

Refine My Pace Complete My Race!

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CONFERENCE 2025

YOUR VIRTUE...

- ▶ Tested when OPPORTUNITY meets TEMPTATION

One way to safeguard your leadership is to...

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

- John Wooden



Above all else



- ▶ Proverbs 4:23
 - ▶ “Above all else...guard your heart, for it affects everything you do”

And the Research Says...

- ▶ HURRY
- ▶ STRESS
- ▶ UNHEALTHY ATTACHMENTS
- ▶ LACK OF A HEALTHY RHYTHM/BALANCE
- ▶ COMPASSION FATIGUE
- ▶ LACK OF HEALTHY BONDS
- ▶ LACK OF HEALTHY BOUNDARIES

MISTAKES MINISTERS MAKE

- ▶ NOT TAKING A SABBATH
- ▶ LACK OF REST AND RECREATION
- ▶ NO “HOLY LEISURE”
- ▶ PEOPLE WHO GOBBLE YOUR VIRTUE
- ▶ NOT HAVING A FRIEND
- ▶ CONFUSING WORK **FOR** GOD WITH WALK **WITH** GOD
- ▶ POOR SOUL CARE

The best defense
is a good
offense.





**So if you
think you
are
standing
firm, be
careful
that you
don't fall.”**

1Cor. 10:12



Reconstructing Intimacy...

Broken
Windows
of the Soul

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Refining Our Pace

- ▶ Avoiding Extremes
 - ▶ Addictions are merely chemical and biological
 - ▶ Addictions are solely spiritual
 - ▶ Addictions are only a lack of willpower
 - ▶ Addictions are solely “demonic” problems

All Kinds of Potential

Affection/Addictions

- ▶ Alcoholism
- ▶ Gambling
- ▶ Drugs
- ▶ Nicotine
- ▶ Exercise
- ▶ Sex
- ▶ Cannabis
- ▶ Prescription Meds
- ▶ Screen Time
- ▶ Power
- ▶ Relationships
- ▶ Cyber sex
- ▶ Cyber relationships
- ▶ Control
- ▶ Food
- ▶ “Spiritual Experiences”
- ▶ (etc. etc. etc.)

“Broken Windows”

- ▶ Zimbardo’s Stanford University Study
 - ▶ A tale of two cars
 - ▶ “Nobody Cares”
 - ▶ “Nobody is in Charge”
- ▶ To reduce/prevent crime...
 - ▶ Social Order must be maintained
 - ▶ Problems must be fixed immediately



An Abandoned Car.... “Help Yourself”



An Abandoned Car Left Unattended....



Eventually....





MARCH 1962

\$2.00

THE Atlantic

Newer Street Caravan / Menahel Nohal / Newspaper Bazaar / Dorothea Hill / Gordon Kellom

