hoist themselves up to ease their suffocation and delay death. ***“But when they came to Jesus and found that he was already dead, they did not break his legs.”***

These days we hear and read a barrage of information and theories about living lives of purpose and this topic is obviously being sought by many. Unfortunately, most people are seeking to find purpose while they continue to hoist up their earthly lives while trying to have it both ways which encapsulates the total purpose of The KNOW Sin Zone™.

Christ was born with one purpose and one purpose only – TO DIE, that’s why his legs did not have to be broken. Many followers of Christ who have been so-called “born again,” quote 2 Corinthians 5:17 which tells us *“we are new creations”* after being born again. So we microwave ourselves “saved” and bluntly go on doing whatever we please. The problem with microwaving is what comes out hot turn’s cold real fast. On the other hand, in the Apostle Paul’s letter to the Galatians he writes, *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”*

In order to be “crucified in Christ” and truly be “born again,” we must stop hoisting ourselves up by holding on to those Strongholds/Character Defects in our lives that deceives us into believing we can have it both ways.

The KNOW Sin Zone™ is where those of us who live with a “God-Consciousness” of varying degrees, choose to play life while flirting with the out of bounds markers – attempting to “Have It Both Ways”. Its living “SEPARATED” from “Whose We Are” while we function as the centers of our own created universe. However, since we were created to

be totally dependent on God, we instinctively seek to close up our separation from God through “Dependencies” “Character Defects” “Strongholds” and other “Temporal Substances” as the Bible refers to them in a desperate attempt consciously or unconsciously to “Cover-up” the shame we live with.

Those living in The KNOW Sin Zone™ are on a high when life is good, yet as time goes on the feeling that “*Something*” is missing gnaws at them and deceives them by getting them deeper into the cover-up and believing they are “*entitled*” to “*more*” of the good life they have adopted in order to maintain the level their *separation* needs in order to satisfy their innate need for “*Wholeness*”. Their enslavement to “*Knowledge*” and “*Reason*” traps them into a downward spiral of quiet desperation, chronic un-fulfillment, blame and discouragement. Underneath it all is a deep-seeded fear and anxiety deceptively disguised as a self-protective confidence as they desperately try to hide from who they really are. But as the saying goes, “*Mirror, mirror on the wall, the mirror isn’t on the wall at all. The reflection I see comes deep from within me.*”

Today, spend some time (in private) with that person in the glass. Take a good look at the reflection you see deep from within – If You Dare.

* Visit the [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 7

“Reason and Rationalization” are secondary tumors that have metastasized from the primary tumor *“KNOWLEDGE”* described by God as “sure death”.

Isn't it interesting how many of those who live in The KNOW Sin Zone™ are of the opinion the bible is out of date, a nice story, opium for the masses? Yet, at creation the Lord God forbid us to eat of just one thing... *“The Tree of KNOWLEDGE”*, yet today we overdose on it. How ironically accurate this out of date this book is actually proving to be at a time when we are experiencing an opioid epidemic by the masses.

It appears *“Reason and Rationalization”* has slowly broke us down and drained the **Life** out of us. The antidote – Jesus Christ. A life rooted in Christ surrenders *“Reason and Rationalization”* daily as we live in a state of humble remission. A life rooted in Jesus Christ doesn't mean one needs to be a fanatic of sorts and it certainly doesn't mean a man needs to surrender his masculinity. A life in Christ looks very similar to the reverence a golfer holds for the game. They play with an uncompromising honesty, commitment and well-founded humility unparalleled by any other sport.

In the book [The Bondage of the Will] an excerpt from Martin Luther's writings speaks to *“Knowledge/Reason”* as follows: *“The Holy Spirit is no Skeptic, and the thing it has written on our hearts are not doubts or opinions – but assertions, surer and more certain than the sense of life itself. Luther's unflagging polemic against the abuse of knowledge/reason is aimed only at the ideal of rational autonomy and self-sufficiency – the ideal of philosophers and scholastic theologians, to find out and know God by the use of their own knowledge and self-convenient unaided reason.”*

*“It was in her capacity as the prompter and agent of ‘natural’ theology that Mistresses Knowledge and Reason were in Luther’s eyes the Devil’s prostitutes; for natural theology is, he held, blasphemous in principle, and bankrupt in practice. **It is blasphemous in principle, because it seeks to snatch from God a knowledge of Himself which is not His gift, but man’s achievement** – a triumph of human brain-power; thus it would feed man’s pride, and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Thus natural theology appears as one more attempt on man’s part to implement the program which he espoused in his original sin to deny his creature-hood, and defy himself, and deal with God henceforth on an independent footing. But natural theology is bankrupt in practice; for it never brings its devotees to God; instead it leaves them stranded in a quaking morass of insubstantial speculation.”* -The KNOW Sin Zone™

“Man’s part therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which prompts him to treat himself as the measure of all things, to confess the blindness of his corrupt heart, and thankfully to receive the enlightening Word of God. Man is by nature completely unable to know God as to please God; let him face the fact – and admit it.”

Today, If you believe you were created by God, it is time to *“Make the decision”* to turn your will and your life over to God with complete abandon.

* Visit the [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 8

As those who seek the full and complete satisfaction of serving God while enjoying all the pleasures of the world find themselves wandering aimlessly in The KNOW Sin Zone™, they continue trying one thing after another seeking the “*Something*” that is missing in their lives which they really have never identified. They can be dying inside, yet on the outside they appear to “have it all.” Around the club we call this the, “Fernando Lamas Syndrome” - when someone would much rather “look marvelous than feel marvelous.”

Man was not made to serve both God and “*Mammon*.” It is impossible to serve both God and the world. **IT IS NOT POSSIBLE FOR DARKNESS TO EVER COMPLETELY SHUT OUT THE LIGHT.** We were not created to claim the rewards of both. **Putting God first means we must be prepared to sometimes stand apart from the world.** You cannot always turn to the world and expect all the rewards which life has to offer. If you are trying sincerely to serve God, you will have other and greater rewards than the world has to offer. This does not mean one must turn fanatical, self-righteous or go around trying to convert everyone they meet. Of critical importance it doesn’t mean a man has to give up his masculinity. **It means one has found the courage to dig down deep into their being and has faced and now “KNOWS” the glaring character defects that push them into their dependent behaviors which afforded them comfort and dominance in their fraudulent kingdoms.** This “God-knowledge” is the freeing knowledge given to us by Christ on the cross. It leads one to a humble, gracious, credible and authentic life.

