

Spiritual Strength Training



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



SPIRITUAL STRENGTH TRAINING

Introduction

Strength! Does getting stronger really give you more power on the golf course? What is the point where too much bulk can negatively affect a golfer? Has Brooks Koepka just crossed that mysterious line of demarcation? Why is it Rory McIlroy and Ricky Fowler move the ball like they do at their size?

Before beginning a strength training regimen, there's one thing the golfer must do. They must develop a swing method that delivers the clubface squarely against the back of the ball at impact, causing it to be hit solidly in the center of the clubface while moving its fastest (118 mph) precisely at this point. Without this, forget getting stronger. You will develop only a brute strength, entirely useless for your objective.

Spiritual strength is no different. Before beginning a spiritual strength training regimen, there's one thing a person must do. They must develop a solid manner of living that plays life squarely down the middle. Need more strength when it comes to fear? Why? Anxiety, why? Exaggerating or boasting about yourself, Why? Without these two critical components, forget getting stronger. You will develop only a brute¹ strength, entirely useless for your objective.

The Purpose of Physical vs Spiritual Strength Training

Physical Strength Training	Spiritual Strength Training
- Physical strength training uses resistance to induce muscular contraction, which builds strength, anaerobic endurance, and skeletal muscles. - Physical strength training increases bone density and reduces the risk of fractures. - Physical Strength training helps joints stay flexible and can reduce the symptoms of arthritis. Maintain muscle mass, which naturally decreases with age. Physical strength training can help reverse this trend.	- Spiritual strength training uses the resistance we face in life to induce a reflex producing endurance allowing for perseverance, hope, and character building. - Spiritual strength training increases self-control through reflex and reduces the risk of hasty and damaging reactions. - Spiritual strength training helps us stay vibrant and hope-filled, which typically decreases with age. Legacy becomes the motivation. Mental strength training doesn't recognize age since it is preparation for life eternal.

¹ **Brute**, the figurative sense reflects the origin for **brute**, which comes from Latin brutus, for "heavy, stupid, unreasoning."

The Training Regimen

Action

- Dig - Really Dig into yourself. It's in the burnin that comes the learnin.
- Find the guts and get transparent with your accountability. This can be the gutsiest thing you've ever done.
- Stare down that man you see 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've harmed or your accountability if it will hurt the person you have harmed or yourself. Remember, "Spinning Isn't Winning!"
- 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 feel weak, don't say, "*I will not be weak.*" Instead, say, "*I am a strong in the Lord.*" 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. **THIS IS ABOUT STRENGTH. MAKE THEM SHORT – AND TO THE POINT.**
- Get in the action. NEVER use the pathetic excuse, "*I don't have time.*" Remember, someone was there for you.

Claimed Affirmations

- The JOY of the Lord is my strength.
- I will do what most won't.
- I Will Enjoy What Most Never Will.
- Courage is a conscious choice in the face of danger.
- "A coward dies a thousand deaths, but the valiant taste death but once."
- I forget those things which are behind me.
- I press toward the purpose of the upward call of God in Christ Jesus.
- Prudence is sober-minded concern that blocks out worry and anxiety.
- I am strong in the Lord and in his mighty power.
- There Is A Power In Me Greater Than Any Power That Can Come Against Me.
- God Is My Refuge and My Strength.
- When The Going Gets Tough - The Tough Get Tougher.
- What Men May Intend For Evil, God Can Use For Good.
- God's ways are not always my way.
- With God ALL Things Are Possible
- The Lord Is My Refuge.
- I Know From Experience, The Future Takes Care Of Itself.
- God ALWAYS Makes A Way.
- I can do all things through Christ who gives me strength.

Prayerful Affirmations

- My strength is in the name of The Lord.
- Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation.
- Father, you give power to the weak and strength to the powerless.
- My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
- Look to the Lord and his strength; seek his face always.

- The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.
- Finally, be strong in the Lord and in his mighty power.
- The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?
- Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

God's Affirming Words

- "I have not given you the spirit of fear."
- "I created you with a sound, strong, mind,"
- "Never Will I Leave You Nor Forsake You."
- "FOCUS, I Will Make A Way."
- "So do not fear, for I am with you; do not be dismayed, for I am your God."
- "I will strengthen you and help you; I will uphold you with my righteous right hand."
- "Be strong and courageous; do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go."
- "I THE LORD am faithful and I will strengthen you and protect you."
- "Be on your guard; stand firm in the faith; be courageous; be strong."
- "I THE LORD give strength to my people; and bless them with peace."
- "Be strong and courageous. Do not fear or be in dread of them, for it is I THE LORD who goes with you. I will not leave you or forsake you."

Mental Toughness

Mental Toughness: the developed ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve.

Meditation: 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 precision. Mentally tough people are immovable with their commitments and they play *and accept* life on life's terms. Mentally tough people never use blame and they 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. Are people born mentally tough? Most are not. Those that are naturally mentally tough were probably raised in that type of environment. Becoming mentally tough requires the following:

- An immovable commitment.
- Becoming part of a mentally tough environment.
- An attitude of incurable gratitude.
- Maintaining a Gracious Perspective.
- Present and Focused living.
- Staying on task.
- Belief in "What works for you."
- Sharing the gifts of your experience, strength and hope.

Training Drill: 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 is like – and how you respond. 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.

Affirmation: *"I have confidence in myself and immovable trust in God."*

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 GoodOrderly 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