

Partners In Courage, July 2013

The Marvelous Virtue of Consistency

Sermon by Wes Daughenbaugh

Introduction: Recently I listened to an audio book on self-confidence by Brian Tracy. He quoted from a book called “The Compound Effect” by Darren Hardy. I purchased that book and have absorbed it, reading it twice, and underlining twice. God has used this book to bring into focus a truth He was trying to get into me several months ago. I nearly created a sermon about small things and their vast importance, but never completed it. I believe God was trying to get something across to me and I’m finally getting a clear picture of it now.

Almost all of my adult life my goal has been to bring God glory. After a few years of pursuing that my prayer changed to, “I want to bring you MASSIVE GLORY.” So for 30 plus years that has been my prayer and pursuit. However, life is short and what I do for God’s glory always seems so small in comparison to the end result I desire.

What encouraged me so much by reading “The Compound Effect” was that it became clear that the key to bringing God massive glory is a series of small daily choices—good ones—compounded over a long period of time by the virtue of consistency. The result of this compounding effect becomes MASSIVE.

Rom. 2:7-8 To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life. But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger.

We should all be earnestly seeking to bring God glory and honor as well as seeking to live with Him forever in intimate oneness. The key to this is persistence in doing good, that is, in making small, good, daily choices that honor God.

1. THE KEY VIRTUE NEEDED TO BRING GOD MASSIVE GLORY IS CONSISTENCY.

Consistency results in small, good choices becoming massive achievement, massive wealth, massive success or most importantly—MASSIVE GLORY TO GOD.

Darin Hardy writes, “I’ll win because of the positive habits I’ve developed, and because of the consistency I use in applying those habits. I’m the world’s biggest believer in consistency. I’m living proof that it’s the ultimate key to success, yet it’s one of the biggest pitfalls for people struggling to achieve.” (Page 5, Chapter 1, The Compound Effect)

Mr. Hardy is the editor of Success Magazine. He studies the most successful people on earth and reads all the success, leadership, and personal achievement books. When he distills all he’s learned about success it comes down to good choices becoming good habits and applied consistently over the long haul. This causes a compounding effect so that small things turn into really big things.

“The Compound Effect is the principle of reaping huge rewards from a series of small, smart choices. What’s most interesting about this process to me is that, even though the results are massive, the steps, in the moment, don’t feel significant...they’re almost imperceptible.” (Page 9)

Small, Smart Choices + Consistency + Time = RADICAL DIFFERENCE.

**** If you were given a choice between taking \$3 million in cash this instant or a single penny that would double in value every day for 31 days, which would you choose? If you chose the penny,

after 20 full days of doubling you'd only have \$5,243. However, by day 31 you'd have \$10,737,418.24, more than three times the three million in cash! On day 29 the penny would have doubled to around \$2.7 million. On day 30 the penny would pull ahead to a worth of \$5.3 million. Then on day 31, the last day of the contest the doubling penny becomes \$10,737,418.24.

**** Another example is that of three friends. Each makes \$50,000 a year, is married and has average health. Friend #1 (Larry) plods along, keeping everything average. Friend #2 (Scott) makes very small changes. He begins reading 10 pages of a good book per day, listens to something instructional or inspirational on his commute to work, and cuts out 125 calories from his diet every day by eating one cup less of cereal, drinking water instead of soda, and switching from mayo to mustard on his sandwich. He also started walking a couple thousand extra steps per day (less than a mile).

Friend #3 (Brad) makes a few poor choices. He buys a big screen TV, tries out cheesy casseroles and desserts from the Food Channel, and has one alcoholic drink per week.

At the end of five months, there are no perceivable differences among these three friends. At ten months we still can't see a difference. By eighteen months there are small differences. By month twenty-five the differences are expansive and by month thirty-one, startling. Brad ate 125 more calories a day for 940 days, a total of 117,500 calories. At 3500 calories per pound Brad gained 33.5 pounds. Scott, with 125 calories less a day lost 33.5 pounds. Brad now weighs 67 more pounds than his friend, Scott!

