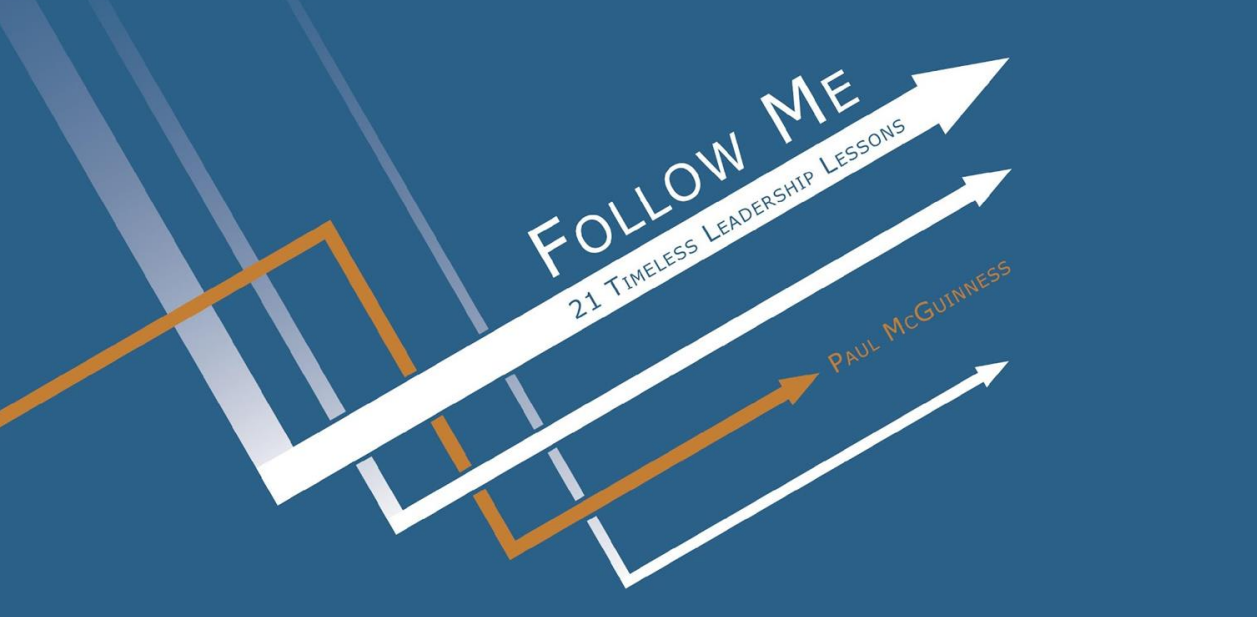
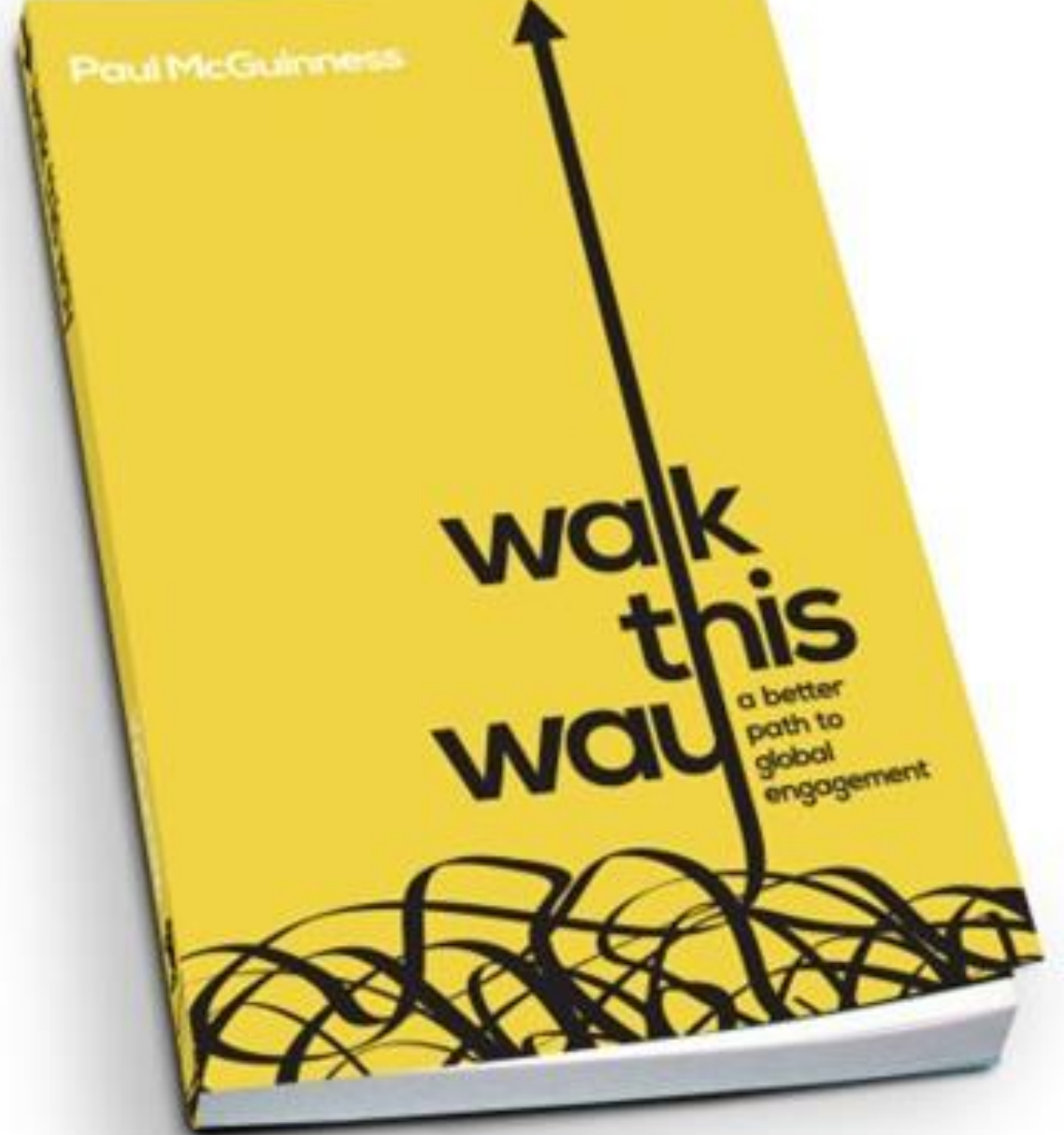


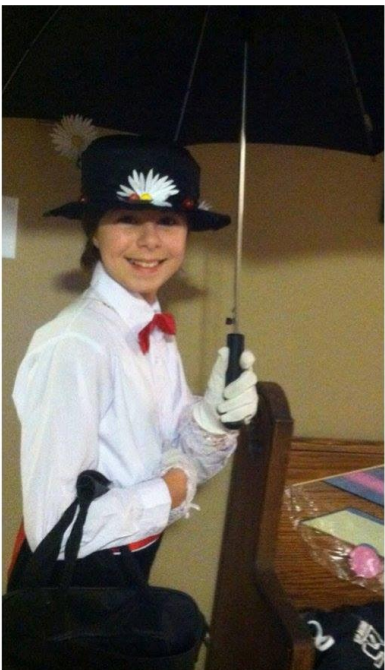




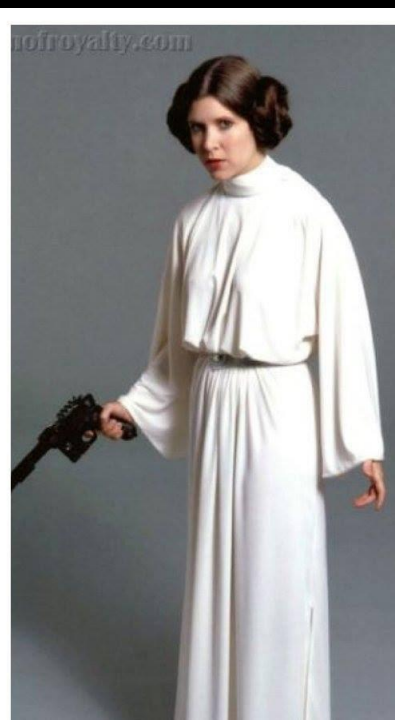
drpaulmcguinness.com
[@dr_pmcg](https://twitter.com/dr_pmcg)



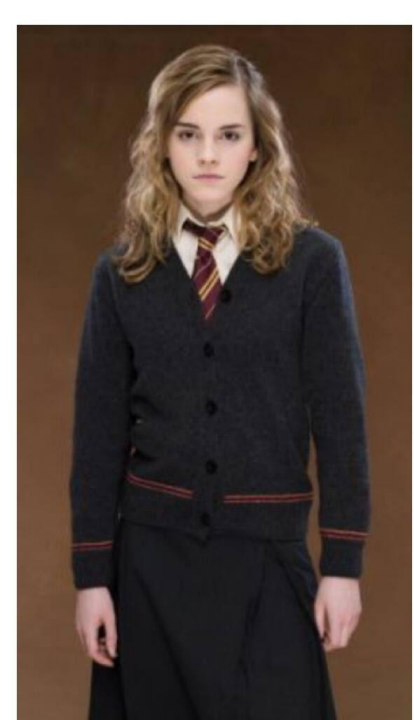


















The turning point in the story is the moment when the character figures out who they really are.



