

## ACT LIKE A WOLF

### **1 Thessalonians 5:5–10 (The Message)**

5 You're sons of Light, daughters of Day. We live under wide open skies and know where we stand.

6 So let's not sleepwalk through life like those others. Let's keep our eyes open and be smart.

7 People sleep at night and get drunk at night.

8 But not us! Since we're creatures of Day, let's act like it. Walk out into the daylight sober, dressed up in faith, love, and the hope of salvation.

9 God didn't set us up for an angry rejection but for salvation by our Master, Jesus Christ.

10 He died for us, a death that triggered life. Whether we're awake with the living or asleep with the dead, we're alive with him!

**1 Thessalonians 5:8** Since we're creatures of Day, let's act like it.

Side Third: Your daily activity should come from your new identity

### PACK

the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack - Rudyard Kipling

a lone wolf has no protection

Alpha / beta / omega and all in between

Leader lieutenant court jester

A wolf is impelled by many individual desires — it wants to breed, hunt, explore — but its most profound desire is the one that touches us at our very core as human beings : A wolf wants to belong. - Jim and Jamie Dutcher

When family is healthy and strong / every wolf receives strength . Thus, every wolf cares for the entire family, especially new pups .

You're The Average Of The Five People You Spend The Most Time With - Jim Rohn

The easiest way to change your life is to change your friends

### POSTURE

Lips curled teeth

Tail wagging or straight

Ears up or down

Upright to broadcast confidence

Tense or relaxed

Bristled fur

120 mind loses sharpness; 150 shuts down; 15 second breath  
body of research out there that shows strong posture makes you feel strong, weak posture makes you actually feel weak

Not fake it until you make it  
Fake it until you become it....

In scripture too.... Psalms riddled with posture

**Joel 3:10** let the weak say, I am strong

Cs Lewis mere Christianity:  
Very often the only way to get a quality in reality is to start behaving as if you had it already

## PRE-GAME

They often gather to howl before setting off for a nightly hunt, apparently as a kind of morale-boosting exercise. This type of howl often follows a “rally,” an exuberant display of affection in which wolves leap on one another, forming a furry pile of tail-wagging bodies  
- Nate Blakeslee. American Wolf

Figure out what it takes to suit up so you can be your best when you show up (Pele)

You're not ready to face the game without your game face on

## PROPS

Prop (noun): Something used in creating or enhancing a desired effect, : something that props or sustains

Like an actor would use.... To make a scene come a live

Help you get into character

watercolors/GLASSES/journal

research shows that something as simple as writing down 5 things you're grateful for once a week can boost your happiness by up to 25%.

Ear plugs

Kids in school flight path. worse test scores. No fly zone go up

Why are these props so important.

Jesus' ministry he constantly relied on visual aids.

From his sermon on humility where he took a child into his arms

When asked about taxes he asked for a coin, didn't just talk about fruitlessness, he pointed out a barren fig tree, didn't make manna rain from heaven, purposely used little boys lunch box.

Exodus 17 propped up

actor...

You're not pretending you're someone your not you are acting like god says you are

**1 Thessalonians 5:8** Since we're creatures of Day, let's act like it.

Your daily activity should come from your new identity

The desires you feel pulling in the wrong direction are not who you really are // You died remember

**Galatians 2:20** I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

And living new life means doing opposite of what we feel

The problem for so many of us is that we are passion's slave

"Give me that man that is not passion's slave, and I will wear him In my heart's core, ay, in my heart of heart" - William Shakespeare Hamlet

How? Don't wait for lightbulb of inspiration to work

Work and if lightning strikes, will know where to find you

Michael Phelps. Keep showing up

"One thing that separates Michael from other swimmers, is that if they don't feel good they don't swim good. That's not the way it is for Michael. Michael performs no matter what he's feeling. He has practiced it for a long time." Bob Bowman

For five years, from 1998 to 2003, we did not believe in days off. I had one because of a snowstorm, two more due to the removal of wisdom teeth. Christmas? See you at the pool. Thanksgiving? Pool. Birthdays? Pool. Sponsor obligations? Work them out around practice time."

Swims good even when he doesn't feel good.

Same is true spiritually

# I DECLARE WAR

4 KEYS TO WINNING THE BATTLE WITH YOURSELF

## **I Declare War by Levi Lusko**

*Message Notes for Part 3 - "ACT LIKE A WOLF"*

The bible doesn't tell us what to feel it tells us what to do.

Don't do what you feel do what is right

Love when don't feel like loving

### **Proverbs 16:32 (NKJV)**

32 He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.  
step between feel and do

### **Proverbs 25:28 (The Message)**

28 A person without self-control is like a house with its doors and windows knocked out.

Pay attention to your feelings but don't let them run your life

Your daily activity should come from your new identity

All wolves bow low when they greet the alpha, especially the omega

**Revelation 1:8** "I am the Alpha and the Omega, the Beginning and the End," says the Lord, "who is and who was and who is to come, the Almighty."

We should bow low because though he is the alpha, he condescended and took the form of a servant