



The Hard Reset

"Saul got up from the ground, but when he opened his eyes he could see nothing." Acts 9:8

"For God knows when you eat from it your eyes will be opened, and you will be like God knowing good and evil." Genesis 3:5



THE HARD RESET

Saul's dramatic conversion on the road to Damascus was arguably the most dramatic conversion in biblical history. This assessment carries an atypical hypothesis of the dynamic that may have contributed to the profound effect of this dramatic conversion.

While most conversions are not nearly as dramatic and historical, a visit to Genesis 3:7a may hold a clue of Christ's plan for Saul. ***"Then the eyes of both of them were opened."*** Before their fall and separation from God, Adam and Eve were totally dependent on God. God was their eyes, and they saw through God. God was the vine; they were the branches. Apart from God, Adam and Eve could do nothing on their own.

Saul remained blind for three days leaving him totally dependent on God. His old life was crucified in Christ, he suffered, and on the third day, he was reborn as a new creation.

While this assessment cannot bring you to three days of blindness and total dependence on God, it can reformat your "heart drive" as close to the condition of The Creator, providing you dare to commit to it and the depth of honesty it requires.

It Will Work - If You Work It!

For starters, you need to "KNOW" the nature of your strongholds and temporal substances. Next, you will need to determine how to arrest your strongholds and worldly substances and keep them from self-sabotaging yourself so that you may achieve the unique greatness God created you to achieve. Some of these can go into remission; others are innate to your nature, and how you deal with these is to block them out of your life.

In life, the most effective way to block out those strongholds and temporal substances that are ingrained in us is to get out front of them by reaching out to others who share these same defects. When we share our experience, strength, and hope, we put ourselves on the block, and God begins doing for us what we could never do for ourselves. To achieve this, we need to hook up with a caddie in our lives, someone to be accountable to. We have included our caddie training; you will find it humorous and life-assuring.

One of the most encouraging facts of life is that our weakness can become our greatest asset. Kites and airplanes rise against the wind. In climbing up a high mountain, we need the stony

craggs and rough places to aid us in our climb. So our weaknesses can become an asset if we face them, examine them, and trace them to their origin. Set it in the very center of your mind. No weakness can turn into an asset until it was first fairly faced.

What Does A Hard Re-Set Look Like? Let's begin by defining a "Hard Reset" as it would be defined in today's technological terms then parallel with the spiritual.

Technological	Spiritual
A hard reset, also known as a factory reset or master reset, is the restoration of a device to its state when it leaves the factory. All settings, applications, and data added by the user are removed.	A hard reset, also known as a creation or "Reset by the Master," is the restoration of a person to the "Image of the Master Creator." The old will be removed, and a new creation will emerge.

Let's look at two passages of scripture very practically and see if you can identify a pattern.

Genesis 3:1-5	The KNOW Sin Zone™ (As you read thru these two passages, carry over the "Strongholds" that were identified.) ↓	Acts 9:1-9
3 Now, the serpent was craftier 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?'" 2The woman said to the serpent, "We may eat fruit from the trees in the garden, 3but 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.'" 4"You will not certainly die," the serpent said to the woman. 5"For God knows that when you eat from it, <u>your eyes will be opened</u>, and you will be like God, knowing good and evil."		9 Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest 2and 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. 3As he neared Damascus on his journey, suddenly a light from heaven flashed around him. 4He fell to the ground and heard a voice say to him, "<i>Saul, Saul, why do you persecute me?</i>" 5"Who are you, Lord?" Saul asked. "<i>I am Jesus, whom you are persecuting,</i>" he replied. 6"<i>Now get up and go into the city, and you will be told what you must do.</i>" 7The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. 8Saul got up from the ground, but he could see nothing when he opened his eyes. For three days, he was blind and did not eat or drink anything.

