

# 1 DISCIPLINE

It takes GREAT DISCIPLINE to be a GREAT MAN. Discipline is demonstrated by our actions, but it starts in the small areas.

Scientific studies have determined that, genetically and anatomically, we are 99% similar to every person living on the planet right now. That means you and I are just like 6 billion people currently living on the planet.

**LET'S  
GO  
FOR  
THIS  
ONE!**

**BUT OUR 1%** can make us as drastically different and special as anyone else on the planet.

How much greater our 1% can be, is contingent on our Discipline. Discipline can make your 1% either spectacular or mediocre.

**Spectacular**  
[spek-tak-yuh-ler]  
adjective

1. of or like a spectacle; marked by or given to an impressive, large-scale display.

2. dramatically daring or thrilling: a spectacular dive from a cliff.

**Mediocre**  
[mee-dee-oh-ker]  
adjective

1. of only ordinary or moderate quality; neither good nor bad; barely adequate:

*The car gets only mediocre mileage, but it's fun to drive.*

Synonyms: undistinguished, commonplace, pedestrian, everyday; run-of-the-mill.

Antonyms: extraordinary, superior, uncommon, incomparable.

2. not satisfactory; poor; inferior: Mediocre construction makes that building dangerous.

Synonyms: meager, low-quality, second-rate; so-so.

Antonyms: excellent, superior.



**NAME THREE THINGS IN YOUR LIFE THAT YOU WANT  
MAKE AN EFFORT TO CHANGE FROM MEDIOCRE TO  
SPECTACULAR.**

## DISCIPLINE POINT I: THE DISCIPLINED

# ARE NEVER

Each year, one of the popular mountain climbs has hordes of climbing enthusiasts who wish to climb its lofty peak. They begin the arduous journey up a trail that will lead them to a panoramic view at the top of the snow-capped mountain.

Those committed climbers who make it to the top will experience a beautiful, rewarding, and rare glimpse of creation. That, coupled with the sense of accomplishment that such a hike brings, attracts thousands annually.

***The air is thin, the trail is steep, and the journey is hard.***

At the midway point, there is a small cabin or "chalet" where a warm fireplace, a place to sit and rest, and a large mug of hot cocoa are available to each climber. The group stops and rests for a short period before returning to the thin air, burning leg muscles, and forced determination of the climb.

But many of the climbers decide that the respite of the chalet will suffice for their summit. They decide to stay and relax while the others continue the climb without them.

They bid them good luck and tell them they will be waiting for them when they return after the summit.

The determined climbers then leave behind the warm chalet while

those who stayed behind to rest enjoy the warmth, the hot cocoa, and conversation of their fellow relaxing team members.

But the chalet has a feature that the resting group is not yet aware of. There is a bell that rings each time a group reaches the summit of the mountain, several thousand feet above, announcing that the group that kept going has reached the top.

As the bell rings, the conversation stops, and a hushed silence falls on the group. A sense of disappointment and regret begins to spread over them. Many begin to voice their regret, "I wish I would have kept going..."

How many men live their lives full of regrets, because they refused to persevere? Keep going!

***Persevere***  
**[pur-suh-veer] verb**

***to persist in anything undertaken; maintain a purpose in spite of difficulty, obstacles, or discouragement; continue steadfastly.***

This is your chance to re-ignite the passion of your heart and launch your life onto a new path of greatness. You were not meant to be mediocre.

The word mediocre means just what this story illustrates; "Medi" from the Latin word medius, which

means middle or halfway. And "ocre" from the Latin ocrus, which is a word for mountain.

Mediocre literally means "half way up the mountain."

It is Newton's law of motion, a dynamic force that guides the principle - A body in motion, tends to stay in motion.

In order to break the pull of a mediocre life, you've got to break the orbit of past, failure, and mediocrity. Once in motion you become an unstoppable force to be used by God to change your world. You were not created to fail, but you were created to win.

When you were conceived, there were 1 million or more little swimmers each contending for the prize. They were all endowed with a desire to win and the tools to get them there. But you were the champion. You were the one that broke through victorious. You were created for victory. At conception, you were already declared a winner. God always causes us to triumph, as his word says:

"Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place." (2 Corinthians 2:14)

You cannot believe the lies that the enemy says about who you are; you must believe what God says about you. You are a mighty man of God!

# A BODY IN MOTION TENDS TO...

# M E D I O C R E



One of the strongest displays of discipline, honor, vigilance and an excellent spirit is the Guard of the Tomb of the Unknown Soldier in the United States. These elite members of the special guard are on duty at the tomb of the unknown, where lies entombed, the remains of an unknown soldier from one of the battles of the past. This tomb represents the honor due to those who laid down their lives in defense of their country and because they were unable to be identified, were unable to be interred by family and friends.

As a result, these special soldiers deserve and receive the highest honor our country provides. The guard for this tomb is on duty 7 days a week, 24 hours a day, in an eternal and vigilant display of respect and honor. The members of the guard are chosen and give their duties uncommon Discipline.

The guards of The Tomb have a long-standing tradition. Every time they salute an officer at the tomb they say, "Line six sir!"

This saying is a reference to line six of the 99 word "Sentinel's Creed". The creed they are sworn to uphold as part of this elite corps of "Guards of the Unknown." Their Creed says:

***"My dedication to this sacred duty is total and whole-hearted.***

***In the responsibility bestowed on me never will I falter.***

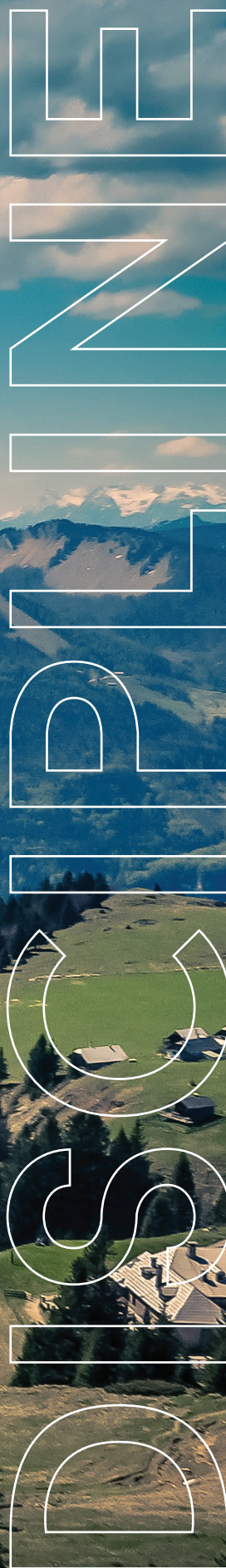
***And with dignity and perseverance my standard will remain perfection.***

***Through the years of Discipline and praise and the discomfort of the elements, I will walk my tour in humble reverence to the best of my ability.***

***It is he who commands the respect I protect, his bravery that made us so proud.***

***Surrounded by well meaning crowds by day, alone in the thoughtful peace of night, this soldier will in honored glory rest under my eternal vigilance."***

## STAY IN MOTION.



**'IT IS THE  
CHARACTERISTIC  
EXCELLENCE  
OF THE STRONG MAN  
THAT HE CAN BRING  
MOMENTOUS ISSUES TO  
THE FORE AND MAKE A  
DECISION  
ABOUT  
THEM...**

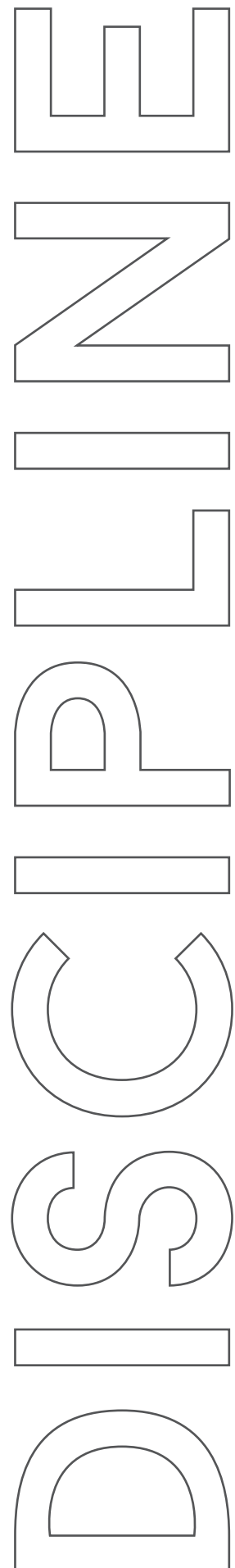
**THE WEAK  
ARE ALWAYS  
FORCED  
TO  
DECIDE  
BETWEEN  
ALTERNATIVES  
THEY HAVE  
NOT CHOSEN  
THEMSELVES."**