Upon discovering they are clinging to strongholds that they will not let go of, they must sincerely ask God to help them to be willing to let those go. They cannot divide their lives into compartments keeping some

for themselves and some for God. They must give it ALL to God saying, *My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and others."*

The laws of nature cannot be changed - they must be obeyed. No exceptions will be made in any case. **We either submit to the laws of nature or they will eventually break us.** When this happens and depending on our current condition, we will either accept our broken condition or we will impose it on others in an attempt to break them by keeping the focus away from ourselves. Those who are so enslaved in self-will, cleverly yet cowardly impose their brokenness on others.

These are mostly people who are constitutionally incapable of being honest since their fraudulent lifestyles have become their desperate attempt at survival. However, as they continue their cover up and continue to break the laws of honesty, purity, unselfishness, and love, they will eventually spiral down to a point of no return being left abandoned, angry, bitter and alone. The moral and spiritual laws of God, like the laws of nature, are unbreakable without some disaster. If we are dishonest, impure, selfish, and unloving, we will not be living according to the laws of the spirit, eventually we will suffer the consequences and the more intellectually arrogant one is the harder they are doomed to fall. **No one beats the rhythm of this life since the laws of nature respects no one who lives in their breach.**

Their pain eventually becomes so chronic that they find themselves suffering physically, emotionally, spiritually socially and financially. Those who achieved financial success tend to suffer more intensely from those who find themselves in poverty, since financial success typically was a form of their power and usually the way they controlled and manipulated others. The intellectual component of their life now

becomes their bankruptcy leaving them insufficiently funded deep in the depths of The KNOW Sin Zone™.

Today, “Be True to Yourself”. Face the Giants in your life. Like David, you can be victorious having the Word of God in your arsenal. Practice your warfare.

* Visit the [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 9

Rigorously identifying one's character defects and the various salves used to cover up these defects is the manner in which one can hope to narrow the separation between God's original design for humanity and sin itself. Once this identification is made the best we can hope for is a consciously repentant self which keeps us on noticed to the fact that we are flawed and humbly aware that without the person on Jesus Christ we would be living in eternal abandon.

Unfortunately, at the creation we as humans failed Satan's test and took on a worship of "***self-independence***," separating ourselves from our total dependence on God which was His design for us. Our eyes may have been opened but we were lost, abandoned and petrified. So much that we covered ourselves up and our cover-up goes on to this day. The deception of independence was just that - a deception.

The proof of our blindness and enslavement to earthly treasures lies in the naive certainty that we often display where we can serve God on Sunday and mammon on Monday through Saturday and that God will accept this; as if, we can work out a compromise. However, Jesus said, "*you cannot serve both God and mammon*". What Jesus is saying is these are absolutes. There is no means between two opposites. If the material outlook controls us, then we are really godless, even though we talk about God all the time. There are many among us who would decry what we call "*atheistic materialism*," but what Jesus is saying is that there is something even worse. It is the materialism that thinks it is godly! In the letter to the church at Laodicea he reminded them of this, "*They were lukewarm*", he said, "*neither hot nor cold*." They were saying, "*We are rich and increased with goods and have need of nothing*," and Jesus said, "*You do not know that you are wretched, pitiable, poor, blind, and naked*,". This is the materialism that thinks that it is godly.

So the consummate question here is not "*What do you confess?*" but, "*Whom do you serve?*" **It is either God or mammon - it cannot be both.** Everyone today is either serving God or serving mammon. We are not doing both. We cannot do both, that is the point that Jesus makes.

Today, How sold out are you to Christ? Do you really have more faith in God or mammon, **BUILD YOUR GRATITUDE LIST**

* Visit the [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 10

It's time to go into the desert so to speak. In the bible we read about Jesus going into the desert during a time of reflection and being tempted by Satan. He wasn't concerned because he knew he had the most powerful weapon ever created in order to win at the game of life – "God's Word". Jesus mapped out our life game plan and demonstrated when tempted the power of God's Word.

During your training you will find yourself being tempted. Satan's most powerful tactic will be to discourage you. When you feel yourself getting discouraged:

- Step Back and Thank God. You're Becoming Successful - Satan Hates That! **Your Success Will Be In Direct Proportion To The Depth Of Your Gratitude.**
- Call a Timeout. Get with your [mentor, sponsor, or accountability partner].
- **"ADMIT"** you're powerless one-on-one when being tempted, and turnover your WILL, (that part of your mind over which you have control) to God and your [mentor, sponsor, or accountability partner]. Close your eyes and let them direct your path.

Everyone's training is different. Some training periods are quick and some not so quick, especially if you are anxious and continue to take your "Will" back. Jesus spoke to us through the bible at different times about being anxious. He told us when anxious talk to Him and you will experience His peace. He also said not to be anxious about the future, that sufficient for the day is its own challenges.

When Moses led his people out of Egypt, they spent forty years in the dessert. During that time God provided for them with a special food called Manna. While in the desert the people were told to take just

enough manna for that day. However, some were anxious and took back their wills taking more of the manna than they needed for the day not trusting God would provide tomorrow. The next day they discovered the manna they were storing up was spoiled and could not be eaten.

Much is the same as we train to play the game of life. Each day we should have just enough on our plate to get through the day. **Taking from tomorrow NEVER works.**

Today. When you feel yourself getting anxious:

- Take It Easy and Keep It Simple
- INCONVENIENCE YOURSELF - REACH OUT TO SOMEONE – TAKE THE FOCUS OFF YOUR SELF
- BUILD, BUILD, BUILD YOUR GRATITUDE LIST

* Visit the [Surrender Assessment] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 11

“From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.” -Luke 12:48

“When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God, failing to observe His commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery. He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you. You may say to yourself, “My power and the strength of my hands have produced this wealth for me.” But remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms his covenant, which He swore to your ancestors, as it is today.” -Deuteronomy 8:10-18

- Always be careful and accountable. No one owns life. Just when you think you have it beat; it will creep up and knock you for a loop. **Setbacks can be devastating and even more painful than where you were when you first began your training.**
- **EVERYTHING** you have has been given to you as a gift, and you can only keep it by giving it away. **TRUST** in the Lord – **NOT** in yourself.