What Are We Trying To Accomplish Through a Hard Re-Set

1. Discover a blind trust in a Power "*GREATER*" than ourselves. "*There is a Power in each one of us greater than any power that can come against us.*"
2. To provide a design for living - that can help us become joy-filled, comfortable, and at ease, living an anointed life of purpose.
3. We will be going on a fact-finding mission searching for "*causes and conditions.*"
4. We will uncover the truth about ourselves by delving into the sounds of the silence we have been covering up with busyness and other forms of the action of speed.
5. Our goal is to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and behavior patterns - that have been blocking our capacity to receive and live the abundant life God has designed specifically for us.
6. We will come to "KNOW" the exact nature of our "*character defects*" and what causes us to do the unacceptable things we do and seem to be powerless over. Once they are removed, we can acquire and live with new attitudes, thoughts, beliefs, actions, and behaviors for our highest good and for the highest good of those we encounter. This process will prepare us to live a life of purpose where we will be in top spiritual condition of unconditional service to others.
7. By going through this inventory process and "KNOWING" the exact nature of our wrongs, we will recognize when we are setting ourselves up to slip¹ into the old ways that can lead us to new and more intense problems.
8. When we doubt that we have any character defects that are blocking the entire flow of God's grace -- we think back to the last time we felt restless, irritable, and discontent. Remember when we got angry - with ourselves or with another person. Remember the last time we were disturbed. Remember the last time we had a problem or troubles. The last time we felt uncomfortable and not *at ease* in a situation. What was it? Who was it with? What happened?

¹ At The Country Club of Life, (Our life training platform) we refer to a "Slip" as, Sober-Living Lost Its Priority."

IDENTIFYING YOUR STRONGHOLDS and TEMPORAL SUBSTANCES

PART 1: What habit, substance, or activity do you tend to turn to under pressure or stress? *Check all 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:

1. Check "Yes" or "No" to the following

☐ ☐

Y N

1. I need more habit, substance, or activity than I used to experience a functional and happy life 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 unaddressed be destructive to myself or others? *(Look at the worst-case scenario)*

☐ ☐

Y N

7. Have those around me ever mentioned the habit, substance, or activity?

☐ ☐

Y N

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 I only turn to it again regardless of my resolve to stop the habit, substance, or activity?

☐ ☐

Y N

12. After attempting to stop the habit, substance, or activity unsuccessfully, do I find that the habit, substance, or activity increases?

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PART 2: Making a Searching and Fearless Inventory

1. There are four parts to the following inventory. They are to be taken in the precise order as numbered below:
 - Resentments
 - Fears
 - Sex Conduct
 - Harms To Others
2. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional sheets of paper when necessary. **DO NOT** complete the columns left to right -- they should be constructed from **TOP** to **BOTTOM** in each column before going to the next column. In this inventory, you are searching for your most glaring defects.
3. Naturally, there will come to mind other things that you feel you should have included that were left out. But don't worry about it; you will have the rest of your life to revisit the inventory.

Notes, Definitions, and Instructions -- continued.

- **Self Esteem** - How I think of myself.
- **Pride** - How I think others view me.
- **Pocketbook** - Basic desire for money, property, possessions, etc.
- **Personal Relations** - Our relations with other people.
- **Emotional Security** - General sense of emotional well-being.
- **Sex Relations** - Basic drive for sexual intimacy.
- **Selfish, self-centered, egotistical** - "*It's about me!*"
- **Ambitions** - Your goals, plans, and designs for the future. Ambition deals with the things that *you want* – *but do not necessarily need*. In examining your ambitions, notice that you have the following types:
 - **Emotional ambitions**. Our ambitions for Emotional Security. Our “feelings.”
 - **Material ambitions** - Our ambitions for “Our pocketbook.” Our ambitions towards physical and financial well-being.
 - **Social ambitions** - Our “place or position in the herd.” Our ambitions of how others view us. Our ambitions towards what people think about us.
 - **Sexual ambitions** - Refers to ambitions for sexual relations. Does this need a definition?

Time to get started...

RESENTMENTS

Although this is a fillable pdf, putting pencil to paper has proven most effective when dealing with resentments.

1. Ask yourself why you are holding on to the anger you have? Complete column 1, then 2 from top to bottom.
2. On our grudge list, we set opposite each name our injuries. Was it our self-esteem, security, ambitions, personal or sex relations, which had been interfered with? Place an (x) in the appropriate boxes in column 3.
3. Complete each column within column 3 from top to bottom, starting with Self-Esteem and finishing with Sex Relations.
4. Column 4 is without question the key column to clearing the resentments that block the flow of God's grace in your life. To put out your mind the wrongs others had done, you must come to KNOW those character defects within you that contributed to the wrongs, where you may have been selfish, dishonest, self-seeking, fearful, and manipulative. Mature wisdom will show while the situation had not been entirely our fault; if you're rigorously honest with yourself, you will admit the signs or risks were evident. This inventory is for you and your peace and freedom - not the other person, place, or thing.

