

Munching On A Donut – Roger Marini

So there I am, munching on a donut while watching a morning talk show segment on dieting. Seems like the whole cast is going on a diet and we, the great mass of television viewers, will be able to watch and learn as they lose weight. (About this point, I wonder whether there is another donut left or did the kids eat them all?) Anyway, I notice that they are talking to a guy who bills himself as a “Personal Performance Coach”. And, lo and behold, it is Anthony Robbins, the master of the infomercial. Maybe you’ve seen him while surfing through late night TV, selling his “success plans”. Big house, exotic cars, beautiful wife. You know the story. And besides all that, he is also really, really tall. I’m talking like close to 7 feet tall, literally.

Well, here he is on morning TV as a “Personal Performance Coach” giving the would-be dieters some helpful advice. So, since I had found that second donut by this point, I munched and listened for a while. And, he had some good advice. Let me recap the three things that he said about dieting and exercise.

- Visualize the “Pull” not the “Push”. Focus on the goal of how great you will look, how much better you will feel and allow that focus to “pull” you through the tough times. Don’t focus on how you have to “push” yourself to diet and exercise.
 - Having a peer group is good for encouragement and mutual accountability, but...
 - You need to have a relationship with someone who is further down the path than you are. He refers to your peer group as “shoulds” and this individual as a “must”. For example, taking that daily walk is much easier if you do it with someone who has already ingrained that regimen into their life. For this individual, the daily walk has become a “must” and that will help you to make it a “must” in your life, too. Now this is good stuff. But how can we give it some eternal value? How can we apply it to our spiritual life?
 - Visualize the “Pull” not the “Push”. Focus on God, His love for you, His sacrifice for you, His worthiness to be the center of your life. Use that thought as a motivation for spending that quiet time with Him, for reaching out to others with the Gospel, for doing good works. Ignore the “push” of guilt, image, and self.
 - Being part of a small group is great for encouragement and mutual accountability. Make it a big part of your week, not just another night to be busy doing “church” stuff. Encourage others to get involved in small groups not because your church says they should (push) but because it is where Christians grow closer to God and each other (pull).
 - Get involved in discipleship. Be available to pass on the “musts” in your spiritual life to those brothers or sisters who have “shoulds” in those areas. Find a more mature Christian who can help you turn your “shoulds” into “musts”. (2 Tim 2:2) That’s how we all grow strong in the Lord. And as we grow, the local Church will grow, too.
- Simple as 1-2-3. Visualize the “pull” of Christ, get involved in a small group, jump on the discipleship “ladder”. It’s pretty good advice from a very unlikely source - Thanks, Tony. Now about those donuts....