NEW YORK TIMES BESTSELLER

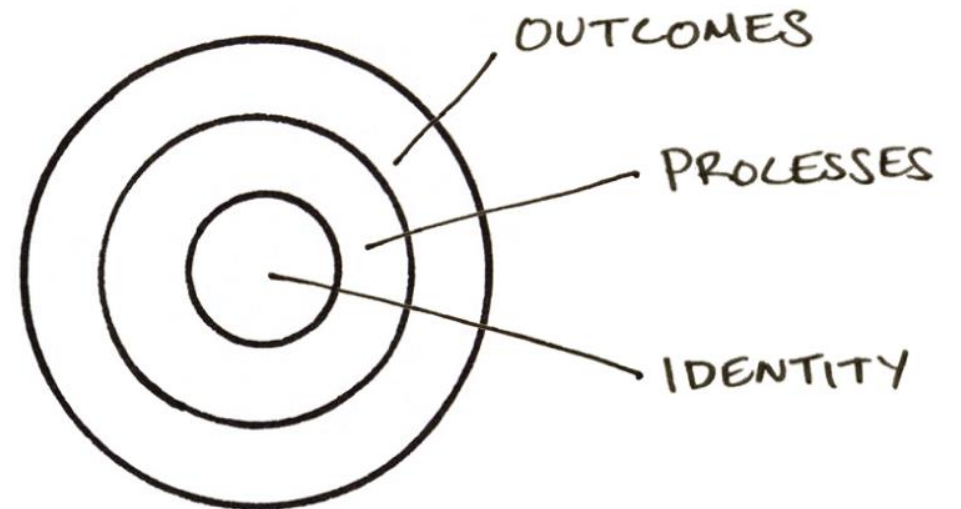
Tiny Changes, Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

OVER
25 MILLION
COPIES
SOLD

James Clear



“You are the salt of the earth.
You are the light of the world.”

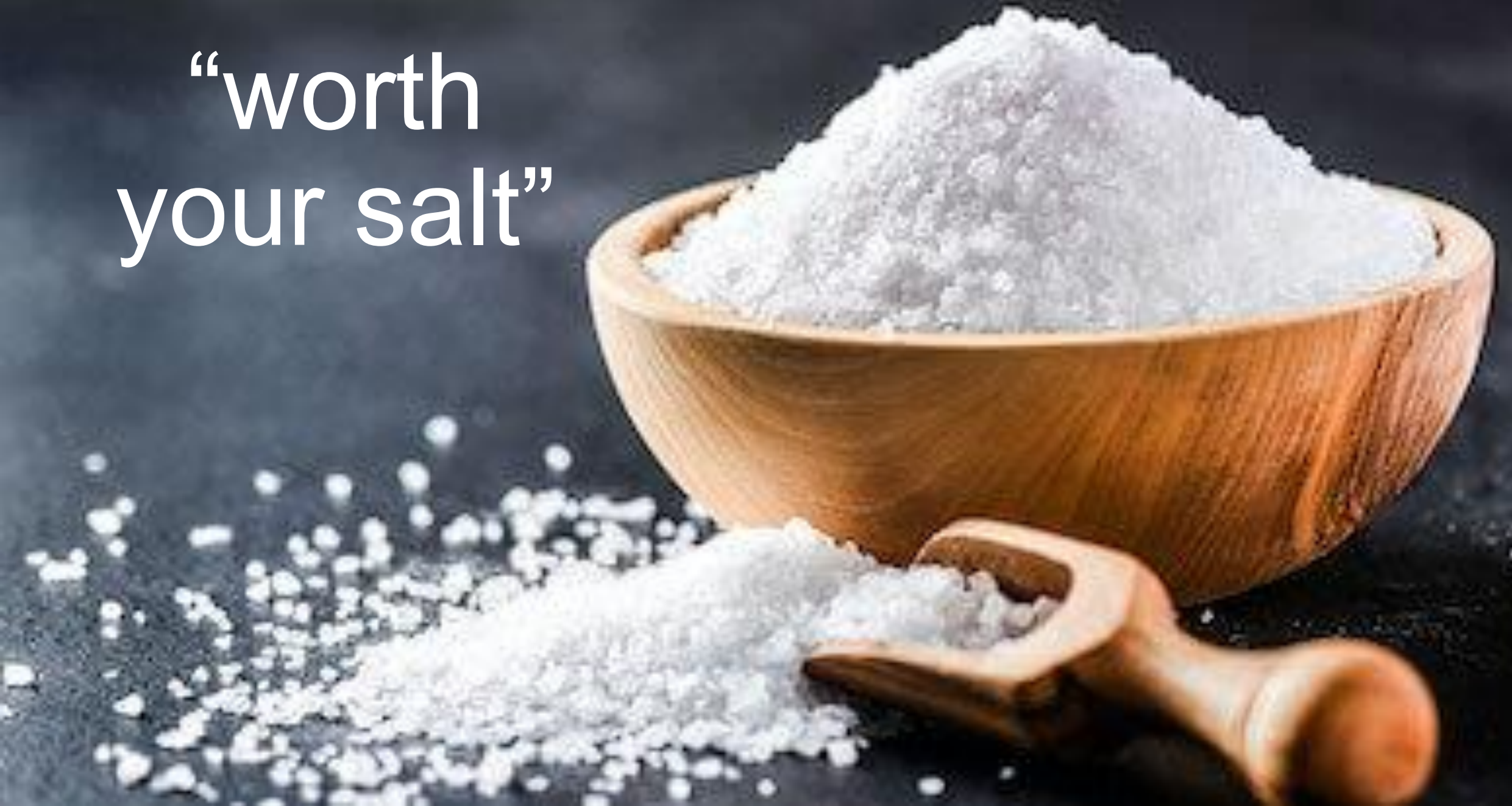
- Jesus

300 BC Via Salaria

the first road in
the Roman
Empire



“worth
your salt”





1785 England: 10,000 people
were arrested that year . . . for
salt smuggling!

1864 USA Civil War: Hundreds
died defending "Saltville," the
supplier of Salt for
the Confederate Army

*"You are the
salt of the
earth."*





Salt . . .

- enhances flavor
- improves health
- prevents decay

You are the salt of the earth.

But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

(Matthew 5:13)

See also: Luke 14:34-35

Avoid
contamination



“You are the
light of the world.”



Where in the Scriptures
do we see the theme of
light & dark



- Genesis 1:2-3
- Exodus 10:21
- Exodus 13:21-22
- Isaiah 9:2
- Matthew 4:12-17
- Matthew 5:14-16



- Gen. 1:2-3 :: "Let there be Light"
- Ex. 10:21

light & dark

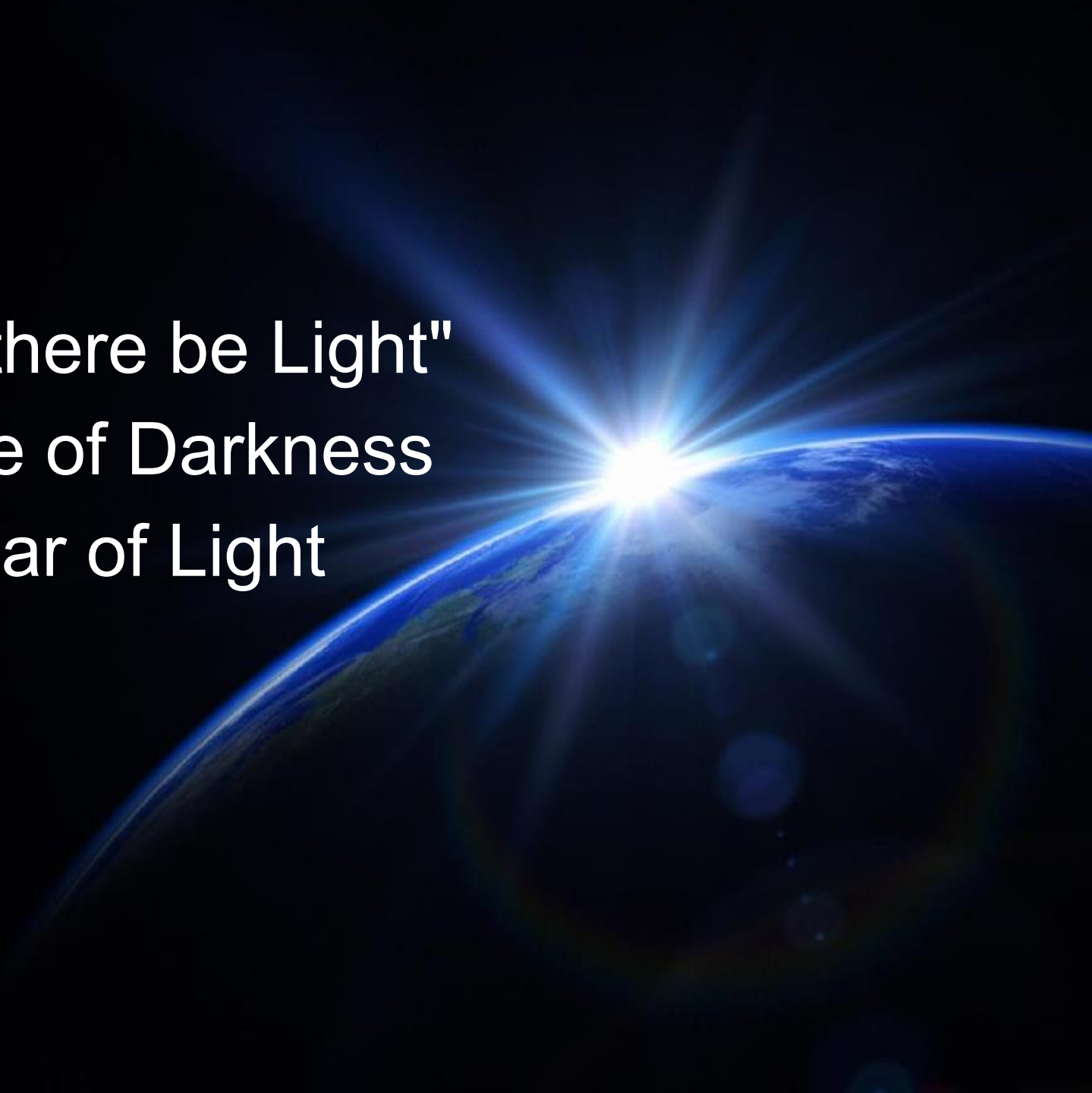


- 
- Gen. 1:2-3 :: "Let there be Light"
 - Ex. 10:21 :: Plague of Darkness
 - Ex. 13:21-22