(1) I'm Resentful At	(2) The Cause	(3) What Part of Me Has Been Hurt or Threatened?	(4) Where Was I To Blame?

[illegible]

FEARS

1. We now take a searching and fearless look into our fears. We must put pencil to paper with our fears even if no fears may be connected with them—complete column 1 from top to bottom. Do nothing with columns 2, 3, 4, 5 until column 1 has been completed.
2. It's now time to begin coming to “KNOW” why we are fearful and why we have the fears we do. Sure, our mother or father may have been nervous and fearful, and you have adopted the same habit. But it's just that - A Habit. You can break it and re-shape your thinking if you choose to. However, to do this, you must be fearless as you search yourself. REMEMBER, this is YOUR inventory. Not your mother or father's, not some incident or experience. Complete column 2 from top to bottom. Do nothing with columns 3, 4, & 5 until column 2 has been completed.
3. Which part of “Self” have I been relying on that is failing me. “*God helps those who help themselves.*” Who the heck came up with that one? Certainly not God, and it is not in the bible. Self-reliance may be helpful to a degree. Some of us once had great self-confidence, but it didn't fully solve the fear problem. Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed.
4. Column 4: What part of self does our fear affect?
5. Column 5: It's now time to turn to God and ask Him to remove our fear and direct our attention to what He would have us be. Fear is referred to as False Evidence Appearing Real. Look back from the outcome to the beginning of some of your fears and see how different they look from the outside looking in. The evil in life sets up illusions False Evidence which Appears Real. Fear is a form of terror looking to isolate us and take us off our games. The antidote for “isolation” is “insulation” with the word of God.

(1) What Am I Afraid Of?	(2) Why Do I Have The Fear?	(3) What Part of "Self" Have I Been Relying On?	(4) What part of "Self" Does the Fear Affect?

[illegible]

SEX CONDUCT

You may be wondering what this topic would have to do with the inventory. Our research has revealed that sexual conduct outside of marriage, either pre-marriage or extra-marital, depletes one's Spirit. Then as the storms of life hit our fragmented condition, we find less than a whole person who can deal with what life may send our way. Taking a searching *and THOROUGH* look at this part of our lives is critical to bringing us back to wholeness or *Wholey-ness* as we like to refer to it.

1. Complete. Column 1 from top to bottom. Do nothing with columns 2, 3, 4, 5, 6 until column 1 has been completed.
2. What did we do? This doesn't necessarily mean physical contact with another person. *BE THOROUGH* – ask the Spirit to guide you, and you will come to terms. Complete column 2 from top to bottom. Do nothing with columns 3, 4, 5, 6 until column 2 has been completed.
3. We list the exact nature of our shortcomings. Complete column 3 from top to bottom. Do nothing with columns 4, 5, 6 until column 3 has been completed. Remember, we're looking for the ***“EXACT”*** nature of our shortcomings. Oh, we all know them. They're those things we drown out with the noise and busyness of life.
4. Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6 until column 5 has been completed).

(1) Who?	(2) What?	(3) What Was The EXACT Nature of Your Wrongs?	(4) Did My Actions Cause	(5) Who Did I Harm? Myself, Family Members On BOTH Sides and Others Who May Have Been Affected?

[illegible]

PEOPLE WE HAVE HARMED

Who Did I Harm? What did I do - or fail to do? Which part of "self" caused the harm? What is the EXACT nature of my wrongs, faults, mistakes, defects? You must fearlessly search. The answers are there - You Know Them, you've been drowning them out with today's epidemic - BUSYNESS.