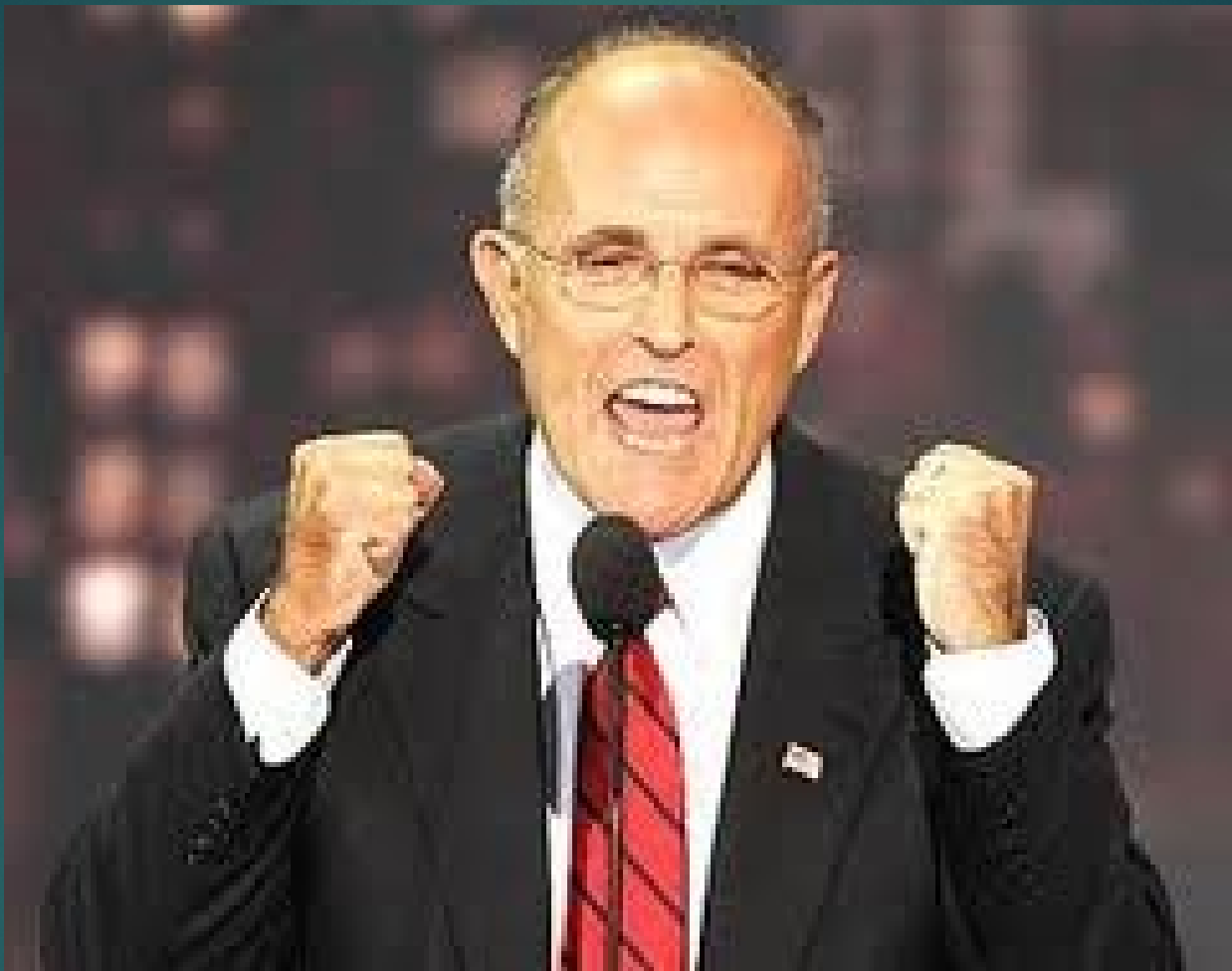
THE POLICE AND NEIGHBORHOOD SAFETY

BY
JAMES Q. WILSON
AND
GEORGE L. KELLING




Broken Windows and NYC

- ▶ Wilson and Kelling. Atlantic Monthly (March 1982)
- ▶ Rudi Giuliani..“Fix the Broken Windows”
- ▶ Disorder invites even more disorder
- ▶ Zero tolerance
- ▶ Taking care of the “small things”
- ▶ Surprising stats...Reduction in major crime







Even something as small
and seemingly harmless as
a broken window sends a
signal.

Consequences of Small Scale Neglect

- ▶ In our community
- ▶ In our church
- ▶ In our schools
- ▶ In our home
- ▶ In our family
- ▶ In my own heart
- ▶ “NOBODY CARES!”



Malcolm Gladwell

- ▶ “The Tipping Point”
- ▶ Attend to the “small things” to start a “movement” in a positive direction

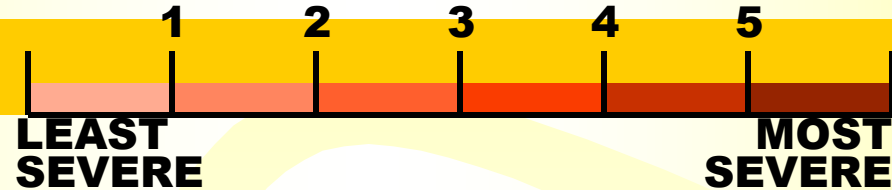
Start Small...Fix “Broken Windows”



Taking care of the “small things...”



The Path Toward Addiction



- 1. CURIOUS:** “A desire to learn about things that do not properly concern one.”
- 2. EXPERIMENTING:** “Acting to find out whether something is effective or workable.”
- 3. REGULAR:** “Recurring at set times.”
- 4. HABITUAL:** “Acquired by continual use.”
- 5. ADDICTED:** “Given oneself up to some strong habit.”