**DIETRICH BONHOEFFER  
AUTHOR, THEOLOGIAN  
AND REVOLUTIONARY  
WHO STOOD AGAINST  
THE THIRD REICH IN  
WW2 GERMANY**

Z Q F T N N E C C V A T T K F  
I K D I F A L H G C C S E R A  
M B P W P T A U H H E K N O R  
S Q E U A L J I O B Z I I W T  
F N S T L R E I R T C N L D H  
T H O E T V C U J Z R T P R E  
U N N I E E O Z C J V E I A R  
X G E M S Y R N V I V G C H X  
E U E M O I Q E S Z K R S M M  
A N O D T J C R C M F I I P D  
T E D I L I G E N C E T D G S  
Q M C T T B M E D J G Y H T I  
R N R C R Y T M L I A T E D R  
V O A C G O U M O Y X H R E N  
A R C K V G F S Q C N W G X F  
P R C O K I Q F S J F N C C J  
Z M C Y S H G T E E O S J Q J  
C V X A Z T K I Q L T Q D L O  
S T N A Q M B G L M K B G Z P  
S Z G X J A P V Z A G S A A E  
N O I T A C I D E D N L K H R  
S F O G L P A E Q Z S C O O S  
H I G H E R U M A K I P E N E  
M O I J C M S R F W H D X O V  
S D R A D N A T S H Z L R R E  
U N C O M M O N P U G B E P R  
N U V M Q O N L Q Y I K T X A  
I E C Y A U H Q L I O T S G N  
N K P W Y R M E J O L O A M C  
T T L T F R X X L C K H F X E

ACHIEVEMENT  
BETTER  
CHALLENGE  
CHOICES  
COMMITMENT  
DECISIONS  
DEDICATION  
DETAIL  
DILIGENCE  
DISCIPLINE  
DOYOURBEST  
EFFORT  
FARTHER

FASTER  
HARDWORK  
HIGHER  
HONOR  
INTEGRITY  
LONGER  
PERSEVERANCE  
PRACTICE  
PURSUIT  
PUSH  
STANDARDS  
UNCOMMON  
VIGILANCE



## DISCIPLINE POINT II:

# DISCIPLINE DISPLAYS A SPIRIT OF EXCELLENCE

In the Bible we read about an outstanding young man named Daniel. Daniel was a young man, just like you, who encountered a very hard childhood. He chose, at an early age, to become a man of excellence by disciplining himself to put God first in everything he did.

As a result, the Lord took him from a very poor and unfair beginning to a place of leadership and blessing beyond his wildest expectations.

When Daniel was just a child, the Babylonians invaded his land. Daniel was captured by the invading army and taken to a foreign land. Daniel was plunged into a foreign world where everyone spoke a different language. His entire world was turned upside down.

Though his situation was dark, Daniel always looked to the light of God's presence to illuminate his heart and mind. Each day he would seek encouragement and strength to face the strange world into which he was unwillingly thrust. Each night he would pray for comfort and deliverance.

Daniel was placed in the home of Ashpenaz, the King of Babylon's chief of staff. They changed Daniel's name to Belteshazzar, and began to teach him the language and literature of the Babylonians. Under this training, Daniel began to flourish. Because his hope was in God, God's hand was upon him. He grew each day in wisdom, stature, and favor.

*(continued on next page)*



### FOODS TO EAT

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

**LIQUIDS:** Water, Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar), Honey

### FOODS TO AVOID

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)





DON'T BE TOO "CASUAL" ABOUT YOUR APPEARANCE...



JEANS: CLEAN, NO HOLES



BUSINESS CASUAL SHIRT:  
CLEAN, NOT WRINKLED

ACCESSORIES: MANLY,  
MOSTLY NEEDS-BASED.



WATCH: FOR BEING ON  
TIME.  
WALLET: FOR GOOD  
STEWARDSHIP



BELT: TO KEEP  
PANTS UP!

## YOU CAN ALWAYS TELL JUST BY LOOKING THAT A PERSON HAS AN EXCELLENT SPIRIT.

You've probably heard someone say "you can't judge a book by its cover," or maybe "don't judge by appearance," and those things are true, in many ways. However, there is ONE thing you can't get past. When we meet people, we DO size them up, so to speak--maybe not in a judging way, but at least as far as to form our first impression of them. You can tell whether a person cares a little, a lot, too much, or not enough about his appearance, and that paints a picture of how little or much self respect he has.

It's not about being the best-looking, or having the most expensive

clothes -- it's more about taking the time, energy and trouble to do what it takes to present yourself so that people will take you seriously. THAT's the impression you want to go for, isn't it?

Aside from how you look, there's how you act. If you make it a core value to do things with excellence, you will go far in life. It starts with the little things. From there, you can build the habits and attitudes that grow an Excellent Spirit within you.

Here are a few ways to develop and show an "Excellent Spirit" are:

### 1. HAVE THAT "ABOVE AND BEYOND" ATTITUDE.

A person with an excellent spirit does a little bit more than what is required. A mediocre person does

just the minimum or just enough to get by, but the person with an excellent spirit does more than expected. Jesus said it best when he said,

*"If anyone forces you to go one mile, go with them two miles."*  
Matthew 5:41 (NIV)

Also, Proverbs 22:29 asks us:

*"Do you see any truly competent workers? They will serve kings rather than working for ordinary people."*

Make it a point to go the extra mile, by doing things better than you were expected to do them.

### 2. BE PRESENTABLE.

Always dress your very best when meeting people, especially for the

first time. You should always work hard to make a good impression. Always dress appropriately when possible. Shine your shoes (if you are wearing dress shoes). Make sure you have a belt that fits snugly at your waist to keep your pants from sagging (that is the whole point of wearing a belt, after all). Brush your teeth, wash and comb your hair, shower, and shower again, when you need it, and always wear deodorant. Make sure your clothes are clean and not wrinkled (see Dress to Impress hacks, on the next page. Having a clean and neat appearance is the goal, not making a statement. Statements can be misinterpreted, and fads come and go.

### 3. KEEP THINGS IN ORDER.

Always keep your area (whether it is your room or your workspace) clean and uncluttered. Take out the trash as often as you can, and don't leave dirty dishes, food containers, or glasses in your room. Learn to make your own bed, and pick up your clothes. Dirty clothes go in the hamper (and you should learn to wash your own, if you haven't). Clean clothes should be promptly put away. Never leave a mess for someone else to clean up, anywhere, anytime.

### 4. BE A PART OF THE SOLUTION, NOT THE PROBLEM.

Always pick up trash around your home and never walk past a piece of trash on the ground without picking it up and placing it in a trash receptacle. You may not have made the mess, but if you saw, and kept on walking, you ignored an opportunity to leave a place better than you found it.

Never throw trash out of your car, or leave trash behind anywhere, even in a fast food place.

### 5. COMMUNICATE WITH EXCELLENCE.

If you want to be treated like a

grown man, talk like a grown man. Both come with practice, but speaking well requires study.

### LEARN A NEW WORD

every day, and use it in conversation.

### SPEAK CLEARLY,

pronouncing things correctly, and using correct English.

**SPEAK UP,** never mumble, pronounce your words clearly.

### LOOK THEM IN THE EYE

when you are in conversations, and not at your phone, or around the room.

**READ MORE** things that will broaden your mind, and give you intelligent things to talk about with all kinds of people.

**KNOW YOUR AUDIENCE.** Don't talk the same way, or about the same things, with your grandmother as you do with your friends on the basketball court. Don't bore a girl with all the details of your video game victories, and don't shock your mom with stories about the gross things you heard in the locker room.

Use "sir" and "ma'am" as much as possible. Say "yes" and "no" instead of yep, uh-huh, yeah, nope, nuh-uh....

Work on getting "um" and "like" out of your vocabulary.

Instead of trying so hard to be the most interesting person, "Strive to be one of the most interested people in the room," (C.S. Lewis)

## Remember,

the goal of conversation is to connect with the people around you, not to impress them or convince them you are right about everything.

**Mastering conversation is one of the marks of a man of excellence, and it is a skill that will benefit you in every part of your life.**

# GROOMING BASICS & HACKS...

Shortcuts aren't always the best solution, but when you're limited by time or money, there are a few workarounds to the basics of good grooming. Shower every day. More than once, if you've had a workout or gotten sweaty somehow. Use deodorant and brush your teeth. Again, more than once a day, when necessary. Make sure your clothes are clean, so they don't smell. Febreze will only get you so far.