Rule 1: You Can't Keep What You Now Have If You Don't Continually Give It Away.

*"But seek **first** his kingdom and his righteousness, and all these things will be given to you as well."* -**Matthew 6:33**

- Get involved with others who struggle with similar strongholds to yours. This will keep you mindful of where you came from and humble for where you are now.

Rule 2: Develop a *Realistic & Sound* Maintenance Regimen

You must put distance between where you are now and where you came from. The following are some things that can be incorporated into your schedule:

- Attend Church as a discipline out of obedience.
- Participate in Bible Studies.
- Participate in Support Groups.
- Participate in hobbies and other enjoyments.
- Communicate with Mentor or Accountability Partner Regularly.

Today, Look at your maintenance plan closely along with your accountability. **BUILD YOUR GRATITUDE LIST**

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 12

Let's play the week again and how the balance of a realistic and sound maintenance regimen. beginning with the Sabbath.

The origin of the Hebrew sabbath is uncertain, but it seems to have derived from the verb "*sabat*", meaning to stop, to cease, or to keep. Its theological meaning is rooted in God's rest following the six days of creation. The sabbath is meant to be a day of selfless obedience and honest reflection.

On the sabbath we attend a service out of obedience and discipline to God not for what we can get out of it. We reflect back on the past week and ask for God's guidance with the week ahead. On the sabbath we read the bible and learn more about God and His precious word to sharpen our spiritual reflexes that will allow us to respond to life.

Unfortunately, for many, the sabbath is just another day. Many of the intellectuals who are wallowing in The KNOW Sin Zone™ and claim to believe, debate its meaning in order to justify their lifestyles. We've become a society of exhausted people running from task to task chasing an ideal that lives within us held together by our most prevalent strongholds that we are powerless to combat alone. Our sabbath disciplines allow up to connect with community that is our support for playing the game of life.

Today, Examine the quality of your sabbath? Listen to the sounds of the silence – if you dare. It could be exactly what is missing from the life you're trying to find in your quest do and have it all. **BUILD YOUR GRATITUDE LIST**

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 13

Today's Round 1 of a new week. It's "Positioning Day". You won't win the week today but you can lose it if you are not rested and prepared. Following are some tips.

- Get started a half hour earlier today to get your rhythm. Then get to The Practice Tee and Warm Up. It is advisable to do The Long Version Round 1. You have no excuse, The Warm Up is available in print, virtually and voice recording.
- Map out your game plan hour by hour and day by day. It's only a guide that can and should be adjusted as you go through the day. It will eliminate two competitors right off the tee, hurrying and procrastination. Make certain to inconvenience yourself and reach out to someone, visit your gratitude list often and take some quiet time later in the round to regroup, sharpen your concentration and refocus.
- Play the day straight down the middle. Your job is to concentrate and focus to produce the best execution you can. Be mindful, "you work for God - not man".
- Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before by setting priorities and doing the right thing at the right time NOW."*
- No matter what comes your way, **BUILD YOUR GRATITUDE LIST**
- Perform a thorough Long Version of The Wrap Up. Read your notes from the day thoroughly. The strategy is to set a rhythm for the next four days.
- Set The Game Plan for Round 2 then relax and clear your mind.

Today, Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before by setting priorities and doing the right thing at the right time NOW."* Put it on The Game Plan in "Swing Thought." **BUILD YOUR GRATITUDE LIST**

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 14

It's Round 2. Start with The Warm Up - Short Version. Chart your game plan and don't deviate from it no matter what hazards you face. CONCENTRATE and FOCUS! "Do the things most won't." PACE YOURSELF! Watch for small openings to make a move - but it's not time to be over aggressive.

- Play the day straight down the middle. Your job is to concentrate and focus to produce the best execution you can. Be mindful, "you work for God - not man".
- Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before by setting priorities and doing the right thing at the right time NOW"*.
- No matter what comes your way, BUILD YOUR GRATITUDE LIST.
- Wrap up the day with The Daily Wrap Up - Short Version. Don't overdo things. Rhythm should have set in. Clear your mind.
- Set The Game Plan for Round 3 then relax and clear your mind.

Today, Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before me by setting priorities and doing the right thing at the right time NOW"*. Put it on The Game Plan in "Swing Thought." **BUILD YOUR GRATITUDE LIST**

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 15

Round or Day 3 is known by the pessimists as "Hump Day." They go through the week going through the motions and as the song goes, *"Everybody's Working for the Weekend"*. For the winners in life today is "Moving Day." It's all we have! Today we view our carefully planned week and make our move to meet our goals. The key to remember, be certain you can execute what you attempt - and pick your mistake.

- Start with The Warm Up - Short Version.
- Chart your game plan and get ready to be flexible so you can make your move. Keep the focus off of yourself so you don't miss your opportunity.
- Play the day straight down the middle. Your job is to concentrate and focus to produce the best execution you can. FORGET OUTCOMES. You can only control your execution.
- Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before and do the things most won't today."*
- Be prepared to put in extra time. Be flexible and narrow your priorities.
- No matter what comes your way, BUILD YOUR GRATITUDE LIST
- Get relaxed, quiet your mind and do a Long Version Wrap Up.

Today repeat over and over, "I work for God not man. I will seize the opportunity He has put before me and do the things most won't today."

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 16

Day 4 hopefully finds you having a winning week especially if you had a focused Moving Day. If you find yourself a bit behind you must stay present and patient and FOCUS on PRIORITIES.

- Start with The Warm Up - Short Version.
- Chart your game plan and be ready to be flexible, there's still time to make your move. Keep the focus off of yourself so you don't miss your opportunity.
- Lean on your caddie (accountability buddy) this is the part of the week where they become invaluable.
- Play the day straight down the middle. Your job is to concentrate and focus to produce the best execution you can. FORGET OUTCOMES. You can only control your execution.
- Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before and do the things most won't today."*
- Inconvenience yourself. Reach out and touch someone no matter how busy you are. Have the guts to show yourself God has your back.
- Be prepared to put in extra time. Be flexible and narrow your priorities.
- No matter what comes your way, BUILD YOUR GRATITUDE LIST
- Get relaxed, quiet your mind and do a Long Version Wrap Up.

