

Spiritual Reflexes

F.O.R.E.!

Fellowship Offers Refuge & Encouragement



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



Spiritual Reflex Conditioning

Reflex: an action that is performed as a response to a stimulus and without conscious thought.

Stimulus: a thing or event that evokes a specific functional reaction in someone or something; a spur or incentive.

YIP: a sudden and unexplained loss of skills, the loss can be a lack of a physical or mental response. You're Instantly Paralyzed.

"For every action - there is a reaction." Oh yeah! Where's the action when you hit a golf ball? Where does the stimulus come from that creates the action in a golf swing so that a reaction can occur in the form of a natural reflex? Time to revisit our guru here at the club, Bagger Vance.

"Yep... Inside each and every one of us is one true authentic swing... Somethin' we was born with... Somethin' that's ours and ours alone... Somethin' that can't be taught to ya or learned... Somethin' that just happens... Over time the world can, rob us of that swing... It get buried inside us under all our wouldas and couldas and shouldas... Some folk even forget what their swing was like..." then, You're Instantly Paralyzed.

At one time, golf swings of tour professionals were somewhat in a class of their own - *"Somethin' they was born with."* In each of their swings, the golfer had as Bobby Jones phrased it, *"a weird action"* that jump-started their swing. It just seemed to happen. Most had no idea what they did or how they did it. It was inside them - their one true authentic swing. Swings today are quite different.

Let's take a look at what reflexes look like in everyday life.

You open a cabinet in the kitchen when an item – or more, come flying out, and you snag one, maybe bobble the other before securing it. It's a snag for the record books! Darn right, you've been there, and your reflexes responded. That's a physical reflex. Let's now take a look at the mental side of things.

"WHOSE" Are You? That's Right – "WHOSE? Other coaching techniques try to shape "WHO" you are. We have proven that if we begin with the "WHOSE," the "WHO" will become a reflex.

"WHOSE" Are You? "What" Do You Believe? "Why" Do You Believe It?

Our "Foundation" in life is going to form out of the three questions above. Our "Mental Reflexes" develop from these *"core"* foundational beliefs. Our foundation in life begins shaping our unique purpose and our usefulness to others. Until you unshakably KNOW and believe this, you will wander aimlessly in what we call here at the club, "The KNOW Sin Zone."

Let's think this through very practically using a golf analogy.

Most tour players have a favorite or natural ball flight. They will shape the ball with either a Left-to-Right or a Right-to-Left ball flight. Why? It decreases the margin of error by 50%. Basically, one side of the golf course is taken out of play. Making the decision of where you came from will determine "WHOSE" you are. Are you a descendant of chance, a boom? Or are you a descendant of Intelligent Design? If your life is shaped around belief in Intelligent Design, you've just reduced your life's error by 50%. Why? You will be playing life with certain constraints, actually increasing your power and success by eliminating today's "Do It All and Have It All" attitude. Gosh, the margin of error is immense while bobbing and weaving in the middle!

Ah! The blessed middle, the seductive land of plenty. Where the majority of the human race lives today as they walk the fine line between Good and Evil in their quest to have it both ways. They have a God-consciousness, providing God does things according to their wills. In the Bible, we learn, "*A double-minded man is unstable in all his ways.*" (James.1:8). Those who are double-minded live by double-standards. It's living life walking a tight rope. What kind of foundation is that?

Double-mindedness is a sickness of the heart and cannot be corrected with medicine or any medical procedure. It is indeed a disease of the heart that should be recognized and addressed. Double-mindedness, like any other disease, has its symptoms. **The symptom is "instability"** which is described by James as one who "*Is like a wave of the sea driven with the wind and tossed.*" To be double-minded is to be inconsistent, vacillating, to be and act one way today and be and act some other way tomorrow. It's the popular sign we see today, "BELIEVE!" Being a simple guy, I wonder, "Believe - In Who or What"?



When life is unstable and out of balance, there are no reflexes. This is when the Yips rear their terminable captivity. Double-mindedness began shortly after the creation of humanity. As human concerns, we decided to have it both ways. We now had to think about what was originally a natural reflex. We were forced to cover up, and it's that cover-up that keeps us progressively off balance until we fall – to some degree. It's this trap in today's culture that led us to develop what we've come to call at The Country Club of Life

– The KNOW Sin Zone. Its logo is that of half a person.

Spiritual Reflex Development and Maintenance

F.O.R.E, "Fellowship Offers Refuge & Encouragement"

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 "*Fore!*" 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. **Fellowship with Accountability will be critical to keeping Spiritual Reflexes sharp.**

To play well the 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 and watches those blind and trouble spots for us as we put our faith in Him through the refuge and encouragement we get from fellowship. Only with Him can our path in life be made straight.

Daily Swing Thought: - Having a daily affirmation or swing thought will provide for the much needed focus to perform at a top level. Please refer to The KNOW Sin Zone's Spiritual Cardio and Strength Training Areas for examples.

Reflex Drill:

1. We **ADMIT WE ARE POWERLESS** and cannot control People, Places, Things and Outcomes. WE CAN ONLY PLAY OUR GAME, COMMIT, and EXECUTE. Our compulsion to control takes our eyes off our games. We become fearful and that fear makes us anxious causing us to panic and the control kicks in. In our effort to control we over-think, this leads to procrastination, then we eventually choke.
2. We **FEARLESSLY LOOK AT AND OWN OUR PART**. This is how we break free from bondage and shape a winning rhythm in both games by letting God run our lives in ways we couldn't do when we were in control - or so we thought.
3. **RESPOND - DON'T REACT**. Reactors run away from trouble whereas Responders run towards.
4. **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**
5. We "**INCREASE CONSCIOUSNESS OF GOD**" through; Prayer / Meditation / Reflection / Gratitude, Study (Going In) and Action (Going Out).
6. "**THERE BUT FOR THE GRACE OF GOD GO I.**" We humbly use our experience, strength, and hope, to empower others.

The Psychology:

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.

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, *"Do not worry about tomorrow – Tomorrow will take care of itself."* Staying in the Present means we are living life not just existing.

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-absorbing and we move out of God's Presence and care.

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 based in gratitude and the belief that no matter what we might be facing, God promises He will always make a way.

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 that we all have and for some us are so painful that they are keeping us from reaching our full potential?

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.

The Game Plan

Step 1: 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.

Step 2: 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."*

Step 3: 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 4: 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, anxiety, fear 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 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."* Every human is created in the image of God and therefore 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."*