

BATTLE READY

Psalms 144:1

Your Life's Prime Objective:

You did not choose me, but I chose you.
I appointed you to go and produce fruit
and that your fruit should remain, so
that whatever you ask the Father in my
name, he will give you.

John 15:16

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Your

POWER CORE

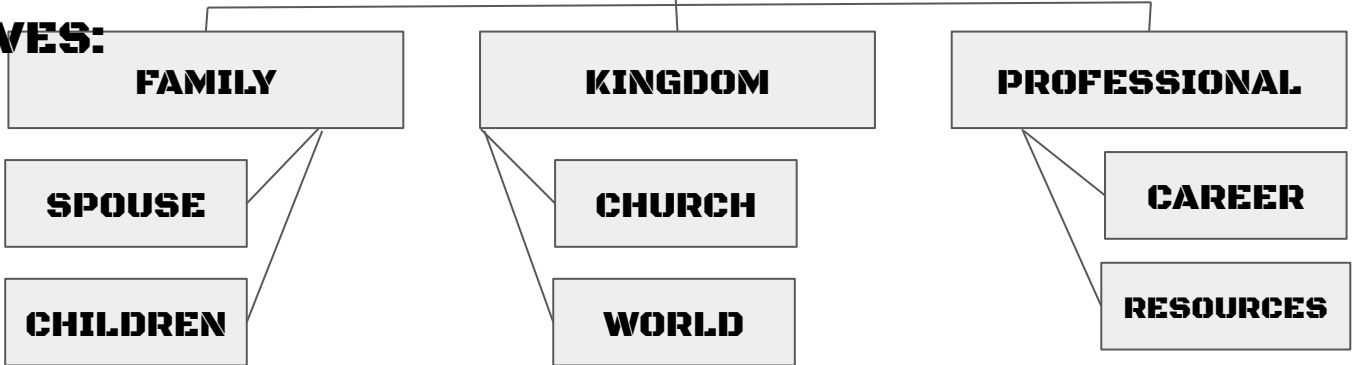
PARADIGM:

YOU, 5 STAR GENERAL

ROUTINES:



INITIATIVES:



BALANCED BATTLE READINESS





And Jesus increased in wisdom and stature, and in favor with God and with men.

LUKE 2:52

HOW JESUS PREPARED FOR HIS MISSION:

WISDOM



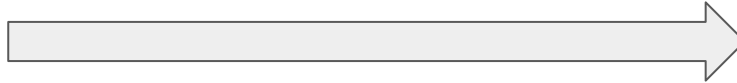
MIND

STATURE



BODY

IN FAVOR WITH GOD

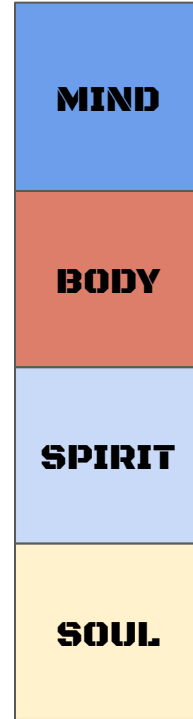


SPIRIT

AND MEN



SOUL



HABIT DEVELOPMENT IN THE PERSONAL REALM



"The difference of who you are and who you want to be is what you do."

- Charles Duhigg "The Power of Habit"

THE CONSTRUCT OF A HABIT

1. **THE CUE:** THE ENVIRONMENTAL EFFECT THAT INITIATES A ROUTINE.
2. **THE ROUTINE:** THE BEHAVIOR THAT FOLLOWS THE CUE.
3. **THE REWARD:** THE IMPACT OF THE ROUTINE.

BATTLE READY TRANSFORMATION GYM



NO PAIN, NO GAIN

BODY

Your physical body is important to God, and it should be important to you as well.

Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own, for you were bought at a price. So glorify God with your body.

1 Corinthians 6:19-20

**YOUR LIFESPAN IS SOMEWHAT VARIABLE, BASED ON
YOUR PHYSICAL CONDITION.**

Our lives last seventy years

or, if we are strong, eighty years.

PSALMS 90:10

YOUR PHYSICAL VITALITY CAN BE IMPROVED BY LIVING IN ACCORDANCE WITH BIBLICAL PRINCIPLES.

When you, on your part, will obey these directives, keeping and following them, God, on his part, ...will get rid of all sickness.

Deuteronomy 7:12-15

YOUR PHYSICAL VITALITY CAN BE IMPAIRED BY LIVING IN VIOLATION OF BIBLICAL PRINCIPLES.

LORD, do not rebuke me in your anger or discipline me in your wrath.....Because of your wrath there is no health in my body;there is no soundness in my bones because of my sin.

Psalms 38:1-3

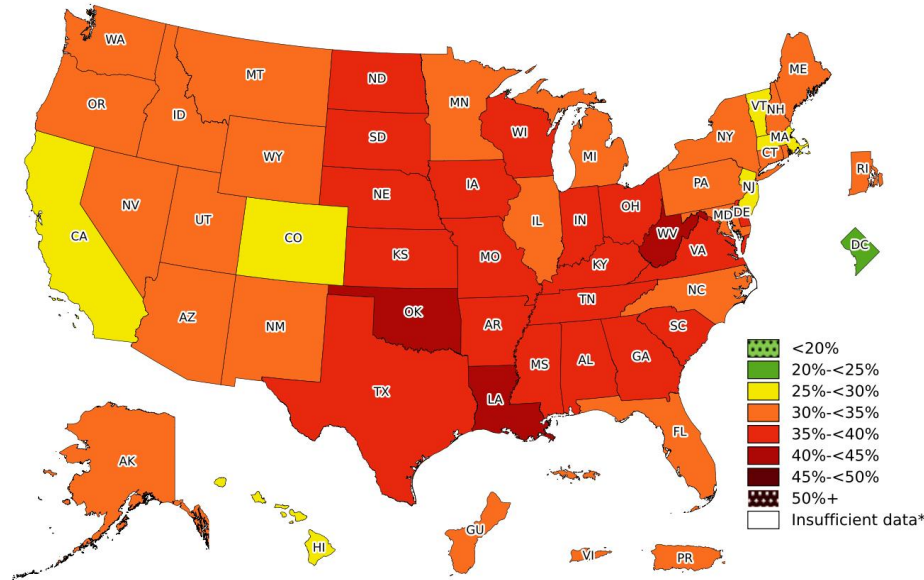
YOUR PHYSICAL VITALITY CAN BE IMPAIRED BY LIVING IN VIOLATION OF BIBLICAL PRINCIPLES.

