

THE INSIDE RUNNING

What do you do? How is your job going?

A pastor once said that he could get any man involved in conversation by asking those questions. It shows how much we feel defined by what we do.

I am a fairly random person so I know that to achieve on a regular basis I need routine. I know I need to allocate time in the morning to spend in God's Word or doing physical exercise if it's going to happen.

An internal factor is our personality. Understanding who we are and what makes us tick can help us to succeed in areas that are important to us. Our outlook on life – the glass half full or half empty – changes how we perceive our life.

Some find external influences the hardest to cope with. Conflict resolution and dealing with wounds inflicted by those who are close to us is essential to good emotional health. Repentance and forgiveness are keys to a happy life. I have got pretty good at apologising over the years. I'm working now on causing less offence in the first place!

As sons of God we do have influence and a responsibility to represent our Father well.

Be of good courage



John

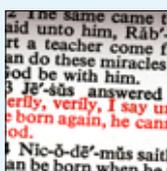
John Subritzky

A Day in Your Life

by Paul Subritzky

Every day we face a variety of challenges as we walk through life. How we react and respond to those challenges often dictates whether we sense a feeling of success or failure by the end of that day. As we live each day, a pattern for the week is created. As week builds upon week, those patterns can determine our legacy and destiny.

It is therefore crucial that we are well prepared for our walk through the day and focused on overcoming the challenges that we face successfully. How do we do this?



Prioritise time with God

The seeds of our daily success are sown by starting our day in spending time with our all-powerful and unchanging God, our Creator and Father. I have found that time set aside spent with God gives me wisdom beyond my natural ability, and allows me to work decisively - effectively breaking through procrastination and giving me insights that I would not otherwise possess.



Dealing with wounds

There will come a time - whether it be that day or some other day of the

week, month or year - that we will have words spoken to us or written about us that will hurt us, causing wounds. How we deal with those words will determine what long-term damage we allow to come upon ourselves. Some of these words will be true. If so, we need to receive them, accept them and grow as a result of them.

Some words spoken or written will be untrue. Hurt people hurt people! Assess the person and the situation and see if you can help them grow through the pain of their past that has caused them to make the comments they have. Remember, worse things have been said and done to the prophets and leaders of the Old Testament and the disciples in the New Testament - and indeed to Jesus Himself. Look at how He responded as an example of how we should respond. >



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Look after your physical body

Your body is the temple of the Holy Spirit. Choose wisely and carefully the right type and quantity of food that will enable your body to be fit and strong for the purpose that it was created. Men often neglect regular medical check-ups. No matter how inconvenient, how embarrassing these check-ups may be, you owe it to yourself and your family. Put this on your schedule.

Build a regular routine of exercise into your day for your body. When it comes to flexibility or muscle, the old adage of "use it or lose it" applies. This will not only enable you to live longer but to enjoy life more.

Also build adequate rest and recreation into your weekly schedule to ensure the recovery necessary for peak growth and performance on a sustained basis. That's why the seventh day was designed as a day to honour and worship God and to rest. The body was not designed to be used at maximum 100% of the time.



Manage your time wisely

The end of the day may be your only opportunity to spend quality time with your wife and family. When my children were young I would always drive home from work, have dinner with them, put them to bed and then return to work to complete any remaining tasks. It was an absolute priority for me and remains so today. As you have heard it said, very few men on their deathbed wished they had spent more time in the office.



Handling conflict

Finally, in your life you will be faced with conflict of one type or another. Learn how to handle conflict in a way that blesses others rather than causes damage to others. It is imperative that we don't deal with conflict in anger. The way we handle anger reflects the maturity of our Christian growth. This is the ultimate opportunity to show the love of Christ as an action, not simply a noun.

Our model and example will then be something which others want to follow, starting with our family members, who know us best, then others who we come into contact with and influence.

My desire as I finish walking through life is to hear the words, "Well done good and faithful servant; enter into the rest of the Lord".

The journey to hear these words starts today.



What's on the DVD

- FEATURED TOPIC: A Day in Your Life** - What does your daily routine look like? The team examines important areas for long-term wellbeing. 30 min
- Power of Spending Time with God** - Geoff Wiklund
- Journey to Health** - Inga Tuigamala
- Power of Rest** - Paul Subritzky

PANEL: Walk, Work, Wealth, Wounds - The panel gets down to details with key insights from their hard-won experience. 20 min

BONUS FEATURES:

- **My Story: Mike Towns** - An honest look at how your sexuality can affect your life. 5 min
- **PK Music: Let God Arise** 3 min 20
- **God Rescued Me: Owen Pomana** - Escaping death after stealing from drug dealers! 1 min
- **Practical Steps to Quit Porn** 3 min 40
- **Bullied** 2 min
- **Influence 2016 Event Promo** 2 min 15

HUMOUR CLIPS: Kitchen innovation; Basketball trick shots; Pool-based tug of war; Magpie attack 4 min

BETTER WORK STORIES: Whale Tales – We are still asking "why?" 5 min

DVD EXTRA RESOURCES

Access these using Windows Explorer (PC) or Command F (Mac)

ARTICLES:

Recommended resource

Including Hudson Salisbury *Decision Making for Husbands*; Kevin Forlong *New Level Thinking*; Francis Frangipane *The Divine Obsession, What Are You Becoming?*; Nikki Bray *Is There Anything I Can Do to Help?*; Bill Perkins *The Man Who Withheld Sex from His Wife*; Frank Stirk *Daddy's Home*; Brett Clemmer *Rock Solid Men*; Derek Prince *Destined to Rise*; Tom O'Neil Stance Blogs *The Importance of Integrity; Appreciating What We Have*

RESOURCES:

Including *Weekly Studies* for Men's Groups with Facilitator Guidelines; *Men's PK Stories GO 2015 CHC*; *A Day in Your Life Study Questions*; *Influence 2016 Event Advance Brochure*; *Bible Reading Plans* and more...

MP3s:

Including Casey Seymour *Legacy Parenting* 49 min Derek Prince *The Fatherhood of God* 75 min

PK Canada: Phil Downer *Leaving a Family Legacy* 62 min Steve Hahn *Celebrate Dad* 28 min

PKNZ Classics: Iliafi Esera *Roadtrip* 28 min Tavale Matai'a *Pace Notes* 40 min



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