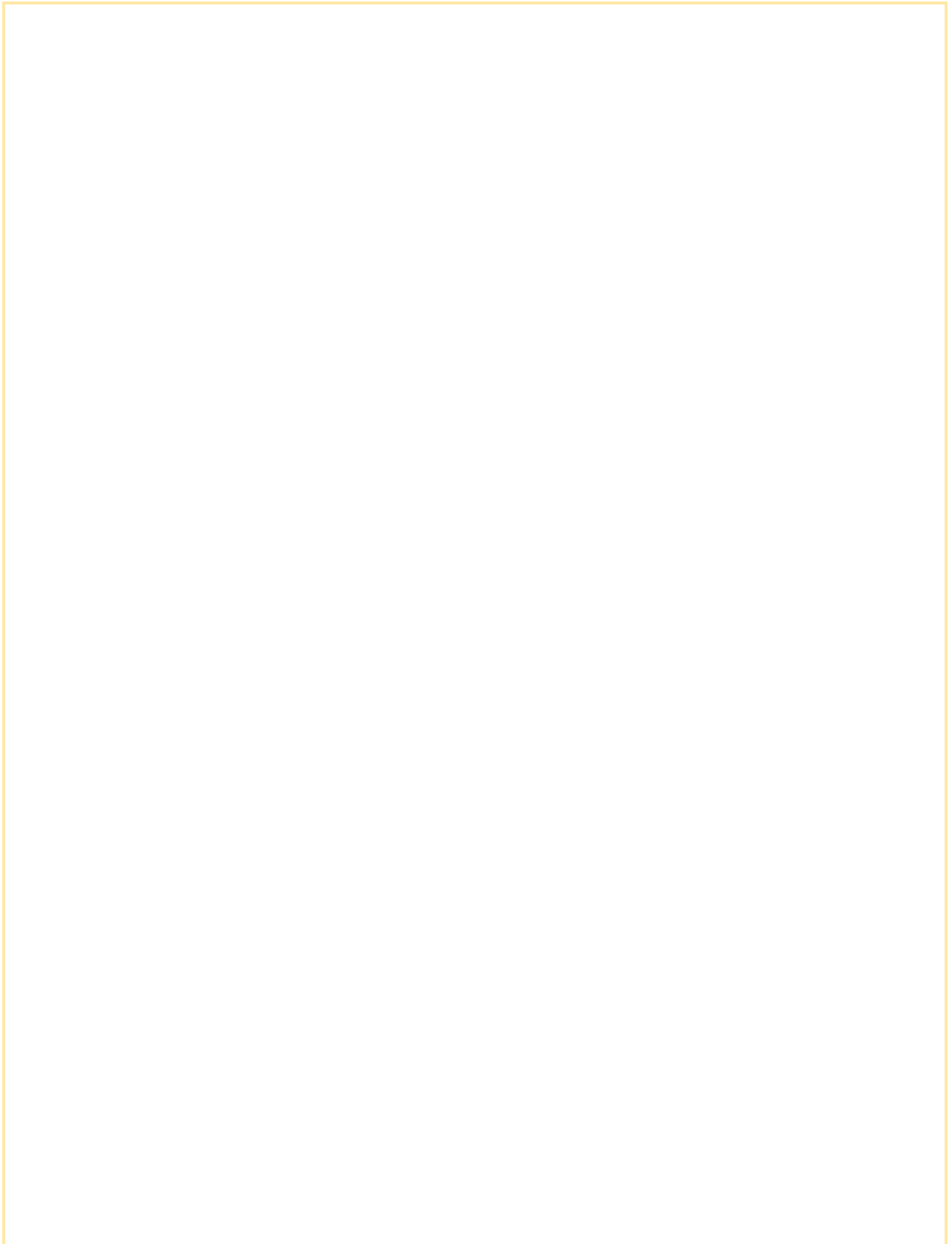
We all have our secrets we try to keep to ourselves. Trying to avoid the humbling experience of this inventory, we may try to take a softer, easier way. THIS INVENTORY IS ABOUT YOUR FREEDOM - not to get those you have harmed to like you. If you decide to hang on to some of your biggest secrets and continue the cover-up, you will live AND DIE in a terminal state of bondage.

May you receive a Spirit of courage!

(1) Who Have I Harmed?	(2) What Did I Do <i>or</i> Fail To Do?	(3) What Part of Self Caused The Harm?	(4) What Was The EXACT Nature of My Wrongs, Faults, Etc. ?

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The Amends Process

Let's begin taking a look at the Amends Process. There are distinct differences between giving someone an apology and making amends with them. An apology is like putting a band-aid on a wound; it covers the source of the pain until it eventually disappears. On the other hand, making amends is the best way to reconnect with the people who have been deeply hurt due to your actions. Unfortunately, people who have made reckless decisions cannot magically undo 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 essential step toward rectifying a broken relationship. This is why The Daily Wrap Up is so crucial for keeping you aware, and you KNOW when you are acting in a way that has to be harmful to another person, and you can get yourself back to proper focus and make amends before things get too out of hand.

