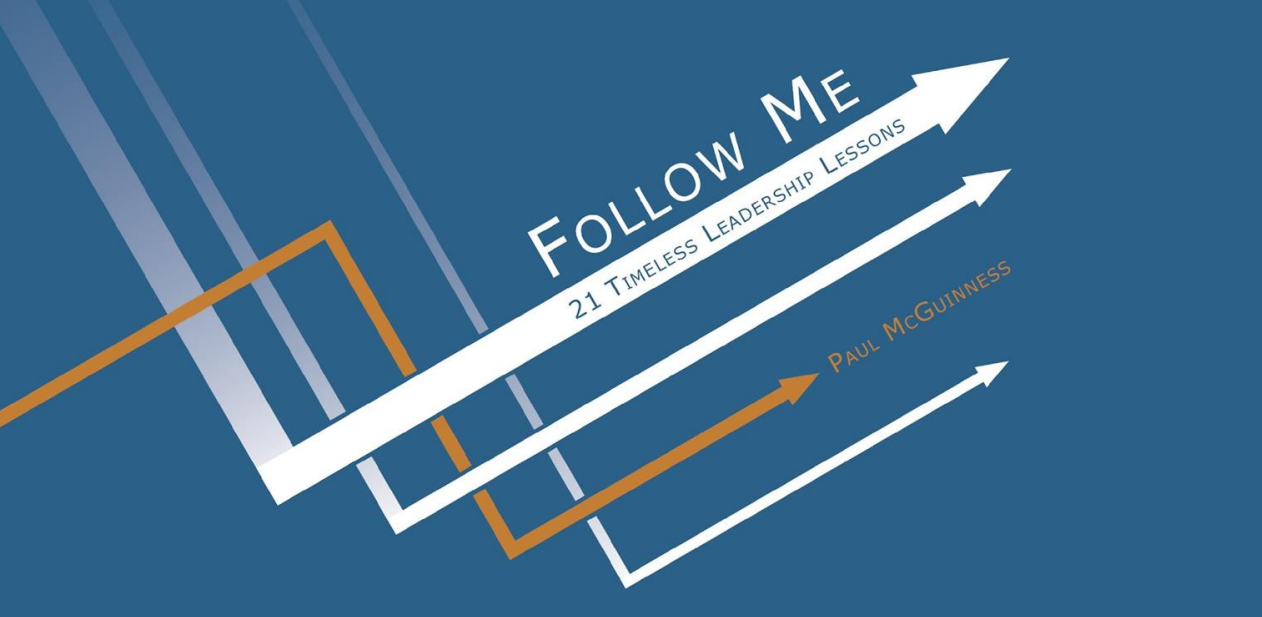
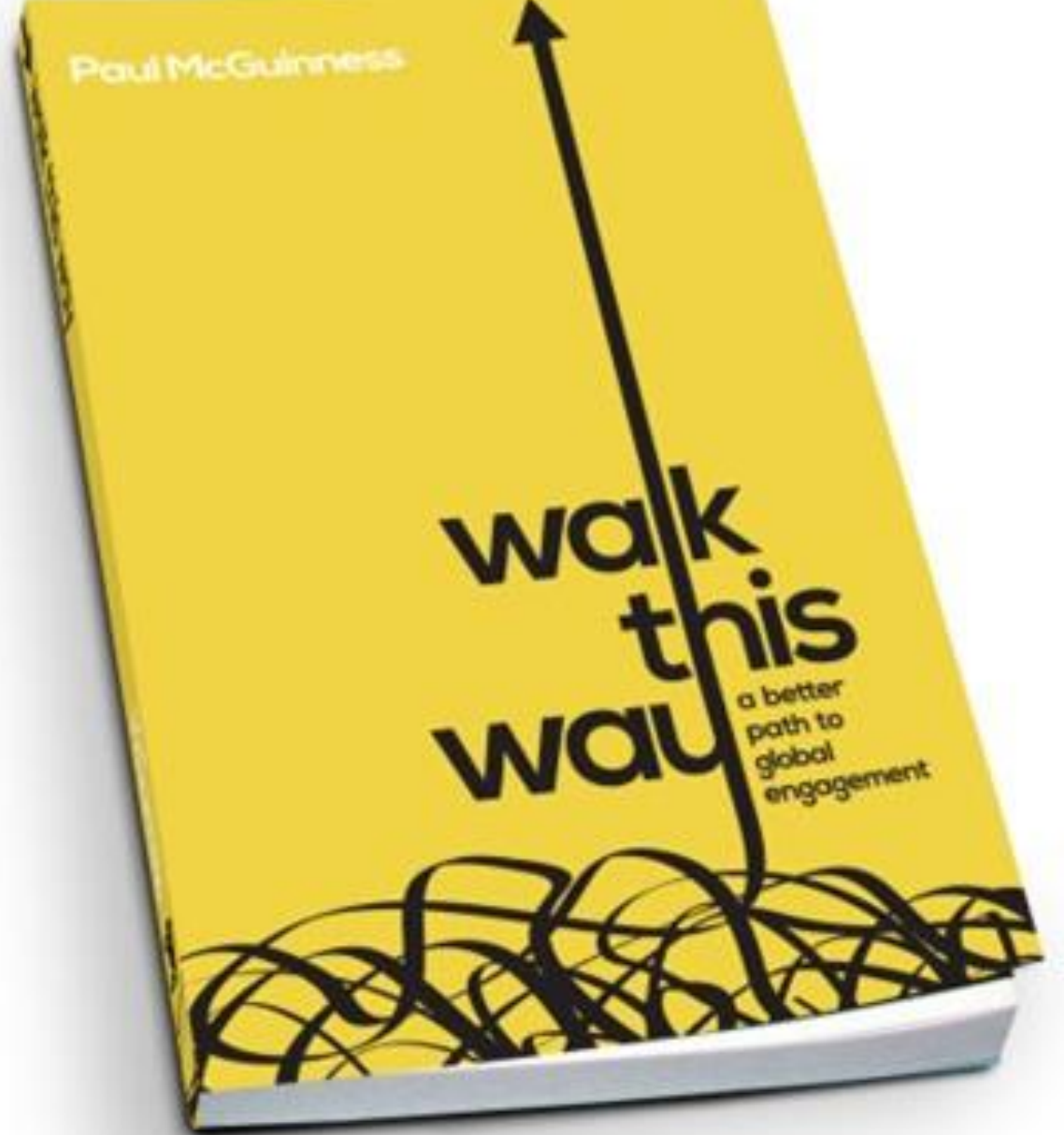