## NEWS FLASH: YOU DON'T HAVE TO WAIT FOR MOM TO DO IT IF YOU NEED CLEAN LAUNDRY...

### A GENTLEMAN'S TOP 10 RULES FOR USING HIS PHONE WITH EXCELLENCE

●●●●● Wi-Fi 10:30 AM 100% 🔋

1. WHEN IN COMPANY, ESPECIALLY AT THE TABLE, HANG UP AND HANG OUT.
2. WHEN IN CONVERSATION, KEEP IT IN YOUR POCKET, EVEN IF YOU GET AN ALERT. IT CAN WAIT.
3. UNLESS YOU'RE ALONE, PUT AWAY THE EARBUDS.
4. IF YOU'RE IN A RESTAURANT OR SMALL SHOP, TAKE YOUR CALL OUTSIDE.
5. LEARN HOW TO TEXT REAL WORDS. IT WILL KEEP YOUR WRITING AND SPELLING SKILLS FROM DYING COMPLETELY.
6. DON'T TYPE OR PHOTOGRAPH ANYTHING YOU WOULDN'T WANT BROADCAST TO THE WHOLE WORLD.
7. RESPOND TO TEXT AND VOICE MESSAGES THE SAME DAY.
8. UNLESS IT'S AN EMERGENCY, AVOID USING IT FOR ANYTHING DURING CHURCH, DURING A MEETING OR EVENT.
9. DON'T BE OBNOXIOUS WITH SELFIES
10. IF YOU'RE MISSING A LOT OF WHAT'S GOING ON, YOU'RE SPENDING TOO MUCH TIME ON YOUR PHONE. PUT IT DOWN AND LIVE LIFE.

Do it yourself. Learning to use a washing machine isn't "woman's work," it's a basic life skill that every responsible person should know. It's not rocket science. Learn to read labels so you don't ruin something that has to be dry cleaned. Sort clothes into the following categories and be sure you keep them in separate loads: white clothes, jeans, light colors, dark colors. You can use hot water on whites, but you can use cold on everything. Don't wash suits, slacks or ties, unless the label says it safe to do so. If, all of a sudden, you've just got to have your practice uniform or a certain shirt clean, you can wash it in the bathroom sink with mild soap, rinse it, wring it out, and put it in the dryer on medium heat with a dryer sheet.

### WHEN YOU DON'T HAVE SHOE POLISH...

You can actually polish your shoes with vegetable oil. This is actually an old trick. Dab some cooking oil on an old cloth and rub the shoe down. Take another dry cloth and wrap it around your fist then buff the shoes all over until they shine.

### WHEN YOU DON'T HAVE A SUIT, COAT OR TIE

Honestly, there is no difference between borrowing a coat and tie from a friend, or getting one from a resale shop. At least then, you could keep it. Dressing right doesn't have to be expensive. Take advantage of someone else's good taste--you can find some really nice clothes at some resale shops. The prize will be worth the hunt!

### WHEN YOUR SHIRT OR JEANS ARE WRINKLED

...And you don't have time to iron, or don't have an iron. Get a clean washcloth and soak it in water, then wring it out a little. Put it in the dryer at medium to high heat for about 10-15 minutes. Remove immediately when the time is up. The water in the washcloth will steam out the wrinkles.

### NEVER. NEVER. NEVER GO OUT SMELLING LESS THAN YOUR BEST. HEAD TO TOES

Freshen your shoes up with talcum powder, foot powder, or even Lysol, if that's all you've got. Wear clean socks every day. Being fresh is a big part of being presentable. Now, go flash that clean smile and win everyone over!



## CASUAL

Casual can include jeans, shorts, t-shirts and even sandals. Even when you're casual, you should be sure your clothes are clean and neat. Try to stay away from flip-flops, unless you're headed to the pool or the beach.

Don't go anywhere in something that would embarrass you to be seen in, if you ran into someone important. Casual clothes are appropriate for: going to the movies or out with friends, unless it's somewhere nice.

NEVER confuse casual with athletic wear. Keep your gym shorts and faded t-shirts for the gym, and step it up to something nicer when going everywhere else.

## "DRESSY" CASUAL

This category is new, but getting to be more and more commonly used in party invitations. Dressy Casual means you set aside the shorts and T-shirt for more presentable options, even though it's still a casual setting like a park, poolside or someone's back yard barbecue. This is really your best option for any casual event, if it's an event of any kind. It's also appropriate for a daytime date.

Dressy Casual includes: nice jeans and a button down or polo shirt. Sometimes, khaki shorts and a polo shirt. In both cases, wear a belt. Your shoes should be neat and clean, sometimes dress shoes or plain Tom's, loafers, or sneakers, but never athletic shoes.

## BUSINESS CASUAL

...is really more business than casual and should include nice slacks, nice shirt with a collar (either button-up or a polo shirt, depending on the place). Sometimes khaki's and a nice shirt are considered business casual. Tie is optional.

You should wear something nice enough that dress shoes won't look strange with it, and always wear a belt. Your socks should match your pants or your shoes, or can be brightly colored if you want to be trendy, but they should always be clean.

Business casual is appropriate for many meetings, for going out to lunch or dinner most places.

This is also how you would dress for visiting adults, and attending grown-up social functions that are considered casual.



HOW A MAN  
DRESSES AND  
PRESENTS  
HIMSELF WILL  
DETERMINE  
HOW HE IS  
RECEIVED.  
PEOPLE WILL  
JUDGE HOW  
YOU LOOK  
BEFORE THEY  
LISTEN TO WHAT  
YOU HAVE TO  
SAY, SO GIVE  
YOURSELF  
EVERY  
ADVANTAGE.

## BUSINESS ATTIRE

This is what is typically worn at the corporate and executive level. It includes slacks, coat and tie, or a suit and tie and button-up shirt, never a pullover. Add dress shoes and a belt.

Business attire is for more formal meetings, awards ceremonies, dinner at nice restaurants, special parties.

A few things about business attire: don't mix plaids, stripes or geometric prints together. It's safest to have only one pattern going on, and to make sure you only use one bold color, and keep the other colors neutral.

Neutral colors, by the way, are: tan, brown, grey, white/ivory, black, and, lately, navy and army green.

## FORMAL, SEMI-FORMAL, BLACK TIE

Formal is also referred to as "black tie" or tuxedo. Usually, this level of dress is reserved for official dinners, galas, some weddings, and celebrations of very special occasions, and requires a bow tie and tuxedo shirt, to be completely correct.

Semi-formal, on the other hand, means wearing a suit and tie (always a dark suit for evenings, sometimes a lighter suit for daytime events). Either a two-piece (coat and slacks) or three-piece (coat, vest and slacks) is acceptable, though a vest is considered dressier. This is also sometimes called "Sunday best."

These are not the kinds of events you will attend very often until you are an adult, so when you are invited, be sure you're "suited up" like you should be. It's an honor!

***"You cannot climb the ladder of success dressed in the costume of failure."***

***-- Zig Ziglar***

Dress like you matter. Speak like your opinion is something worth hearing.

Do everything with excellence, and you will be successful.

Act like a gentleman, and people will treat you with respect.

## DISCIPLINE POINT III:

# DISCIPLINE ADDS EXTRA TO THE ORDINARY, AND MAKES YOU EXTRAORDINARY



**Vince Lombardi was considered by many to be one of the winning-est Coaches of all time. He was inducted into the NFL hall of fame and the NFL's championship trophy was named after him.**

1958, the year before Vince Lombardi became coach of the Green Bay Packers, was the worst year in Packer history. Their record was 1-10-1. Coach Lombardi went to work and created a training regiment that was the toughest in the league. His philosophy was that the team that was in the best shape, played the hardest,

and gave their best effort would win every time. The team immediately improved.

So much so, that Lombardi was named NFL Coach Of the Year. The fans immediately responded to the improvements and the team sold out Lambeau field for every pre-season, regular season and playoff game and have done so every single year, for the last 44 years.

The Packers went on to win championships and Super Bowls. Vince Lombardi took an ordinary team and asked them to give a little extra. The result was – they became

extraordinary. This was in large part due to Coach Lombardi's insistence on preparation, Discipline, and a strong second effort, every time.

He would say things like:

***"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."***

***"And also, 'Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all of the time. Winning is a habit.'"***

Coach Lombardi was man enough to share about some of his past failures, too.

"Unfortunately, so is losing [a habit]. There is no room for second place. There is only one place in my

But more importantly, you've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second."

There is something in good men that really yearns for discipline and the harsh reality of head to head combat. I don't say these things because I believe in the 'brute' nature of men or that men must be brutalized to be combative..."



game, and that's first place. I have finished second twice in my time at Green Bay, and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do, and to win, and to win, and to win."