Today, "If a thing should be done, I will deal with that thing today and get it righted with God before I allow myself to undertake any new duty." **BUILD YOUR GRATITUDE LIST**

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 17

Day 5's success is all about how you took the time to develop a carefully crafted game plan/schedule. You've done what most won't and you're achieving what most never will. Think back to the Sermon On the Mount, you're reaping what you've sown.

The word "patience" is heard around the tour often - and "PATIENT" you must be today. Don't fall into the trap and rush, and try to control outcomes - it just can't be done. Your anxiousness to finish can sabotage you. Patience! You KNOW what works for you.

- Start the day early – and slowly.
- Do The Short Version of The Warm Up. If you haven't prepared you won't find your rhythm today.
- Chart your game plan and be ready to be flexible, there's still time to make your move. Keep the focus off of yourself so you don't miss your opportunity.
- Lean on your caddie (accountability buddy) this is the part of the week where they become invaluable.
- Play the day straight down the middle. Your job is to concentrate and focus to produce the best execution you can. FORGET OUTCOMES. You can only control your execution.
- Repeat over and over, *"I work for God not man. I will seize the opportunity He has put before and do the things most won't today."*
- Inconvenience yourself. Reach out and touch someone no matter how busy you are. Have the guts to show yourself God has your back.
- Be Patient! You're competing against yourself. Don't worry about the poorly prepared competition. They'll fold. Slow and steady wins. That's you.

- No matter what comes your way, BUILD YOUR GRATITUDE LIST

Today, Swing Thought: *"Better a patient man than a warrior, one with self-control than one who takes a city."* -Proverbs 16:32 " **BUILD YOUR GRATITUDE LIST** - Kick up, thank God for the week. Clear your mind and plan a balanced weekend and don't think. Your mind needs a rest. God has your back.

* Do a [Life Balance Check-up] in The KNOW Sin Zone™. Continue **blocking** out those Strongholds that are most inherent in your life.

October 18

So, you're on holiday for two days. The test of your inner world will be based on the quality of your serenity. An early breakfast is a perfect time to meet with your accountability buddy and review the week past and plan the week ahead. Score the past week paying particular attention to the balance of your life. Remember, if you're going to live in consistency your balance dictates your rhythm. This is *"Doing What Most Won't"*.

Recreation is intended to "Re-Create" you. Mental torture is a killer. It will zap you of energy and motivation and lead to discouragement. The best thing to do over today is step back and - Let God Be God. Many of the professionals will use the tranquility of fishing to aid in their re-creation. In our case we recommend *"Fishing for people"* we may help out of our experience, strength and hope. Practice this and watch your rhythm hit a whole other level.

In particular, dedicating yourself to a sabbath where you will *"Renew your mind,"* you will keep the engine (Your Heart) finely tuned pumping you up with that championship rhythm while you *"Enjoy What Most Never Will"*.

Today, Live the abundant life. Let God Be God. Gratitude unlocks life's fullness. **BUILD YOUR GRATITUDE LIST**

* Do an [Accountability Check-up] in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 19

There's an old saying, *"You can lead a horse to water, but you can't make it drink"*. You have everything you need now - will you drink or just look and think paralyzed right where you are? Will you pick up your mat and walk, or will you drown in self-pity?

In-action is a lazy man's game plan. If you're that stuck and powerless in your life, it's time you reach out for help. A life in denial is a still-born life. This life doesn't glorify God - it grieves God and those who love you. God has an abundant life planned for you. You just need to admit your powerlessness and surrender. This surrender takes a tremendous courage. This is a positive surrender. For it's in this surrender that you will find real Power. It's not for the faint of heart but you can do it providing you're committed to get real honest with yourself about yourself.

Rule 3: Apply The Clubs and Psychology - Keep Those Spiritual Reflexes Finely Tuned.

- Maintain a Gracious and Winning Perspective
- Be Courageous – Live Life in the Present
- Practice! Practice! Practice! Your Inner Coaching and Respond with An Immovable Mental Toughness No Matter Where in Life's Hazards You Find Yourself
- Believe in What Works for You and KEEP IT SIMPLE!

Today, Repeat over and over, *"I am powerless and there are areas of my life that are unmanageable"*. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 20

We've all heard ad nauseam the cliché, *"Insanity is repeating past behaviors and expecting different results"*. People who think this is just a hip or cool thing to say chances are have never admitted to their own powerlessness. For if they had felt the pain of their own insanity, they would be throwing that cliché around so callously.

If and when you find yourself stuck in this quagmire, it's time you come to believe there is a Power outside yourself that can restore order in your life. Go to that Power, admit your powerlessness and give over with all your heart to that Power that you are powerless over. Be Patient! Remember, you're just coming to believe - you're not there yet.

Each day you turn over to the Power outside yourself that which you are powerless over, you've had a small victory. Coming to believe there is a Power outside yourself that can restore the order in your life, combined with a close accountability is a winning strategy.

Today, Continue admitting your powerlessness. Ask that Power outside yourself to restore the order in your life. Get accountable! **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 21

Okay, we're admitting our powerlessness daily and coming to believe in a Power outside of our bad selves. Today we make a decision to turn our lives and in particular our wills over to the care of God, as we understand God.

Martin Luther's book is entitled, "The Bondage of the Will", the "Will", that part of our mind over which we have control, is driven by two forces, "Knowledge" and "Self-Centeredness". Both gifts of Satan during the creation of the human race. Knowledge deceives us into believing we can be like God. Self-Centeredness deceives us into believing we are somewhat equal to God.

To somewhat paraphrase Luther, *"Being held in bondage by our will is blasphemous in principle, because it seeks to snatch from God a knowledge of Himself which is not His gift, but man's achievement – a triumph of human brain-power; thus it would feed man's pride, and exalt him above his Creator, as one who could know God at pleasure, whether or not God willed to be known by him. Man's part therefore, is to humble his proud mind, to renounce the sinful self-sufficiency which prompts him to treat himself as the measure of all things."*

Today, "I Can't" "He Can" "Let Him"! This is a daily practice that is a must for a champion! **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 22

Let's review. *"I Can't - God Can - Let God Be God"*. Here at the club we refer to these as the "Surrender" clubs or steps. These are what we use to tee up our lives. They must be practiced and use with precision to develop spiritual reflexes.

