

INJOY
LIFE
CLUB.

Lessons I've Learned From A Heart Attack

Dr. John C. Maxwell

Volume 15, Number 9

"Don't let your learning lead to knowledge, let your learning lead to action."

Jim Rohn

"Learning is change."

Howard Hendricks



1. I've learned to be grateful for Life.
ZIG ZIGLAK QUOTE - "

"I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound."

Helen Keller

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

"We cannot give God anything, for everything is already His, and all we have comes from Him. We can only give Him praise, thanks and honor."

Martin Luther

2. I've learned you can never tell people you love, that you love them

enough.

3. I'm learning to be a good steward of my Body.

"I do not mean to make an idol of health, but it does seem to me that at least some of us have made an idol of exhaustion. The only time we know we have done enough is when we are running on empty and when the ones we love most are the ones we see the least. When we lie down to sleep at night, we offer our full appointment calendars to God in lieu of prayer, believing that God - who is as busy as we are - will surely understand."

Barbara Brown Taylor, explaining why she is taking a year of Jubilee in 2000, not accepting any out of town speaking engagements and working only 40 hours a week in ministry. "Divine Subtraction, in The Christian Century," 3 November 1999, p.3

You can spend life any way you want to, but you can only spend it once.



Mistakes I made about my health:

1. I thought because I felt good, I was healthy.
2. I didn't listen to friends who loved me.
3. I was arrogant about my health.
4. I worked too hard.
5. I did not exercise enough.

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4. I've learned the grace of receiving.
5. I've learned that the _____ of God's people are _____.
6. I've learned to focus on what I have, not on what I lost.

The wrong kind of pity:

"Pity is one of the noblest emotions available to human beings; self-pity is possibly the most ignoble. Pity is the capacity to enter into the pain of another in order to do something about it; self-pity is an incapacity, a crippling emotional disease that severely distorts our perception of reality. Pity discovers the need in others for love and healing and then fashions speech and actions that bring strength; self-pity reduces the universe to a personal wound that is displayed as proof of significance. Pity is adrenalin for acts of mercy; self-pity is a narcotic that leaves its addicts wasted and derelict."

Eugene H. Peterson in Earth and Altar

A person full of self-pity can never help someone else.

7. I've learned that _____ a solid INJOY team has _____ .

Law of the Inner Circle: "A Leader's Potential is Determined by Those Closest to Him."



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8. I've learned to place my family first .

"Imagine life as a game in which you are juggling some five balls in the air. You name them — work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls — family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life."

*Brian Dyson, CEO of Coca Cola
speaking of the relation of work to one's other
commitments in a university commencement
address several years ago*

Success: Those who are the closest to me, love and respect me the most.

9. I've learned to look for and make the best of _____

_____ .
"Life is not the way it's supposed to be. It's the way it is. The way you cope with it is what makes the difference."
Virginia Satir

The Heart of Christmas – “When You Follow a Star and Find a Stable.”



When wise men find a stable – _____.

When wise men find a stable – _____.

When wise men find a stable – _____.

If Christmas is about anything, it's about a baby — God's baby, born in a stable, who changed the world forever. When we come to the stables in our lives, let us be wise and remember to look for God. Let us bring Him the best we have to offer. And let us allow Him to change the direction of our lives, enabling us to become the great men and women of God that He wants us to be.

10. I've learned that _____.

“Here is a test to find whether your mission on earth is finished: If you're alive - it isn't.”

Richard Bach

The Dash

I read of a man who stood to speak at the funeral of a friend.
He referred to the dates on her tombstone from the beginning . . . to the end.

He noted that first came the date of her birth and spoke of the following date with tears,
but he said what mattered most of all was the dash between those years.

For that dash represents all the time that she spent alive on earth . . .
and now only those who loved her know what that little line is worth.

For it matters not, how much we own; the cars . . . the house . . . the cash.
What matters is how we live and love and how we spend our dash.

So think about this long and hard . . . are there things you'd like to change?
For you never know how much time is left. (You could be at “dash mid-range”)

If we could just slow down enough to consider what's true and real,
and always try to understand the way other people feel.

And be less quick to anger, and show appreciation more
and love the people in our lives like we've never loved before.

If we treat each other with respect, and more often wear a smile . . .
remembering that this special dash might only last a while.

So, when your eulogy's being read with your life's actions to rehash . . .
Would you be proud of the things they say about how you spent your dash?

Answers: Grateful For Life; Enough; Good Steward Of My Body; Grace Of Receiving; Prayers; Everything; Have; Lost; Developing; Paid Off; First; Difficult Situations; Look For God; Offer Their Best To God; Change Their Direction; God's Hand Is On My Life.

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