Coach Lombardi would require 100% commitment from his team.

He said, "Every time a football player goes to play his trade he's got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be number one in any business.

Running a football team is no different than running any other kind of organization - an army, a political party or a business. The principles are the same. The object is to win - to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they are there - to compete. The object is to win fairly, squarely, by the rules - but to win.

And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline.

***"I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour -- His greatest fulfillment to all he holds dear -- is that moment when He has worked his heart out in a good cause and lies exhausted on the field of battle - victorious!"***

**- Coach Vincent T. Lombardi**



WHAT'S YOUR  
BATTLEFIELD? WHAT IS YOUR  
STRATEGY TO FIGHT SMARTER  
AND HARDER--TO WIN?

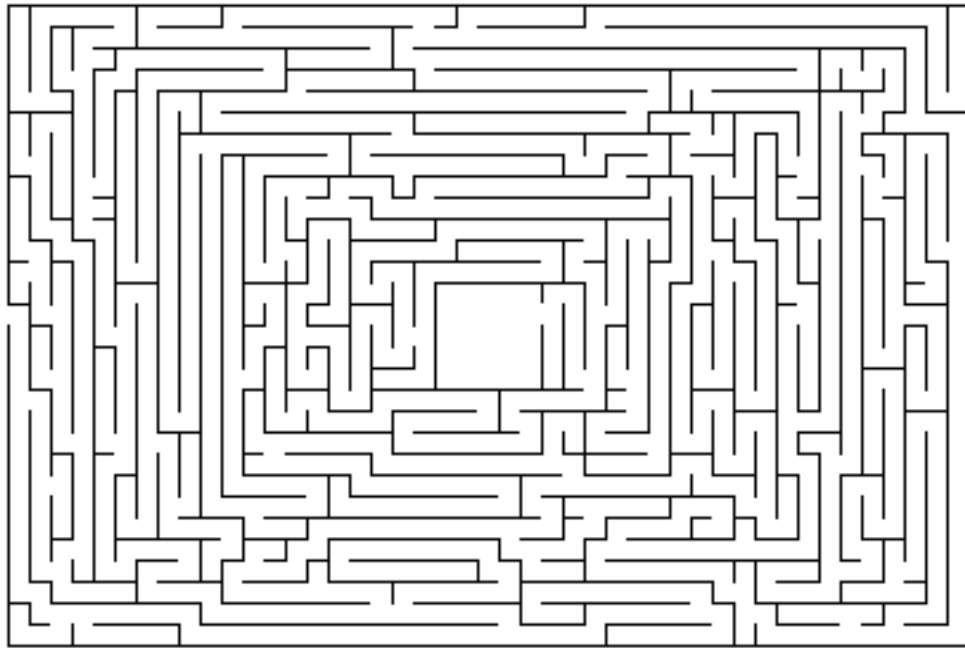
**Jesus told his disciples that they should always "go the extra mile."**

**It's never crowded on the extra mile, because very few choose to distinguish themselves by going above what is expected. But in the extra mile is where champions are made and excellence is displayed.**

# THIS WAY TO

ENTER  
HERE

# THE EXTRA MILE




**"MENTAL TOUGHNESS IS MANY THINGS AND RATHER DIFFICULT TO EXPLAIN. ITS QUALITIES ARE SACRIFICE AND SELF-DENIAL. ALSO, MOST IMPORTANTLY, IT IS COMBINED WITH A PERFECTLY DISCIPLINED WILL THAT REFUSES TO GIVE IN. IT IS A STATE OF MIND-YOU COULD CALL IT CHARACTER IN ACTION." -- VINCE LOMBARDI**



# JOURNAL

REFLECT ON WHAT COACH LOMBARDI SAID ABOVE. REWRITE THE QUOTE IN YOUR OWN WORDS, AND EXPLAIN WHAT YOU THINK HE MEANS. IN NO LESS THAN 100 WORDS, GIVE SPECIFIC EXAMPLES ABOUT HOW YOU CAN WORK TOWARD GROWING A MORE DISCIPLINED WILL--A WILL THAT WILL PROVE ITSELF WITH GOOD CHARACTER IN ACTION.

[illegible]



COME CLOSE TO GOD,  
AND HE WILL COME  
CLOSE TO  
YOU.

**JAMES 4:8**

DISCIPLINE

## FASTING & PRAYER

Fasting means going without something important -- usually food -- so that you can focus more clearly on spiritual things.

A typical fast consists of not eating for one meal or more and drinking only water. It might mean going without one meal, but should also include an extended time of prayer during the fast.

A fast can last as much as 40 days, however. Jesus fasted for 40 days as he was beginning to start his public ministry.

Fasting helps us to grow stronger spiritually.

You might want to start smaller and work your way up to bigger fasts. For example, maybe you just give up one meal a day for three days. During that time pray and ask God to help you get closer to him. You will begin to feel the power of fasting and prayer!

Rather than fasting foods, some people choose to fast from technology, like television, phone, social media, or Internet for a period of time so that they can dedicate that time to praying and drawing closer to God.

The great thing about fasting is that when we draw near to God, He promises that He will also draw near to us. What a great promise! It's not just a one sided effort. If you make the effort, God will also make the effort to bless and come closer to you!

*James 4:8 New Living Translation:  
Come close to God, and God will  
come close to you.*

"Many of us think of fasting as a spiritual duty to God, depriving ourselves of food and drink for a period of time in order to prove our love for Him.

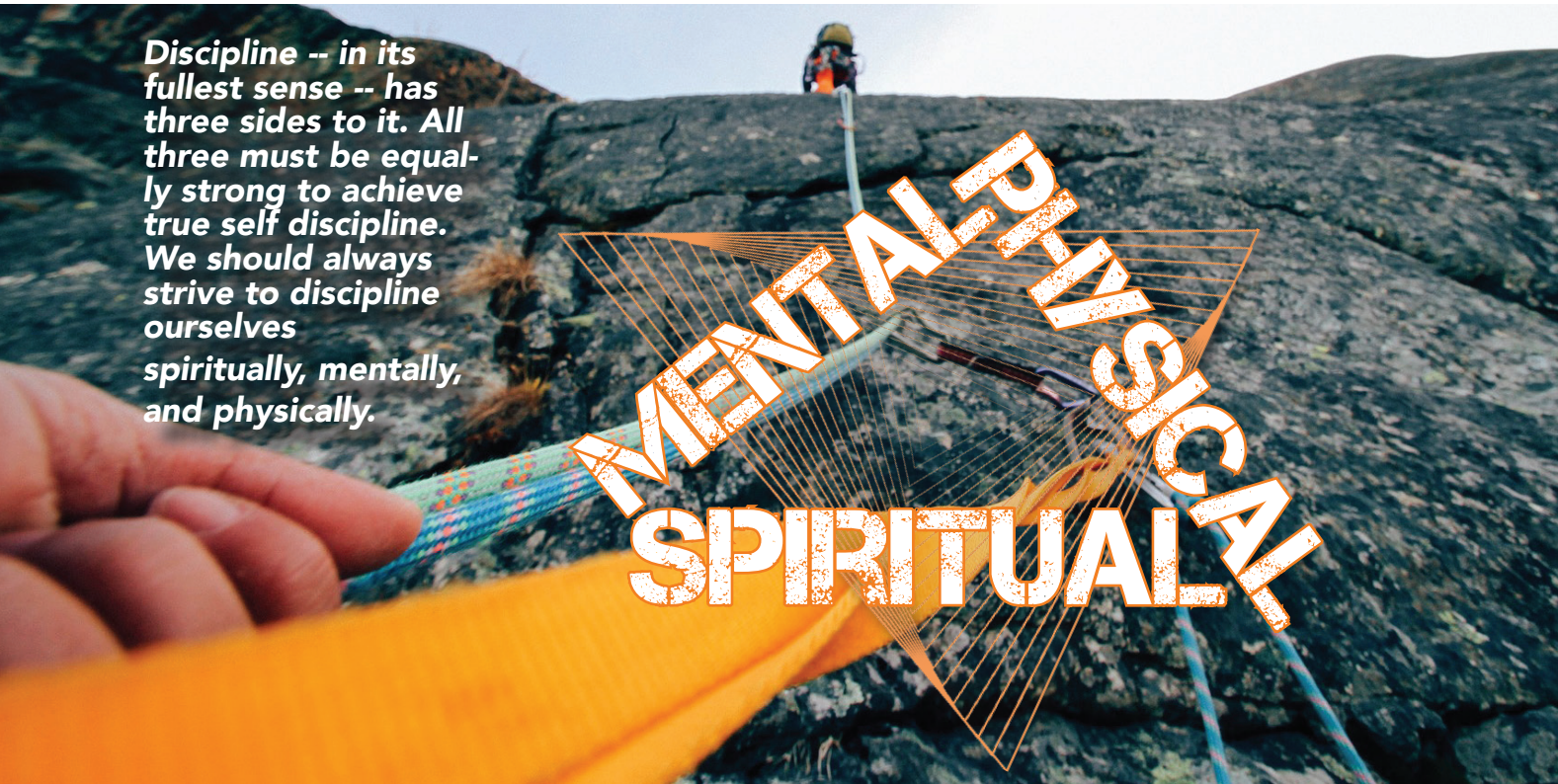
...On the contrary, fasting is less about what we're giving up and

much more about what we're making room for.