The Enemy's Strategic Plan

▶ **S**trengths

▶ **W**eaknesses

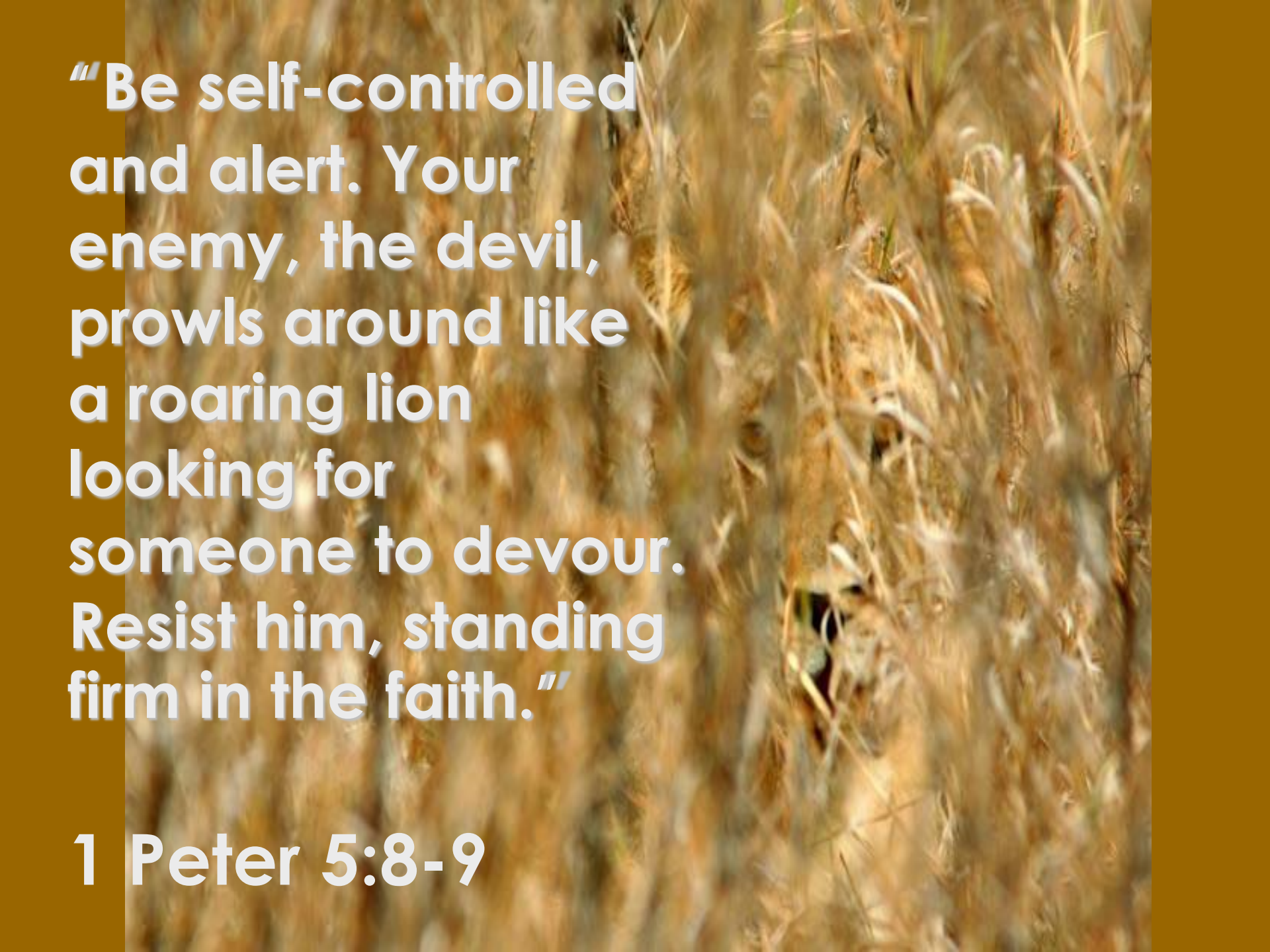
▶ **O**pportunities

▶ **T**hreats

**Sheep
usually get
lost one
bite at a
time.**

*Dallas
Willard*





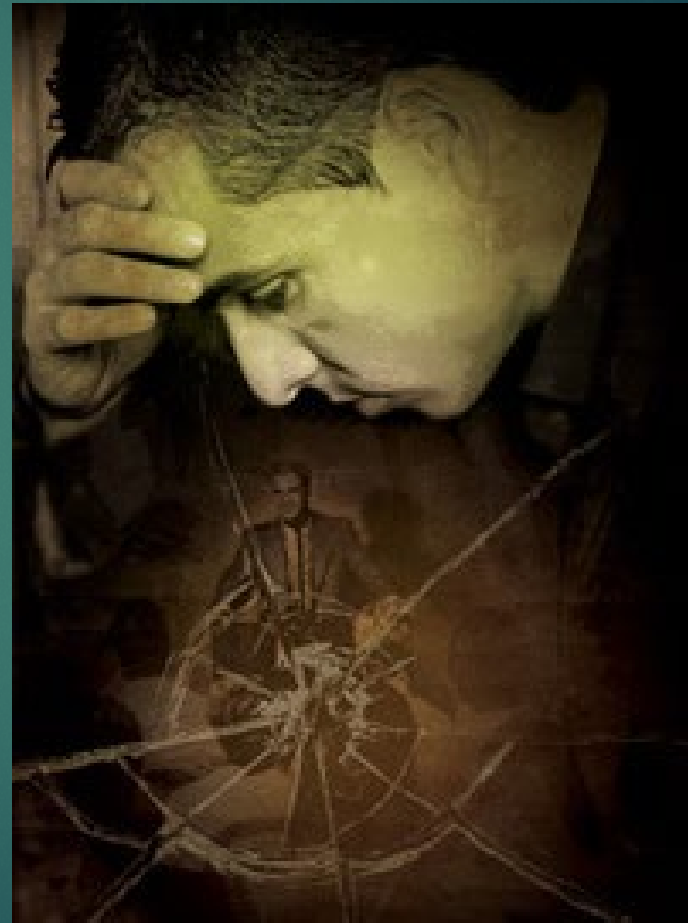
“Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.”

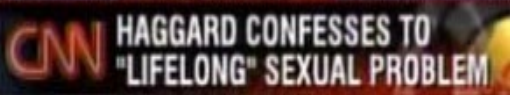
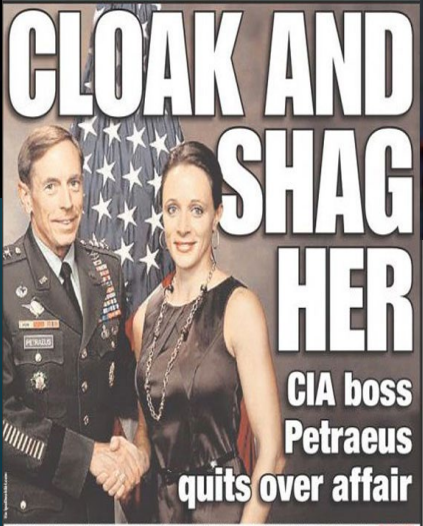
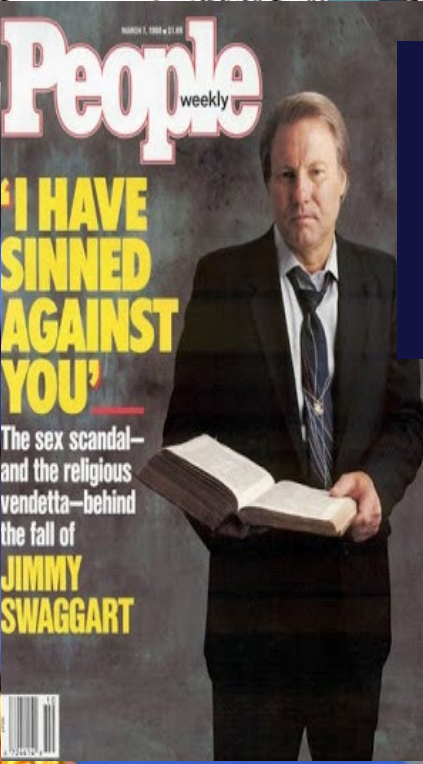
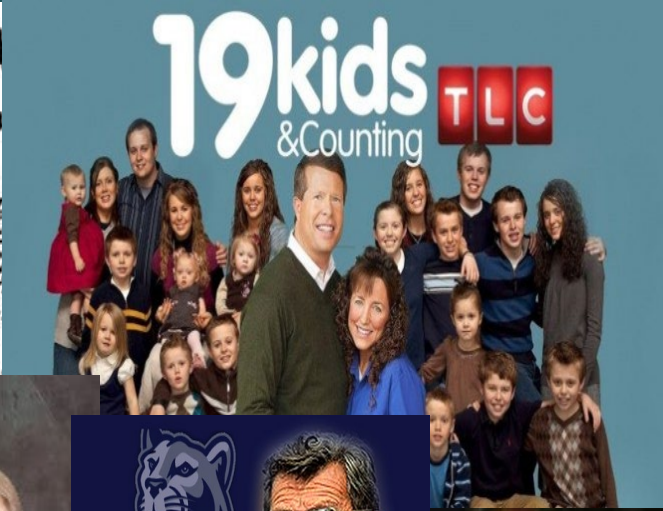
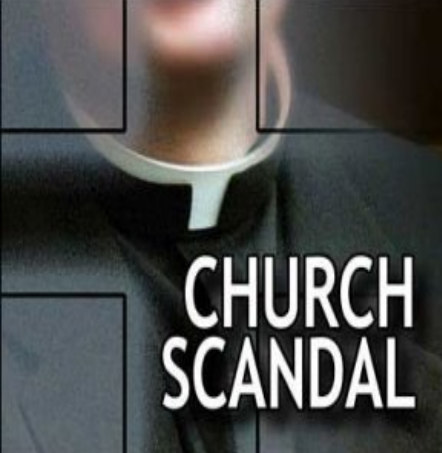
1 Peter 5:8-9