light & dark

- Gen. 1:2-3 :: "Let there be Light"
- Ex. 10:21 :: Plague of Darkness
- Ex. 13:21-22 :: Pillar of Light
- Isa. 9:2

light & dark



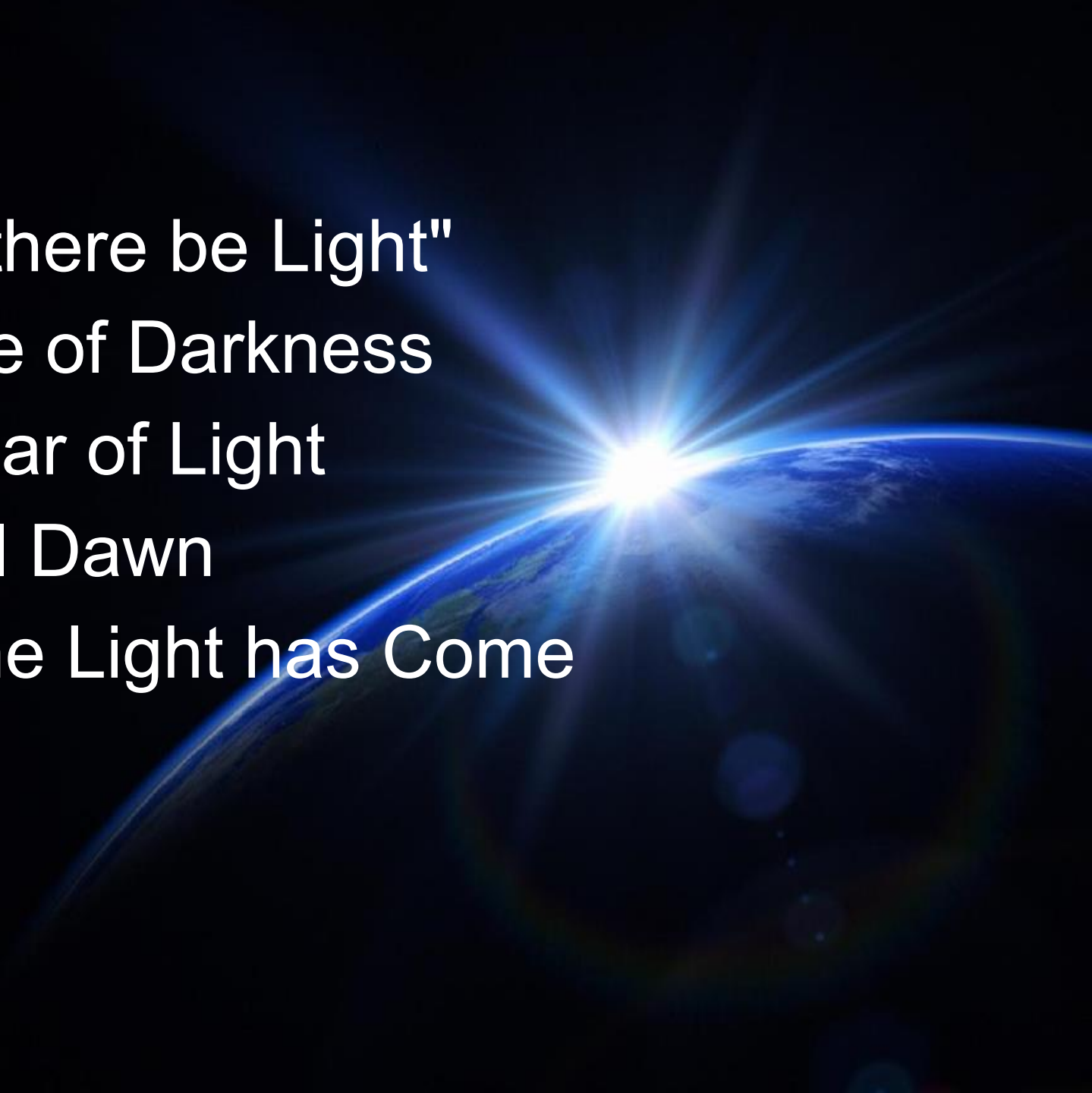
- Gen. 1:2-3 :: "Let there be Light"
- Ex. 10:21 :: Plague of Darkness
- Ex. 13:21-22 :: Pillar of Light
- Isa. 9:2 :: Light will Dawn
- Matt. 4:12-17

light & dark



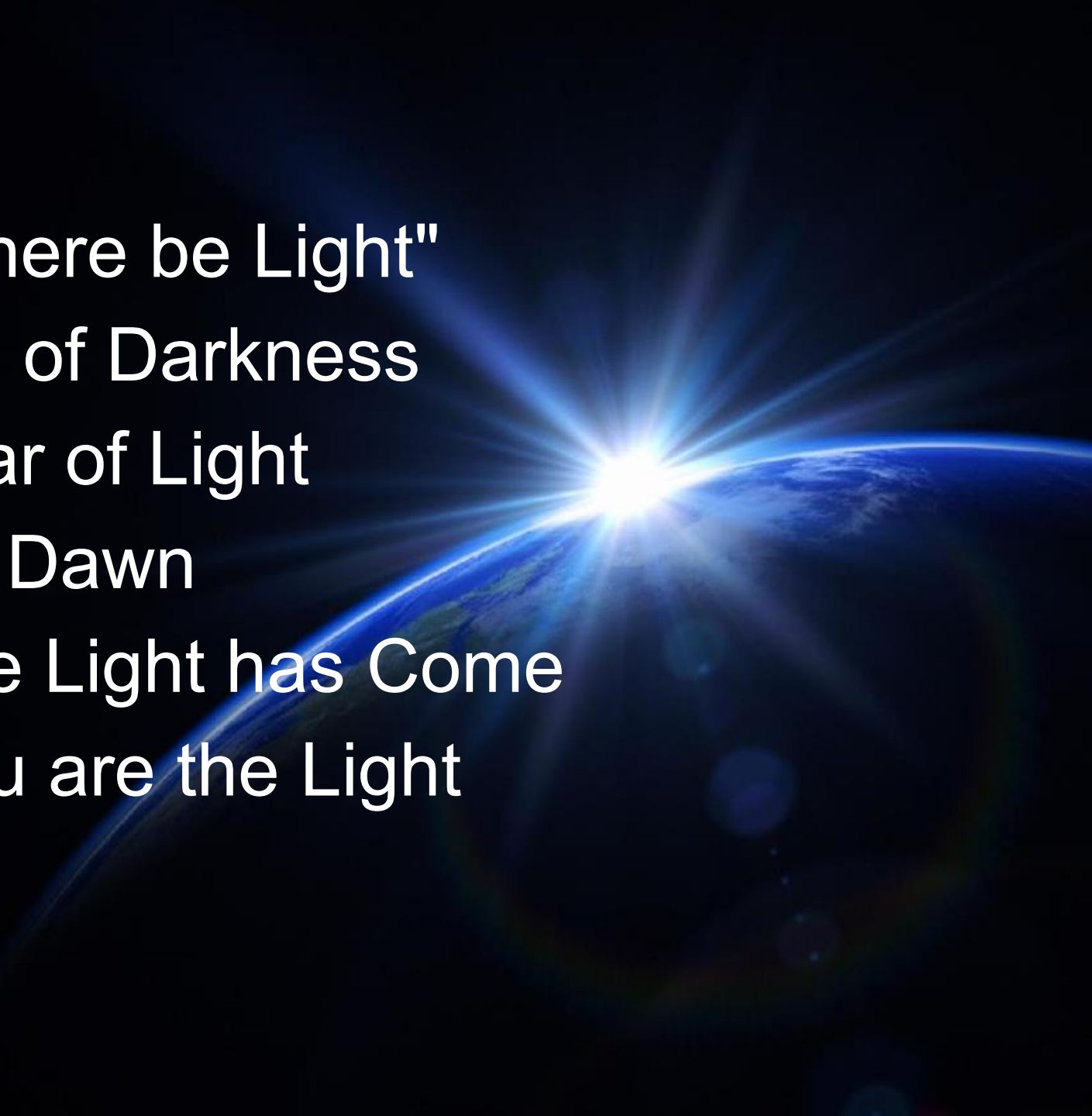
- Gen. 1:2-3 :: "Let there be Light"
- Ex. 10:21 :: Plague of Darkness
- Ex. 13:21-22 :: Pillar of Light
- Isa. 9:2 :: Light will Dawn
- Matt. 4:12-17 :: The Light has Come
- Matt. 5:14-16

light & dark



“You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

(Matthew 5:14-16)

- 
- Gen. 1:2-3 :: "Let there be Light"
 - Ex. 10:21 :: Plague of Darkness
 - Ex. 13:21-22 :: Pillar of Light
 - Isa. 9:2 :: Light will Dawn
 - Matt. 4:12-17 :: The Light has Come
 - Maft. 5:14-16 :: You are the Light

light & dark

Sephoris



"You are the
light of the
world."