When we fast, we exchange what we need to survive for what we need to live—more of God. When we acknowledge through fasting that we need God to live, and to live more abundantly, we can begin to desire God in a new way.

When we realize we need God more than we need food, we can start to understand what the Psalmist meant when he wrote, "Like the deer that pants after water, my soul longs for You."

God, the sustainer of all life, wants nothing more than a closer connection with us, and through fasting we can quench that new desire for more of Him in our lives."<sup>3</sup>

A person is climbing a dark, textured rock face. A rope is attached to the climber and extends down towards the bottom of the frame. In the foreground, a hand is holding a bright yellow cloth. The background shows a clear blue sky and a distant horizon. The overall scene conveys a sense of challenge and achievement.

*Discipline -- in its fullest sense -- has three sides to it. All three must be equally strong to achieve true self discipline. We should always strive to discipline ourselves spiritually, mentally, and physically.*

**MENTAL PHYSICAL SPIRITUAL**

involves doing the things that build us up spiritually so that we can be strong for God.



# 3.

When we put the Lord first, He promises to bring His blessings on our lives. No matter what our circumstances, God can overcome and set us on a path of blessing.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no vertical margin lines or other markings present.

# MENTAL DISCIPLINE

Mental discipline involves doing the things that build us up mentally so that we can be strong, wise, and sharp for God.

These habits will help you to become a champion for Christ.

## SET A TIME FOR READING

2.

## SET A GOAL TO READ A CERTAIN NUMBER OF BOOKS MONTHLY

# 3.

MAKE YOURSELF MENTALLY TOUGH BY PREPARING YOUR MIND TO DEAL WITH TOUGH SITUATIONS. REFUSE TO WORRY--INSTEAD, CAST YOUR CARES ON GOD.



**MAKE YOURSELF GO TO SLEEP  
A LITTLE EARLIER IN ORDER TO  
HAVE READING TIME.**

5.

**SPEND TIME WITH INTELLIGENT  
PEOPLE AND ASK QUESTIONS.**



**"A MAN WITH AN ORGANIZED  
SYSTEM OF THOUGHT WILL  
NEVER BE AT THE MERCY OF  
A MAN WITHOUT ONE."**

**-- DR. ED COLE**

## MY MENTAL GOALS:

[illegible]

**BOOKS TO READ:**  
*Title/Author/Date finish*



# CHALLENGE

# CHALLENGE

**"EARLY TO BED AND EARLY TO RISE MAKES A MAN  
HEALTHY, WEALTHY, AND WISE." -- BENJAMIN FRANKLIN**



**"BEING  
PHYSICALLY  
FIT HELPS ME  
THINK  
BETTER AND  
FEEL  
BETTER.**

**I ONLY HAVE  
THIS ONE BODY.  
I WANT TO  
MAKE THE  
MOST  
IMPACT  
THAT I CAN;  
TAKING CARE  
OF MY BODY  
HELPS ME HELP  
OTHERS.**

**THAT'S A BIG  
REASON WHY I  
DO IT."**

**--TIM TEBOW**

## PHYSICAL DISCIPLINE

Physical discipline involves doing the things that build us up physically so that we can be strong for God.

These habits will help you to become a champion for Christ.

**1.**

SET A TIME FOR DAILY EXERCISE.

**2.**

SET SPECIFIC GOALS FOR YOURSELF IN THE AREAS OF WEIGHT LIFTED, DISTANCE RAN, OR WHATEVER IS MOST IMPORTANT TO YOU.

**3.**

MAKE YOURSELF GO TO SLEEP A LITTLE EARLIER AND GET OUT OF BED A LITTLE EARLIER IN ORDER TO HAVE YOUR TIME FOR EXERCISING.

**MY PHYSICAL GOALS:**

[illegible]

BOOKS	HABITS
BUILD	JOURNAL
CHAMPION	PLAN
CHAPTERS	PUSH
DAILY	READ
DISCIPLINE	RUN
EARLY	STRENGTH
EFFORT	STUDY
ENDURANCE	TRAIN
ENERGY	WATER
FASTING	WORKOUT
GOALS	



## DISCIPLINE POINT III:

# DISCIPLINE ALLOWS US TO DO NOW...



## WHAT CANNOT BE DONE LATER.

### DISCIPLINE MEANS DUE DILIGENCE

The Apostle Paul told Timothy to “do his diligence to come to me before winter”. He told him to come because he knew that if he waited ‘til winter, the trade routes in the sea and ancient navigation conditions would not allow him to arrive until Spring, in which case, Paul would already be dead. The point here is that the things we can do now, we should do. Because the time will come when we will be unable to do them.

### OPPORTUNITY IS KNOCKING. GO GET THE DOOR!

Men of Discipline listen and respond when people come with a need. They handle it right then and there. In life, there are often no second chances given when opportunity knocks. That is why it is important to do what we can do, while we can.

### GIVE IT YOUR ALL

Complete the task before you with excellence. Each task that comes before you requires the judgment of whether it is worthy of your efforts. If it is worthy of your efforts, it must be given your very best effort.

### ACT QUICKLY!

Never put off until tomorrow something that can be done today. Be diligent and disciplined. When you are excellent in your efforts you will rise to the top!

***“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,”***  
***(Colossians 3:23 NIV)***

UNSCRAMBLE THE KEY WORDS TO SEE WHAT COACH VINCE LOMBARDI SAID ABOUT DILIGENCE.

“The price of success is

\_\_\_\_\_ ,

[KAODHRRW]

\_\_\_\_\_

[NICDDTOIAE]

to the job at hand, and

the \_\_\_\_\_

[ONTANEIIRDMTE]

that whether we win or lose, we have applied the \_\_\_\_\_

[ETSB]

of ourselves to the task at hand.”

# DILIGENCE. [dil-i-juh ns] noun

1. constant and earnest effort to accomplish what is undertaken; persistent exertion of body or mind.

DESCRIBE THE DIFFERENCE BETWEEN WORKING WITH ALL YOUR HEART, AND HALF-HEARTED WORK.  
GIVE A SPECIFIC EXAMPLE OF HOW YOU WOULD COMPLETE A CERTAIN TASK WITH ALL YOUR HEART,  
INSTEAD OF THE WAY YOU HAVE BEEN DOING IT.



JOURNAL IT



# **HABITS OF STRONG MEN**

**DAILY  
DEVOTIONAL**

**QUIET TIME  
WITH GOD**

**WORSHIP**

**CONFESSION**

# STRONG HABIT #1

## DAILY DEVOTIONAL AND QUIET TIME WITH GOD

Habits are patterns that we build in our lives that help us to be successful. If we develop bad habits, we cause ourselves problems that result in failure.

If we build good habits, we set ourselves up for success.

Habits begin with what we are thinking. To start a good habit, we begin with a thought.

**BUILD A THOUGHT – IT WILL LEAD TO AN ACTION.**

**BUILD AN ACTION – IT WILL LEAD TO A HABIT.**

**BUILD A HABIT – IT WILL LEAD TO A LIFESTYLE.**

**BUILD A LIFESTYLE – IT WILL LEAD TO A DESTINY.**

All lifestyles begin with a thought that we build into a habit. So if we want to have a good destiny, we must begin with good thoughts.

As we studied in the first Module, Daniel was a man with a destiny that caused him to be blessed, happy, and his life also influenced many people throughout time, including you me and you!

The strength of Daniel's life was his devotional habits. Let's study what a devotional is...

**Devotional: (noun)**

**[dih-voh-shuh-nl]**

1. A daily time spent in worship, prayer or Bible reading.

A devotional is a time where you connect with God and try to build a relationship with Him.

When we set aside time with God every day, and build routines in our life to prepare ourselves spiritually, mentally, and physically, we build habits that point out lives toward excellence.