TRUE NORTH
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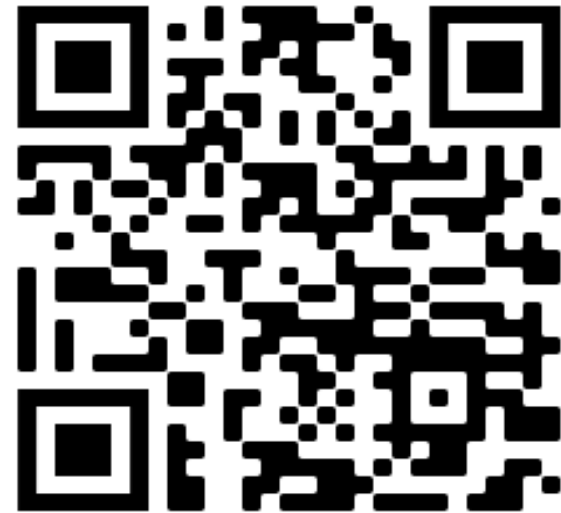
drpaulmcguinness.com
[@dr_pmcg](https://www.instagram.com/dr_pmcg)





ONE thing
changes
EVERYTHING

Recognize
Replace
Repeat



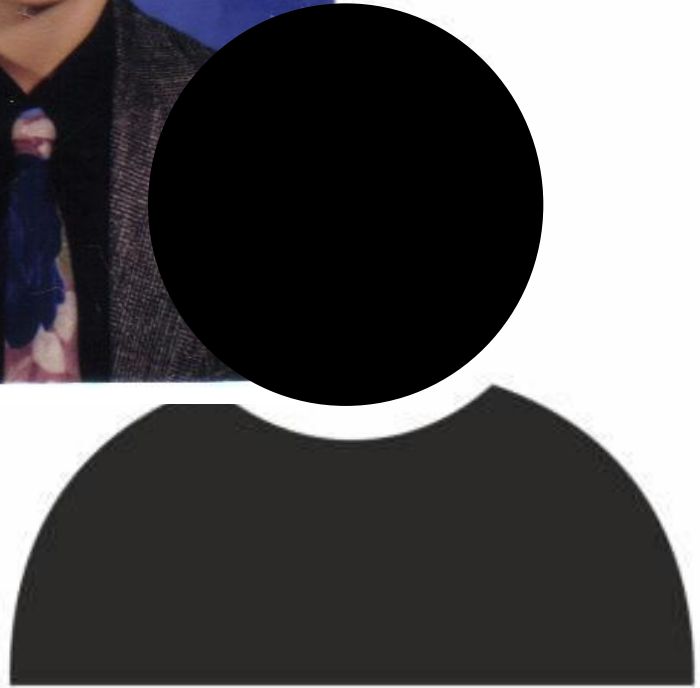
pain
VICTIM

HERO
pain

VILLIAN
people

people
GUIDE







Proverbs 4

My son, pay attention to what I say;
turn your **EAR** to my words.
Do not let them out of your sight,
keep them within your heart;
for they are life to those who find them
and health to one's whole body.



Matthew 11:15

He who has ears to hear,
let him hear!

Matthew 13:9

He who has ears to hear,
let him hear!

Matthew 13:43

He who has ears to hear,
let him hear!

Psalm 95:8

“Today, if you hear His voice,
do not harden your heart.”

**OPEN
YOUR EARS**

Proverbs 4

Above all else, guard your **HEART**,
for everything you do flows from it.



Matthew 15:19

For out of the heart come evil thoughts
—murder, adultery, sexual immorality,
theft, false testimony, slander.

