

A man with brown hair, wearing a white headband, black-rimmed glasses, a white tank top, and white wristbands, is flexing his biceps. He has a serious expression. The background is plain white. The text "GETTING HEALTHY" is overlaid across the center of the image in a large, white, outlined, sans-serif font.

GETTING HEALTHY

# THE SLIGHT EDGE

## EASY TO DO

Simple disciplines made consistently over time

- Responsibility/Discipline
- Value Driven

What's uncomfortable early becomes comfortable later

**PHILOSOPHY → ATTITUDE – ACTIONS – RESULTS – LIFESTYLE**

What's comfortable early becomes uncomfortable later

- Blame/Neglect
- Entitled

**5% SUCCESS**

Progressive realization of a worthy idea

FINANCES

HEALTH

BUSINESS

PERSONAL DEVELOPMENT

RELATIONSHIPS

## EASY NOT TO DO

Simple errors in judgement made over time

**95% FAILURE**

Lasts a lifetime



# DISCIPLINE

*PHYSICAL TRAINING IS GOOD,  
BUT TRAINING FOR **GODLINESS**  
IS MUCH **BETTER**,  
PROMISING BENEFITS  
IN THIS LIFE AND IN THE  
LIFE TO COME.*

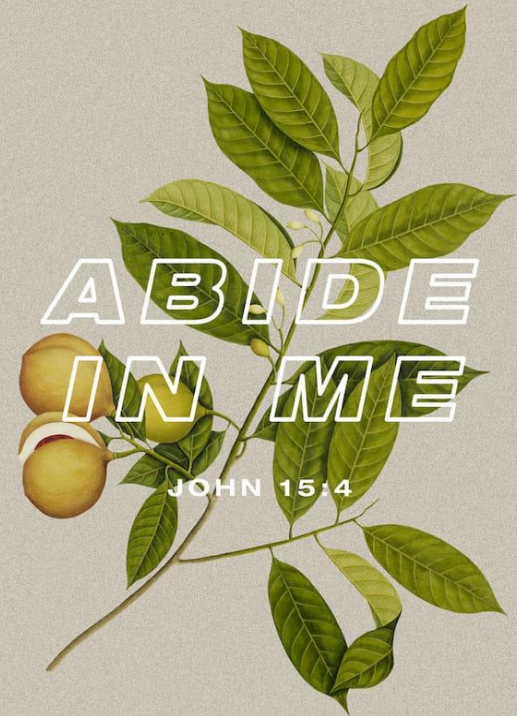
**1 TIMOTHY 4:8**

# TIME & INTIMACY

HEART  
SOUL  
MIND

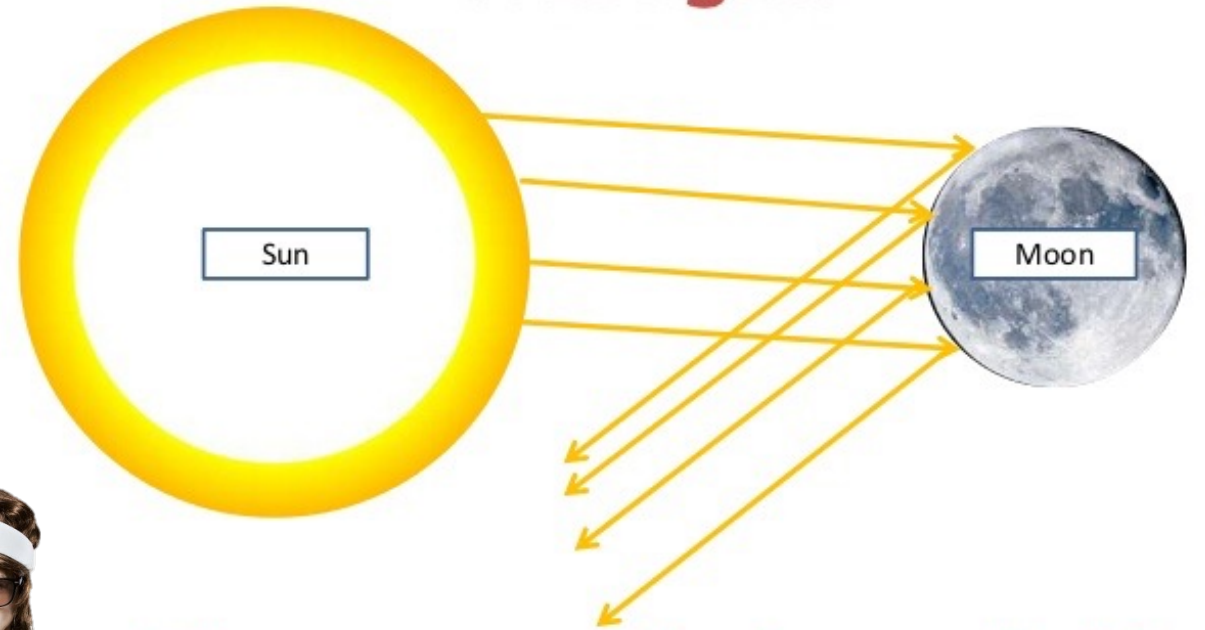
YOU MUST LOVE THE  
LORD YOUR GOD WITH  
ALL YOUR HEART,  
ALL YOUR SOUL, AND  
ALL YOUR MIND.

MATTHEW 22.37



# SEEING & REFLECTING

**The moon does not have its own light.**



**The moon reflects sunlight.**

SO ALL OF US WHO HAVE  
HAD THAT VEIL REMOVED  
CAN SEE AND REFLECT

*the glory of the Lord.*

2 CORINTHIANS 3:18



# LOVING THE OTHER

WHEN JESUS SAID  
LOVE YOUR NEIGHBOR,  
HE KNEW YOUR NEIGHBOR WOULD  
ACT, LOOK, BELIEVE AND LOVE  
DIFFERENTLY THAN YOU.  
IT'S KIND OF THE WHOLE POINT.

TOBYMAC #SPEAKLIFE

WHATEVER YOU DID  
FOR THE LEAST OF  
THESE BROTHERS  
AND SISTERS OF MINE,  
**YOU DID FOR ME.**

M A T T H E W 2 5 : 4 0



# BOOT CAMP

G O D I S  
M O S T G L O R I F I E D  
I N U S  
W H E N W E A R E  
M O S T S A T I S F I E D  
I N H I M .

—JOHN PIPER—

- We want this church to be a place of healing, growth, and health.
- We understand that every person is unique and complex.
- We want to foster an atmosphere of grace and discovery without judgement.
- We want those who are starting out or stalled in their faith journey to be honoured & helped by those who are more mature in faith.