Here are a few sample devotionals you can use to get you started in your new life of excellence:

### **SAMPLE DEVOTIONAL 1 –**

Read the following passages of scripture:

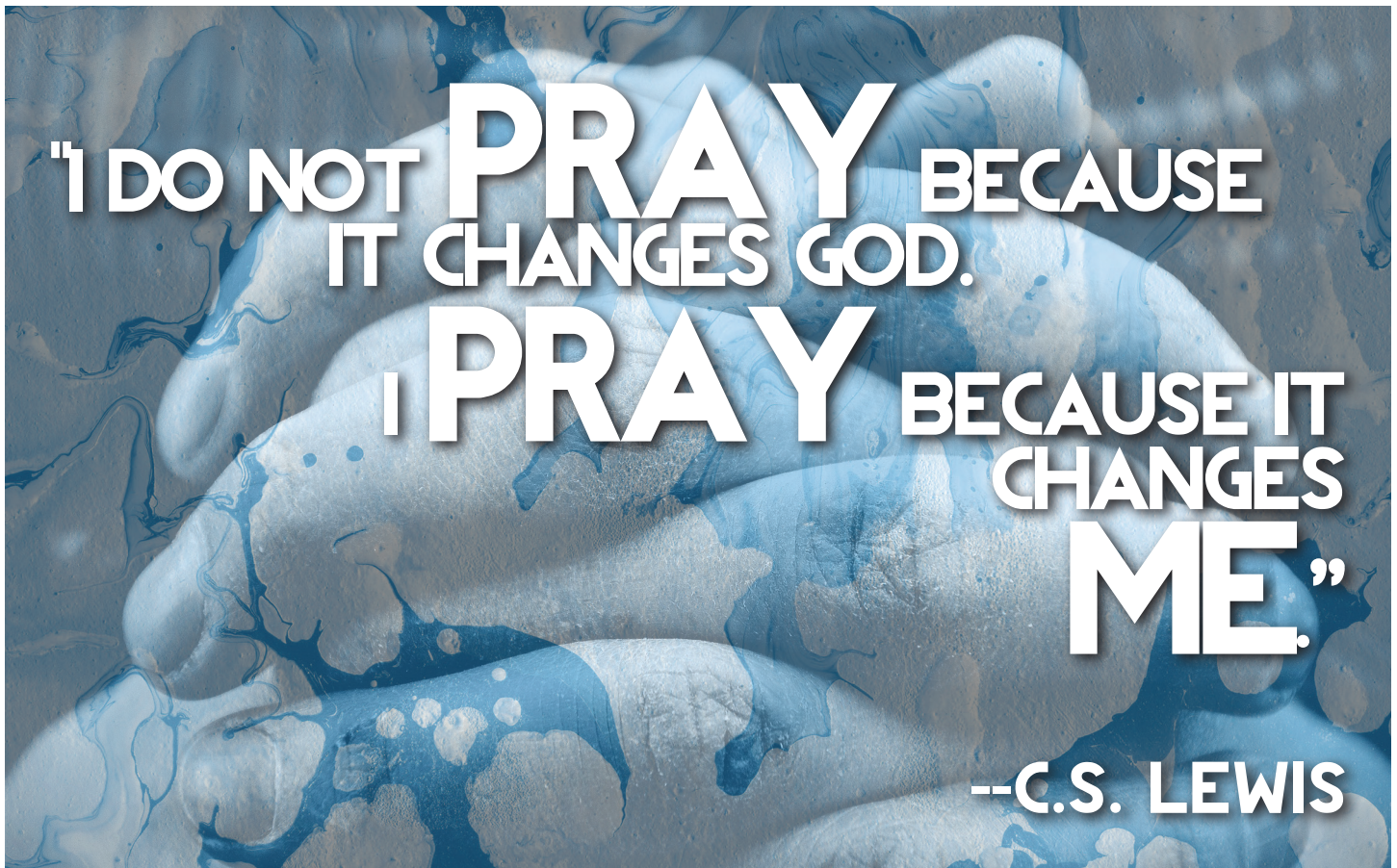
*Psalm 101:1 A Psalm of David. I will sing of mercy and judgment; to You, O Jehovah, I will sing praise.*

*Psalm 101:2 I will behave myself wisely in a perfect way. O when will You come to me? I will walk within my house with a perfect heart.*

*Psalm 101:3 I will set no wicked thing before my eyes. I have hated the work of those who turn aside; it shall not hold on to me.*

*Psalm 101:4 a perverse heart will depart from me; I will not know the wicked.*

*Psalm 101:5 whoever secretly slanders his neighbor, I will cut him off; him who has a high look and a proud heart, I will not allow.* (continued on next page)



*Psalm 101:6 My eyes shall be on the faithful of the land, so that they may dwell with me; he who walks in a perfect way, he shall serve Me.*

*Psalm 101:7 He who works falsely shall not dwell within my house; he who tells lies shall not stay in my sight.*

*Psalm 101:8 I will early destroy all the wicked of the land, so that I may cut off all wicked doers from the city of Jehovah.*

#### QUESTIONS:

1: According to Verse 3, what vow did David make to God?

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2: What are some things today that we can remove from before our eyes?

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3: Who are the faithful of the land?

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4: Based on this passage, what kind of friends should we have and what kind should we avoid?

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#### BONUS QUESTION:

The image above tells what C.S. Lewis said, when asked why he continued to pray and worship God, even though his wife was dying of cancer. What do you think he meant?

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Read the following passage of scripture:

*Psalm 1:2 Instead, they find joy in obeying the Law of the LORD, and they study it day and night.*

*Psalm 1:4 But evil people are not like this at all; they are like straw that the wind blows away.*

*Psalm 1:5 Sinners will be condemned by God and kept apart from God's own people.*

*Psalm 1:6 The righteous are guided and protected by the LORD, but the evil are on the way to their doom.*

### Questions:

1: How does verse 1 describe men who follow God's ways?

2: According to verse 2, what does the Godly man do every day?

### 3: What is the result?

Possible Answer: Like a well-watered tree, they bloom. Everything they do succeeds.

#### 4: What happens to the wicked?

FIND ONE OF YOUR FAVORITE CHAPTERS FROM THE BOOK OF PSALMS IN THE BIBLE AND WRITE YOUR OWN DEVOTIONAL WITH 3 QUESTIONS AND ANSWERS ABOUT APPLYING IT TO YOUR LIFE. SEE THE DEVOTIONAL SAMPLES FOR HELP.

# CHALLENGE

[illegible]

**Find a place alone. Make sure that you are not close to anyone else and you have no distractions around you.**

Be very quiet, pray and listen  
for God's voice, His leading,  
some thought or idea that  
God might be speaking to  
you.

**Spend the next 30 minutes waiting for the Lord to speak to your heart; let Him show you what needs to change, what needs to be done.**

Be obedient to respond to what God wants you to do, to confess, to forgive, to make right.

[illegible]

# STRONG HABIT #2 WORSHIP

***What is Worship? Worship is a strong, passionate, and bold way to thank God, tell Him we love Him, and express our hearts to Him.***

Worship is the habit that makes us powerful because we are filled with God's power. It's the real reason that God created us. We were created to worship Him.

Worship transforms us from the man we don't want to be, into the man we want to be. It really helps turn us into the man God created us to be.

When God is looking for a man to bless, he looks for a man who worships.

There is a way to change from who we are to who we can be. Prayer changes everything.

If you could change things about your present, what would they be?

What is Worship?

What would it be like, if you had a special chamber that you could step into, turn on, and when you came out you were stronger, better, more blessed, happy, and changed every time? How great would that be?

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Worship is a strong, passionate, and bold way to thank God, tell Him we love Him, and express our hearts to Him.

{When Worship goes up to God, blessings from Heaven come down to us.}

If you could change things about your thoughts, your personality, your outlook on life, what would they be?

If you could change things about your future, what would they be?

Worship may also be defined as attending a church service. The very best men are those who attend church regularly. Every Sunday and Wednesday is a great start to worship. When we attend church regularly, we allow God to speak to us more clearly through His word and also allow God's presence to "rub off" on us as we meet with God's people.

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UNSCRAMBLE THE SENTENCE TO REVEAL ONE REASON WORSHIP IS SO IMPORTANT.

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## QUESTIONS

1. What are examples of prayers that are not in God's will?

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2. What are examples of prayers that are in His will?

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3. So, what are your top three prayer requests?

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God likes it when we have big faith and exercise it in prayer:

Among those in the court of Alexander the Great was a philosopher of outstanding ability but little money. He asked Alexander for financial help and was told to draw whatever he needed from the imperial treasury.