And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed.

James 5:15-16

Map: Overall Obesity

Prevalence[†] of Obesity Based on Self-Reported Weight and Height Among U.S. Adults by State and Territory, BRFSS, 2022

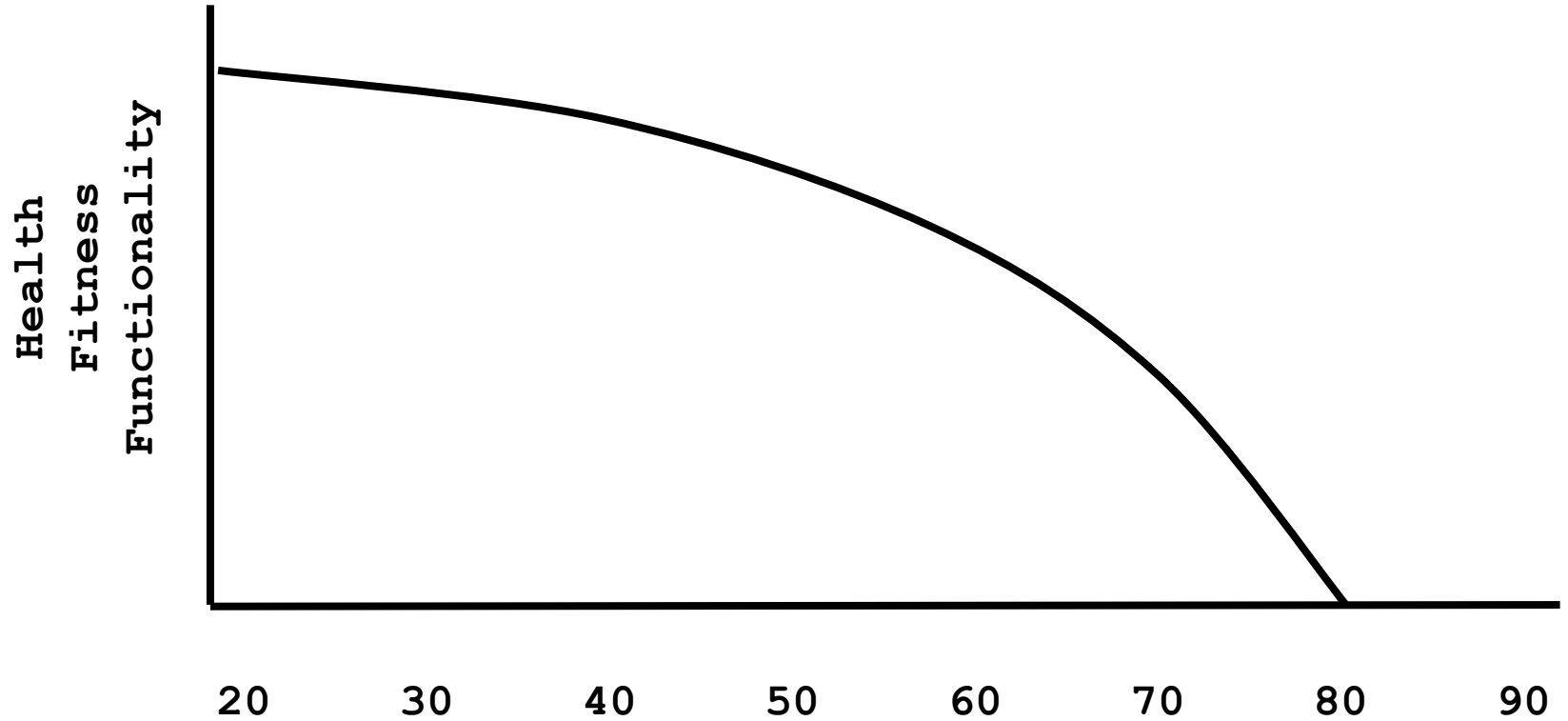


Source: [Behavioral Risk Factor Surveillance System](#)

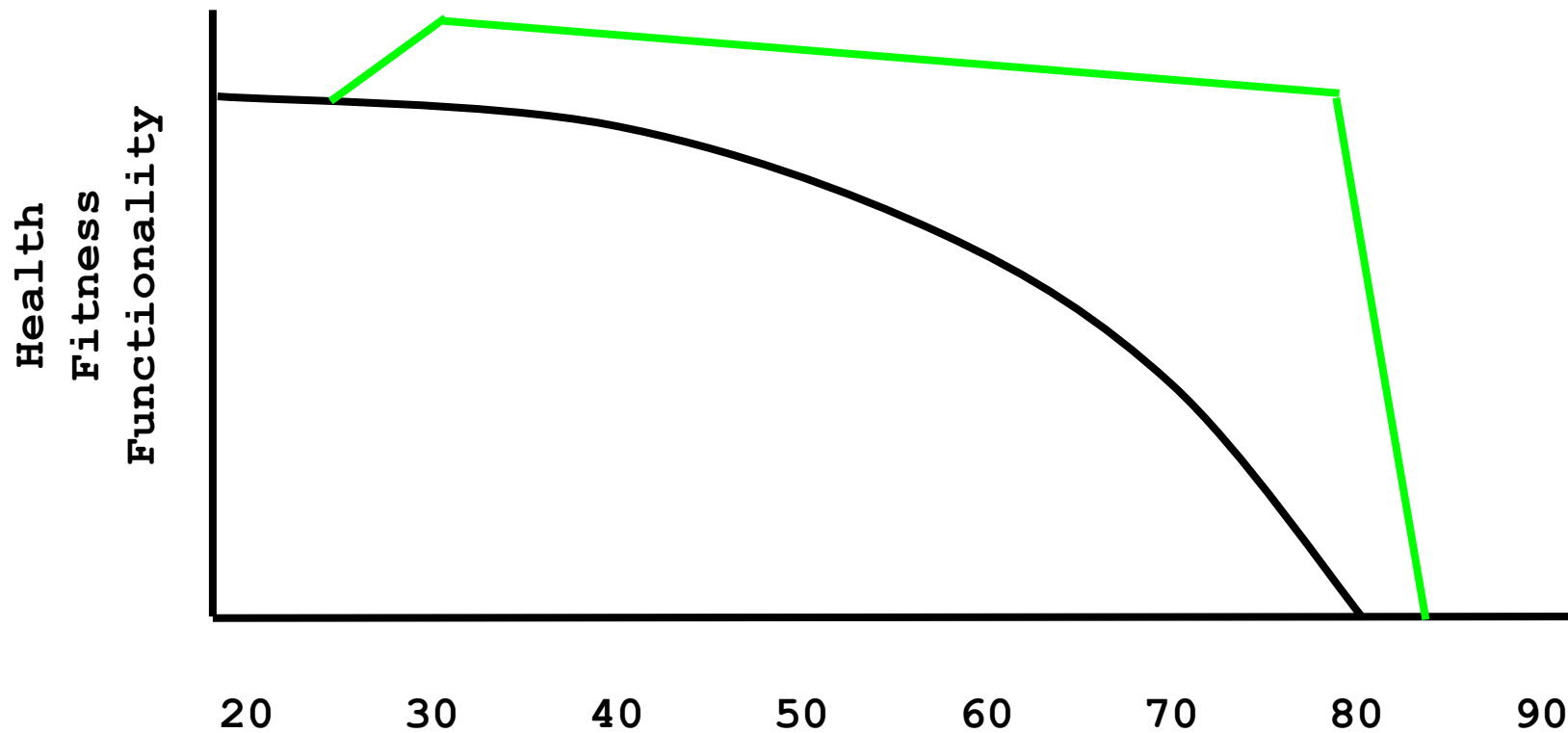
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.