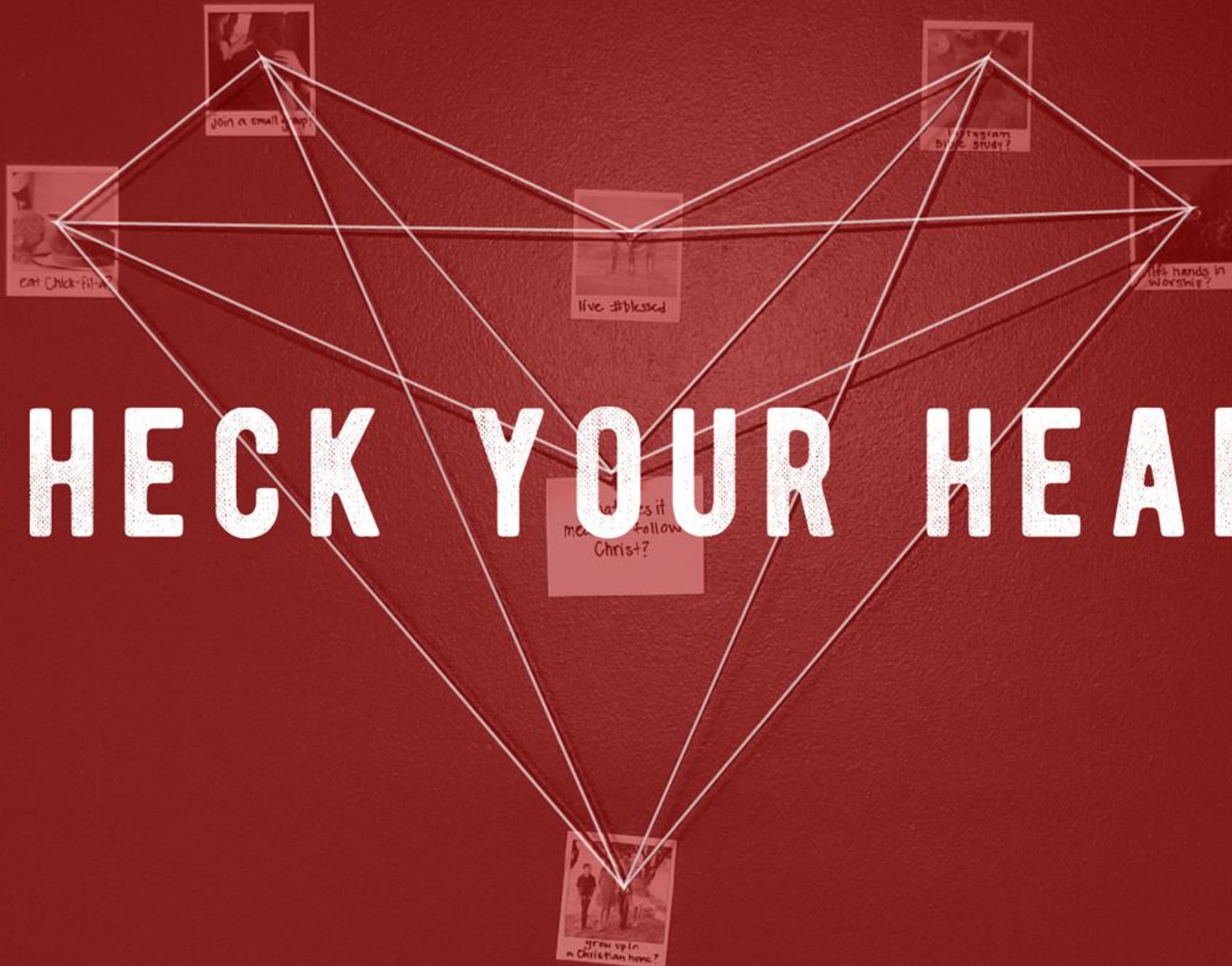
Psalm 51:10

Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Ezekiel 36:26

I will give you a new heart and put a new spirit in you;
I will remove from you your heart of stone
and give you a heart of flesh.

CHECK YOUR HEART



- Open your EARS
- Check your HEART

Proverbs 4

Keep your **MOUTH** free of perversity;
keep corrupt talk far from your lips.



James 3:2