The Importance of making an amends is it helps to flush 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. It would be best if you only made an amends when you genuinely understand the situation and feel a sincere call for atonement. For, it is with this momentous step that you alone can bring closure to shattered relationships. The keyword is "closure." Making an amends may not get you forgiveness, but it will bring closure, leading you to newfound freedom in your life.

Let's take a look at the various types of amends.

- **Direct Amends:** When making 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 cautious as to how you take responsibility and own your actions. Never make promises with amends. Remember, the amends are to clean your slate and not get the other person to like you again. The chances are that if a person you've harmed will forgive you, they will do so without amends. Then there are those with such pent-up resentment that nothing you can ever do will get their forgiveness. A Direct Amends might sound something like the following.
"At the time, my judgment was clouded, and I hurt you (and others if applicable). The truth is I was trying to help people because I wanted to be somebody, and instead, I hurt the exact people I was trying to help. I sincerely apologize more than I can express."
- **Indirect Amends:** is the process of showing humility to amend something that cannot be undone. For instance, if a crime in the past or some other error(s) in judgment prohibits you from directly approaching the harmed party(s) you have offended, amends can be made indirectly. Indirect Amends is made by making a lifelong commitment, for instance, 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.
- **Living Amends:** 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 and the balanced life you currently live, including service to others stemming from those strongholds and defects. Making living amends to yourself is critical to your assurance from self-sabotage during times of living in life's valleys.

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Meditation Exercises

- **Exercise 1:** Take a book, any book, and count the words in any one paragraph. Then, count them again to be sure that you have counted them correctly. After a few times, do so with two paragraphs. When this becomes easy, count the words on a whole page. Do the counting mentally and only with your eyes, without pointing your finger at each word.
- **Exercise 2:** Count backward in your mind, from one hundred to one.
- **Exercise 3:** Count in your mind from one hundred to one, skipping every three numbers, 100, 97, 94, etc.
- **Exercise 4:** Choose an inspiring word or just a simple sound, and repeat it silently in your mind for five minutes. When your mind can concentrate more easily, try to reach ten minutes of uninterrupted concentration.
- **Exercise 5:** Take a fruit, an apple, orange, banana, or any other fruit, and hold it in your hands. Examine the fruit from all its sides while keeping your whole attention focused on it. Do not let yourself be carried away by irrelevant thoughts that might arise or thoughts about the grocery where you bought the fruit, how and where it was grown, its nutritional value, etc. Stay calm, ignoring, and showing no interest in these thoughts. Just look at the fruit, focus your attention on it without thinking about anything else, and examine its shape, smell, taste, and the sensation it gives you when you touch it.
- **Exercise 6:** This is the same as exercise number 5, only that you visualize the fruit instead of looking at it this time. Start by looking at the fruit and examining it for about 2 minutes, just as you did in exercise number 5. Then close your eyes, and try to see, smell, taste, and touch the fruit in your imagination. Try to see a clear and well-defined image. If the image becomes blurred, open your eyes, look at the fruit for a short while, and close your eyes and continue the exercise. You may imagine holding the fruit in your hands, as in the previous exercise, or imagine it standing on a table.
- **Exercise 7:** Take a small, simple object such as a spoon, a fork, or a glass. Concentrate on one of these objects. Watch the object from all sides without any verbalization, that is, with no words in your mind. Just watch the object without thinking with words about it.

Commit:

- **“Commitment” is the bridge between “Thought” and “Accomplishment.”** That’s worth repeating. **“Commitment” is the bridge between “Thought” and “Accomplishment.”**
- Winners in life stick to the task at hand. The harder and challenging it is, the more they stare it down.
- Winners in life subscribe to the belief that **“In the Burn-in – Comes the learn-in.”**