But when the man requested an amount equal to \$50,000, he was refused--the treasurer needed to verify that such a large sum was authorized. When he asked Alexander, the ruler replied, "Pay the money at once. The philosopher

has done me a singular honor. By the largeness of his request he shows that he has understood both my wealth and generosity."<sup>4</sup>

Prayer changes things. The Bible tells us that when we pray according to God's will, he hears us and since he hears us, He will answer and grant our requests.

We have to make sure our prayers are in line with His will. We only know what fits and does not fit by reading the Bible and spending enough time in devotion and prayer to understand God's plan for our lives.

# WANT POWER??

## PRAYER PRODUCES POWER IN OUR LIFE.

## POWER TO CHANGE.

## POWER TO STAND STRONG IN YOUR CONVICTIONS.

## POWER TO STAND ON GOD'S PROMISES.

## POWER TO SAY NO TO TEMPTATION AND SIN.

Jesus' life was nothing more than prayer interrupted by miracles. He understood that prayer was where He would find power.

The saying is "Much prayer, much power. Little prayer, little power.

How do we pray? Here is how Jesus taught his disciples.

*The Lord's Prayer,  
(Tony Rorie's paraphrase)*

*My Father, you are in Heaven  
and there is nothing like you,  
you are awesome!*

*I want your ways and your  
goals to happen right here on  
Earth, just like it's happening in  
Heaven.*

*There is nothing bad in Heaven.  
Thank you for providing for my  
every need today.*

*I forgive everybody, every little  
thing they've done wrong to  
me.*

*Please forgive me for every sin  
I've committed against you and  
others.*

*Help me to avoid every bit of  
sin and temptation, and every  
evil.*

*All praise, glory, honor, and  
future plans belong to you!*

**AMEN!**

UNSCRAMBLE...MORE THAN JUST THESE  
WORDS (UNSCRAMBLE YOUR ISSUES!) WITH  
THESE THREE HABITS OF STRONG MEN.



When we pray, God hears us.

When we spend time studying his word, we hear him.

When we worship, it brings us closer together.

So, all three are important to growing stronger.

As you unscramble the words from the lesson that teaches us the impact of these strong habits, think about how prayer, worship and devotion work together to help us UNSCRAMBLE our lives, our thoughts, our desires, our problems, our weaknesses.

God wants us to have a true, legit, one-on-one relationship with Him, to see and know who He really is, but that does not happen without all three of these things: Prayer, Devotion and Worship.

PRWOE

CEHANG

STNRGO

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LESNIT

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CHALLENGE

**THINK** ABOUT YOUR TOP THREE PRAYER REQUESTS. NOW IT'S TIME FOR SOME RESEARCH. THAT'S SOMETHING ELSE STRONG MEN DO--THEY HAVE THE DILIGENCE TO FIND THE ANSWERS THEY NEED. LOOK FOR A SCRIPTURE IN THE BIBLE THAT GOES WITH EACH OF YOUR PRAYER REQUESTS. IF YOU HAVE A BIBLE APP ON YOUR PHONE, IT WILL BE MUCH EASIER. IF YOU DON'T HAVE ONE, GET ONE!

**CONFIRM**, BY EXPLORING GOD'S WORD, THAT YOUR REQUEST IS REALLY IN HIS WILL.

**DISCOVER** THAT USING THIS SCRIPTURE WHEN YOU PRAY FOR YOUR REQUEST WILL BUILD YOUR FAITH AND EMPOWER YOUR PRAYERS BY REINFORCING THEM WITH GOD'S OWN WORDS AND PROMISES.

**REFLECT** ON WHAT EACH VERSE MEANS TO YOU. PRAY ABOUT IT. WRITE ABOUT IT.  
Believe God for the right answer.



Handwriting practice lines for reflection.

A black and white photograph of a man in a hoodie looking down, with a large red 'STRO' logo at the top.

GET INTO THE  
TRANSFORMATION  
CHAMBER TODAY AND  
BE CHANGED FOREVER.

Our world is constructed by the words we say. Because we are created in the image of God, our words have power.

MAKE A LIST OF "THE RIGHT WORDS" TO SAY ABOUT YOURSELF ON A REGULAR BASIS.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# CHALLENGE



Here is an example of a set of daily confessions that you can say out loud. As a man thinks in his heart, so is he! Get in the habit of declaring GOOD things in your life every day.

-READ THEM  
-SAY THEM  
-WRITE SOME OF THEM ON CARDS AND TAPE THEM UP AROUND YOUR ROOM, YOUR LOCKER, YOUR NOTE-BOOK ... ANYWHERE YOU WILL SEE THEM!

## I CONFESS:

- \* TODAY IS A GOOD DAY. I AM FULL OF GOD'S HOLY SPIRIT.
- \* I AM A WORLD CHANGER.
- \* I AM BLESSED COMING IN; I AM BLESSED GOING OUT.
- \* I AM BLESSED WITH ALL SPIRITUAL BLESSINGS IN HEAVENLY PLACES IN CHRIST JESUS.
- \* GREATER IS HE THAT IS IN ME THAN HE THAT IS IN THE WORLD.
- \* EVIL WILL NOT COME NEAR ME;
- \* NEITHER SHALL ANY SICKNESS OR DISEASE COME NEAR MY HOUSE, FOR GOD HAS GIVEN HIS ANGELS CHARGE OVER ME. THEY KEEP ME IN ALL MY WAYS.
- \* NO WEAPON FORMED AGAINST ME WILL PROSPER, BUT WHATEVER I DO WILL PROSPER.
- \* I AM LIKE A TREE PLANTED BY THE RIVERS OF WATER. I LACK FOR NO GOOD THING.
- \* MY GOD SUPPLIES ALL MY NEEDS ACCORDING TO HIS RICHES IN GLORY IN CHRIST JESUS.
- \* I HAVE EVERYTHING I NEED IN ALL AREAS AND ABOUND TO ALL GOOD WORKS, FOR MY GOD HAS MADE ALL GRACE ABOUND TOWARD ME.
- \* TODAY I AM FILLED WITH THE LOVE OF GOD.
- \* I AM FILLED WITH THE JOY OF THE LORD.
- \* I AM FILLED WITH THE PEACE OF GOD.
- \* I CONFESS THAT ALL MY SINS ARE FORGIVEN.
- \* ALL MY DISEASES ARE HEALED.
- \* I AM PRESERVED AND STRONG IN GOD.
- \* I AM CROWNED WITH HIS LOVING KINDNESS AND TENDER MERCY, AND MY STRENGTH IS RENEWED AS THE EAGLE.
- \* I AM REDEEMED FROM THE CURSE OF THE LAW AND FROM EVERY SICKNESS AND DISEASE AND EVERYTHING ELSE UNDER THE CURSE.
- \* I REIGN AS A KING IN LIFE BY CHRIST JESUS.
- \* I HAVE BEEN WASHED IN THE BLOOD OF JESUS.
- \* JESUS HIMSELF TOOK MY INFIRMITIES AND BORE MY SICKNESSES, AND BY HIS STRIPES I AM HEALED.
- \* THE LORD IS MY HELPER AND I WILL NOT FEAR WHAT MAN CAN DO TO ME.
- \* I HAVE THE MIND OF CHRIST.
- \* I HAVE THE WISDOM OF GOD. I HAVE WISDOM FOR EVERY SITUATION.
- \* I LET THE WORD OF CHRIST DWELL IN ME RICHLY AND I REFUSE TO WORRY.
- \* I CAST ALL MY CARES ON HIM.
- \* JESUS GAVE ME THE AUTHORITY TO USE HIS NAME. HE SAID WHATEVER I BIND ON EARTH IS BOUND IN HEAVEN. SATAN, I BIND YOU AND ALL THE FORCES OF EVIL. I DECLARE THEM HARMLESS AND INEFFECTIVE AGAINST ME.
- \* JESUS SAID WHATEVER I LOOSE ON EARTH IS LOOSED IN HEAVEN. ANGELS GO, HEarken TO MY VOICE. BRING IN MY HARVEST TODAY.
- \* THIS IS MY CONFESSION, AND I THANK YOU FATHER IN JESUS' NAME THAT I HAVE WHAT I SAY.
- \* JESUS IS THE HIGH PRIEST OF MY CONFESSION.

# STRONG HABIT #4

## SCRIPTURE MEMORIZATION

Jesus said, "You shall know the truth, and the truth will set you free."

Truth will not set you free; it's only the truth that you know that will set you free.

King David also said:

"Your word have I hid in my heart, that I might not sin against God."

The way that you hide the word in your heart is to memorize the scripture. When you commit the word to memory, you are on your way becoming a world-changer!

The best way to memorize a scripture is to write the verse out on a piece of paper. Just write the first few words out at first and practice reading and trying to remember the first few words for 1 day.

