



HE'S A REAL NOWHERE MAN
SITTING IN HIS NOWHERE LAND
MAKING ALL HIS NOWHERE PLANS
FOR NOBODY

DOESN'T HAVE A POINT OF VIEW
KNOWS NOT WHERE
HE'S GOING TO
ISN'T HE A BIT LIKE
YOU AND ME?

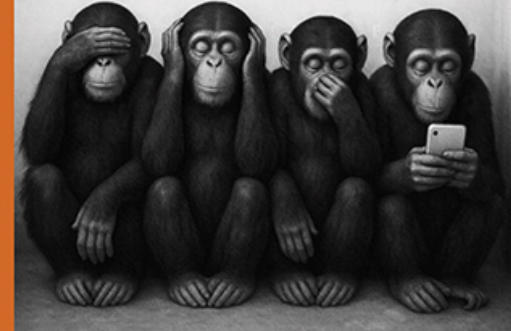
—“NOWHERE MAN”
BY THE BEATLES, 1965



.001.tiff

DISTRACTIONS

The fourth monkey has emerged.
He sees no one, hears no one,
and speaks to no one.



.002.tiff

“**DEFAULT MODE** IS A STATE WHERE LIFE RUNS ON AUTOPILOT, SHAPED BY ROUTINES AND SOCIAL EXPECTATIONS RATHER THAN CONSCIOUS CHOICES. IN THIS MODE, YOU MAY FEEL NEITHER THE INTENSE URGENCY OF SURVIVAL MODE NOR THE INTENTIONAL DRIVE OF HIGHER STAGES. INSTEAD, YOU SIMPLY FOLLOW FAMILIAR HABITS, OFTEN FOCUSING ON SHORT-TERM TASKS WITHOUT QUESTIONING WHY. TRIGGERS FOR DEFAULT MODE CAN INCLUDE LONG PERIODS OF COMFORT OR A DESIRE TO ‘FIT IN,’ WHERE YOU AVOID RISKS AND DEEPER EXPLORATION. COMPARED TO SURVIVAL MODE, DEFAULT MODE OFFERS MORE STABILITY, YET IT CAN ALSO STALL PERSONAL GROWTH IF YOU REMAIN UNAWARE OF WHAT TRULY MOTIVATES YOU.”

.003.tiff

FOUR DEFAULTS:

1. THE **EMOTION** DEFAULT: WE TEND TO RESPOND TO FEELINGS RATHER THAN REASONS OR FACTS.
2. THE **EGO** DEFAULT: WE TEND TO REACT TO ANYTHING THAT THREATENS OUR SENSE OF SELF-WORTH OR OUR POSITION IN A GROUP HIERARCHY.
3. THE **SOCIAL** DEFAULT: WE TEND TO CONFORM TO THE NORMS OF OUR LARGER GROUP SETTING.
4. THE **INERTIA** DEFAULT: WE’RE HABIT FORMING AND COMFORT SEEKING. WE TEND TO RESIST CHANGE AND TO PREFER IDEAS, PROCESSES AND ENVIRONMENTS THAT ARE FAMILIAR.

.004.tiff

DECISIONS

“SUCCESS IN LIFE DOES NOT DEPEND ON THE DREAMS WE DREAM BUT THE CHOICES WE MAKE.” —GEORGE SWEETING

.005.tiff

QUALIFY YOUR FEARS

.006.tiff

(1) PEOPLE

IRON SHARPENS IRON, AND ONE MAN SHARPENS ANOTHER.

—PROVERBS 27:17

DO NOT BE DECEIVED: “BAD COMPANY RUINS GOOD MORALS.”

—1 CORINTHIANS 15:33

(2) CIRCUMSTANCES

AND WE KNOW THAT FOR THOSE WHO LOVE GOD ALL THINGS WORK TOGETHER FOR GOOD, FOR THOSE WHO ARE CALLED ACCORDING TO HIS PURPOSE. —ROMANS 8:28

(3) DISCIPLINES

“RATHER, DISCIPLINE YOURSELF FOR THE PURPOSE OF GODLINESS; FOR BODILY TRAINING IS JUST SLIGHTLY BENEFICIAL, BUT GODLINESS IS BENEFICIAL FOR ALL THINGS, SINCE IT HOLDS PROMISE FOR THE PRESENT LIFE AND ALSO FOR THE LIFE TO COME. —1 TIMOTHY 4:7-8

.007.tiff

“PEOPLE DO NOT ‘DECIDE’ THEIR FUTURES, THEY DECIDE THEIR HABITS AND THEIR HABITS WILL DECIDE THEIR FUTURES.” —F.M. ALEXANDER

.008.tiff

“... MOST MEN THINK DISCIPLINE IS ABOUT PUNISHMENT—
ABOUT FORCING YOURSELF TO DO THINGS
YOU HATE AND ABOUT SUFFERING UNTIL YOU
FINALLY SUCCEED. THEY’RE WRONG.
DISCIPLINE IS NOT ABOUT PAIN. IT’S ABOUT POWER.
REAL SELF-DISCIPLINE IS THE FOUNDATION OF
MASCULINITY. IT’S THE TRAIT THAT SEPARATES
BOYS FROM MEN, TALKERS FROM DOERS...”

.009.tiff

“DECISION MAKING AND DISCIPLINED LIVING
WILL MOVE YOU FROM BEING A NOWHERE MAN
TO A NOWHERE MAN!”

