"The easiest thing to do everyday is to follow the path of least resistance."

"No pain, no pain!"

Slide12.jpg

Slide13.jpg

"Character is, by its very nature, the product of probationary discipline."

AUSTIN PHELPS

# Discipline:

"to train or develop by instruction and exercise especially in self-control"

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# Discipline:

"an orderly or prescribed conduct or pattern of behavior"

# Discipline:

"training that corrects, molds or perfects the mental faculties or moral character" WEBSTER

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"To live a disciplined life, and to accept the result of that discipline as the will of God—that is the mark of a man." —TOM LANDRY

By faith, Moses, when grown, refused the privileges of the Egyptian royal house. He chose a hard life with God's people rather than an opportunistic soft life of sin with the oppressors.

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He valued suffering in the Messiah's camp far greater than Egyptian wealth because he was looking ahead, anticipating the payoff. HEBREWS 11:24-26

# Physical Mental Spiritual

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# **Diet & Exercise**

# **Diet & Exercise**

"I went on a fourteen-day diet, but all I lost was 2 weeks!"

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## **Diet & Exercise**

"Losing weight is a triumph of mind over platter."

# **Diet & Exercise**

"I am on 3 diets.
I can't get enough to
eat on just one!"

—MARK LOWERY

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## **Diet & Exercise**

Smaller portions, not bigger restrictions

# **Diet & Exercise**

"Minutes at the table don't put on weight—
it's the seconds."

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#### **Diet & Exercise**

Smaller portions, not bigger restrictions

Shift, don't starve

#### **Diet & Exercise**

- Smaller portions, not bigger restrictions
- Shift, don't starve

Simplify your sweets

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#### **Diet & Exercise**

- Smaller portions, not bigger restrictions
- Shift, don't starve
- Simplify your sweets

Split, don't stuff

#### **Diet & Exercise**

- Smaller portions, not bigger restrictions
- · Shift, don't starve
- Simplify your sweets
- · Split, don't stuff

Splurge, but don't make it your standard

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# 2004 Top 10 "Fattest" Cities:

- Detroit 1.
- 6. Ft. Worth
- Houston
- 7. Philadelphia
- 3. Dallas
- 8. Arlington
- 4. San Antonio 9. Cleveland
- 5. Chicago
- 10. Columbus

**Personal Growth** & Development

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#### **Personal Growth & Development**

Read one page per day.

# Spiritual Discipline & Devotion

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## **Spiritual Discipline & Devotion**

"Man is born to have connection with God."

—CLEMENT OF ALEXANDRIA

# **Spiritual Discipline & Devotion**

"I have more trouble with D.L. Moody than any other man I ever met."

—DWIGHT L. MOODY

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# RPMS GO! Read the Bible Daily P M S G O

#### **RPMS GO!**

Read the Bible Daily

Pray

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Adoration Confession Thanksgiving Supplication

#### RPMS GO!

**Read the Bible Daily** 

Pray

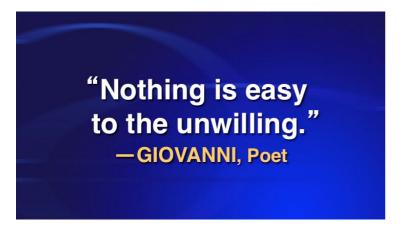
**Memorize Scripture** 

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# RPMS GO!

Read the Bible Daily
Pray
Memorize Scripture
Serve
G

**RPMS GO!** 

Read the Bible Daily
Pray
Memorize Scripture
Serve
Give
O

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It is more blessed to give than to receive.

**ACTS 20:35** 

#### **RPMS GO!**

Read the Bible Daily Pray Memorize Scripture Serve Give Obedience

Slide46.jpg Slide47.jpg

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says.

Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

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But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does.

JAMES 1:21-25

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