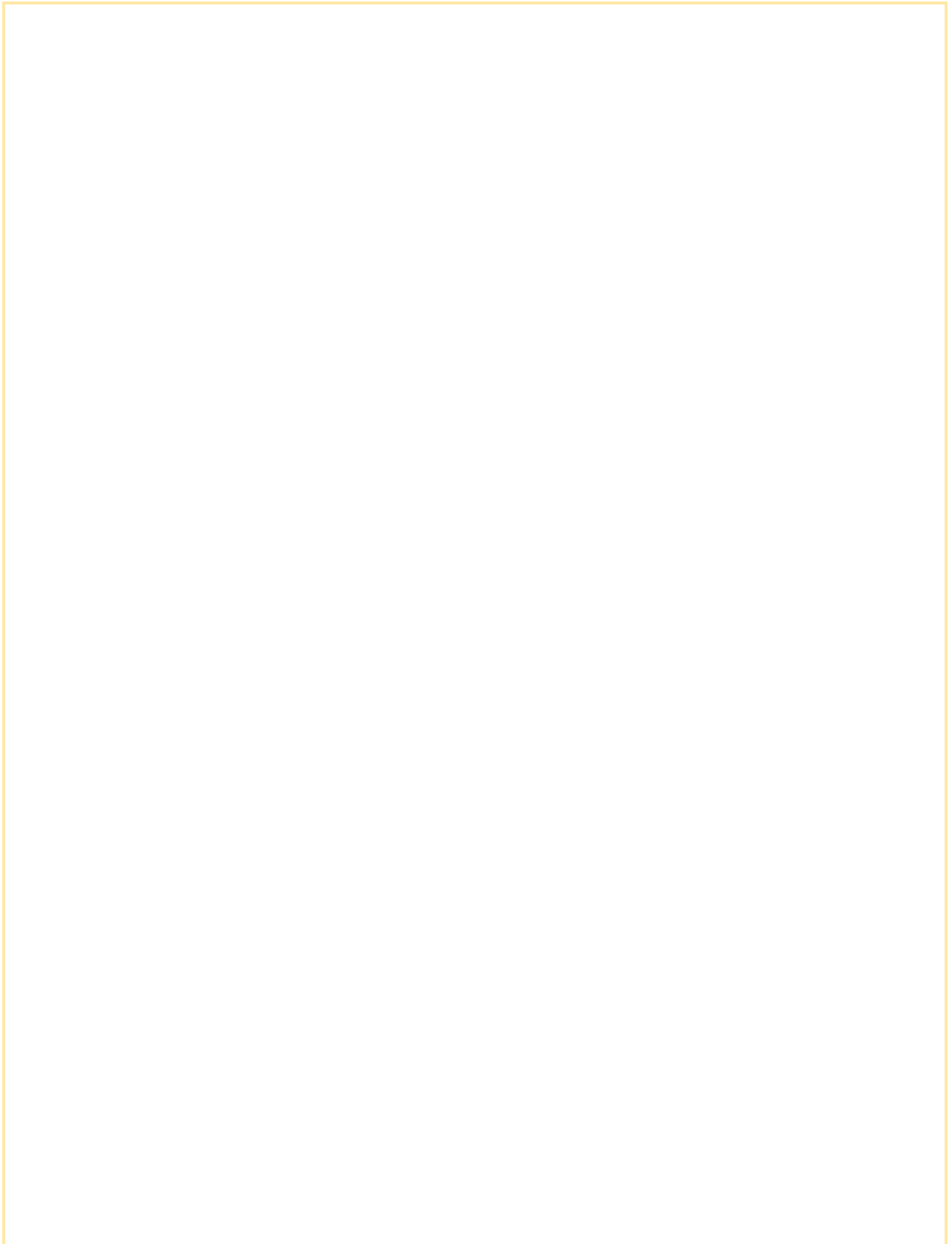
Focus:

- Focus owns your opponent. / Focus owns your opponent.
- When you find yourself losing focus, say, “Help me focus, Lord.”
- Practice Drill: The Gratitude List

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.

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Spiritual Reflex Conditioning

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 fol

Apply 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."

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, *"Not to 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?" The 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 from 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 will happen. Perseverance produces a mental toughness - a grit based on gratitude and the belief that God promises He will always make a way no matter what we might be facing.

- **Believe In Your Method:** Do you really know what works for you? Is your living method so solid that spiritual reflexes automatically kick in when faced with the hazards of life? Have you “dug it out of the dirt” of those secret places in your life that we all have and, for some, we 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 sees an opening, and it will charge without warning. Winners keep it simple and play both games simply and with finely tuned reflexes.

The Strategy

- **Step 1: Know Your Commander / Leader:** The depth of a relationship is measured by the extent you are willing to work it. In warfare, you must know that you have leadership you can trust. To have this trust, you need to learn about your leadership, in this case, knowing God's nature. 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. 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:** The battlefield is with your mind in sport or life. It's you against you! 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 - INSULATE. That's the plan to bring you down. You must insulate through strength training and accountability, not isolate by giving into a 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, isolation, etc. 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 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 fighting 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 is loved equally by God, making them unified. Doctrinal issues are moot 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 O.N.E."*