Light . . .

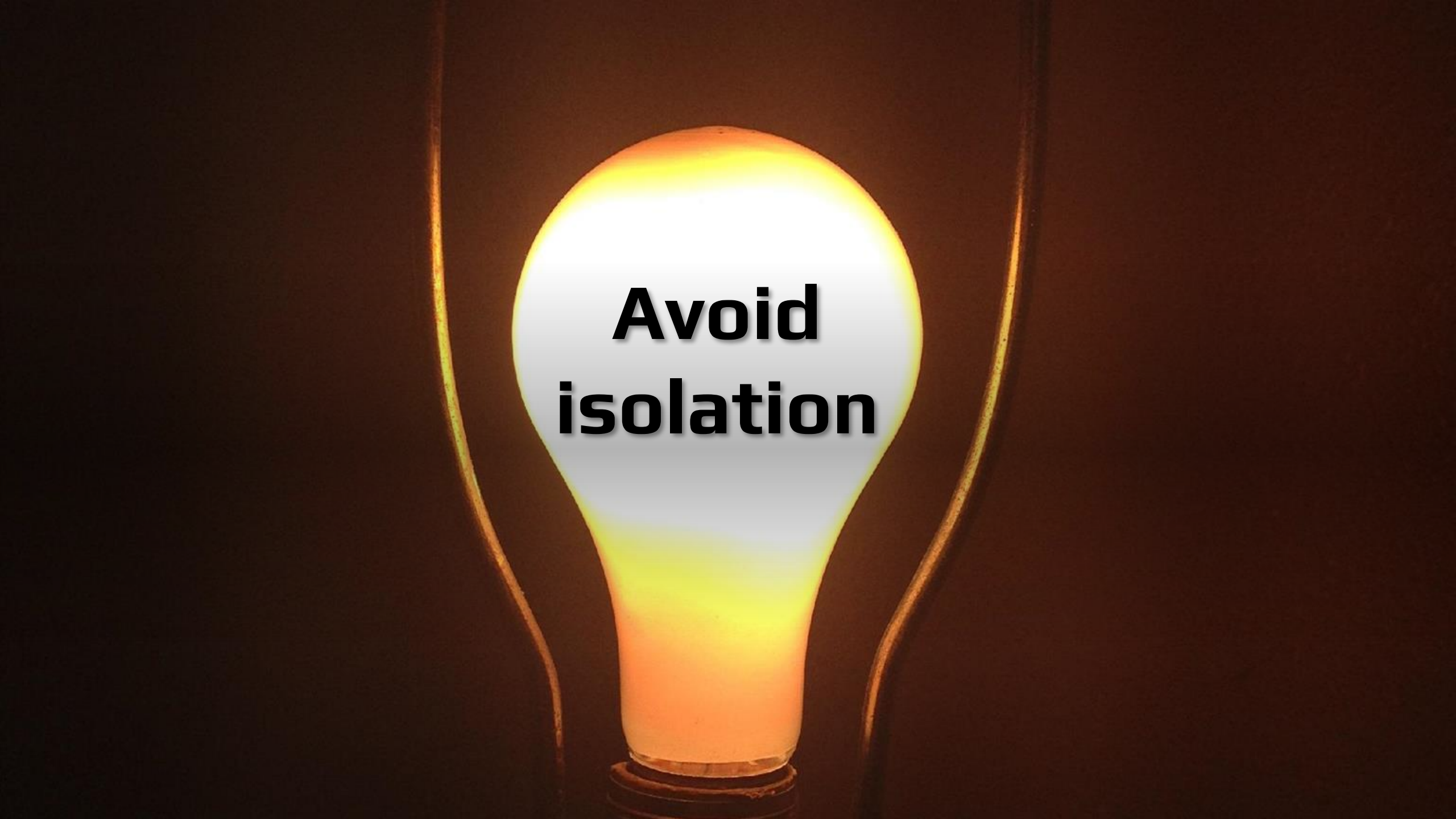
- provides direction
- brings life
- dispels darkness



“You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. ”

(Matthew 5:14-16)

See also: Luke 8:16; 11:33

A glowing lightbulb is centered against a dark background. The lightbulb is illuminated from within, creating a warm yellow and orange glow. The text "Avoid isolation" is written in a bold, black, sans-serif font across the middle of the bulb. The bulb's base and the wires leading to it are visible at the bottom.

**Avoid
isolation**



“You are the
salt of the
earth.”

You are the
light of the
world.”

Avoid
isolation



Avoid
contamination



$$HP + CP = MI$$

HP + CP

**High Potency + Close Proximity
= Maximum Impact**

= MI

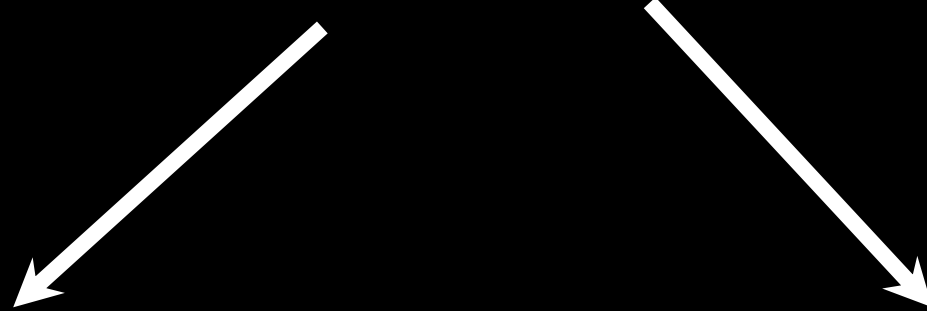


4th Century Roman Emperor, Julian the Apostate,
in a letter to the Governors . . .

“We’ll lose this empire to the
Christians because they
feed people not part of their
tribe. They care for the
dying and weak. They tend
the graves of those who die.
They treat their wives well;
treat slaves as brothers . . .”

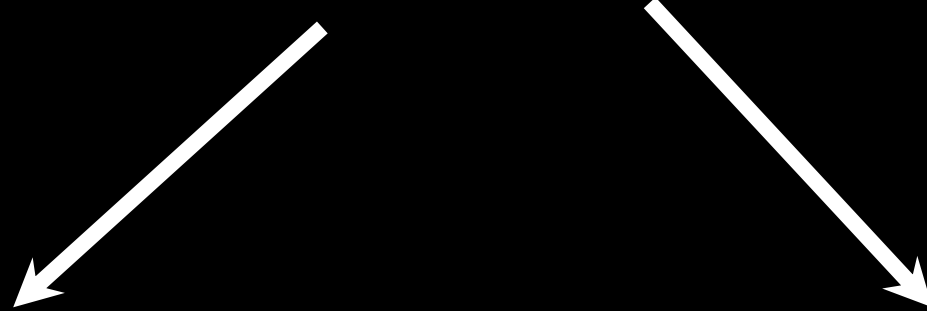
High Potency + Close Proximity

High Potency + Close Proximity



Love God + Love Others

High Potency + Close Proximity



Love God + Love Others

“Redemptive Presence”



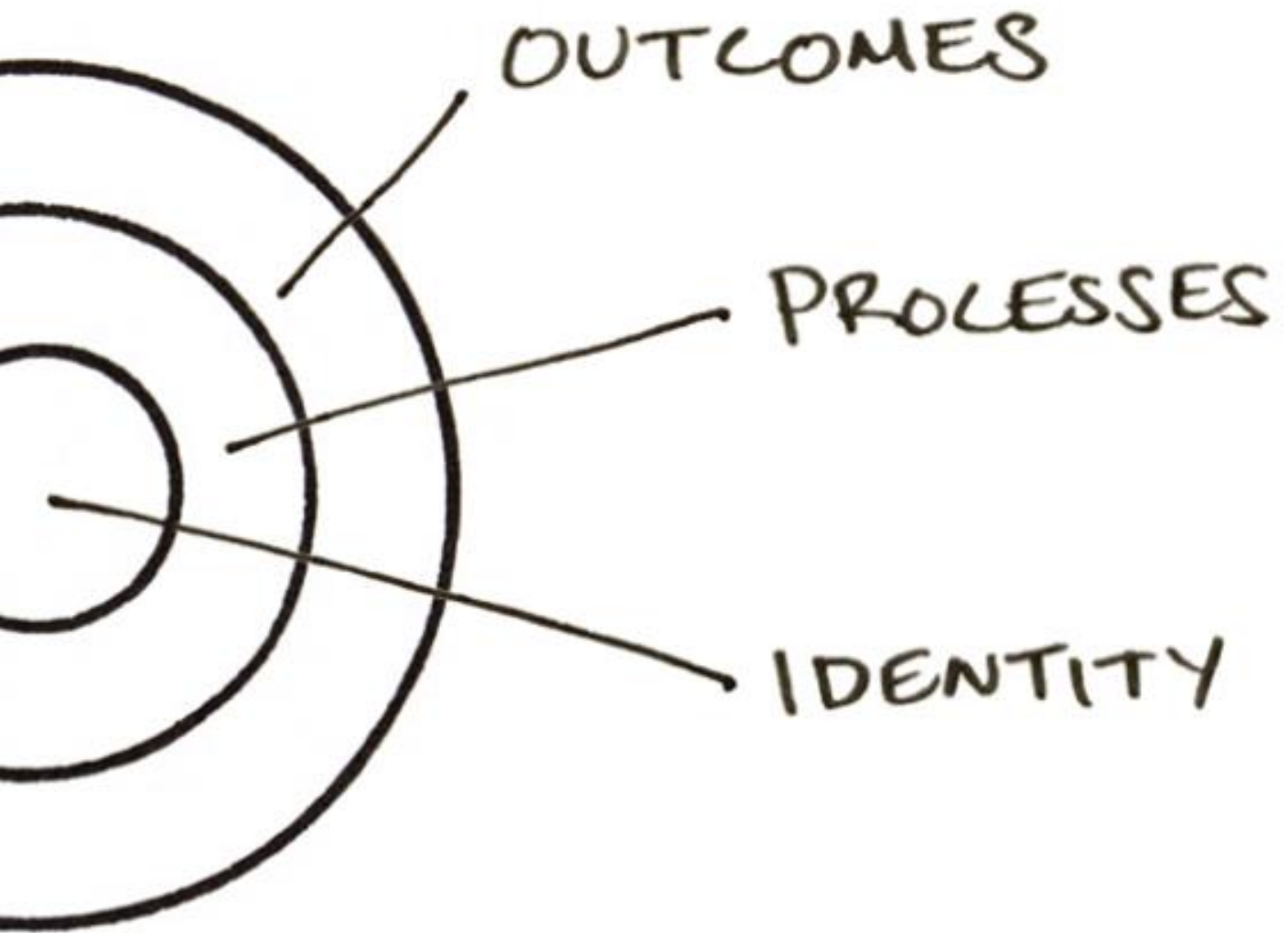
For this is what the Lord
has commanded us:
“I have made you a light
for the nations, that you
may bring salvation
to the ends of the earth.”

