

**“The easiest thing to do everyday is to follow the path of least resistance.”**

Slide12.jpg

**“No pain,  
no pain!”**

Slide13.jpg

**“Character is, by its very nature, the product of probationary discipline.”**  
**AUSTIN PHELPS**

Slide14.jpg

**Discipline:**

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**“to train or develop by instruction and exercise especially in self-control”**

Slide15.jpg

**Discipline:**

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**“an orderly or prescribed conduct or pattern of behavior”**

Slide16.jpg

**Discipline:**

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**“training that corrects, molds or perfects the mental faculties or moral character”** **WEBSTER**

Slide17.jpg

**“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**

Slide18.jpg

**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.**

Slide19.jpg

**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****

Slide20.jpg

**Physical  
Mental  
Spiritual**

Slide21.jpg

**Diet & Exercise**

Slide22.jpg

**Diet & Exercise**

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

Slide23.jpg

## Diet & Exercise

“Losing weight is a triumph of mind over platter.”

Slide24.jpg

## Diet & Exercise

“I am on 3 diets. I can't get enough to eat on just one!”  
—MARK LOWERY

Slide25.jpg

## Diet & Exercise

Smaller portions, not bigger restrictions

Slide26.jpg

## Diet & Exercise

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

Slide27.jpg

## Diet & Exercise

- Smaller portions, not bigger restrictions

Shift, don't starve

Slide28.jpg

## Diet & Exercise

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

Simplify your sweets

Slide29.jpg

## Diet & Exercise

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

**Split, don't stuff**

Slide30.jpg

## 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**

Slide31.jpg

## 2004 Top 10 "Fattest" Cities:

- |                |                 |
|----------------|-----------------|
| 1. Detroit     | 6. Ft. Worth    |
| 2. Houston     | 7. Philadelphia |
| 3. Dallas      | 8. Arlington    |
| 4. San Antonio | 9. Cleveland    |
| 5. Chicago     | 10. Columbus    |

Slide32.jpg

## Personal Growth & Development

Slide33.jpg

## Personal Growth & Development

**Read one page per day.**

Slide34.jpg

## Spiritual Discipline & Devotion

Slide35.jpg

## Spiritual Discipline & Devotion

**“Man is born to have connection with God.”**  
—**CLEMENT OF ALEXANDRIA**

Slide36.jpg

## Spiritual Discipline & Devotion

**“I have more trouble with D.L. Moody than any other man I ever met.”**  
—**DWIGHT L. MOODY**

Slide37.jpg

## RPMS GO!

**Read the Bible Daily**  
**P**  
**M**  
**S**  
**G**  
**O**

Slide38.jpg

## RPMS GO!

**Read the Bible Daily**  
**Pray**  
**M**  
**S**  
**G**  
**O**

Slide39.jpg

**Adoration**  
**Confession**  
**Thanksgiving**  
**Supplication**

Slide40.jpg

## RPMS GO!

**Read the Bible Daily**  
**Pray**  
**Memorize Scripture**  
**S**  
**G**  
**O**

Slide41.jpg

**“Nothing is easy  
to the unwilling.”**  
—GIOVANNI, Poet

Slide42.jpg

**Rejoice always.**  
**1 THESSALONIANS 5:16**

Slide43.jpg

**RPMS GO!**

**Read the Bible Daily**  
**Pray**  
**Memorize Scripture**  
**Serve**  
**G**  
**O**

Slide44.jpg

**RPMS GO!**

**Read the Bible Daily**  
**Pray**  
**Memorize Scripture**  
**Serve**  
**Give**  
**O**

Slide45.jpg

**It is more blessed to  
give than to receive.**  
**ACTS 20:35**

Slide46.jpg

**RPMS GO!**

**Read the Bible Daily**  
**Pray**  
**Memorize Scripture**  
**Serve**  
**Give**  
**Obedience**

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.**

Slide48.jpg

**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.**

Slide49.jpg

**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**

Slide50.jpg