Conversation with Dr. Easley President of Moody Bible Institute

- ▶ List of consequences for moral failure

- ▶ List of ministry colleagues who had had a moral failure





I Am Most Vulnerable When...

- ▶ **H**UNGRY
- ▶ **A**NGRY
- ▶ **L**ONELY
- ▶ **T**IRED

- ▶ **B**ored
- ▶ **A**nxious
- ▶ **D**epressed



Fixing Broken Windows

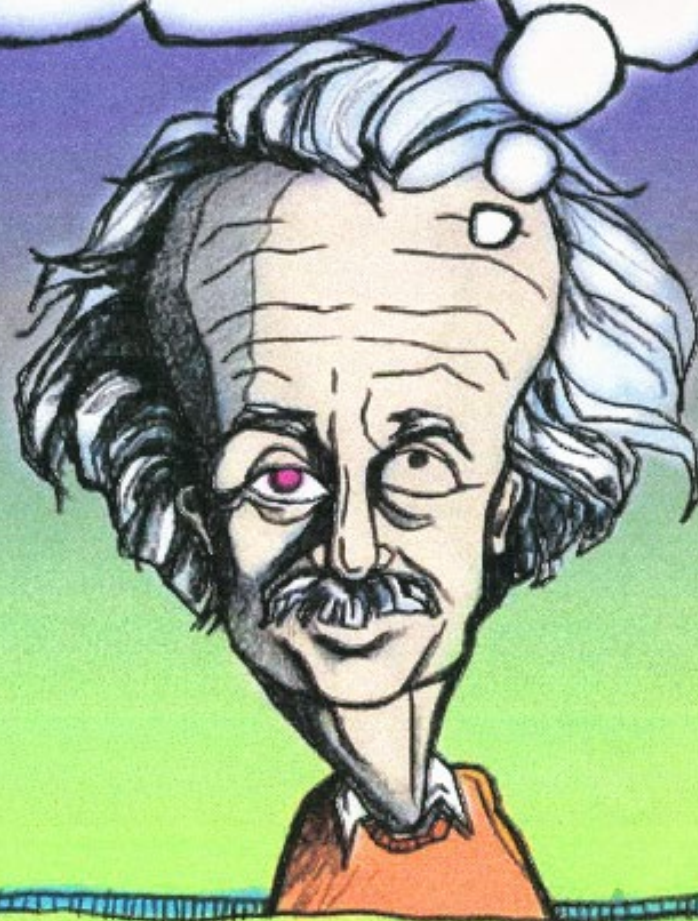
- ▶ Role of the Spiritual Disciplines
- ▶ Guarding My Heart



A pair of chrome dumbbells is shown in a studio setting with a white background. The dumbbells are positioned diagonally, with one in the foreground and another slightly behind it. The lighting creates soft shadows and highlights the metallic texture of the weights and handles.

*the pain of discipline is
far easier than the pain
of regret*

The majority of life's
battles occur within the
four-and-a-half inches
between your ears.