Life's hazards and obstacles do not give us time to think when they decide to rear their heads. Many times they will show themselves right when we're in the swing of things - important things. This is why KNOWING "Whose" and "Who" you are, "What" you believe and "Why" you believe what you do will be your Savior. Champions KNOW when to step things back. When to give up control in order to have control. When to apply powerlessness in order to find Power. These clubs/steps have no margin for error because they position us for life. Keeping the basics of our lives in check will be critical to their execution.

Today, *"I Can't - God Can - Let God Be God."* Practice, Practice, Practice the basics. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 23

Now, it's time to "Find Your Game". In order to do this you must enter The KNOW Sin Zone™ here at the club. You quiet yourself with God and make a searching and fearless moral inventory. Unfortunately, this is where most turn back. In fact, these folks have been referred to as *"those unfortunates"*. They either are constitutionally incapable of being honest with themselves, or, the strongholds in their lives just won't allow them to get to the bottom of things.

Without this critical step, results will be nil in achieving a winning life. This step/club requires precision by hitting the bottom of those things that have been holding you back. This is not going to be easy. However, nothing really worth having ever was.

Today, Ask God for strength, courage and guidance as you begin this training. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 24

If you're reading this meditation it means you're hanging in at least to some degree. You will only find as much game as you fearlessly searched for. It's now time to admit to God, to yourself, and to another person who is trustworthy and TOTALLY committed to confidentiality, the findings of the inventory and become free from all your secrets.

This exercise is intended to find the "key-log" in your life that has been holding you back from reaching your true potential. Discovering that "key-log" allows God's grace to freely flow to you because you will now be free. All those secrets that have enslaved you and held you back will be gone to the degree you continue to do this exercise. Having an accountability/caddie as your spotter with this exercise is critical since they will be able to lead you to the core of the freeing truth that you need to find.

Today, *"I Can't - God Can - Let God Be God."* Practice this daily.

BUILD YOUR GRATITUDE LIST

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 25

So you're still in it? Have you really been digging inside? Today, it's time to begin a regular dialogue with God asking to have your defects of character discovered in the inventory removed.

Will you ever be completely free from character defects? Of course not. However, from here on when facing certain situations you've come to KNOW the strongholds that are keeping you back in the pack. Can't seem to overcome them? Block-em! Get your accountability/caddie involved.

Continue reviewing the last few days. Remember, HALF MEASURES WILL PROVE NIL in the long run. You will only reap what you sow. That's why there are so few real winners in life.

Today's Here! You gonna play it for keeps? Or, are you going to go through it continuing to perpetrate a fraud knowing you are still holding on to secrets? **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 26

Looks like you've showed up for another day. Are you digging real deep? "Peeling the onion" so to speak! If you want to play this game called life in true championship form, you better get to the bottom of things by facing the sounds of silence and the secrets planted in your brain.

Now we *"Humbly ask God to remove the flaws standing in the way of your wholeness and usefulness"*. There's no better way to have God remove our flaws than by us putting our lives where our mouths usually are for God's glory. Putting ourselves on notice is on way to block out S.L.I.P. providing we put ourselves on notice with true humility.

Through humility we will discover two critical and life changing facts:

1. Gratitude (A Gracious Perspective On Life) unlocks the fullness of life and the abundant life God promises.
2. Through Gratitude (A Gracious Perspective On Life) we will reach out to others through the gift of humility the overflow of the grace God gives us.

Today, Start/Continue digging. It's NEVER too late. You just may dig out your salvation to a life that will last for eternity. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 27

Well, we've hopefully "Surrendered" and "Reflected". Reflection is where we "Find Our Games". However, **our reflection is only as effective as the quality of our surrender.**

Surrender requires a commitment to rigorous honesty. If you are one of those "unfortunates" incapable of being honest, stop right here. You're only wasting your time. Reflection is where the precision is found.

Through rigorous honesty in our reflection, life begins to form a rhythm. A winning rhythm. As Bagger said, *"the rhythm of the game like the rhythm of life"*. It's how champions "Get in the Zone". It's how they find their "I.T."⁶ - that component of a top performer that just can't be determined. Surrender and Reflection are basics of life. The winners master the basics. They take responsibility for the wins and in particular the losses.

Today, Practice, Practice, Practice, Surrender and Reflection.
BUILD YOUR GRATITUDE LIST

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

⁶ "I.T." is referred to here at the club as "Intercessory Triumph".

October 28

"We next make a list of all those we have harmed and become willing to make amends to them all." We're not going to get into the "how-to's" of the amends process, that can be found in the topical index of these inspirations or in The Game Plan. Our objective is to continue the rhythm we've begun through Surrender and Reflection.

If we have been rigorously honest and heard the sounds of our silence, much should have been revealed including the names of those we have harmed. As we build the list we quiet ourselves - just put names down. We may not address them all especially at once, but at least we will have the list.

Remember, we are only "becoming willing" that is our only action with this step. These are the scoring steps/clubs that if worked on with courage will not only increase your rhythm but begin forming a critical spiritual reflex toward winning form.

Today, Make a list. Check it twice! 😊 **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 29

"I will make direct amends to such people except when to do so would injure them or others." Remember, our objective is rhythm. Admitting you are or were wrong is a lost art today.

These days we live in a world where spinning is winning. Seems the only time the truth is told to another is to display power in an effort to bring the other person down under the guise of brutal honest or tough love. Question, *"Who the hell are you to be brutality honest in tough love to anyone?"* If you have that much of an insatiable need for power, EARN IT! Don't achieve it off the back of another. This seems to be today's modus operandi as a result of our blind addiction to knowledge.

Making amends is a Cleansing process not a Power grab.

Today, Review your list. Sit with the sounds of silence as you review the names. BEFORE YOU POWER GRAB ANYONE - HIT YOUR KNEES BEFORE GOD and **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 30

"We continue to take personal inventory and when we are wrong, we promptly admit it." "The rhythm of the game like the rhythm of life." Be careful! Keep accountable! This is where the rhythm can be blown.