Acts 13:47



“You are the
salt of the
earth.”

You are the
light of the
world.”



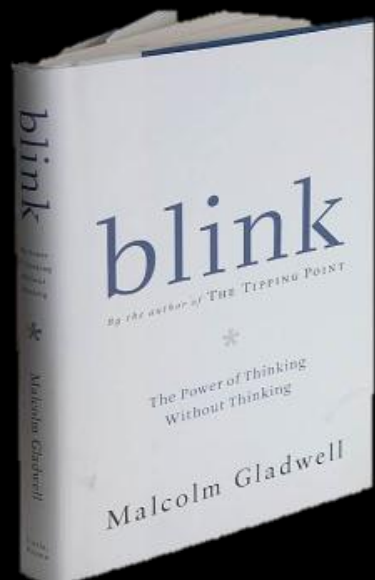


It's
Tea
Time

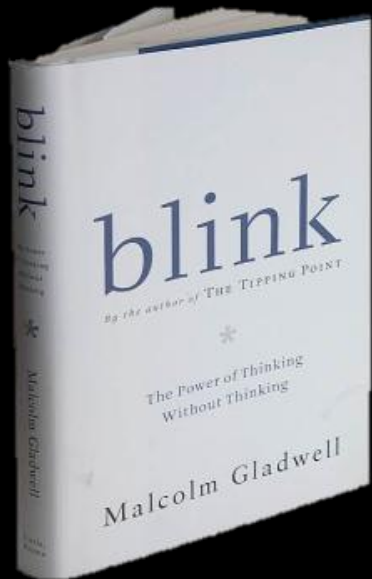




ONE thing
changes
EVERYTHING



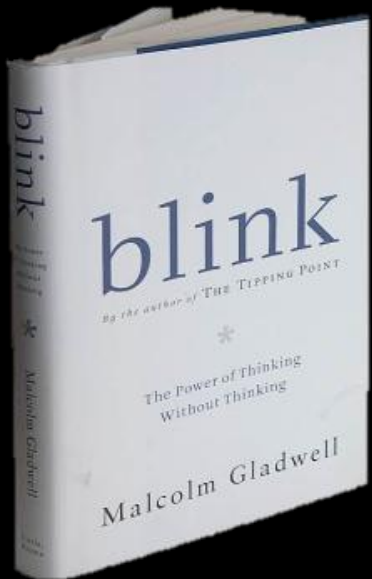
1. him was worried she always



1. him was worried she always

She always worried him.

She was always worried.



1. him was worried she always
2. from are Florida oranges temperature

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently
4. shoe give replace old the

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5. he observes occasionally people watches

6. be will sweat lonely they

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7. sky the seamless gray is

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7. sky the seamless gray is

8. should now withdraw forgetful we

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7. sky the seamless gray is

8. should now withdraw forgetful we

9. us bingo sing play let

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10. sunlight makes temperature wrinkle raisins

1. him was worried she always
2. from are Florida oranges temperature
3. ball the throw toss silently
4. shoe give replace old the
5. he observes occasionally people watches
6. be will sweat lonely they
7. sky the seamless gray is
8. should now withdraw forgetful we
9. Us bingo sing play let
10. sunlight makes temperature wrinkle raisins



1. him was **WORRIED** she always
2. from are **FLORIDA** oranges temperature
3. ball the throw toss silently
4. shoe give replace **OLD** the
5. he observes occasionally people watches
6. be will sweat **LONELY** they
7. sky the seamless **GRAY** is
8. should now withdraw **FORGETFUL** we
9. us **BINGO** sing play let
10. sunlight makes temperature **WRINKLE** raisins

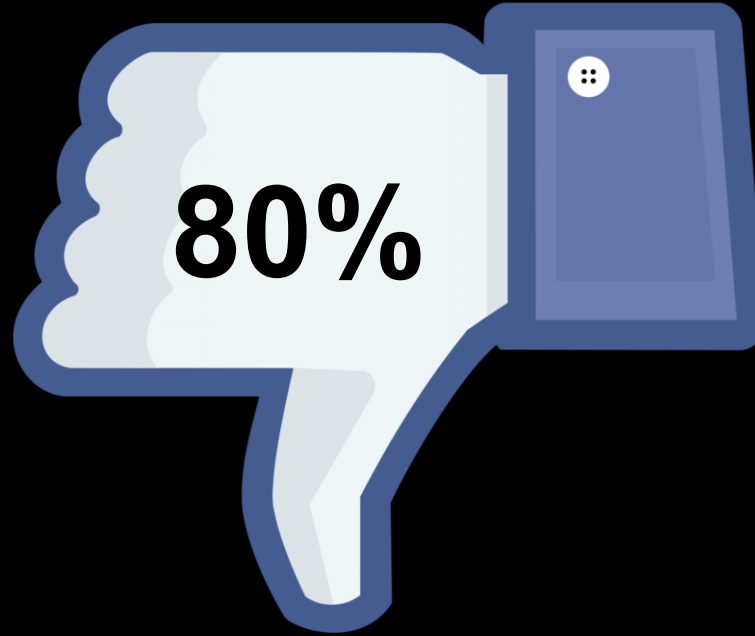


ONE thing
changes
EVERYTHING



My life will follow the direction of my strongest thoughts.





Romans 8:5-6

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Colossians 3:2

Set your minds on things above,
not on earthly things. . .

Romans 8:5-11

2 Corinthians 10:5

Galatians 5:16-25

Romans 12:1-2

Ephesians 4:21-24

Philippians 4:8-9

Colossians 3:1-14

Romans 12:2

Do not conform any longer
to the pattern of this world,
but be transformed
by the renewing of your mind.

The Americas' Cup
53-mile race
Rhode Island
1853 – 1982
NY Yacht Club



A white sailboat with a green and yellow flag is sailing on the ocean. The boat has a white hull with a yellow stripe and a white mast. Several people are on the deck, some wearing yellow shirts. The background is a clear blue sky and dark blue ocean.

1983: Best of 7
US 3 – Australia 1

Australia II: 3 straight
Final by 40+ seconds

“Athlete of the Year”
-ABC Sports



2x daily / 3 years

2,190 victories



Recognize





I am not enough.





Everyone else has this all figured out.



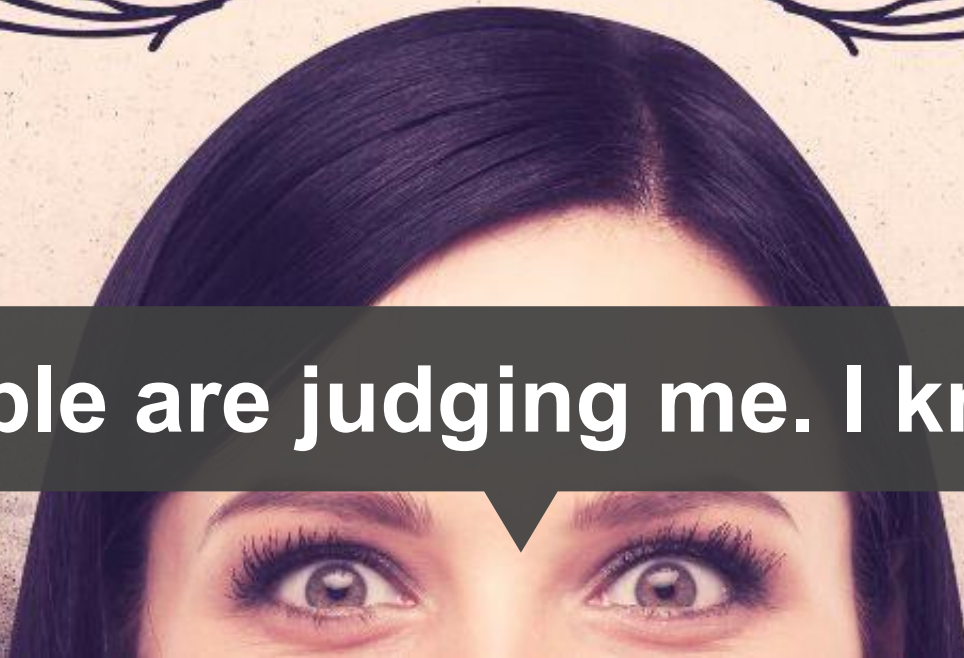


If i fail . . . it's over.