Small choices, practiced consistently, have a ripple effect. Brad, with his extra weight is sluggish at night. He wakes up a little groggy, which makes him cranky. The crankiness and sleep-deprivation begin to impact his work performance. He's less productive and gets discouraging feedback from his boss. This makes him seek out more comfort food, and less likely to take walks with his wife, like he used to. He doesn't feel like it. She misses their time together and takes his withdrawal personally. With fewer shared activities with his wife and the absence of fresh air and exercise, Brad's not getting the endorphin release that had helped make him feel upbeat and enthusiastic. Because he's not as happy, he starts finding fault with himself and others, and stops complimenting his wife. As his own body starts to feel flabby, he feels less self-confident, less attractive and becomes less romantic. His wife, meanwhile, is attractive and is getting attention from other men from work. Brad starts blaming others. He's on a downward spiral all because of small daily choices accumulated over time, choices which in his case, weren't good ones!

2. THE BEST DEFINITION OF STUPID IS "SUPID IS AS STUPID DOES."

Who is stupid? Is it the person with the low IQ or the person with few years of education? No, it's the person who makes small daily choices that take him or her in the opposite direction of their goals. In the popular movie, FORREST GUMP, the slightly mentally deficient Forrest Gump always quotes his Mom, "Mom always says 'Stupid is as stupid does.'" Thus, he never thought of himself as stupid and concentrated on not doing stupid things.

The world is filled with smart people doing stupid stuff! For instance, if your goal is longevity, than every diet soda you drink is an act of stupidity. As the habit of drinking diet soda continues your joints are eroded, your teeth are eroded, and your brain cells are systematically killed off by the excitotoxins that sweeten the drink. One soda wouldn't make much of a difference. But the compounding effect will prove seriously damaging, perhaps deadly. It's proven that the more diet soda you drink the more likely you are to become diabetic.

One of my values is LONGEVITY. Since I want to bring God MASSIVE GLORY I need a lot of time to compound my small efforts into something MASSIVE. Thus, if I drink diet soda I'm doing something stupid because it goes against my goal. If I eat a bowl of frozen blueberries for a treat instead of ice cream I'm doing something smart—because it works toward my goal of longevity.

**** That's why I just bought 24 bottles of Aquafina Water. It's more expensive than most bottled water, but I like the taste better. A chilled bottle of that is very refreshing, and I'm now choosing to drink one of those instead of a soda. The compounding effect of drinking more pure water every day will be a good effect. It is wise because it works toward my goal.

Psa. 34:12-14 Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies. Turn from evil and do good; seek peace and pursue it.

If your goal is to have a happy marriage, then it's STUPID to speak disrespectful words to your mate. It's stupid to give full vent to your anger. It works directly against your goal. Little negative words on a daily basis have a huge compounding effect! Little daily deceits, exaggerations and false judgments have a huge negative accumulative effect. But kind, complimentary, gracious and thankful words, spoken daily, would result in you seeing MANY GOOD DAYS.

Prov. 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control. A man or woman of high IQ can still be a fool because of giving full vent to their anger. It's our choices that show whether we are wise or foolish.

**** **One thing that is really stupid—NOT HAVING WRITTEN GOALS.** If you don't take time to make goals then you won't know if your small actions are leading you toward your goals or away from them. Thus, your small actions will most likely be undisciplined, haphazard, and contradictory—a small good choice soon offset by a small random bad choice. *If success is defined as reaching a goal, then there can be no success without a goal!* Yet, according to Brian Tracy and many other personal growth experts, only 3% of all adults have clear written goals!

**** I have a goal to lose 50 pounds. So far, I've lost 29 pounds. Because I have a clear goal I can know if my small choices in diet and exercise are smart or stupid. They are stupid if they move me away from my goal and smart if they move me toward it. No wonder personal growth experts all insist that goal setting is so extremely important.