You're wrong - Admit it. Taking responsibility will fine tune your rhythm and be a witness to the person you've wronged along with others. Remember, here at the club we are about attraction not promotion. We want others to want what we have.

Sometimes we may wrong someone but not realize it on the spot. Or, a reaction may cause us to not acknowledge our wrong. That's why we take inventory. We review the day's round. We look at the good and the bad. We make corrections and get accountable.

Today, Place real value on your daily inventory. It will keep you on a winning path. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

October 31

"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering." -Matthew 5:23-24. We've Surrendered, Reflected and Reconciled. Are you beginning to see and feel the rhythm of life? By practicing and applying these steps we begin building spiritual reflexes. They take the thinking out of life and move us from humans-doing to humans-being. We calmly "Respond" to life versus "Reacting" as most of the competition does. Let's review when a person, place or thing mounts a charge on us:

- We ADMIT we are powerless over people, places and things and cannot control what they're going to do. WE MUST PLAY OUR GAME. Our compulsion to control sets us up for failure since we get drawn into their game.
- We FEARLESSLY look and own our part. This is a critical part of our overall spiritual strength training.
- RESPOND – DON'T REACT. Reactors attack whereas Responders bring sobriety and stability to situations.
- TURN IT OVER! *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome this world."* -John 16:33

Today, Ponder these four points. BUILD YOUR GRATITUDE LIST

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

November 1

Now it's time to begin preparing to share our message with others. We do this *"Through prayer and meditation - increasing our conscious contact with God. We pray for the knowledge of 'God's will for us' (Remember, we've given our will up), and the power to carry it out"*.

Our conscious contact with God daily is where "the renewing of our mind" happens. We see God in all things. We thank God for the day, for the beauty of the universe. We thank God for the food we eat, for the start and completion of each day. We talk to God throughout the day so God becomes a part of life. We must do God's will - not ours. We say "Thy will be done" - and mean it.

Today, Talk to God throughout the day. See God in everything. When your mind wanders, go to God - hang in God's consciousness.

BUILD YOUR GRATITUDE LIST

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 2

"There but for the grace of God go I." A saying that's often thrown around too loosely at times. God's grace has been described as *"Love that just won't quit"*. People claim to fall out of love every day. Yet with God there is nothing we can ever do to make God fall out of love with us.

Why? God is love and each one of us are God's perfect creation. We are made in God's image and likeness for God's glory. Here at the club we believe because we have witnessed how Gratitude unlocks the fullness of life. God's grace overflows based on the depth of our gratitude. Grace increases the more we give it away. Once we have had a spiritual awakening and have truly felt God's grace, we will carry our experience, strength and hope to others and apply these principles in all our affairs.

Today, Gratitude builds a winning rhythm in us. Gratitude moves us to victory in this life and the next. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 3

We've just experience what it means to "Go In" and "Go Out". In order to go out and carry this message to others while positively affecting their lives, we must go in. We must honestly and fearlessly face the sounds of the silence in our own lives. We will only have a positive impact on others if the Spirit of Truth has come into our lives. In our own power we will be useless. Remember, God equips the "Called".

Let's continue working on our spiritual reflexes.

- We ADMIT we are powerless over people, places and things and cannot control what they're going to do. WE MUST PLAY OUR GAME. Our compulsion to control sets us up for failure since we get drawn into their game.
- We FEARLESSLY look and own our part. This is a critical part of our overall spiritual strength training.
- RESPOND – DON'T REACT. Reactors attack whereas Responders bring sobriety and stability to situations.
- TURN IT OVER! *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome this world."* -John 16:33

Today, Ponder these five points. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 4

Gratitude has unlocked the fullness of life. *"We have a new and gracious perspective on life that will be the pathway to a new joy. We now comprehend the word serenity. We realize no matter how far down the scale we may have gone; our experience, strength and hope can benefit others."* By now we reap what we have sown.

"The rhythm of the game like the rhythm of life." Life now has a rhythm to it. A winning rhythm. God wins in our lives no matter what. Due to our gracious perspective on life, a peace/serenity that passes human understanding exists. By fearlessly facing head-on the sounds of the silence planted in our brains, our life experience has developed into a wisdom that will benefit others.

Today, You're where you are mainly due to the gracious perspective on life you have formed. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 5

"The rhythm of the game like the rhythm of life." At this point life is working to the point you work it. You're reaping what you've sown. If your commitment has been immovable, your, "Whole attitude and outlook on life is changing." You've realized that "God is clearly doing for you what you've been trying to do for yourself". Simply put, "You're in the zone."

"Amazing grace, how sweet the sound, that saved a wretch like me."
God's Riches At Christ's Expense, **G.R.A.C.E.** Always be mindful, it was Christ who through his death that we have received the biggest mulligan and been given a free change to tee up a new life. Christ's death removed the lemon law on humans. Grace shows that no matter how far down the spiral of life you have gone, you can re-tee it – with no penalty! God knew before you were ever conceived how your life would go, yet, He created you anyway. Find Your Game!

Today, *"There but for the grace of God go I."* Ponder this today and every day. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 6

We wrap up our training in the clubs/steps with AMAZING GRACE. In John's gospel we learn, *"And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth."*

Our relationship with the "Word" (Christ) is paramount to our quality of life. We live with Our Lord daily. We interact with Him and we allow his Spirit to create in us a depth of truth that keeps our rhythm finely tuned and keeps us in the zone to fulfill his purpose for our lives. Let's review:

- We ADMIT we are powerless over people, places and things and cannot control what they're going to do. WE MUST PLAY OUR GAME. Our compulsion to control sets us up for failure since we get drawn into their game.
- We FEARLESSLY look and own our part. This is a critical part of our overall spiritual strength training.
- RESPOND – DON'T REACT. Reactors attack whereas Responders bring sobriety and stability to situations.
- TURN IT OVER! *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome this world."* -John 16:33
- We "INCREASE CONSCIOUSNESS OF GOD" through; Prayer/Meditation/Reflection/ Gratitude, Study (Going In) and Action (Going Out).
- "THERE BUT FOR THE GRACE OF GOD GO I."