People are judging me. I know it.



Recognize

I am not enough.

If I fail . . . It's over.

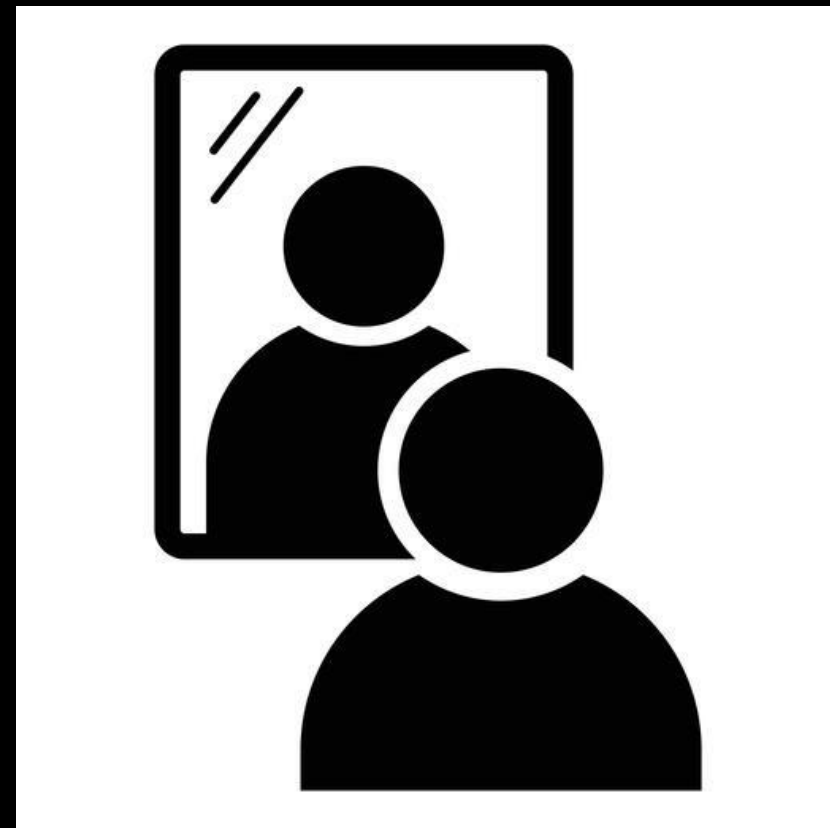
I'll never change.

Everyone has this figured out.

People are judging me. I know it.

“

”



alamy - 2C1T4P1

We demolish arguments and every
pretension that sets itself up against the
knowledge of God, and we take captive
every thought to make it obedient to
Christ.

2 Corinthians 10:5

Recognize
Replace



~~I am not enough.~~

>>>

**Jesus is enough.
And I'm with Him.**

~~Everyone else has this
all figured out.~~

>>>

I'm growing at my own pace.

~~If I fail, it's over.~~

>>>

**Failure is not final.
It's just part of being human.**

~~People are judging me.~~

>>>

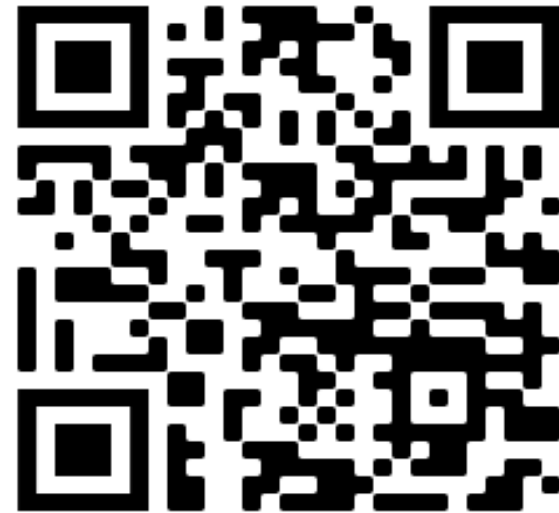
**God's voice is louder
than their opinions.**

~~I'll never change.~~

>>>

Jesus is making me new.

Recognize
Replace
Repeat



Repeat

“No one is more influential in your life than you are because no one talks to you more than you do.”

- Paul Tripp

Repeat

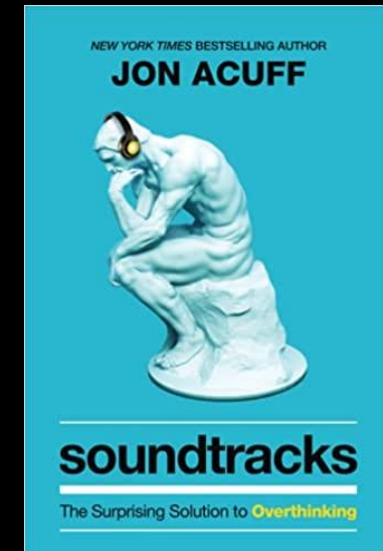
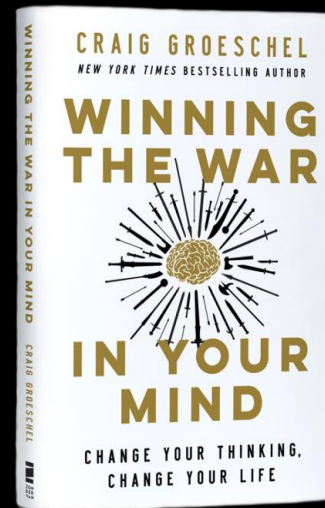
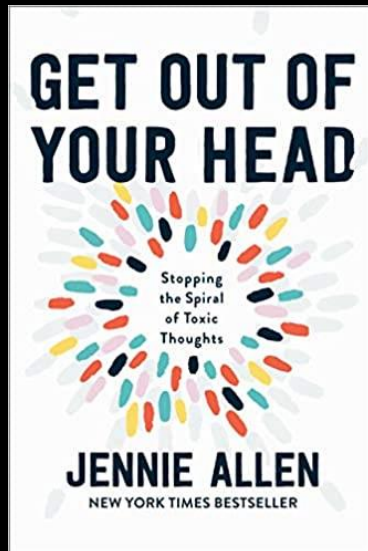
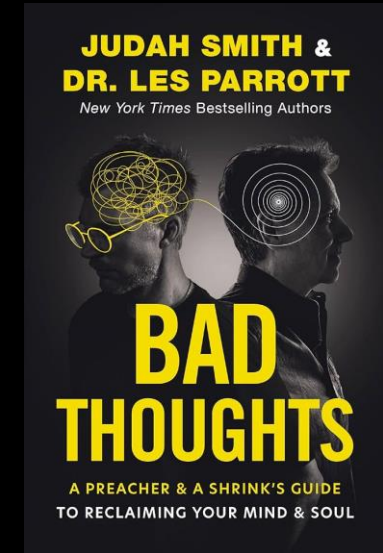
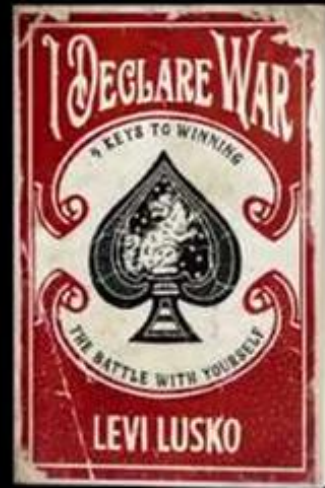
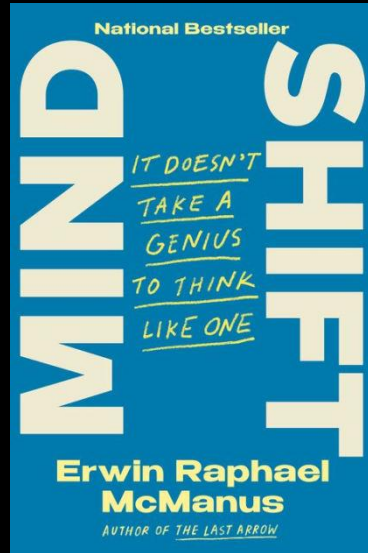
**TALK to yourself more than
you LISTEN to yourself.**

I am loved.

I am growing.

I am not my mistakes.

God is not finished with me.



DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE

IT'S TIME TO WIN THE BATTLE OF YOUR MIND . . .

LOUIE
GIGLIO

THE STUDENT'S GUIDE TO TAPPING INTO
THE SUPERPOWER OF MINDSET

YOUR NEW PLAYLIST

*New York Times
Bestselling Author*

JON
ACUFF

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BIBLE STUDY GUIDE + STREAMING VIDEO

FIVE SESSIONS

EVERY THOUGHT CAPTIVE



HOW RENEWING YOUR MIND
CAN CHANGE YOUR LIFE

KYLE IDLEMAN



STARBUCKS
COFFEE



**DON'T
GIVE
THE ENEMY
A SEAT
AT YOUR
TABLE**

IT'S TIME TO WIN THE BATTLE OF YOUR MIND...

**LOUIE
GIGLIO**

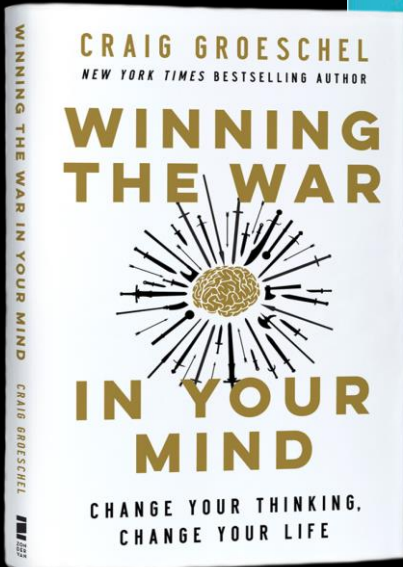
NEW YORK TIMES BESTSELLING AUTHOR

JON ACUFF



soundtracks

The Surprising Solution to **Overthinking**



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@dr_pmcg



Romans 12:2

Do not conform any longer
to the pattern of this world,
but be transformed
by the renewing of your mind.

