

Spiritual Cardio Training



"Do What Most Won't - Enjoy What Most Never Will"



SPIRITUAL CARDIO TRAINING

Introduction

Golf requires a person to be in “Golf Shape” to perform at peak performance. What does this mean?

People who run miles daily are surprised when walking a golf course how tired they are at the end of the round. Walking the various terrains of a golf course takes specialized cardiovascular training that only comes from walking a golf course to get into “Golf Shape.”

Life requires a person to be in “Spiritual Shape” to play at peak performance. What does this mean?

Some people who run miles daily complete their routines then tee up their day with hearts filled with anxiety, fear, bitterness, rage, anger, etc. Walking through each day is an uphill climb and requires a specialized “Spiritual” cardiovascular training along with the physical that one can only get here at The Country Club of Life.

The Purpose of Physical vs Spiritual Cardio Training

Physical Cardio Training	Spiritual Cardio Training
• The purpose of physical cardio training is to build you up internally - cardiovascular. • Physical Cardio elevates your heart rate for a sustained period, hopefully making the heart stronger. • Physical cardio workouts burn calories, which can help you lose excess fat that puts additional stress on the heart.	• The purpose of spiritual cardio training is to build you up internally - spiritually. • Spiritual Cardio elevates spiritual reflexes required to “<i>respond to</i>” rather than “<i>react to</i>” life. • Spiritual Cardio removes the anxiety, fear, bitterness, rage, anger, etc. that block the precious blood flow of Christ’s grace to our hearts.

The Training Regimen

- Maintain a Gracious Perspective by building your Gratitude List Daily. Only Gratitude can unlock the fullness of life.
- Inconvenience yourself in some way daily – even at a cost to yourself, this will reinforce your personal powerlessness and dependence on God's grace.
- Reach out and touch someone daily. With the numerous modes of communications we have available today, there is absolutely no reason not to do this.
- Imitate 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 or hardship, and you overcome daily. Give your Experience, Strength, and Hope to another person experiencing the pain you've 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 claim your reality before it 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!
- Set a quiet half-hour aside in the late afternoon of your daily structure:
 - Sit in a chair with your feet on the floor. Make yourself comfortable. Point your pointer finger upward and in front of your eyes.
 - Slowly move the finger left and right and then in and out. Follow the object, just rolling your eyes. Do this for approximately 5 minutes.
 - Then recite your affirmation(s) over and over for 10 minutes following your finger. Then repeat just following your finger for the final 5 minutes. Breathe in through your nose and out your mouth slowly throughout the exercise. **HIGH REPETITION IS KEY WITH CARDIO.**

The following are some examples of affirmations that will help you develop spiritual cardio reflexes. Great affirmations are found throughout the scriptures and can also be made on your own. Make sure they are positive, and you claim the reality you wish.

Claimed Affirmations

- I am joy-filled and hopeful.
- I will do the next right thing, and tomorrow will take care of itself.
- I will give thanks to the LORD with my whole heart; I will recount all of His wonderful deeds.
- The quality of my means determines the ethics of the ends.
- A tranquil heart gives life to the flesh.
- The wise of heart will receive commandments, but a babbling fool will come to ruin.
- A joyful heart is potent medicine, but a crushed spirit dries up the bones.
- For out of the abundance of the heart, the mouth speaks.
- Be kind to one another, tenderhearted, forgiving one another, as I in Christ forgave you.
- For where my treasure is, there my heart will also be.
- A tranquil heart gives life to the flesh, but envy makes the bones rot.

Prayerful Affirmations

- Make my heart like yours, Lord.
- Create in me a clean heart, O God, and renew a right spirit within me.
- Test me, O LORD, and shape my heart.
- Change my heart O Lord, may I be like You.
- Do not harden your hearts and plan to avenge.
- Search me, O God, and know my heart! Try me and know my anxious thoughts!
- Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!
- O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear
- “The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.”

God's Affirming Words

- “I THE LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of that grows out of his heart.”
- “I will give you a new heart and a new spirit I will put within you.”
- “And My peace, which surpasses all understanding, will guard your heart through Christ Jesus.”
- “But what comes out of the mouth proceeds from the heart, and this defiles a person.”
- “Draw near to Me, and I will draw near to you.”
- Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”
- “Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.”
- “Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”
- “You will seek me and find me when you seek me with all your heart.”

Gratitude and Perspective

When I practice Gratitude:

- *It turns what I already have into enough - and more.*
 - *It turns denial into acceptance,*
 - *Chaos into order,*
 - *Confusion into clarity.*
 - *It turns a meal into a feast,*
 - *A house into a home,*
 - *A stranger into a friend.*
- *Gratitude makes sense of our past,*
 - *Brings peace for today,*
 - *and hope for tomorrow.*

-Melody Beattie, Paraphrased

Gratitude is applied as a spiritual stretching exercise. A written gratitude list keeps us limber, so we don't cramp up in response to life. "Gratitude unlocks the fullness of life," – NOT THINGS. Combined with "Maintaining a Gracious Perspective," and your heart will shape into a Bethlehem for the Son of God.