3. SMALL THINGS COUNT. EVERYTHING COUNTS.

It's true in every area of life, small things count! It's very obvious when you are trying to lose weight. I've lost 29 pounds at this writing. I've seen how every calorie counts. Just a few little variations from my diet, a few crackers, a few cherries, a few chocolate bits and enough calories have accumulated to hold my weight steady, even though I walked four miles and ate moderately. You can't cheat. The calories count.

All small things similarly keep piling up, compounding. Angry, disrespectful words keep eroding relationships day after day. Jesus warned, **“But I tell you that men will have to give account on the day of judgment for every careless word they have spoken”** (Matthew 12:36).

Small amounts of money saved and invested, compounded by time creates MASSIVE fortune. **Prov. 13:11 Dishonest money dwindles away, but he who gathers money little by little makes it grow.**

Every thought counts. That's why Paul wrote, **“We take captive every thought to make it obedient to Christ”** (2 Corinthians 10:5). If every thought didn't count there would be no need to take notice of every thought and take captive those mad, bad and sad thoughts that are not from God.

Gal. 6:7-10 Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

We can become weary in doing little good deeds of kindness daily when we don't see immediate results. But we have to trust that there is, indeed, a compounding process that will result in a big harvest if we will only stay consistent.

Darin Hardy writes, “We all come into this world the same: naked, scared, and ignorant. After that grand entrance, the life we end up with is simply an accumulation of all the choices we make. Our choices can be our best friend or our worst enemy. They can deliver us to our goals or send us orbiting into a galaxy far, far away.

Think about it. Everything in your life exists because you first made a *choice* about something. Choices are at the root of every one of your results. Each choice starts a behavior that over time

becomes a habit. Choose poorly, and you just might find yourself back at the drawing board, forced to make new, often harder choices. Don't choose at all, and you've made the choice to be the passive receiver of whatever comes your way. In essence, you make your choices, and then your choices make you. Every decision, no matter how slight, alters the trajectory of your life." (Page 23)

4. TO BECOME SPIRITUALLY AWAKE MEANS TO BECOME AWARE OF YOUR CHOICES.

Darin Hardy writes, "This chapter is about becoming aware of and making choices that support the expansion of your life. Sounds complicated, but you'll be amazed by its simplicity. No longer will 99 percent of your choices be unconscious. No more will most of your daily routines and traditions come as a reaction to your programming. You'll ask yourself (and be able to answer) 'How many of my behaviors have I not voted on?' What am I doing that I didn't consciously choose to do, yet continue to do every day?" (Page 24)

"Your biggest challenge isn't that you've intentionally been making bad choices. That would be easy to fix. Your biggest challenge is that you've been *sleepwalking* through your choices. Half the time, you're not even aware you're making them."

"If we become aware of our choices then "you'll be able to hit the Pause button before stumbling into idiot territory." (Page 24).

**** "Elephants don't bite! Have you ever been bitten by an elephant? How about a mosquito? It's the little things in life that will bite you. For most of us, it's the frequent, small, and seemingly inconsequential choices that are of grave concern. I'm talking about the decisions you think don't make a difference at all. It's the little things that inevitably and predictably derail your success. These seemingly insignificant decisions can completely throw you off course because you're not mindful of them." (Page 25)

"The Compound Effect works, all right. It always works, remember? But in this case it works against you because you're sleepwalking." (Page 26). "For instance, you inhale a soda and bag of potato chips and suddenly realize only after you've polished off the last chip that you blew an entire day of healthy eating—and you weren't even hungry. You get caught up and lose two hours watching mindless TV—scratch that, let's give you some credit and make it an educational documentary—before realizing you spaced on preparing for an important presentation to land a valuable client. You blurt out a knee-jerk lie to a loved one for no good reason, when the truth would have worked just fine. What's going on?