Dan Jansen

‘the heart-break kid’

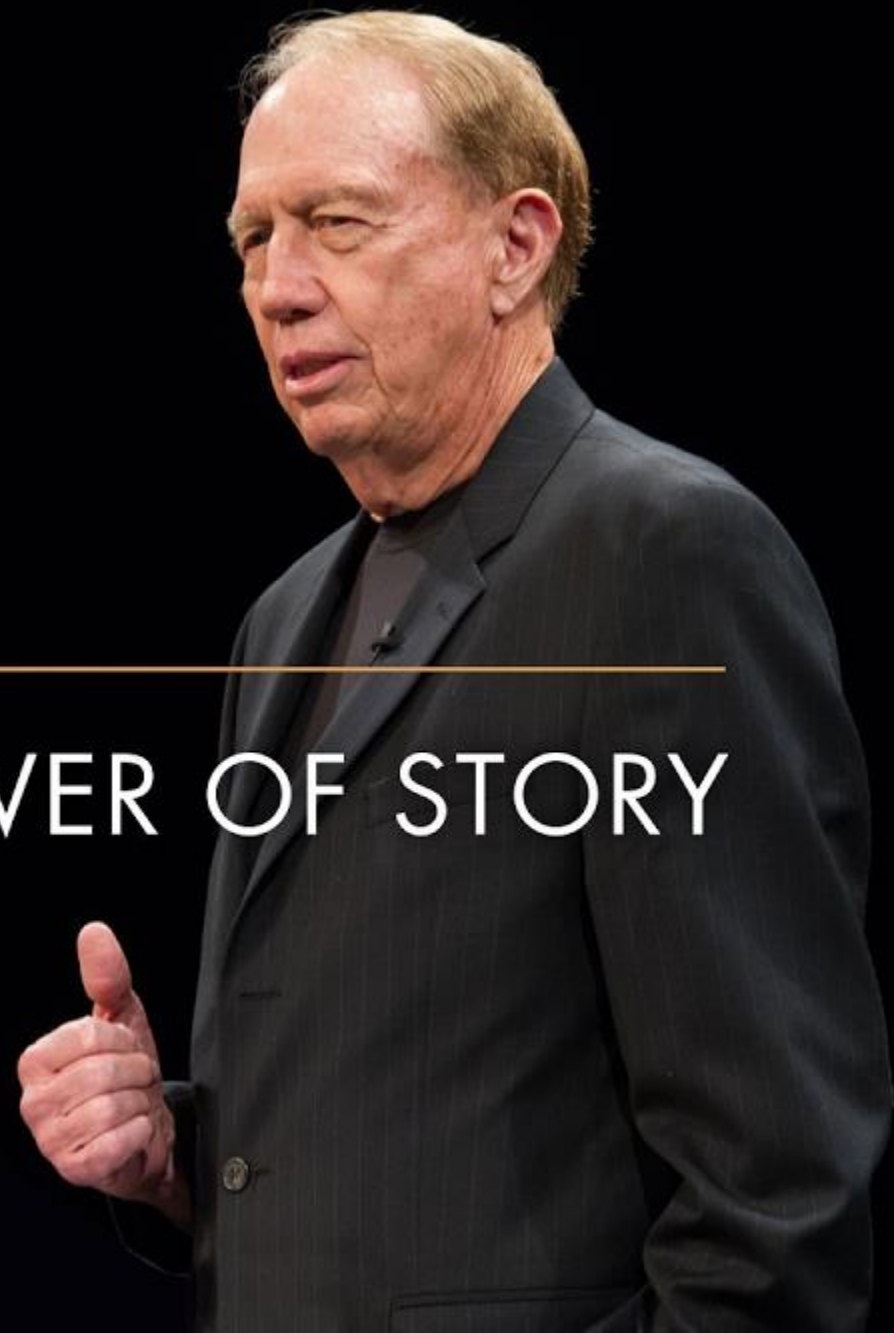
1994: last chance



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[illegible]

I love the 1000 meter.
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ONE thing changes EVERYTHING.

**My LIFE will follow the direction of my
strongest THOUGHTS.**

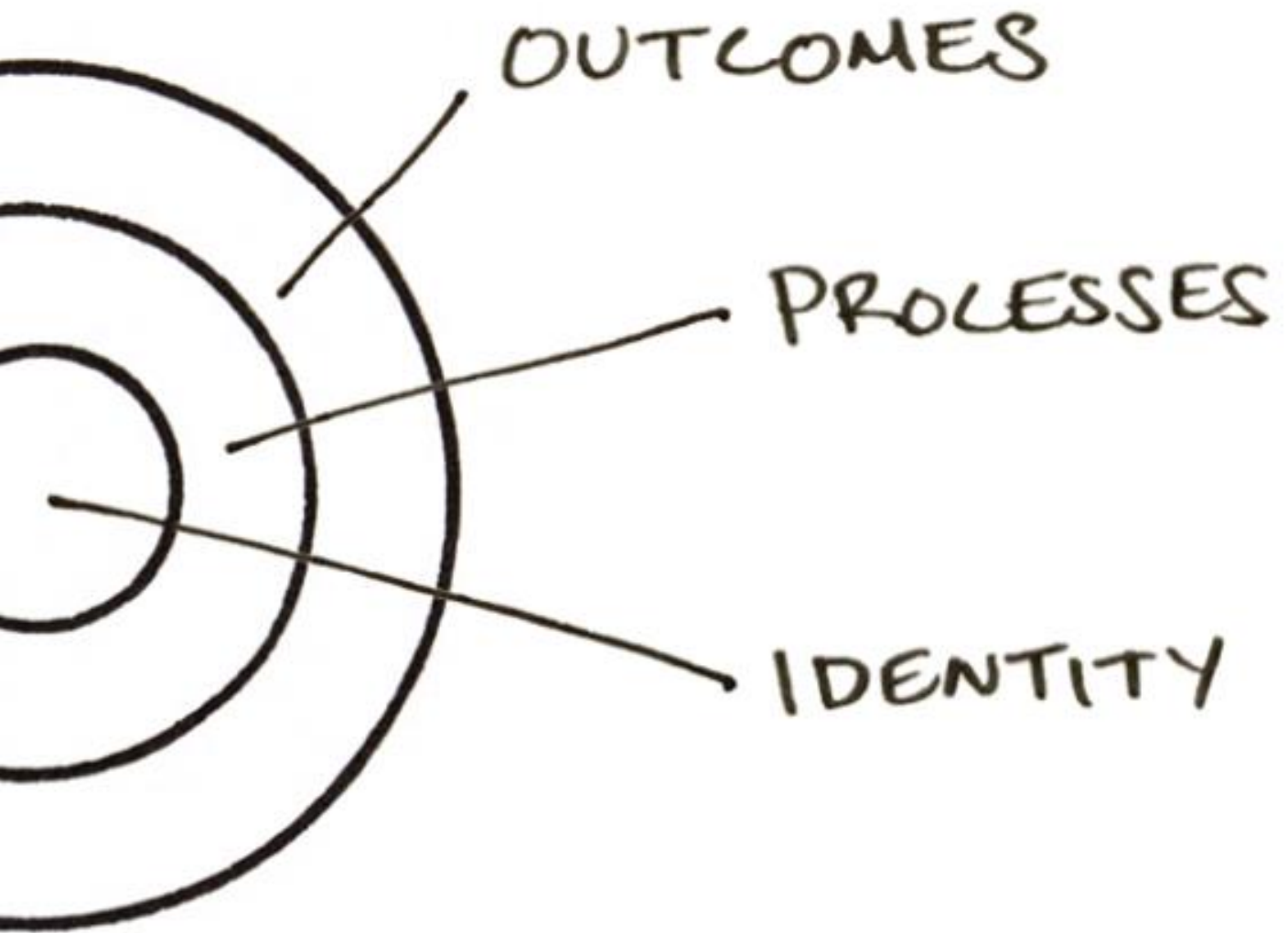
**TALK to yourself more than
you LISTEN to yourself.**

YOUR NEW PLAYLIST

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Tea Time







Luke 22:24-26

Then they began to argue among themselves about who would be the greatest among them. Jesus told them, “In this world, the kings and great men lord it over their people . . .

Luke 22:24-26

But among you it will be different.
Those who are the greatest among you
should take the lowest rank
and the leader should be like a servant.

Matthew 20:25-28

But Jesus called them together and said,
“You know that the rulers of this world
lord it over their people,
and officials flaunt their authority
over those under them.