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

Meditation: 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 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.

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

Affirmation: "*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 want. I can do all things through Christ who gives me strength.*"

-Philippians 4:12-13

SPIRITUAL REFLEX CONDITIONING - USING THE CLUBS TO SHAPE REFLEX

We believe our commitment to follow biblical principles puts certain constraints on us. Our commitment is not an ala carte one. Does this mean we are fanatical or rigid in our lives? ABSOLUTELY NOT! We heart-fully try through rigorous accountability to not be hypocritical and practice the following principles in our daily lives.

- **WE ADMIT WE ARE POWERLESS** over our character defects and temporal substances and the people, places, and things we may encounter today. **WE PLAY OUR GAME.**
- **WE BEGIN EACH DAY BY SHAPING OUR DAILY GAME PLAN** in a Good Orderly Direction (G.O.D.). **IT IS ONLY A GUIDE.**
- **WE MAKE CONTACT WITH OUR ACCOUNTABILITY AT THE START OF EACH DAY** and make contact as needed throughout the day. **WE NEVER PLAY LIFE ALONE.**
- **WE BUILD OUR GRATITUDE LIST DAILY**, no matter what our circumstances may be. This practice keeps our spiritual reflexes finely tuned. **GRATITUDE UNLOCKS THE FULLNESS OF LIFE.**
- **WE FEARLESSLY, MORALLY AND WITH RIGOROUS HONESTY LOOK AND OWN OUR PART IN THINGS**, and when we are wrong, we promptly admit it – **UNLESS IT WILL HURT OURSELVES OR OTHERS.**
- **WE INCONVENIENCE OURSELVES REGULARLY** (At a cost to ourselves if necessary) to demonstrate our powerlessness and obedience. **I CAN'T; GOD CAN, LET GOD BE GOD.**
- **WE REACH OUT TO OTHERS THROUGH OUR CHARACTER DEFECTS AND TEMPORAL SUBSTANCES** to remind ourselves from where we came. **"THERE BUT FOR THE GRACE OF GOD GO I."**
- **WE INCREASE OUR CONSCIOUSNESS OF GOD** through Prayer, Meditation, Reflection, Gratitude, Study (Going In), and Action (Going Out). **WE PRACTICE GOD'S PRESENCE DAILY.**
- **WE RESPOND – WE DON'T REACT.** Reactors attack and move away, whereas Responders move toward a situation and bring stability to it. **THIS RESPONSE COMES FROM THE SHAPING OF THE PREVIOUS STEPS.**
- **WE KEEP LIFE SIMPLE – ONE DAY AT A TIME!**

AS WITH ALL CLUBS, WE HAVE "LOCAL RULES" THAT GOVERN PLAY

- When life gives us a bad break...If we can't overcome the situation, use it for the betterment of another person, place, or thing. There is no greater tragedy in life than allowing a life learning experience to go waste to self-pity and/or self-centeredness, deception, manipulation, etc.
- When angry, we hold off reacting until tomorrow, especially if we're planning to get verbal. We can always say it tomorrow. Chances are when tomorrow comes; we will not need to say it. ACT - NEVER REACT!
- When someone hurts and/or wrongs us...We look at the hurts and/or wrongs we have caused others. We DO NOT minimize and score our hurts and/or wrongs others may have caused us. If we are rigorously honest with ourselves, we will grieve for those who hurt and/or harm us. God will avenge. Life will square up with them. Not in our time - But when Life is ready. Want to break par here? MASTER this one.
- "ENTITLED" is a word we have eliminated from our vocabulary. We are entitled to nothing in life, and the faster we understand and accept this fact, the more so-called "lucky" breaks we'll get. As Ben Hogan said, *"The more I practice, the luckier I seem to get."*
- WE ALWAYS remain calm...When life mounts a charge, step back. Plan DON'T Project. Take one issue at a time. Don't fall victim to a gang on.
- WE "INSULATE" NEVER "ISOLATE"...
- We speak or meet with your accountability partner/caddie regularly.
- Get involved in an encouraging environment.
- We inconvenience ourselves regularly to increase our dependence on God. We do it even at a cost to ourselves; confident God will supply our needs - and then some.
- Suicide is ALWAYS a long-term solution to a short-term problem. NO EXCEPTIONS

Follow our path, accept who you are and where you are right now, hook up with a caddie and make an immovable commitment and we will train you to find your game like you never thought possible.

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

If—

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings—nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run—
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

-Rudyard Kipling - 1865-1936