Today, Ponder this training today and every day. These are our weapons for living a life of abundance. **BUILD, BUILD, BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 7

When it comes to working the clubs/steps, our caddie/accountability is a must. If they're good, chances are they KNOW our games even better than we do.

Most importantly they know how to talk to us. A perfect example of this can be found in the movie, [The Greatest Game Ever Played]. Francis Quimet (Weemet) needs a short putt on the final playoff hole against legend Harry Vardon to win the 1913 US Open. His young and incredibly perceptive caddie Eddie sees how nervous Francis was as he was leaning down to read his putt. Eddie leans over and tells Francis in his ear, *"Put a good stroke on it - You need it for seventy-two"*. Did you get what Eddie did? How brilliant! Francis went on to win that Open as 20 year old amateur, a feat never again matched.

Maintaining Perspective and Keeping It Simple is an integral part of our training here at the club. Proper Perspective and Simplicity in both games is a choice only we can make. *Just Do It!*

Today, Ruthlessly Maintain Perspective and Keep It Simple today.
BUILD YOUR GRATITUDE LIST - That's the driving force.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 8

LIFE IS A GAME THAT CANNOT BE WON – JUST PLAYED! We must never forget, today may hold all the aces and to-morrow we won't draw a pair.

A true champion lives a humble and balanced life being mindful that "This too shall pass". A true champion knows the secret to living lies simply in giving. Following is some biblical wisdom to live by.

"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."

-Luke 12:48

"When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God, failing to observe His commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery. He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you. You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms his covenant, which He swore to your ancestors, as it is today." **-Deuteronomy 8:10-18**

Wisdom to live and play by.

Live humbly and accountable. No one owns life. Just when you think you have it beat; it will creep up and knock you for a loop. Setbacks can be

devastating and even more painful than where you were when you first began your training.

- EVERYTHING you have has been given to you as a gift, and you can only keep it by giving it away. TRUST in the Lord – NOT in yourself.
- You Can't Keep What You Now Have If You Don't Continually Give It Away.
- *“But seek **first** his kingdom and his righteousness, and all these things will be given to you as well.” -Matthew 6:33*
- Get involved with others who struggle with similar strongholds to yours. This will keep you mindful of where you came from and humble for where you are now.
- Develop a *Realistic & Sound* Maintenance Regimen by putting distance between where you are now and where you came from. The following are things to be incorporated into your Maintenance Plan.
 - Attend Church Worship out of Obedience.
 - Participate in Bible Studies to gain Godly Knowledge and Wisdom.
 - Participate in Support Groups.
 - Participate in hobbies and other enjoyments - Just for Fun and Balance.
 - Insulate by keeping close contact with your Accountability/Caddie to avoid Isolation.
 - Since we must Admit Powerlessness daily, a great practice is to inconvenience ourselves daily to display our powerlessness.
 - BUILD, BUILD, BUILD Your Gratitude List Daily to Unlock the Fullness of Life and Live a Life of Abundance.

Today, Continue Maintaining a Gracious Perspective.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 9

At this point you should be well-trained. Following is a list of the reflexes.

- BUILD YOUR GRATITUDE LIST
- We ADMIT we are powerless over people, places and things and cannot control what they're going to do. WE MUST PLAY OUR GAME. Our compulsion to control sets us up for failure since we get drawn into their game.
- We FEARLESSLY look and own our part. This is a critical part of our overall spiritual strength training.
- RESPOND – DON'T REACT. Reactors attack whereas Responders bring sobriety and stability to situations.
- TURN IT OVER! *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome this world."* -John 16:33
- We "INCREASE CONSCIOUSNESS OF GOD" through; Prayer/Meditation/Reflection/ Gratitude, Study (Going In) and Action (Going Out).
- "THERE BUT FOR THE GRACE OF GOD GO I."

Today, When the pressure of life mounts its head and you find yourself facing life's elements and hazards, you turn here first then to the psychology which we look at beginning tomorrow. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 10

Maintain Perspective: Maintaining Perspective whether in sport or life is critical to handling the stress and pressure God promises us we will have in John 16:33 where He tells us, *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* Counting your blessings daily is how a winning perspective is formed.

Just for today I will have a quiet half hour by myself and relax. In this half hour sometimes I will think of God, so as to get a little more perspective into my life. **Schedule this time.**

Stop and Meditate: Choose or compose a **positive** affirmation or scripture verse. Sit in a chair with your feet on the floor. Pick an object out in front of you and focus on it. For the first 5 minutes breathe in through your nose and out your mouth letting your mind quiet. Recite the affirmation or scripture verse 3 to 5 times then breathe. Continue this for 20 minutes. Wrap up the last 5 minutes just breathing. This exercise can also be made up of just prayer or a combination of both and can be done in mini versions as many times during the day as needed. Let the Spirit lead you. During times of extreme anxiety you may need to recline in order to fully relax. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 11

Stay In The Present: CS Lewis said, *“The ‘Present’ is the point at which time touches eternity”*. Both the Present and Eternity cannot be timed. Taking this into consideration – God can only be found outside of time. Jesus told us, *“Not to worry about tomorrow – Tomorrow will take care of itself”*. Staying in the Present means we are living life not just existing.

Just for today I will try to live through this day only, not tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.

Stop and Meditate: There are two days in which we need not worry, *“yesterday”* and *“tomorrow”*. It’s only when we take on those two awful eternities that we break down. Anyone can take on the battle of just one day! **Anxiety therefore is a false god / a higher power and a challenge to God's integrity and fidelity. Anxiety means that we believe in OUR circumstances more than we believe in God!** Things may look dark at times, but God is always bigger than things. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 12

Inner Coaching: Lee Trevino is known in golf as “the incurable optimist.” During a rain delay at a tournament Trevino was leading, there was a group of golfers gathered in the locker room and another golfer was overheard saying, “*I can’t believe how ugly Trevino’s swing is?*” Story has it that Jack Nicklaus said, “*Why bother telling him? He’ll never believe you.*” Who or What has your number in life? Is it a person, a job, or something else? Defeated Inner Coaching comes as a result of our Perspective on life becoming skewed as our focus becomes acutely self-absorbed and we move out of God’s Presence and care.