Matthew 20:25-28

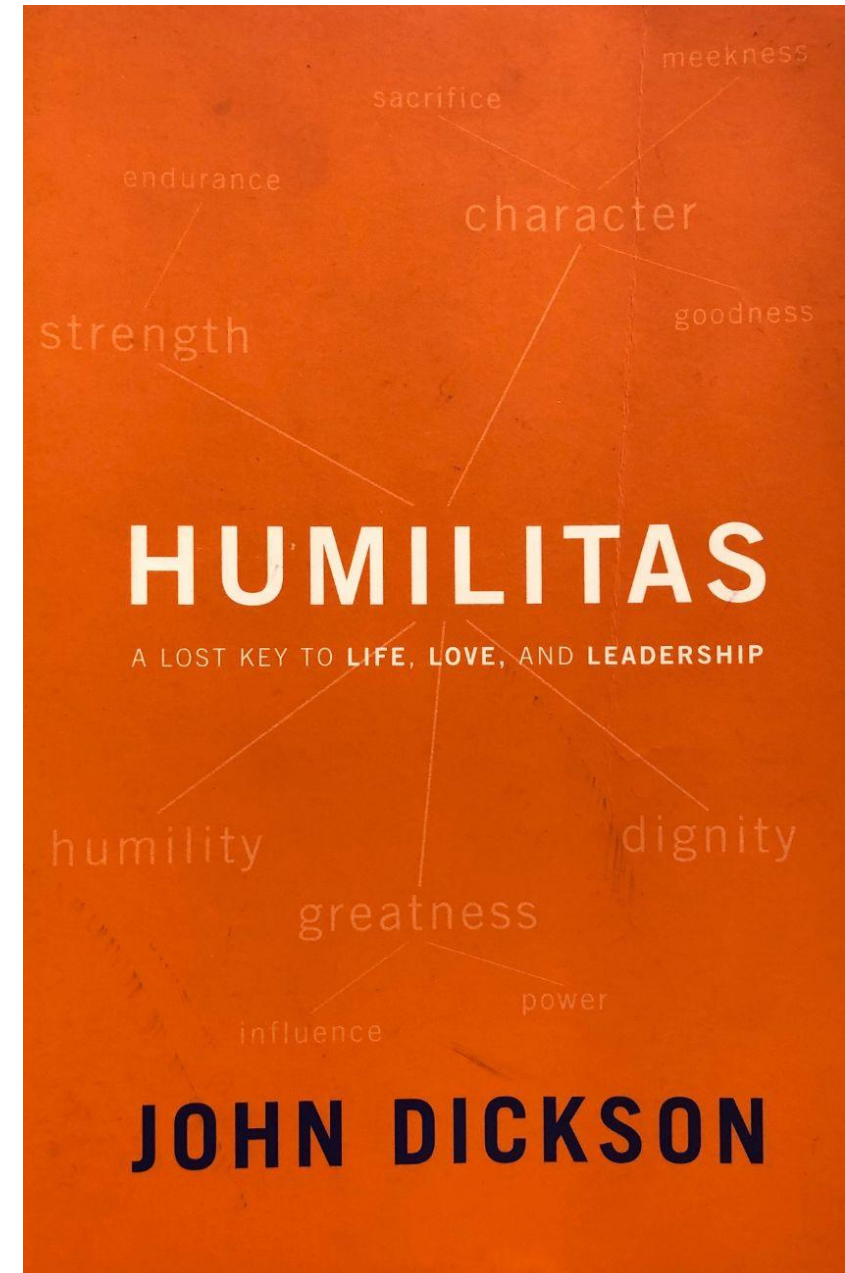
But among you it will be different.

Whoever wants to be a leader among you
must be your servant.

And whoever wants to be first among you
must become your slave.

Matthew 20:25-28

For even the Son of Man came
not to be served but to serve others
and to give his life as a ransom for many.



Philippians 2

³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

Philippians 2

⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death — even death on a cross!

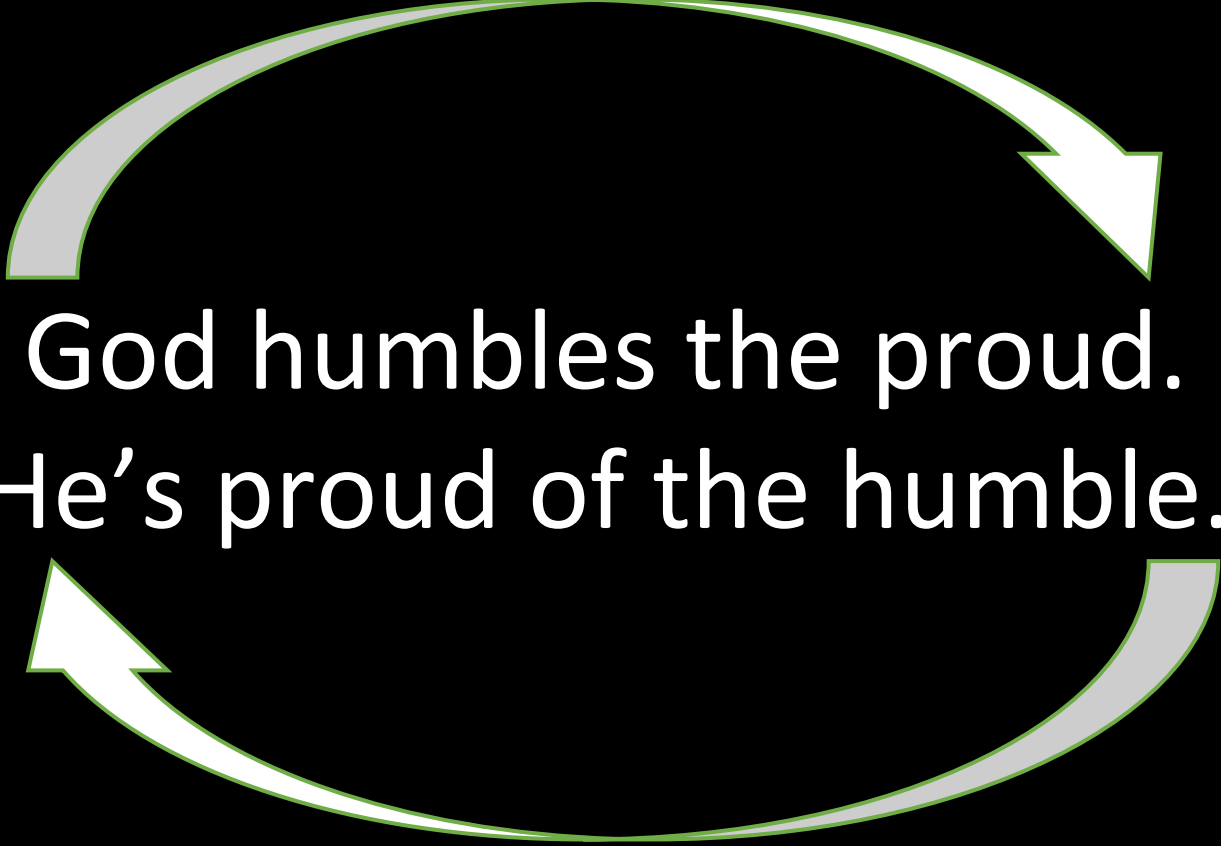
Humilitas by John Dickson

“What we read in the above text is nothing less than a humility revolution. Honor and shame are turned on their heads. Honor has been redefined, greatness recast. If the greatest man we have ever known chose to forgo his status for the good of others, reasoned the early Christians, greatness must consist in humble service. The shameful place is now a place of honor; the low point is the high point.”

Luke 14:11

“Those who exalt themselves will be humbled,
and those who humble themselves will be
exalted.”

- Jesus



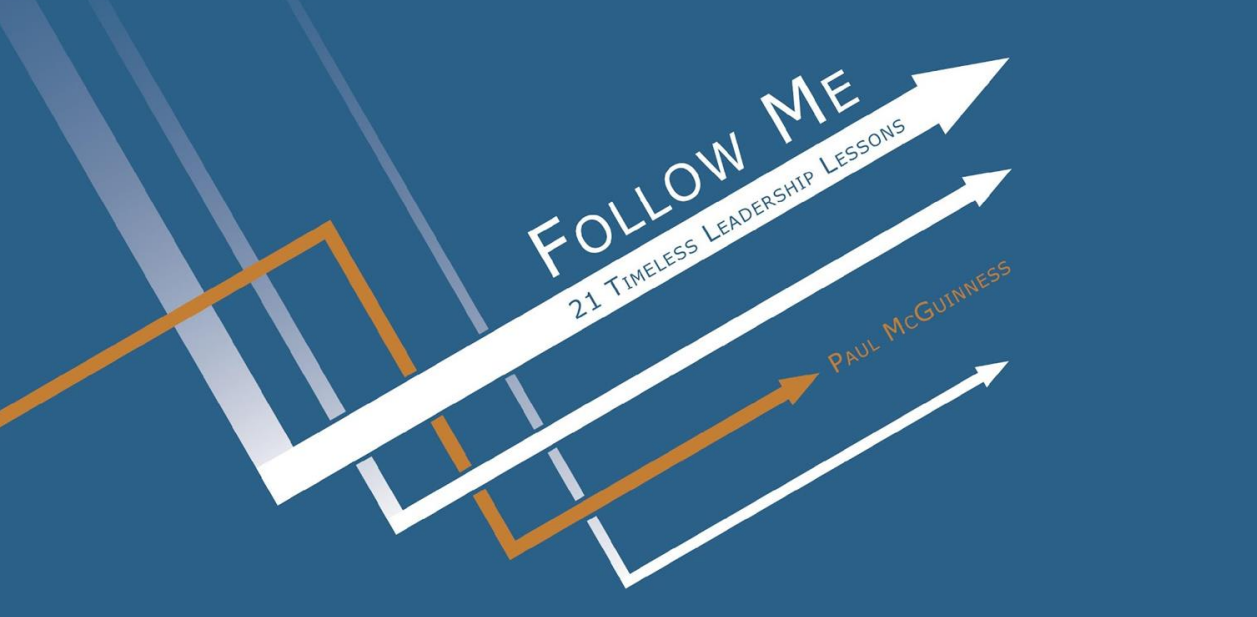
God humbles the proud.
He's proud of the humble.

pain
VICTIM

HERO
pain

Villian
people

people
GUIDE



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