"You've allowed yourself to make a choice without thinking. And as long as you're making choices unconsciously, you can't consciously choose to change that ineffective behavior and turn it into productive habits. It's time to WAKE UP and make empowering choices." (Page 26)

The Bible has a lot to say about being alert, about waking up, and being sober minded.

Rom. 13:11 And do this, understanding the present time. The hour has come for you to **wake up from your slumber**, because our salvation is nearer now than when we first believed.

Eph. 5:14 It is light that makes everything visible. This is why it is said: "**Wake up, O sleeper, rise from the dead, and Christ will shine on you.**"

Rev. 3:2 **Wake Up!** Strengthen what remains and is about to die, for I have not found your deeds complete in the sight of my God.

Rev. 3:3 Remember, therefore, what you have received and heard; obey it, and repent. But if you do not **wake up**, I will come like a thief, and you will not know at what time I will come to you.

Eph. 6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be **alert** and always keep on praying for all the saints.

1Th. 5:6 So then, let us not be like others, who are asleep, but let us be **alert** and self-controlled.

1Pet. 5:8 Be self-controlled and **alert**. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

**** Over the years, as I've matured in Christ, I've become progressively more aware, or awake. While I've been awake in some areas I've been asleep in others, not aware of the choices I was making but rather, just sleepwalking.

For instance, I became aware years ago of every word I was speaking. Most people are not aware of what they say. I am fully aware and do my best to avoid speaking anything that would harm myself or others, anything that would degrade others, anything that is complaining and anything that isn't wise. I do my best to constantly monitor and stay on top of my inner self-talk as well. I'm conscious of it. (I don't control my thoughts or my tongue perfectly—but I'm aware of my words and thoughts. This helps me correct them.)

Over the last few years I've awakened to the messes I was making. Now I'm awake, that is, aware of every single thing I do that creates a mess for someone to clean up. I'm determined to clean up after myself, and thus develop the habit of neatness, organization and the practice of being considerate to others by cleaning up my own messes. For years I was totally unaware of the poor choices I was making daily in that area.

**** For many years I was unaware of the poor choices I was making with money. I finally awakened to the insidiousness of credit card debt and for several years the debt has been decreasing instead of increasing.

**** I've awakened much more to the needs of others. I'm much more alert so that I can keep on "shopping for God" as I pray about the needs of orphans, widows and native pastors.

But am I fully awake? Am I awake to every good opportunity to do good? Am I awake, that is, aware, of every thing I don't do—the good words I don't say, the good deeds I don't do? Am I awake, or aware, of the vast potential I have when I say "I MUST, I CAN AND I WILL"? In other words—we are often asleep to our potential for achievement and fail to make goals and the plans to achieve those goals, thus, never taking the action needed to reach them.

There is a huge advantage to just becoming AWARE of the choices you make. Daren Hardy is a big fan of what he calls TRACKING. To help him become aware of the choices he unconsciously makes he takes a notebook with him and writes down everything he eats if he's tracking his choices in diet. If he's tracking the way he spends money he writes down every single penny he spends throughout the day. This makes him AWARE of his small choices. He writes, "I've tracked what I eat and drink, how much I exercise, how much time I spend improving a skill, my number of sales calls, even the improvement of my relationships with family, friends, or my spouse. The results have been no less profound than my money-tracking wake-up call." (Page 37)

He writes, "You may have heard about tracking before. In fact, you've probably done your own version of this exercise. But I also bet you aren't doing it now, right? How do I know? Because your life isn't working as successfully as you'd like. You've gotten derailed. Tracking is the way to get it back on track. Why do Olympic trainers get paid top dollar? Because they track every workout, every calorie, and every micronutrient for their athletes. All winners are trackers. Right now I want you to track your life with the same intention: to bring your goals within sight." (Page 37).