The next day, add a few more words to that and practice saying the verse without looking at the paper every time. Finally, add the rest of the words and the verse numbers. Before long, you will memorize many scriptures!

Some of our favorite verses to memorize:

*Psalm 37:4, 5 Delight yourself also in the LORD: and he shall give you the desires of your heart. Commit your way unto the LORD; trust also in him; and he will bring it to pass.*

*Proverbs 3:5, 6 Trust in the LORD with all your heart; and lean not on your own understanding. In all your ways acknowledge him, and he shall direct your paths.*

*Jeremiah 33:3 Call unto me, and I will answer you, and show you great and mighty things, which you do not know.*

*Philippians 4:13 I can do all things through Christ which strengthens me.*

*Psalms 119:11 Your word have I hid in my heart, that I might not sin against you.*

*John 14:6 Jesus said unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.*

*Jeremiah 29:11 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 a hope and a future.*

*II Corinthians 5:17 Therefore if any man be in Christ, he is a new creation. Old things pass away, behold all things are become new.*

*John 3:16 For God so loved the world that he gave his only begotten Son. That whosoever believes in Him will not perish, but have everlasting life.*

*Galatians 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives*

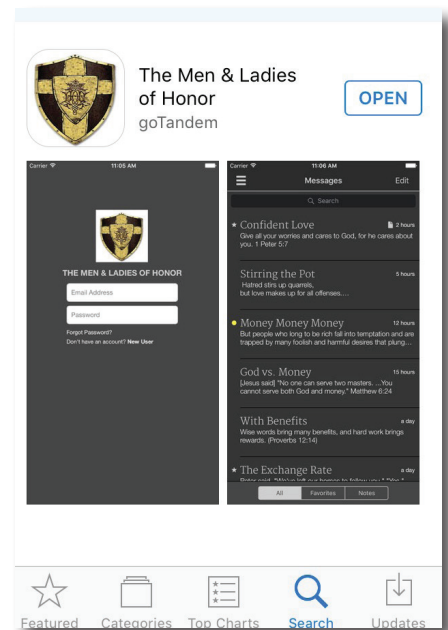
*in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

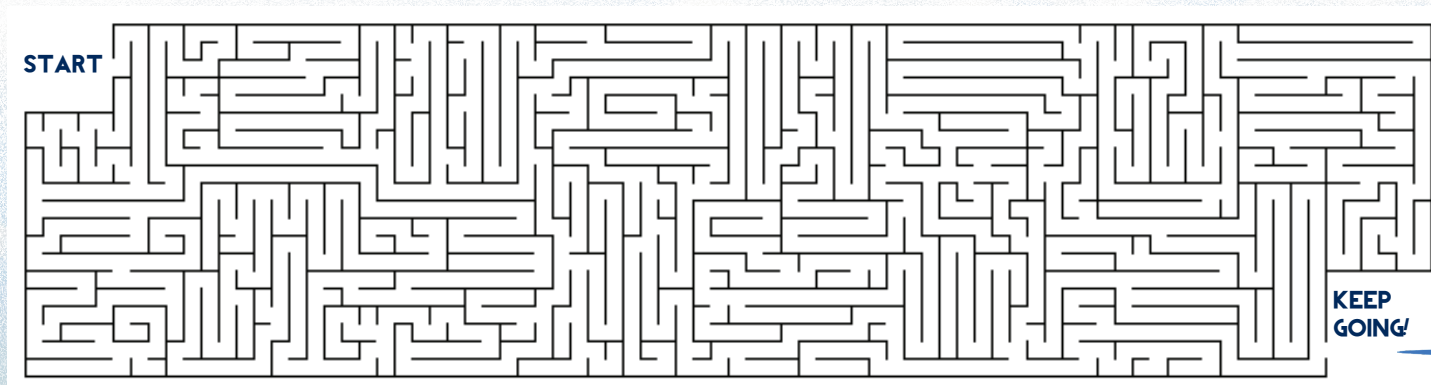
**NOW, HERE'S  
ANOTHER  
CHALLENGE:  
COMMIT THESE  
SCRIPTURES TO  
MEMORY. THEN,  
THEY ARE YOUR  
STRENGTH,  
WHENEVER YOU  
NEED THEM!**

**NEXT, FIND THE MEN  
& LADIES OF HONOR  
APP, FREE ON THE  
APP STORE!  
DOWNLOAD  
AND START YOUR  
JOURNEY!**



**C-CHALLENGE**

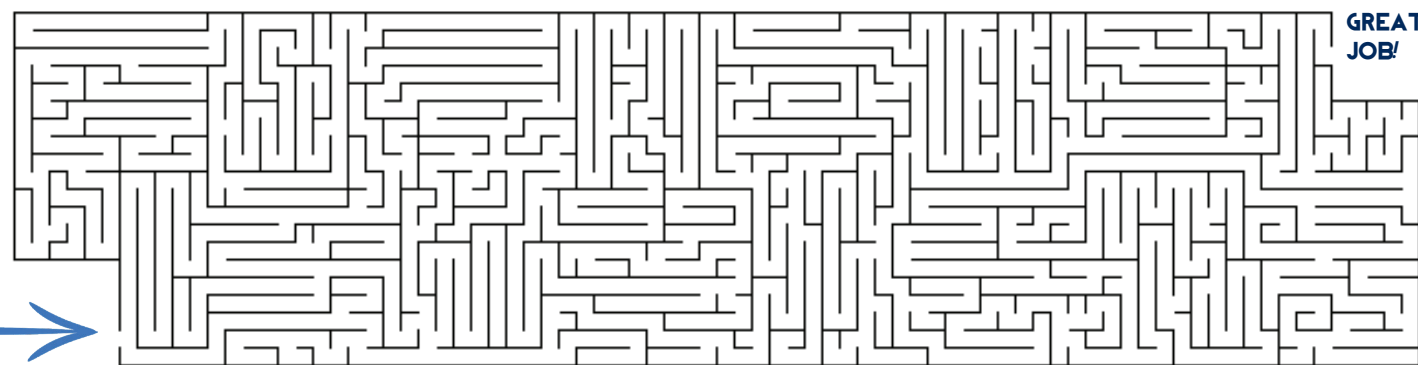


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# JOURNAL

HOW CAN YOU SEE THIS SUCCESSFUL DUO PLAYING OUT IN YOUR LIFE, FOR VICTORY OVER THESE THINGS THAT HAVE BEEN HOLDING YOU BACK?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## FOUR KEY POINTS

- I. CORE VALUES DETERMINE OUR DIRECTION IN LIFE
- II. CORE VALUES DEFINE OUR LEGACY
- III. CORE VALUES ARE DEMONSTRATED BY OUR TRADITIONS
- IV. CORE VALUES ARE INFLUENCED BY OUR FRIENDS



## FOUR KEY VERSES

- I. WALK WITH THE WISE AND BECOME WISE; ASSOCIATE WITH FOOLS AND GET IN TROUBLE. (PROVERBS 13:20)
- II. HOW JOYFUL ARE THOSE WHO FEAR THE LORD. (PSALM 128: 1-4)
- III. AS A MAN THINKS IN HIS HEART, SO IS HE. (PROVERBS 23: 7)
- IV. REPEAT THEM AGAIN AND AGAIN TO YOUR CHILDREN. TALK ABOUT THEM WHEN YOU ARE AT HOME AND WHEN YOU ARE ON THE ROAD, WHEN YOU ARE GOING TO BED AND WHEN YOU ARE GETTING UP. (DEUTERONOMY 6:7)

Just like the name implies, core values are the values at the very core of who we are.

Like a compass, our core values lead us through the decisions we make in life.

The core values we have will guide our thoughts. Our thoughts will determine what sort of actions we take. Those actions, in turn will determine our habits. The habits will dictate our lifestyle, and our lifestyle will determine our destiny.

A man's destiny is determined by his core values and habits that he creates.

When we set our core values, we set the course for our life. If we don't define our core values, something else will.



## CHALLENGE

### FIGURING OUT VALUES

13

	7			15
	5	2		20
8				11
6			9	26
23	22	9	18	17

#### Try to fill in the missing numbers.

The missing numbers are integers between 0 and 9. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

**NOW...WHAT WOULD YOU DO, IF YOU HAD TO SOLVE THIS PUZZLE IN LESS THAN A MINUTE, TO SAVE YOUR LIFE?**

That's about what you're doing, if you wait until you're in the middle of a problem to try to figure out your values. It could be a life-changing decision--good or bad. Take time to think about and explore your values ahead of time--KNOW THEM, so when they are tried, you will be ready with the right answer!