.010.tiff

I. DISCIPLINES MUST BE LINKED TO PURPOSE
IF THEY’RE TO REMAIN A PRIORITY

.011.tiff

“A COACH IS SOMEONE WHO TELLS YOU WHAT
YOU DON’T WANT TO HEAR, WHO HAS YOU SEE WHAT
YOU DON’T WANT TO SEE, SO YOU CAN BE WHO YOU HAVE
ALWAYS KNOWN YOU COULD BE.” —TOM LANDRY

.012.tiff

“SETTING A GOAL IS NOT THE MAIN THING.
IT IS DECIDING HOW YOU WILL GO ABOUT ACHIEVING IT
AND STAYING WITH THAT PLAN.” —TOM LANDRY

.013.tiff

🎵 “WALLET, GLASSES, KEYS, AND PHONE” 🎵

.014.tiff

2. DISCIPLINES REQUIRE PERSISTENCE
IN THE FACE OF RESISTANCE

.015.tiff

“IF YOU KNOW YOU HAVE TO SWALLOW A FROG,
SWALLOW IT FIRST THING IN THE MORNING.
IF THERE ARE TWO FROGS, SWALLOW THE BIG ONE FIRST.”
—MARK TWAIN

.016.tiff

²⁴DO YOU NOT KNOW THAT IN A RACE ALL THE RUNNERS RUN, BUT ONLY ONE RECEIVES THE PRIZE? SO RUN THAT YOU MAY OBTAIN IT. ²⁵EVERY ATHLETE EXERCISES SELF-CONTROL IN ALL THINGS. THEY DO IT TO RECEIVE A PERISHABLE WREATH, BUT WE AN IMPERISHABLE. ²⁶SO I DO NOT RUN AIMLESSLY; I DO NOT BOX AS ONE BEATING THE AIR. ²⁷BUT I DISCIPLINE MY BODY AND KEEP IT UNDER CONTROL, LEST AFTER PREACHING TO OTHERS I MYSELF SHOULD BE DISQUALIFIED. —I CORINTHIANS 9:24-27

.017.tiff

3. DISCIPLINES CREATE PATHWAYS TO REACH GREATER POTENTIAL

.018.tiff

“FREEDOM AND DISCIPLINE HAVE COME TO BE REGARDED AS MUTUALLY EXCLUSIVE, WHEN IN FACT, FREEDOM IS NOT AT ALL THE OPPOSITE, BUT THE FINAL REWARD OF DISCIPLINE.”

—ELIZABETH ELLIOT

.019.tiff

“SPIRITUAL DISCIPLINES ARE THOSE PERSONAL AND CORPORATE DISCIPLINES THAT PROMOTE SPIRITUAL GROWTH. THEY ARE THE HABITS OF DEVOTION AND EXPERIENTIAL CHRISTIANITY THAT HAVE BEEN PRACTICED BY THE PEOPLE OF GOD SINCE BIBLICAL TIMES.”

—DONALD WHITNEY

.020.tiff

(1) ESTABLISH A DAILY APPOINTMENT
WITH GOD

.021.tiff

(2) MEMORIZE SCRIPTURE
FighterVerses.com

.022.tiff

(3) USE A JOURNAL

.023.tiff

(4) PRIORITIZE WORSHIP

.024.tiff

(5) CHOOSE TO GIVE

.025.tiff

(6) DONATE YOUR TIME

.026.tiff

(7) FIND FELLOWSHIP

.027.tiff

(8) CONSIDER FASTING

.028.tiff

(9) LEARN TO READ

.029.tiff

(10) PURSUE PURITY

.030.tiff

“INFIDELITY/ADULTERY IS ANY ATTENTION, ATTRACTION, AFFECTION OR ACTION TOWARD ANY OTHER WOMAN THAT IS RIGHTFULLY DUE AND PLEDGED TO YOUR WIFE.”

.031.tiff

¹FINALLY, THEN, BROTHERS, WE ASK AND URGE YOU IN THE LORD JESUS, THAT AS YOU RECEIVED FROM US HOW YOU OUGHT TO WALK AND TO PLEASE GOD, JUST AS YOU ARE DOING, THAT YOU DO SO MORE AND MORE... ³FOR THIS IS THE WILL OF GOD, YOUR SANCTIFICATION: THAT YOU ABSTAIN FROM SEXUAL IMMORALITY; ⁴THAT EACH ONE OF YOU KNOW HOW TO CONTROL HIS OWN BODY IN HOLINESS AND HONOR, ⁵NOT IN THE PASSION OF LUST LIKE THE GENTILES WHO DO NOT KNOW GOD; ⁶THAT NO ONE TRANSGRESS AND WRONG HIS BROTHER IN THIS MATTER, BECAUSE THE LORD IS AN AVENGER IN ALL THESE THINGS, AS WE TOLD YOU BEFOREHAND AND SOLEMNLY WARNED YOU. ⁷FOR GOD HAS NOT CALLED US FOR IMPURITY, BUT IN HOLINESS. ⁸THEREFORE WHOEVER DISREGARDS THIS, DISREGARDS NOT MAN BUT GOD, WHO GIVES HIS HOLY SPIRIT TO YOU.

—I THESSALONIANS 4:1, 3-8

.032.tiff

THE NOWHERE MAN

HE'S A REAL NOWHERE MAN
LIVING TO PURSUE GOD'S PLAN
CHOOSING A PATH OF FREEDOM, LOVE AND PURITY

HE FOCUSES WITH A NEW WORLD VIEW
KNOWS FOR SURE WHAT HE WANTS TO DO
HE'S NOT CONTENT TO BE JUST LIKE EVERYBODY

.033.tiff