We all stumble in many ways.

Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths,
but only what is helpful for building others up
according to their needs,
that it may benefit those who listen.

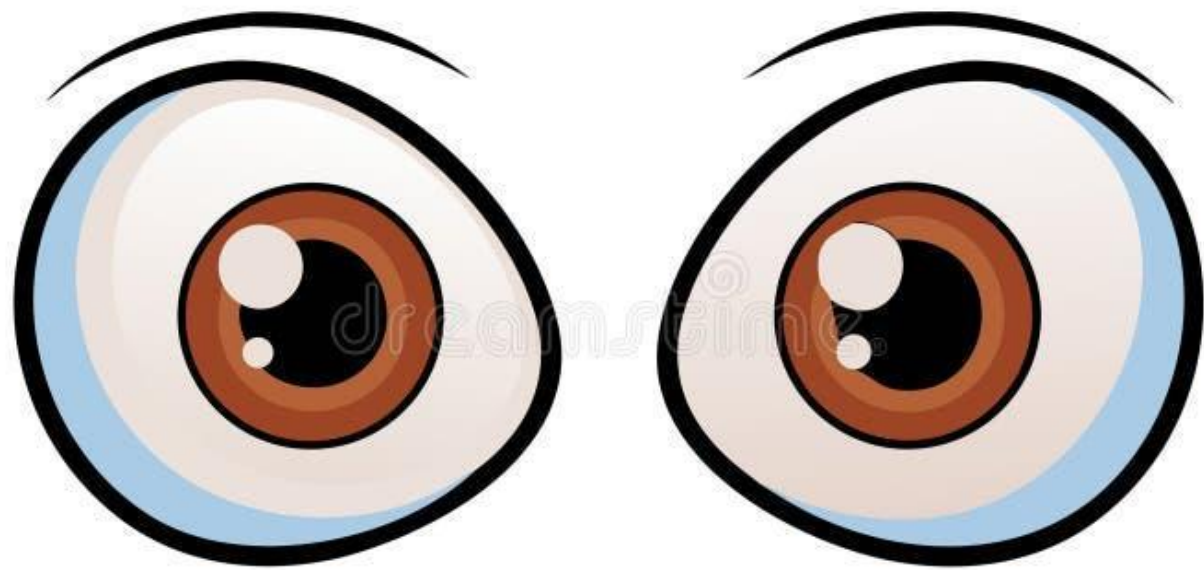


watch your
mouth

- Open your EARS
- Check your HEART
- Watch your MOUTH

Proverbs 4

Let your **EYES** look straight ahead; fix your gaze directly before you.