[†]Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

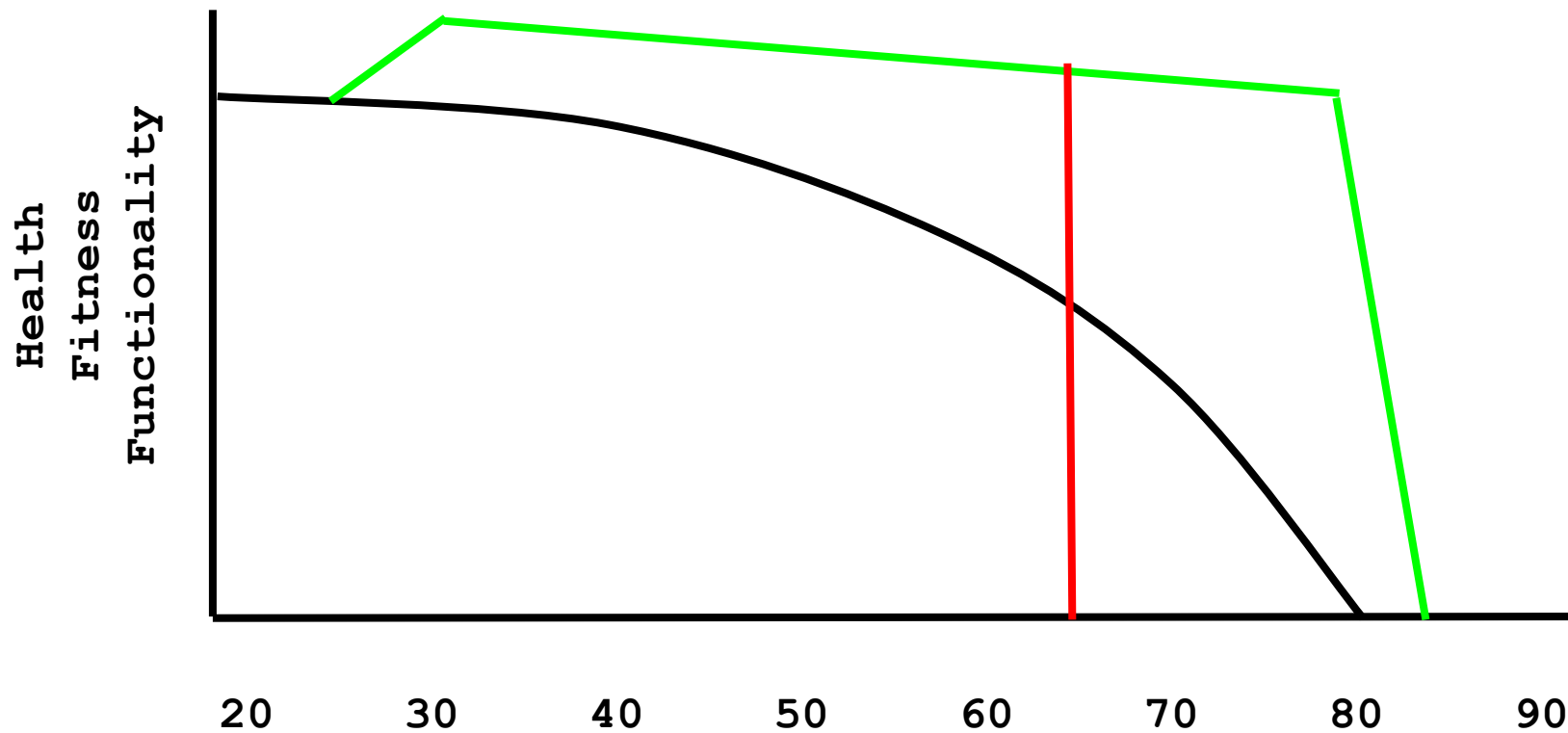
FINISH WEAK CURVE



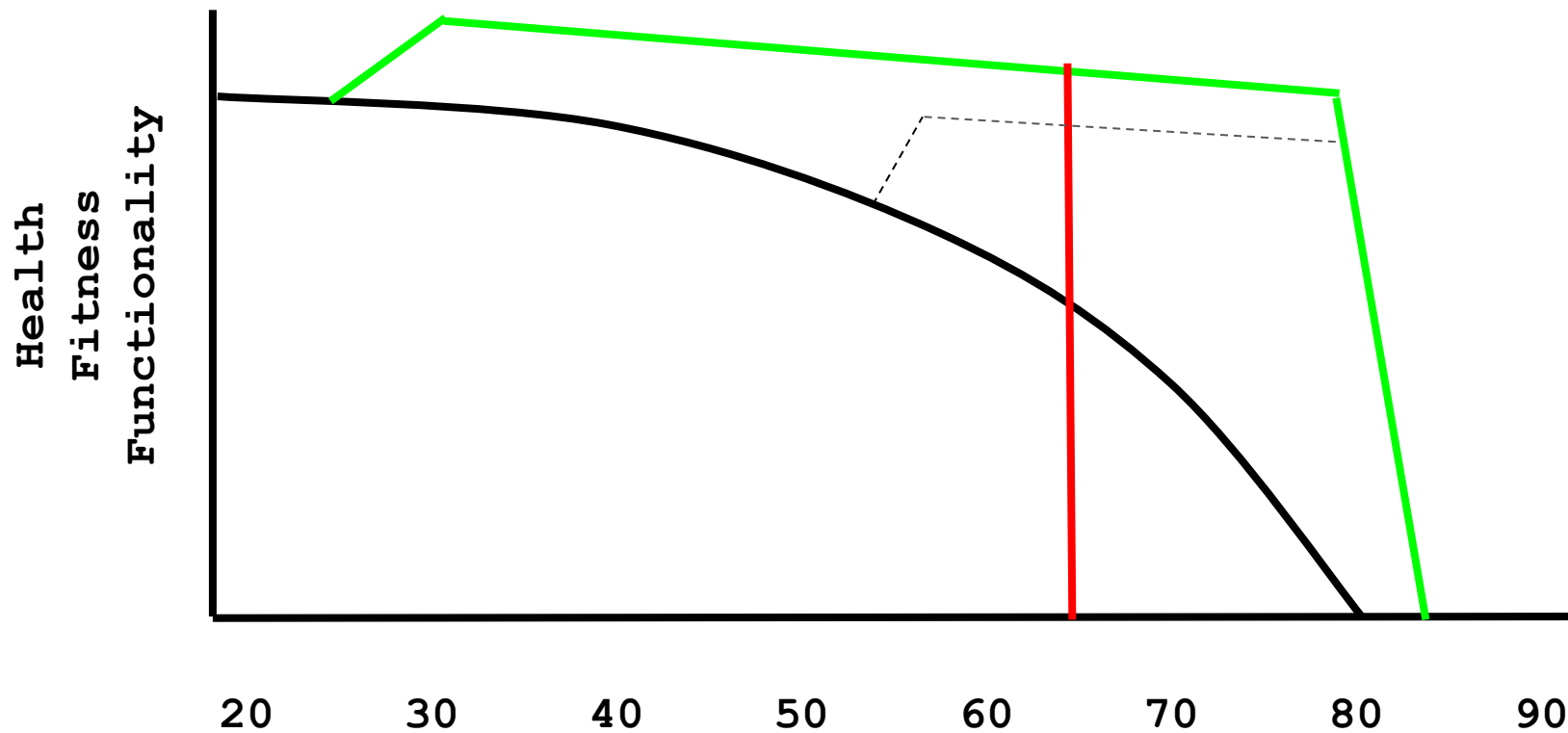
FINISH STRONG CURVE



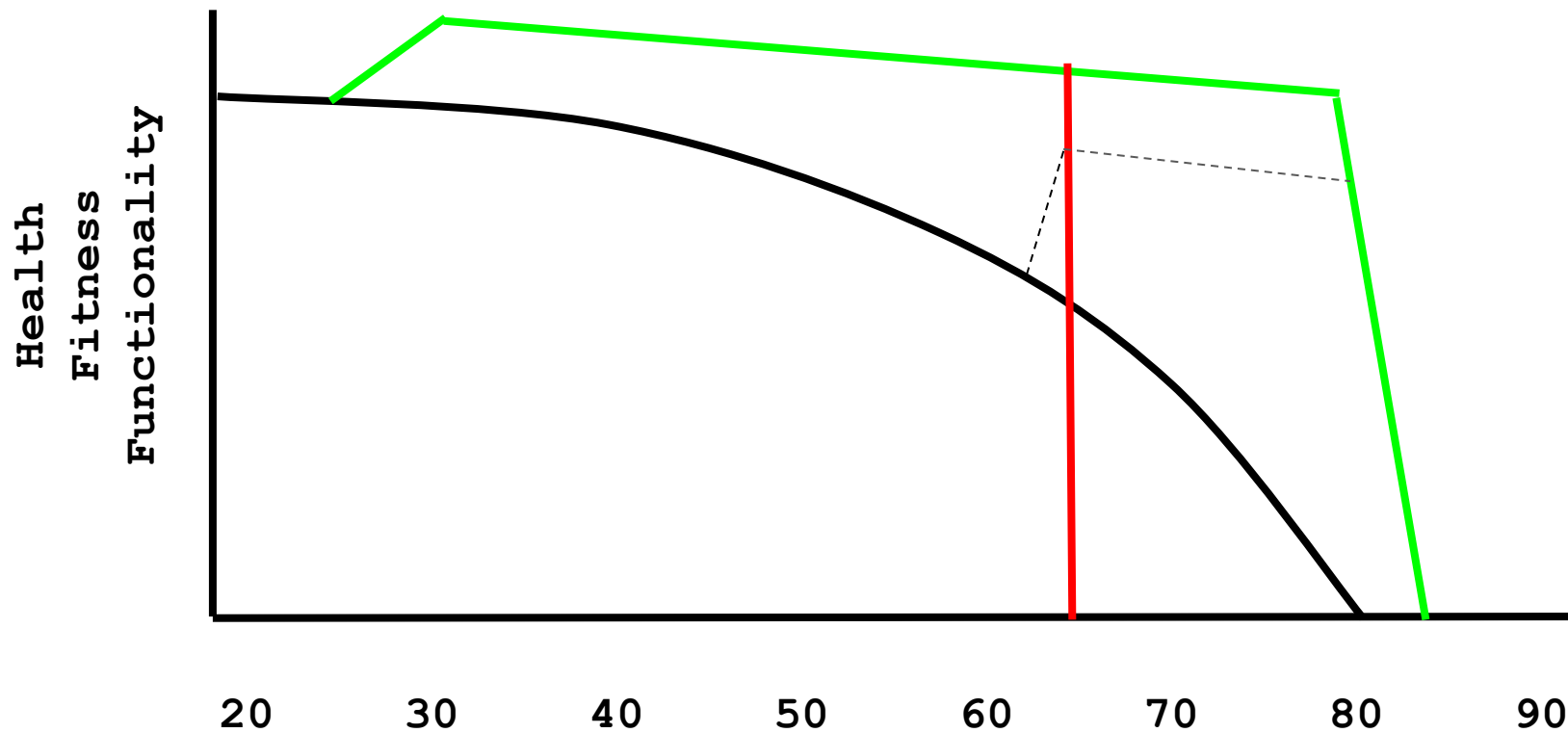
FINISH STRONG CURVE



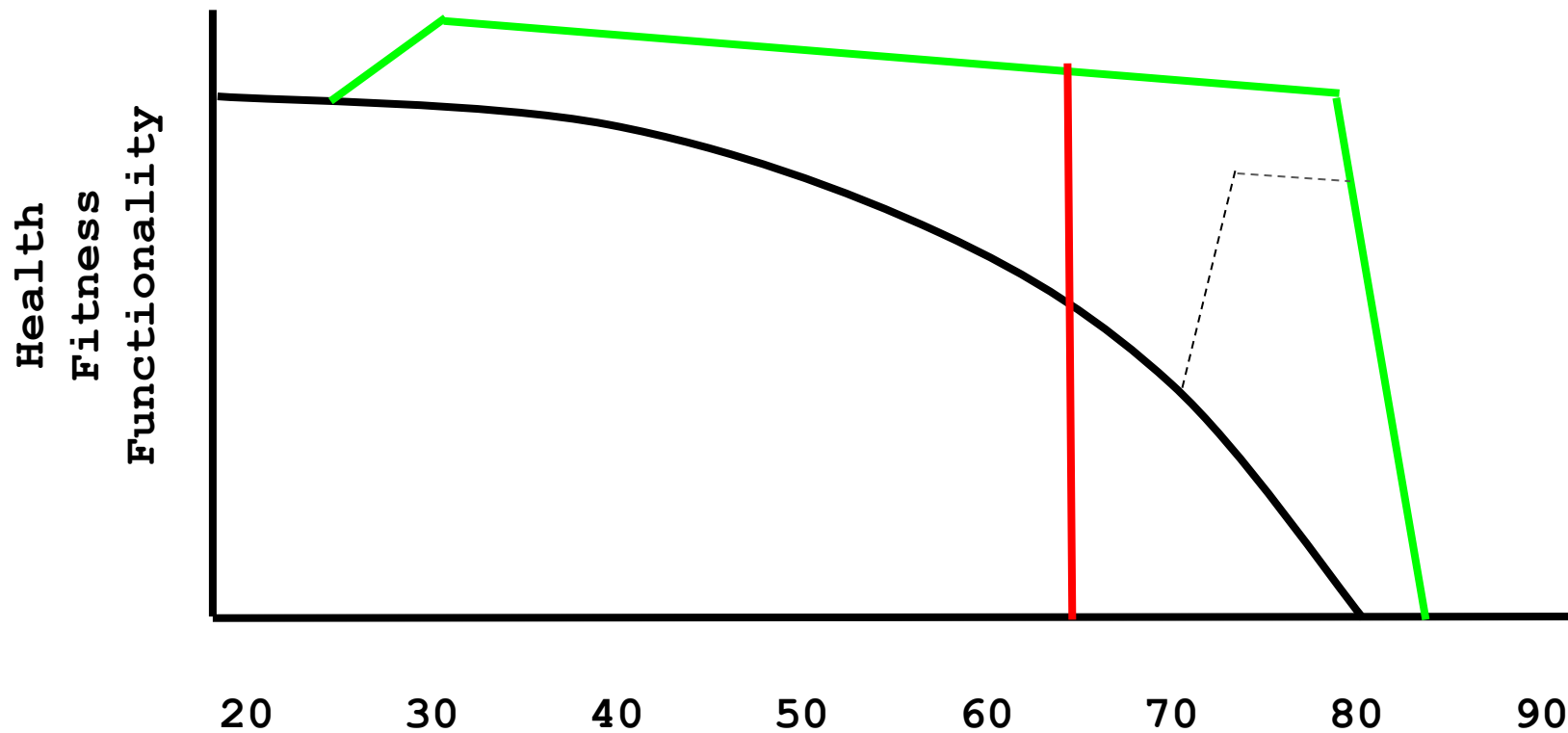
FINISH STRONG CURVE



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MIND

YOUR MIND IS THE BRIDGE BETWEEN REALMS

MIND

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HEAVENLY REALM

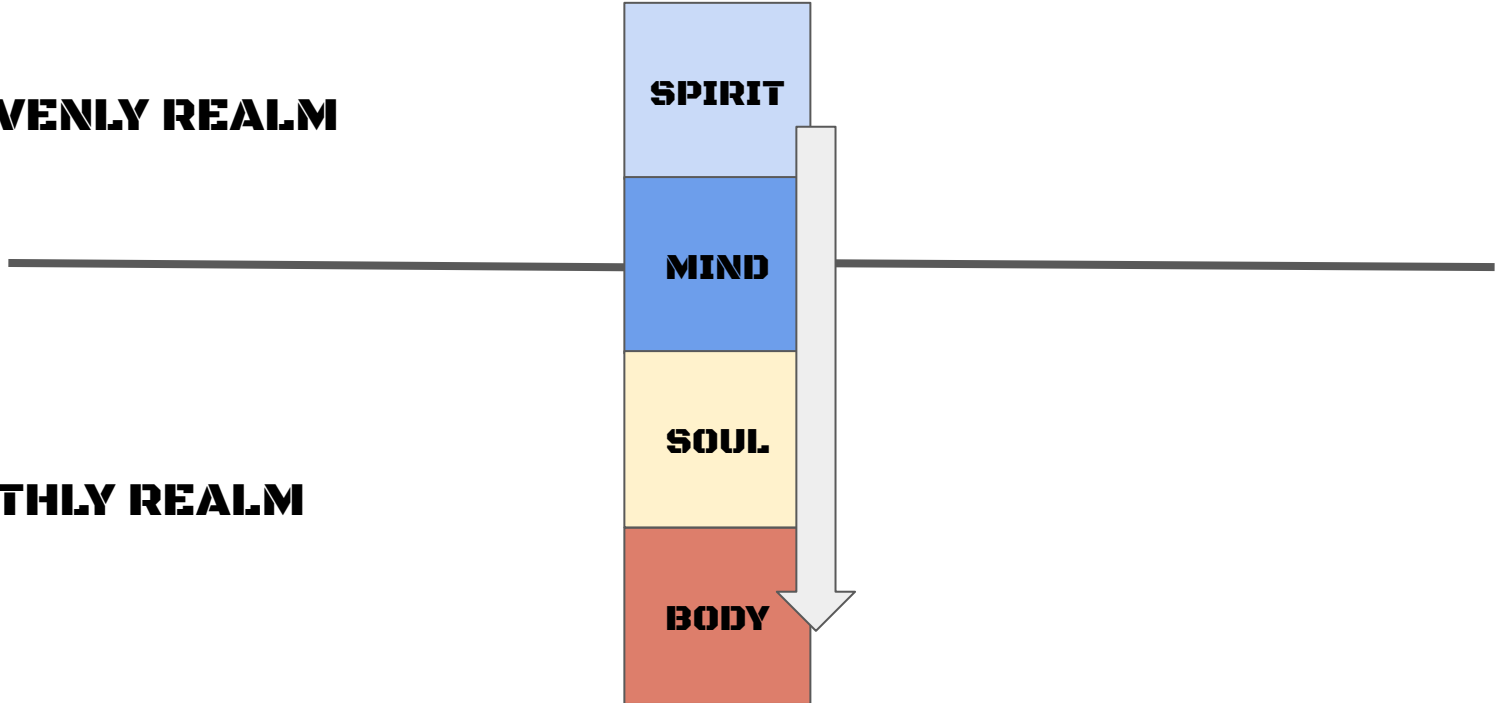
SPIRIT

MIND

SOUL