"Tracking is a simple exercise. It works because it brings moment-to-moment awareness to the actions you take in the area of your life you want to improve. You'll be surprised at what you will observe about your behavior. You cannot manage or improve something until you measure it. Likewise, you can't make the most of who you are—your talents and resources and capabilities—until you are aware of and accountable for your actions." (Page 38)

"Once you start tracking your life, your attention will be focused on the smallest things you're doing right, as well as the smallest things you're doing wrong. And when you choose to make even the smallest course corrections consistently, over time, you'll begin to see amazing results. But don't expect immediate fanfare. When I say 'small' course corrections, I'm talking truly invisible. Chances are no one's going to notice them anytime soon. There will be no applause. No one's going to send you a congratulations card or a trophy for these disciplines. And yet, eventually, their compounding effect will result in an exceptional payoff. It's the littlest disciplines that pay off over time, the effort and preparation for the great triumph that happened when no one was looking. And yet the results are

exceptional. A horse wins by a nose but gets 10 times the prize money. Is the horse 10 times faster? No, just a little bit better. But it was those extra laps around the track, the extra discipline in the horse's nutrition, or the extra work by the jockey that made the results a slight bit better with compounded rewards. "(Page 43)

5. IT'S VITAL TO TAKE FULL RESPONSIBILITY FOR THE RESULTS YOU'RE GETTING.

Recently I read a book by Jim Rohn called 7 Strategies for WEALTH & HAPPINESS—Power Ideas from America's Foremost Business Philosopher. What a delightful book! I highly recommend any book or audio teaching you can get from this great man.

He related that his mentor had asked him to make a list of all the reasons he wasn't prospering. Jim wrote down high taxes, the high cost of goods and services, the economy at the time, and several other reasons. His mentor looked at the list and said, "One thing I notice about your list. You aren't on it!"

Jim tore up his list of excuses, got a new yellow pad, and wrote one reason he wasn't prospering—ME. He wrote the word ME at the top of the page. By doing so he was throwing away all his excuses and blame for other people and taking full responsibility to make the changes necessary for him to prosper.

Why aren't you happy? Why are you overweight? Why aren't you prosperous? Why aren't you feeling like your life has significance? Make your lists of excuses in whatever area you are frustrated. Then tear up the list and start a new one. Write ME at the top. Then underneath, write down what you could do to change yourself or the situation. How can you grow? What can you learn? What choices, even little ones, can you make TODAY?

It turns out that Jim Rohn was the mentor to Daren Hardy! In THE COMPOUND EFFECT Daren Hardy writes, "No matter what has happened to you, take complete responsibility for it—good or bad, victory or defeat. Own it. My mentor Jim Rohn said, 'The day you graduate from childhood to adulthood is the day you take full responsibility for your life.'" (Page 33)

Tearing up your lists of excuses for your unhappiness may sound scary, but it's actually quite encouraging. You really can't do anything about your excuses. Taxes will remain high or go higher. The economy might get even worse. The cost of goods and services might go higher. You can't do anything about those things. But you can do huge amounts under the ME column.

Nehemiah was a good governor of the restored nation of Israel when they came back from Babylonian captivity to rebuild Jerusalem. In Nehemiah chapter 10 we see a pledge Nehemiah led the people in taking—a declaration of personal responsibility, which was the key to the revival and restoration of the nation. Parts of it read, [Neh. 10:32](#) "We assume the **responsibility** for carrying out the commands to give a third of a shekel each year for the service of the house of our God: [Neh. 10:35](#) "We also assume **responsibility** for bringing to the house of the LORD each year the firstfruits of our crops and of every fruit tree.