Just for today I will be Joy-Filled. Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals.

Stop and Meditate (*See Gratitude List*): Gratitude is the “Practice” of being Grateful. When I get in my “*Moan and Groan*” mood I practice negatively without even thinking. **Gratitude is the basis for establishing and maintaining a spiritual perspective on life.** Joy seems to be a step beyond happiness. Happiness is an atmosphere (or high if you will) you can “*exist*” in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a “*Light*” that fills you with hope and faith and love. 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. **BUILD YOUR GRATITUDE LIST**

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life.

November 13

Mental Toughness: Whether in life or golf, our battle is not against people or circumstances, or from another competitor for that matter. The battle we all face at times goes on between our two ears. Mental toughness comes from perseverance. It is endurance combined with an incurable assurance and certainty that what we need to accomplish is going to happen. Perseverance produces a mental toughness - a Grit Greatness Responds Intensely to Testing based in gratitude and the belief that no matter what we might be facing, God promises He goes before us and will always make a way.

Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Stop and Meditate: Our fiercest competitor in both games lives between our two ears. Mental conditioning and toughness whether we realize it or not is as critical or perhaps more critical than the physical. **A sharp keen mind along with an incurable optimism in God's protection will make champions out of the most unsuspecting prospects. BUILD YOUR GRATITUDE LIST**

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November 14

Believe In Your Method: Do you really know what works for you? Is your method of living so solid that when faced with the hazards of life spiritual reflexes automatically kick in? Have you “dug it out of the dirt” of those secret places in your life by hearing the sounds of silence we all have and for some us are so painful that they are keeping us from reaching our full potential?

Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate two pests: *“hurrying”* and *“indecision”*.

Stop and Meditate: I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done, but did not do. I must prepare for the future by doing the right thing at the right time **NOW**. If a thing should be done, I should deal with that thing today and get it righted with God before I allow myself to undertake any new duty. **I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the message has been delivered or the task done. BUILD YOUR GRATITUDE LIST**

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November 15

Keep It Simple: Mastering the basics in both games produces both physical and mental reflexes. When the competitor in either game mounts its charge it's because it sees an opening, and it will charge without warning. Winners keep it simple and play both games simply and with finely tuned reflexes.

Just for today I will adjust myself to what is; not try to adjust everything to my own desires. I will take my family, my business, and my luck as they come and fit myself to them.

Stop and Meditate: Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, **absolutely nothing, happens in God's world by mistake. Unless I accept my life completely on life's terms, I cannot be joy-filled.** I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes. **BUILD YOUR GRATITUDE LIST**

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November 16

The Strategy

Step 1: Know Your Enemy / Competitor

Satan is the founder 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 from the spiritual powers of this world, rather than from Christ."*

Today, Knowing your strongholds is knowing your enemy.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

November 17

Step 2: Know Your Commander / Leader

The depth of a relationship is measured by the extent you are willing to work at it. In warfare you must know that you have leadership you can trust. In order to have this trust you need to learn about your leadership, in this case knowing the nature of God. Jesus gives you his word that not only is he with you in battle but he goes before you. Jesus also gives you his word that there is nothing you can face that he has not already faced, and he will never give you more than you can handle. Jesus has given you his assurance that he will never leave you nor forsake you.

Today, Get to The Practice Area in The KNOW Sin Zone™ and practice “Keeping Life In Balance” in the Wrap Up – Long Version.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

November 18

Step3: KNOW Yourself

Knowing yourself and determining what works for you is crucial in spiritual warfare. It takes ongoing selfless and rigorously honest sessions with the Holy Spirit in The KNOW Sin Zone™. Your mind is trained just like the elephant's. A strong will can never break this training. In fact, it was a strong will that trained your mind in the first place. You need to hear the sounds of the silence that are planted deep in your unconsciousness. This training is what's known as sanctification. Sanctification is the act or process of acquiring sanctity, of being made or becoming whole and complete. James 1:4 tells us *"Perseverance must finish its work so that you may be mature and complete, not lacking anything. Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

Today, Get to The Practice Area in The KNOW Sin Zone™ and practice "Master the Basics" in the Wrap Up – Long Version.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

November 19

Step 4: The Battlefield of the Mind

In sport or life the battlefield is your mind. Mental Toughness requires intense training in The KNOW Sin Zone's™ Spiritual Strength Training area. Mental Toughness must become a spiritual reflex if you are to be victorious. If your opponent can get into your head and get you to focus on self - you're in trouble. You begin to experience doubt and conflicting thoughts. Fear then sets in and you move your focus from your game plan to yourself. Your focus must never leave your Target. Teamwork with your accountability is a must. DON'T ISOLATE. That's the plan to bring you down. You must insulate through strength training and accountability not isolate by giving into panic. Step back and Keep It Simple - Very Simple.

Today, Get to The Practice Area in The KNOW Sin Zone™ and practice “Inner Coaching and Mental Toughness” in the Wrap Up – Long Version.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

November 20

Step 5: Take the Fight to the Enemy

Unity is the winning strategy in warfare. Unfortunately today rather than taking the fight to the real enemy "Evil Satan", we fight each other. As long as Satan can fragment us - he can destroy us. Euclid's geometry of common notions states, *"Things which equal the same thing also equal one another."* Anyone who has pledged to follow God with their lives are loved equally by God making them unified to each other. Doctrinal issues are mute points since God is Love and that Love unifies us. At the height of Christ's passion he prayed, *"Father, may they come to complete unity so the world may know You and I are ONE."*

Today, Do as Mother Teresa said, "Find someone hard to love and love them". Realize those you disagree with are also God's children and pray for them.

* Work your Game Plan daily in The KNOW Sin Zone™. Continue blocking out those Strongholds that are most inherent in your life

References, (IN EDIT)

The information contained in the preceding pages stems from over 20 years of note taking intense, research, study, and clinical exposure into personal development. Since it was not the intent of the author that their life experience, strength and hope be cited in this form, exact 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.

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- Progression of the New Normal

- Just For Today

ⁱ The Bondage of the Will

ⁱⁱ Twenty-Four Hours a Day, Hazelden-Betty Ford Foundation