BODY

EARTHLY REALM



THE MIND AND THE KINGDOM CALLING CONNECTION

THOUGHTS > ACTIONS > HABITS > CHARACTER > DESTINY

WISDOM DEFINED BY JESUS

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock."

MATT. 7:24-25

"And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

MATT. 7:26-27

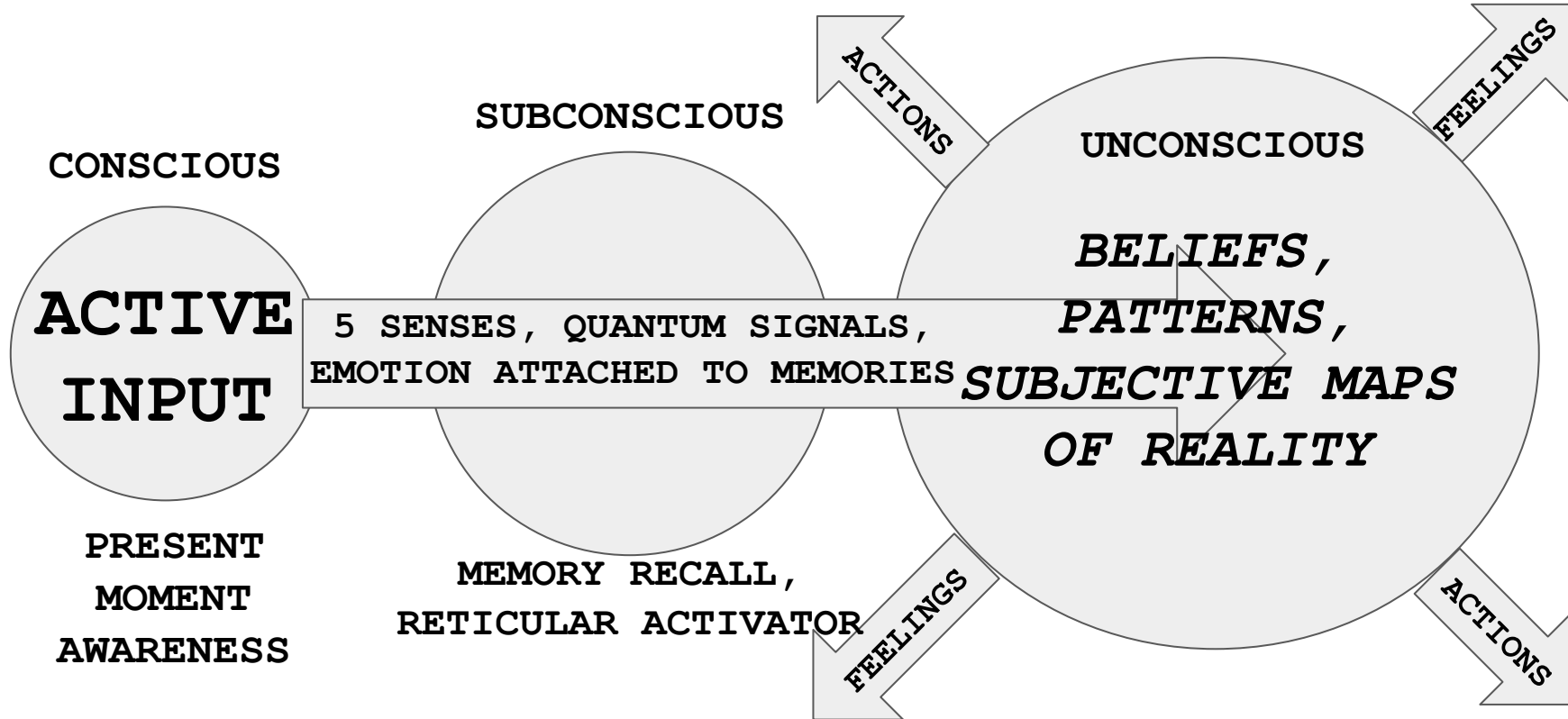
Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

ROMANS 12:2

BOTTOM LINE:

**There can be no transformation
absent of the renewal of your mind.**

HOW THE MIND WORKS



SOUL

SEVEN EVIDENCES OF RELATIONAL FITNESS

1. Compassion
2. Availability
3. Forgiveness
4. Encouragement
5. Honor
6. Acceptance
7. Submission

COMPASSION

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

The ability to connect in a caring way with the feelings of another, usually at their moments of greatest need.

AVAILABILITY

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Galatians 5:13

The decision to value being with another person because of their inherent value, and to seek the chance to be with them for the purpose of placing yourself in service to them.

FORGIVENESS

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Colossians 3:13

The ability to relinquish your pursuit of justice in response to the decision of a person who has wronged you to accept responsibility for their actions and to seek restoration.

FORGIVENESS

I forgive (Name) for (the offense) and I release my right for justice and repayment.

The ability to relinquish your pursuit of justice in response to the decision of a person who has wronged you to accept responsibility for their actions and to seek restoration.