"Today is graduation day! From this day forward choose to be 100 percent responsible for your life. Eliminate all of your excuses. Embrace the fact that you are freed by your choices, as long as you assume personal responsibility for them." (Page 33)

**** A bold example of taking responsibility is the following story from Daren Hardy's life. "Nearly a decade ago I was asked to be a partner in a new startup venture. I invested a considerable sum of money into the deal and worked tirelessly on it for nearly two years before finding out that my partner had mismanaged and squandered all the cash. I lost more than \$330,000. I didn't try to sue him; in fact, I lent him more money later for a personal situation. The bottom line was the loss was my fault. I had agreed to be his partner without doing enough due diligence on his background and personal character. During our time in business, I wasn't inspecting what I was expecting. I could justify it by saying I trusted him, but the truth was I was guilty of being lazy by not watching the finances more diligently. Not only had I made the choice to start this relationship and business, but I'd also made many choices to ignore obvious red flags and warning signs. Because I chose to not be

completely responsible for the business, in the end, I was responsible for the results. When I learned of the wrongdoings, I chose not to lose any more time fighting it. Instead, I licked my wounds, learned my lesson, and moved on.” (Page 32-33)

6. WE ALL NEED TO GET OUR “WHY POWER” WORKING FOR US.

To make big changes by doing small daily choices consistently over long periods of time we of course need MOTIVATION. Daren Hardy aptly calls this our “WHY POWER.” He says it’s more important than WILL POWER. Without the WHY POWER we won’t have the will power to keep on going.

When I was nineteen years old God showed me that the heart motive of Jesus was to bring glory to the Father. That became my lifetime motivation and it is very noble. But it’s not the ONLY motivation I need. Romans 12:9 **Love must be sincere. Hate what is evil; cling to what is good.** Hate can be a very strong motivator as well as love.

**** In my case, my desire to glorify God wasn’t getting the job done as far as my weight. My weight went up to 200 pounds. But one Sunday, in LaJunta, Colorado, I could not button my black dress shirt. My two double chins had gotten so big that I could not button my shirt. If I did, by almost choking myself, then the double chins really showed up—making me have a throat like a bullfrog when they inflate their croaking airbag!

I said, “I’m going to make this fat my number one enemy!” It wasn’t love that motivated me. It was hate. I hated the way I looked. I hated the fat. For a long time I hadn’t hated it. But once my WHY POWER got strong enough I’ve had the WILL POWER to keep making the small daily choices that have resulted in significant weight loss. One double chin is gone. I’m working on the second one! I still have 21 pounds to lose to get to 150 pounds, my goal.

**** Jim Rohn tells about the WHY POWER that came to him one day. He was financially broke when a cute little girl scout came to his door selling cookies. He wanted to buy some, but he didn’t have enough money to buy a box of cookies. So he lied. He told her that he had a whole bunch of Girl Scout cookies already. After she left he was repulsed by his poverty and by being so embarrassed that he had lied to a little girl. He resolved to NEVER be that broke again. For the rest of his life his WHY POWER led him to prosper in business so that he could always carry \$800 in his wallet for any opportunity for generosity that might present itself.

Jim Rohn’s mentor said to him, “Jim, I don’t think your current bank balance is a true indicator of your level of intelligence. I think you have plenty of talent and ability and that you’re much smarter than you realize.”

“Then why isn’t my bank balance bigger?” I asked.

“Because you don’t have enough reasons to accomplish,” answered my friend. And then he added, “If you had enough motivation you could do incredible things; you have enough intelligence but not enough reasons.”

Jim Rohn writes, “Since then I’ve discovered this: Reasons come first, answers come second. It seems that life has a mysterious quirk of camouflaging the answers in such a way that they become apparent only to those who are inspired enough to look for them—who have reasons to look for them.

“Let’s put it another way. When you know what you want and you want it badly enough, you’ll find a way to get it. The answers, methods, and solutions you need to solve the problems along the way will be revealed to you.

“Hey, what if you *had* to be rich? What if the very life of someone you loved *depended* on your being able to afford the very best medical care?

“Let’s further suppose that you just learned of a book or a CD that would show you how to make a fortune. Would you buy it? Of course you would!