The Nature of Temptation

- ▶ To be tempted is NOT a sin
- ▶ Begins before we are aware
- ▶ Holy Spirit provides a warning and way of escape (1 Cor. 10:13)
- ▶ Deal with temptations early on
- ▶ Urge, thought, fantasy, idea
- ▶ Intensity of temptation increases with time

OLD SELF / NEW SELF

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”
- Ephesians 4:22-24, NIV

OLD SELF / NEW SELF

First
Subconscious
Thought/Temptation



“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” - Ephesians 4:22-24, NIV

OLD SELF / NEW SELF

**First
Subconscious
Thought/Temptation**



**Awareness of Temptation
The Holy Spirit Speaks**
1 Corinthians 10:13



“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” - Ephesians 4:22-24, NIV

OLD SELF / NEW SELF

First Subconscious Thought/Temptation



**Awareness of Temptation
The Holy Spirit Speaks**
1 Corinthians 10:13



Choice to Activate Sinful Behavior



Point Where Temptation Becomes Sin



"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." - Ephesians 4:22-24, NIV

OLD SELF / NEW SELF

First Subconscious Thought/Temptation



**Awareness of Temptation
The Holy Spirit Speaks**
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Choice to Activate Sinful Behavior



Point Where Temptation Becomes Sin



Evaluation



"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." - Ephesians 4:22-24, NIV

OLD SELF / NEW SELF

First Subconscious Thought/Temptation



Awareness of Temptation
The Holy Spirit Speaks
1 Corinthians 10:13



Choice to Activate Healthy Behavior



Choice to Activate Sinful Behavior



Point Where Temptation Becomes Sin

Evaluation



"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." - Ephesians 4:22-24, NIV

OLD SELF NEW SELF

First Subconscious Thought/Temptation



Awareness of Temptation
The Holy Spirit Speaks
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Choice to Activate Healthy Behavior



Evaluation

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." - Ephesians 4:22-24, NIV

Choice to Activate Sinful Behavior



Point Where Temptation Becomes Sin



Evaluation

OLD SELF NEW SELF

First Subconscious Thought/Temptation



Temptation Awareness
The Holy Spirit Speaks
| Corinthians 10:13



Choice to Activate Healthy Behavior



STRENGTHENED INNER PERSON

Evaluation



Choice to Activate Sinful Behavior



Point Where Temptation Becomes Sin

Evaluation

SIN AND CONSEQUENCES



"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

- Ephesians 4:22-24, NIV

Two Important Skills

- ▶ *Identify the triggering mechanisms*
- ▶ *Define effective substitute behaviors*

Where Are My “Broken Windows”?

- ▶ What “minor broken windows” have I left unattended?
- ▶ What has the Holy Spirit been saying to me?



@#1474376 Photos To Go

Remember

- ▶ The Enemy builds strongholds in secrecy and enforces them by silence.....break the silence and break the stronghold.
- ▶ The Enemy takes us further than we intended to go....keeps us longer than we intended to stay....and the price is greater than we ever intended to pay.
- ▶ He seeks to blind us from the consequences of sin.



Forgiveness...Restoring Intimacy With God

- ▶ 1 John 1:9 “If we confess our sins, He is faithful and just to forgive us of our sins and to cleanse us from all unrighteousness.”

Broken Windows....Broken Heart

- ▶ Psalm 51:10
 - ▶ “Create in me a clean heart, O God. Renew a right spirit within me”
 - ▶A broken and repentant heart, O God, you will not despise.”

PRAISE GOD

- ▶ For an amazing network of loving and supportive leaders!
- ▶ AMEN.

Suggested Resources for Transformation

- ▶ *Celebration of Discipline* (Richard Foster)
 - ▶ Inward Disciplines – meditation, prayer, fasting, study
 - ▶ Outward Disciplines – simplicity, solitude, submission, service
 - ▶ Corporate Disciplines – confession, worship, guidance, celebration

Suggested Resources for Transformation

- ▶ *Emotionally Healthy Spirituality* (Peter Scazzero)
 - ▶ Prayer – scripture, silence, solitude, study
 - ▶ Rest – ‘Sabbath’, rest, simplicity, play, recreation
 - ▶ Work/Activity – service/mission, physical health
 - ▶ Relationship – emotional health, family, community

Suggested Resource

- ▶ The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World
 - ▶ John Mark Comer