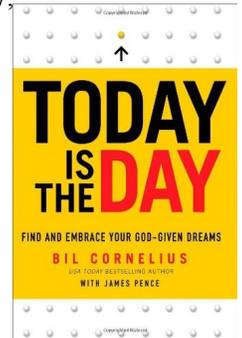


Chapter 9. Build Momentum through Diligence. (Proverbs 12:24, Exodus 14:13-15, Proverbs 22:29, Romans 7:15-17, 1 Corinthians 6:12, Hebrews 12:1, Galatians 6:7)

Leader: Athletes who want to achieve at the Olympic or professional level devote hours to practicing and training. There is no such thing as achievement without hard work. We build and maintain momentum through diligence. Diligence is reflected in the things we do, the choices we make, and the habits we have developed. A diligent person will set aside excuses, and do the hard things first, so get moving. Training may be dull, boring, and tedious, but it will also change how far and how fast we can go. Striving for excellence through the investment of time and effort will make us stand out. Our ability to keep going when others quit will also make us stand out as leaders. Excellence is pushing ourselves to do our best and continuously raising the bar. If we show ten times more, we will reap ten times more. To do this, we must take a deeper look at what will produce the greatest results for us, then free up time to do those things by eliminating the time wasters in our lives.



Activity: Take some time to create three lists: (1) What do you need to continue doing to achieve your dreams? (2) What do you need to start doing to achieve your dreams? and (3) What do you need to stop doing to free up time to accomplish items from the first two lists? In other words, what are your time wasting habits that are getting in the way of you and your dreams?

Leader Note: No one is going to accomplish our dreams for us. Therefore, we must step out with hard work and be a leader to see our dreams become reality.

Chapter 10. Walk in Integrity. (Psalms 15:4, 76:11, James 5:15-16, Psalm 139: 23-24)

Leader: When it comes to morality in today's world, we often hear, "Do what feels good. Just don't get caught." The problem with this line of reasoning is that it assumes that keeping a secret keeps us safe from any possible consequences. The reality is that when we lack integrity, we are being inconsistent with our actions and our beliefs. We must be consistent with our beliefs on morality and our actions. This is the essence of integrity. If we do not learn to say no, we will find ourselves caught up in the thick of thin things. When we do not keep our promises to God, He cannot trust us with His blessings. It is a good practice to bust ourselves before someone else does. This is the best form of accountability that garners trust from others. The only way the seed of sin can thrive is if it is covered in the soil of secrecy and lies. We can ask God to reveal to us where we are weak and where we are offending Him. He will show us. Our dreams depend on us being able to address our shortcomings.

Question: What is integrity, and why is it important for you to have it in order to fulfill your God-given dream?

Leader Note: God already knows our hearts, so we may as well be consistent with Him if we want to see our God-given dreams fulfilled. We must be able to say no to most things so that we can say yes to God consistently. Remember that God lifts up the humble.

Inconsistency equation: "Two steps forward + one step back = bare any gains (after three moves, we have only moved one space ahead)"

Consistency equation: "Two steps forward + a positive replacement step instead of a the negative step = a multiplied return"