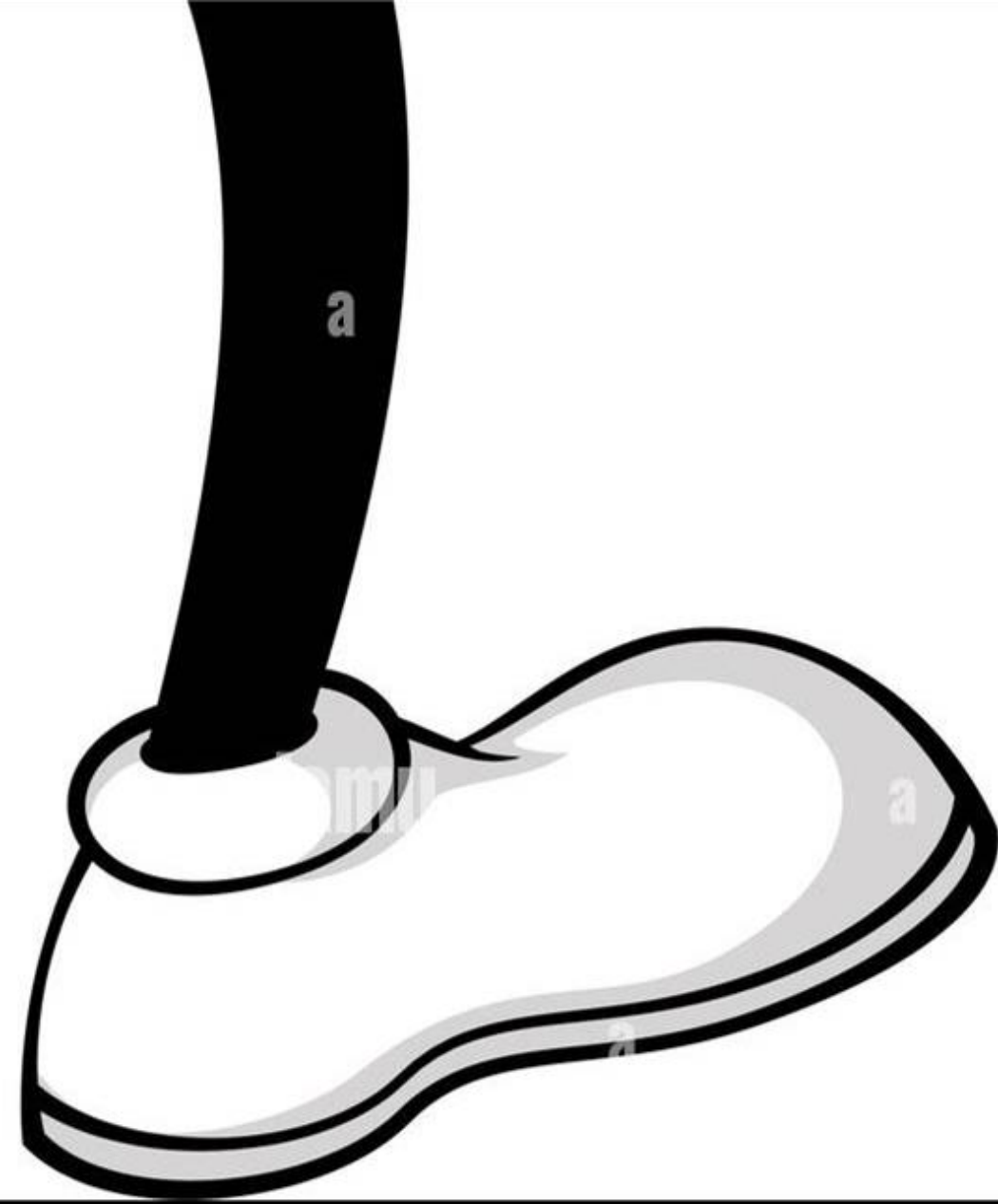
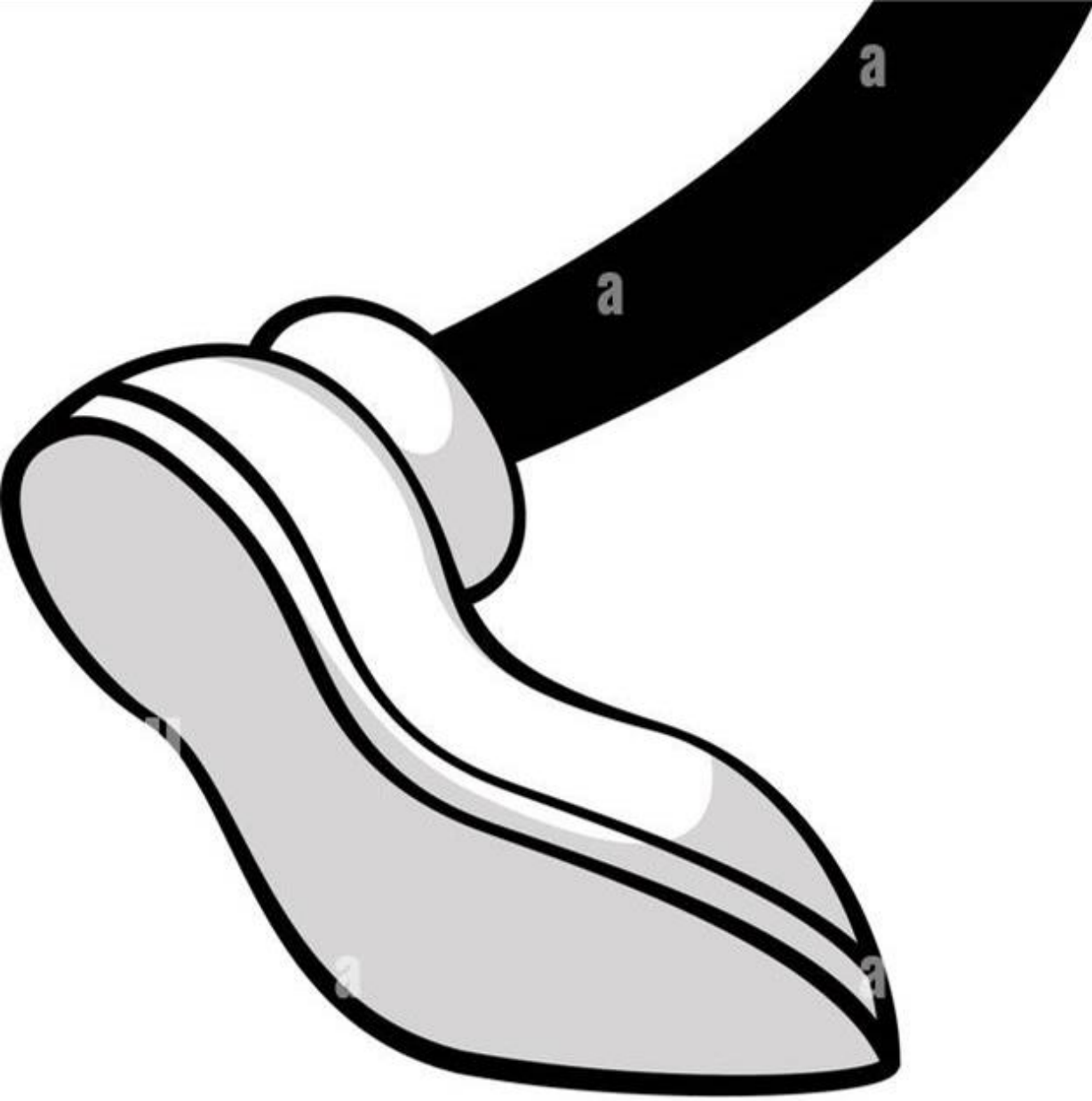
Philippians 3:12-14

I press on to take hold of that for which
Christ Jesus took hold of me.
One thing I do: Forgetting what is behind
and straining toward what is ahead,
I press on toward the goal
to win the prize for which God
has called me heavenward
in Christ Jesus.

- Open your EARS
- Check your HEART
- Watch your MOUTH
- Focus your EYES

Proverbs 4

Give careful thought to the paths for your **FEET**
and be steadfast in all your ways.
Do not turn to the right or the left;
keep your foot from evil.



Matthew 4:19
“Come, follow me,”
Jesus said . . .

Matthew 28:19
“Go and make disciples
of all nations.”



next
step

- Open your EARS
- Check your HEART
- Watch your MOUTH
- Focus your EYES
- Move Your FEET



TRUE NORTH
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