ENCOURAGEMENT

Therefore encourage one another and build each other up,
just as in fact you are doing.

1 Thessalonians 5:11

The commitment to instill
another person with the hope and
resolve to act beyond their
fears and sense of insufficiency
to appropriate all that God
intends to do in, for and
through them.

HONOR

Love one another deeply as brothers and sisters. Take the lead in honoring one another.

Romans 12:10

The readiness to direct applause toward those who deserve it while resisting the temptation to seek or accept it for yourself.

ACCEPTANCE

Accept one another, then, just as Christ accepted you, in order to bring praise to God.

Romans 15:7

The choice to value and harmonize with other people who are different from you (when those differences are not in matters of faith, doctrine or lifestyle that is Biblically defined.)

SUBMISSION

Submit to one another out of reverence for Christ.

Ephesians 5:21

The capacity to defer to the authority or needs of another person instead of demanding the position of preference for yourself.

SPIRIT

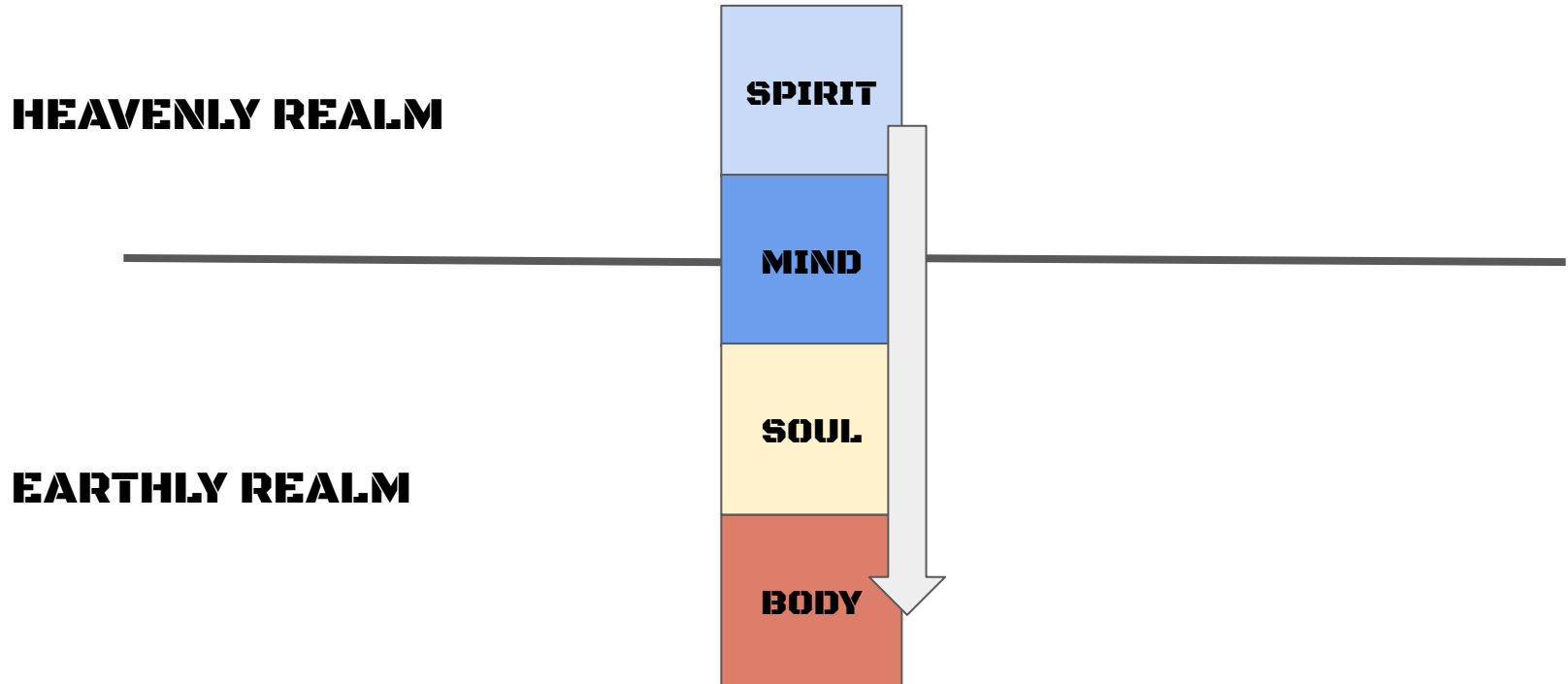
Spiritual Maturity

- Is not following rituals it's following Jesus.
- It's exercising your connection with each member of the Trinity.
- It's the realization and practice of who you are in Christ.
- Evidence of Spiritual Maturity is increasing amounts of one's Spirit exercising control over the Mind, Body and Soul.

YOUR SPIRIT

- Your spirit has been raised with Christ. (Col. 3:1)
- Your spirit was to created to be like God in true righteousness and holiness. (Eph. 4:24)
- Your spirit is seated in Heavenly places. (Eph. 2:6)
- You have received a spirit of adoption that testifies that you are God's son. (Rom. 8:15)
- Your spirit has been made perfect. (Heb. 10:14)

YOUR SPIRIT IS TO LEAD YOUR PERSONAL REALM



THE PRACTICE OF LIVING IN GOD

The mind giving attention to the reality of the heavenly realm, the Trinity dwelling in you and getting familiar/distracted by everything HE is saying.

BATTLE READY SPIRIT GYM PAIN

- Hearing God's voice and not acting.
- The struggle between the Spirit and the Body (earthly desires) to run the show.
- The disappointment of missing scheduled time with God.
- A repeating sin issue.

THE CONSTRUCT OF A HABIT

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SAMPLE BODY HABITS

- Walk 15 minutes everyday.
- Regulate your sleep by committing to a minimum of 7 hours a night.
- Remove drinks that contain sugar from your diet.
- Drink 1 gallon of water every day.
- Stretch 15 minutes everyday.

SAMPLE MIND HABITS

1. Focusing on one teaching of Jesus each month with a goal of creating a new mindset around it.
2. Daily focus on engaging your spirit for 15 mins first thing after you rise in the morning.
3. Recalling one failure each day, replaying it in your MIND reimagining the perfect outcome. (15 mins before sleep)
4. Meditating on the goodness and faithfulness of God before you go to sleep each night.
5. Commit to reading 1 book to challenge a current mindset monthly.

