

## Foreword

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### Warrior Ethos

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

When I first entered the army, we were called Crunchies. The meaning was provided by our drill sergeant who constantly yelled at us during our initial basic training. The army had to train us in every aspect of duty. We learned cadence; we had our hair cut to conform us to our new environment. We wore the same clothes, and we had to act a certain way that the army taught. We were new and fragile—thus, the word Crunchies fit perfectly!

It's the same with the Christian life. We first have to learn what is expected of us. You must train with enthusiasm and be diligent and efficient. We all start with the basics until we were ready to handle bigger things.

I understand now the power of the scriptures will produce fruit in my life. Reading and applying the scriptures has changed me. I have developed new habits that have saved my life and have given me purpose and direction. I am a much better person and I can handle all the issues I will face in this life, with God's help.

When I came back from Vietnam, I was hardened by the labor of war. But, fourteen years later after my service I was on the verge of suicide and insanity when I experienced a spiritual awakening that changed me and turned my life around.

I can say now that I am completely happy about the person I have become, but it took me time to learn to be spiritually strong. My faith has increased and my dedication to God has not wavered.

I learned by reading the Bible that with discipline and training, you can win over evil, temptation, anything that makes you stumble. I have written these lessons as a way to build within you a value system that will *never* let you down. You will be able to overcome old bad habits and will replace it with discipline, strength, courage, wisdom, and truth that you will use daily to overcome negative circumstances.

One key lesson I've learned is that we need to train and retrain daily, just like the Israelites were ordered to gather food daily. They obeyed God, ate, and were satisfied. God provided a daily allowance, so do these lessons daily.

I have written this book to help you become a stronger and more capable warrior and to overcome any of life's challenges.

Again, I will say to you, that you *must* train diligently and you *will* win against the forces of the unforeseen enemy of your soul.

### **Key Tasks:**

- Transform yourself through spiritual values that will enrich your life.
- Train to learn the scriptures that *will* transform your character and habits.

- Take care of self, families, or others who may need help.
- Walk, learn, and grow in the knowledge of God and man.
- Attend church and surround yourself with healthy friends.
- Continue to train and grow to overcome your bad habits: while working the basic training steps.

### **The Wise and Foolish Builders**

Jesus said,

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. <sup>27</sup>The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” (Matthew 7:24–27, NIV)

- a. These lessons will provide ammunition for battle to conquer any enemy you face in life.
- b. This training will also equip you to develop new habits that will build character, strength, hope, courage, and endurance for a lifetime.

Lessons are to be done *daily* until you are battle ready.

When I was in Vietnam, my buddy, Sergeant Jim Dyckhoff, would lead his squad out on ambush patrol. As he headed out-

side the perimeter, he would turn back, look at me, and say, “Cat, I’ll be back, one way or another,” and then head outside the compound. He would order his men to “load and load” to be battle ready.

To “lock and load” means “ammunition is loaded in your weapon” and “be ready for battle.” He *always* returned back to camp with his men. While on patrol, he was on constant alert and ready to engage the enemy.

Being a soldier is not easy, but you can be reassured that God is on your side and will fight for you and help you to win. Not win in a physical sense, but a *spiritual one*. Like a soldier who goes into battle, God provides us with Manna (food) to help us overcome our fleshly desires.

It is up to us to use these tools—or bullets, as I call them. You know that a soldier goes into battle with ammunition, grenades, a knife, food, extra clothing, these are his tools to help him survive. It’s the same thing in regards to walking the Christian path of life. It is a life of self-sacrifice, commitment, obedience, and following the small voice that calls us to be witnesses for the glory of God. It is found in reading the Bible daily, setting aside quiet time to pray, and reflecting on what God is calling us to do. It is in committing ourselves to be salt and light. It is, being strong, courageous, consistent and denying the enemy to gain entry.

God has given us the bread of life (the Bible) to use as ammunition, so lock and load and be ready to engage the enemy and win!

If you do these lessons daily, over time you will be equipped and ready to take a stand against any enemy, be determined, courageous in battle, and strong in character.

Remember, there are *two* roads in life to follow: one road leads to life and the other to destruction.

I call heaven and earth to witness against you today, that I have set before you, life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants. (Deuteronomy 30:19, NIV)

## Warning Against Sin

Seven Deadly Sins—*which you should guard your soul from.*

*Pride* is excessive belief in one's own abilities that interferes with the individual's recognition of the grace of God. It has been called the sin from, which all others arise. Pride is also known as vanity.

*Envy* is the desire for other's traits, status, abilities, or situation.

*Gluttony* is an inordinate desire to consume more than that which one requires.

*Lust* is an inordinate craving for the pleasures of the body.

*Anger* is manifested in the individual who spurns love and opts instead for fury. It is also known as wrath.

*Greed* is the desire for material wealth or gain, ignoring the realm of the spiritual. It is also called avarice or covetousness.

*Sloth* is the avoidance of physical or spiritual work.

## To Begin your Training

Victory to overcome your enemies in four simple words:

P—Pray always

R—Read the scriptures

A—Apply what you've learned

Y—Yield and obey

Do this daily without compromise:

## Ninety-Day Challenge

- Start your day with praying and reading the Bible. Do not falter.
- Attend a Bible teaching church every week.
- Turn away from evil.
- Surround yourself with *healthy* friends.
- Listen to Christian and uplifting music day and night.
- Stay sober minded. Just say “no” to things that make you stumble (alcohol, drugs, porn).
- Believe you are a new creation in Christ—that he (Christ) is making all things new.
- Think positive; discard negative words.
- Be thankful for all things.

Note: You *will* receive *power* to change by reading and applying the knowledge you get from the scriptures.