“There are many good books and CD’s on the subject of creating wealth. But if you don’t *have* to be rich you probably won’t read them or take the time to listen to them. There is an old saying, ‘Necessity is the mother of invention.’ How true! With that in mind, always work on your reasons first and the answers second.” (Page 24-25 of 7 Strategies for WEALTH 7 HAPPINESS by Jim Rohn)

**** Daren Hardy says the same thing. He writes, “The power of your *why* is what gets you to stick through the grueling, mundane, and laborious. All of the *hows* will be meaningless until your *whys* are powerful enough. Until you’ve set your desire and motivation in place, you’ll abandon any new path you seek to better your life. If your *why*-power—your desire—isn’t great enough, if the fortitude of your commitment isn’t powerful enough, you’ll end up like every other person who makes a New Year’s resolution and gives up too quickly and reverts to sleepwalking through poor choices.

“If I were to put a ten-inch-wide, thirty-foot-long plank on the ground and say, “If you walk the length of the plank I’ll give you twenty dollars,” would you do it? Of course, it’s an easy twenty bucks. But what if I took that same plank and made a rooftop bridge between two 100-story buildings? That same twenty dollar bill for walking the thirty-foot plank no longer looks desirable or even possible, does it?

“However, if your child was on the opposite building, and that building was on fire, would you walk the length of the plank to save him? Without question and immediately—you’d do it. You wouldn’t walk that plank bridge for \$20 but you would to save your child. The risks and dangers are the same but your *why* changed. “You see, when the reason is big enough, you will be willing to perform almost any *how*.” (Page 64)

**** My Dad was once told by a banker that he was a failure and to just give up ranching, that he’d never make it. Dad was very motivated to prove that man wrong! He worked with determination so that his estate, at the time of his death, was close to one million dollars. He had also bought into a retirement home that was really set up to care for the elderly. He was never a burden on any of his three children, but rather, left us all a sizeable inheritance. He was no doubt motivated to work hard because of his love for his family, but he was also very motivated by the disdain he felt for the arrogant banker to told him to just give up!

Daren Hardy writes, “FIND YOUR FIGHT. People are either motivated by something they want or something they don’t want. Love is a powerfully motivating force. But so is hate. Contrary to social correctness, it can be good to hate. Hate disease, hate injustice, hate ignorance, hate complacency, and so on. Sometimes identifying an enemy lights your fire. Some of my greatest motivation, determination, and dogged persistence came when I had an enemy to fight. You don’t have to be motivated for great humanitarian reasons. What matters is that you feel fully motivated.” (Page 66)

WHY LOSE WEIGHT? I hate looking fat. I hate a double chin. I love God and want to bring Him massive glory. For that I need a long life. I’d rather live long enough to be martyred than to kill myself with a fork. There would be no martyr’s crown for that! I want to lose weight so I can run again. I want to lose weight to enjoy the agility and flexibility it brings. I want to lose weight to have a new set of clothes. I like the feeling of confidence a proper weight brings. It helps me when preaching to look my best. If I’m someone worth imitating my example should be a good one. Paul wrote, “**Follow my example, as I follow the example of Christ**” (1 Corinthians 11:1). I also want to survive rigorous mission trips and come home alive to serve my family. I want to live long so that I can leave an inheritance to my kids. My WHYS go on and on. This gives me the strength to keep making those little daily choices with consistent discipline.

7. ASK THE HOLY SPIRIT TO BE YOUR COACH IN ALL OF THIS.

Who could better help you become aware of your small daily choices? Ask God to help you. **Psa. 141:3 Set a watch, O LORD, before my mouth; keep the door of my lips.** The Psalmist is asking God for help so that he can WAKE UP and be AWARE of every idle word. He knew the compounding affect of small choices.

Ask the Holy Spirit to help you choose the very best goals and to help you clearly establish every Biblical reason to pursue those goals with all daily discipline. He will help you come up with a long list of WHYS. Tell the Holy Spirit that you truly want to please God in every way. What better goal is there? **2Cor. 5:9** So we make it our goal to please him, whether we are at home in the body or away from it. I LOVE YOU. GOD BLESS YOU!