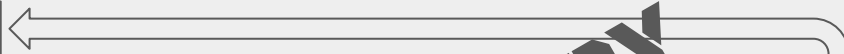
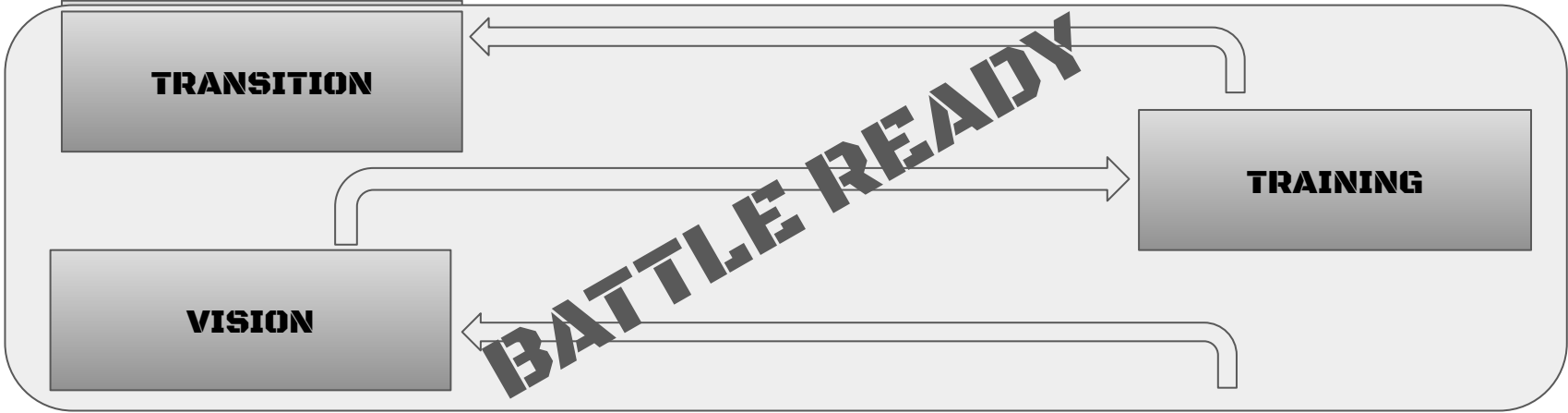
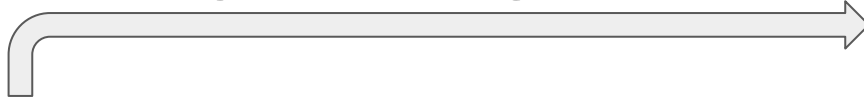
SAMPLE SOUL HABITS

- Take a 360 review to identify your blind spots and ask those who review you how you can grow in that areas.
- Create a list of those who you need to forgive and reach out to one per week.

SAMPLE SPIRITUAL HABITS

- Weekly personal worship on Tuesdays for 15min. After your quiet time.
- Daily prayer walk with Jesus.
- Daily listening/reading to/of scripture and journaling what you feel a member of the Trinity is saying to you.
- Weekly "come Holy Spirit" time where you practice hearing and sensing his voice on Fridays.
- Quarterly half days spent in personal worship, waiting on the Holy Spirit, and journaling specifics of what he's teaching you and asking you to adjust.

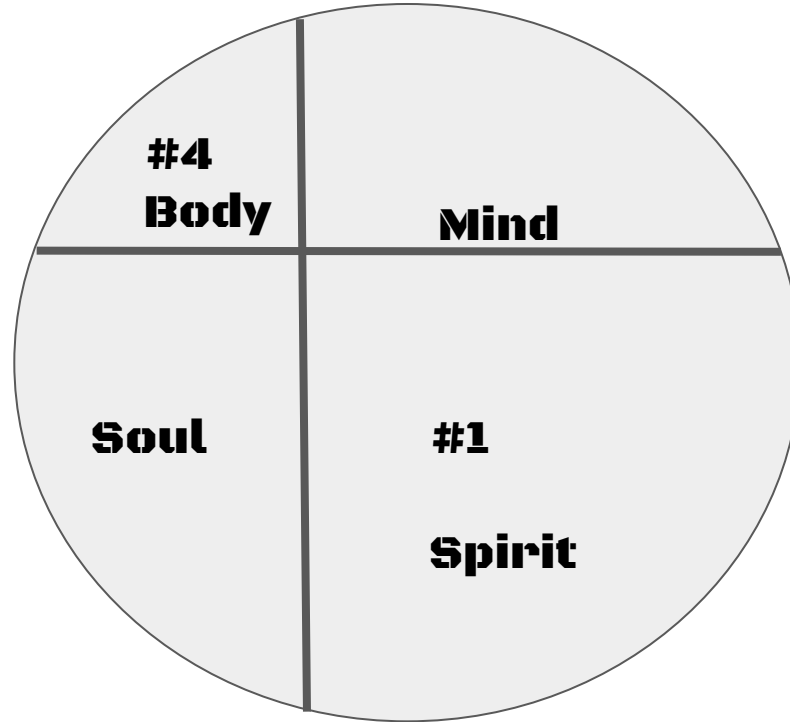
CALLING



CHURCH



RELATIVE IMPORTANCE



BATTLE READY READING RECOMMENDATIONS

- "Eat, Move, Sleep" -Tom Rath
<https://www.amazon.com/Eat-Move-Sleep-Choices-Changes/dp/1939714001>
- "The Power of Habit" - Charles Duhigg
<https://www.amazon.com/Power-Habit-What-Life-Business/dp/081298160X>
- "How to Win Friends and Influence People" -Dale Carnegie
<https://www.amazon.com/How-Win-Friends-Influence-People/dp/0671027034>
- "Experiencing God: Knowing and Doing the Will of God" -Henry Blackaby,
Claude King
https://www.amazon.com/Experiencing-God-Knowing-Doing-Bible/dp/1415858381/ref=pd_sbs_d_sccl_4_3/136-5509548-2318012?pd_rd_w=3ztNB&content-id=amzn1.sym.d95de1d6-8400-4c9d-8ae8-144769325aef&pf_rd_p=d95de1d6-8400-4c9d-8ae8-144769325aef&pf_rd_r=Q0K4BGRM9EM3VK1SCS3C&pd_rd_wg=pJvfZ&pd_rd_r=23040eaf-502e-4141-9fa2-b97ab657e238&pd_rd_i=1415858381&psc=1
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