MEN'S FRATERNITY

Knights of the 21st Century

Trail 19

KEITH: In defender, there's always this part where we go, this is about to be revolutionary in our lives. This is it. This is where you have completely taken everything on all four years, everything we've been doing with defender and you're saying, man, if I can get this, I will live at a level that a man was designed to live at. That will be so freeing, so unbelievable. We call this going with the flow. We call this, what would it be like if you could enter that stream in your life where you were just moving with the water and doing what you're supposed to be doing.

Did you ever go rafting where you were in a raft and the guys that were with you were not in the raft with you. The guides, but they were actually in kayaks. Now I'm a flat water kayaks. I'm a bed lake kayaker, you know you pull about four strokes with your paddle and then you drift for about a half a day. But these guys are the real deal. They're kayakers. They know how to flip upside down. They go backwards. They can hold themselves. They can do whatever they want to do. They can spin upside down be twenty minutes under water and come up with a trout in their mouth. They're real guys. I mean they're the stuff, right. Have you ever watched them? When you get to this particularly hard rapid, it's a pretty high number, it's a five, higher than that and you're looking at it and everybody else is kind of deciding if they want to take their rafts down

it and the kayaker, he is not deciding if he's going down or where he's going. He's deciding where is the flow. He makes a stroke with his paddle and he backs up a little bit and then all of a sudden he hits this moment where he no longer even has to put his paddles in. He's about to enter this moment where he just kind of goes down the water and through it. He's saying man, you're just living in it. It's where everything comes together. They're paying attention to us. They're not paying attention to the rocks, they're not – they are just in the flow fully engaged, fully alive, fully doing what they were designed to do as kayakers.

You can live like that every day of your life. You can live in the flow as you were designed when all the pieces we've been talking about come together. We're going to spend some time talking through this thing we call the flow. As we spend time talking about it, I want you to keep in mind the water behind me. It's entering that where you become in essence a part of it, where you just say everything I'm doing is going to have me land where I need to be, flowing to where I need to flow. So enjoy contemplating the possibility that there might be a flow and that flow might be for you and you can enter it. We're excited about what's going to happen in this trail. Let's go with the flow.

CLAIR: Let's take a look at I. In order to experience the flow that is the result of following his calling, a knight needs to do the following. A, he must regularly participate in activities which challenge him and are at the higher end of his capabilities. I have a sign that sits

right above my desk and it's a constant reminder nothing extraordinary ever happens inside your comfort zone. I get opportunities sometimes on a weekly basis that scare me to death and I used to run from those open doors, try to avoid them. I didn't like the discomfort. What I found was some of the richest part of my life is where I got stretched. So nothing extraordinary inside your comfort zone, take a change, jump outside.

ROY: The challenge must require significant effort on his part allowing nothing to be held back. A lot of us end up trying to hold a lot of things in reserve and by the time we reach the finish line of life, gee, we've got a lot in reserve. We never put it all out there. Following God's call challenges you to put all out leaving nothing in reserve. Stretching yourself fully in a transparent act so that you grow in ways that you never thought were possible.

CLAIR: C. The skills that are required to fulfill his calling must be realistic and he should be constantly seeking to improve himself. Well as you go through this Knights' material, there are going to be challenges on a daily basis. Every time you're looking at a new trail, we're going to be pushing harder and harder. Sometimes it gets discouraging. We're well aware of this. Love to teach you a concept and the concept very simply is about forward motion. The phrase very simply says, I may not be there yet but I'm one step closer than I was yesterday. Guys, this is an amazing experience. We're going to keep pushing. Don't get discouraged and here I want you to something about this God that we talk

about quite often. There are going to be days you don't move a step ahead, where you're not, you're not improving yourself. And that night we encourage you to have a conversation with the God you serve and say, God, you know it didn't work so well today and God's going to be realistic with you. He'll say, yep we're kind of both disappointed. I'm disappointed in you, you're disappointed. I'll tell you what, you need your sleep, I don't. I'm going to stay up all night. I'm going to put together a battle plan. You get some rest, you meet me in the morning. We're going to put another game plan for tomorrow. So don't be discouraged. We're never going to quite get there. The bar just keeps moving and it's a great bar to chase but make sure at the end of each day, whenever possible, you're one step closer than you were the day before.

ROY: Thanks Clair. Let's look at the next one. God's call always involves balance. It balances a knight's skills with the challenges that are ahead. If the challenge is less than what he is capable of, he is likely to become bored. If the challenge is too difficult he is likely to become frustrated. God - as we follow God's flow for our life and our calling, there needs to be a sense of balance. God is going to both at times create a sense of stretching and at other times a sense of being still, knowing He is God and refueling. And there's that back and forth aspect of life as we pursue God's call in our life. If everything that we are doing makes us completely comfortable, it is highly likely that we may be missing some of God's call in our life because God is always going to

want to continue our growth so that we learn to rely upon Him as we explore new areas of life.

CLAIR: That's good. My son – I know it doesn't look like it – my son has me in the gym right now doing free weights. If I understand correctly that when you are lifting you are actually tearing muscle, actually tearing the flesh. And if you don't take a day in between to rest where it builds, you don't build muscle. You actually destroy it, so that balance is great.

Let's move on to E. His calling must be connected to clearly define targets which allow success and failure to be measured. One of my business mentors is very fond of saying those things which don't get measured don't get accomplished. I think he is exactly right. In business we put all kind of measurements on our goals. Are we getting there and can we build success as we move toward that goal. My personal life, I had a goal two years ago dropping thirty pounds. I was success at reaching that goal. I think I put fifteen back on for those of you guys that know what that yoyo is like. However, a big piece of me getting there was a personal habit I developed. I don't think there was a single morning through those two years when I dropped that I didn't get on the scales in the morning and know exactly what happened yesterday.

ROY: F. His call is comprised of a series of mini goals which are focused toward a larger purposes. One of the things that gets us in trouble sometimes when we're going for God's call in our life or a dream

that He has instilled within us, a real deep desire, is we fix ourselves on this big vision out there and we fail to take the time and the discipline to create mini goals on the way to achieving the big vision and we need to be able to look sometimes not necessarily at the final product or the final goal, but we need to look at the next step.

I have a big hill at my house and we call that the HOP – the hill of pain. T.C. nicknamed it and there's time when I look at how far up that hill is on my walk, I just give up. But what I have to do is look at each step along the way and ask God to help me and strengthen me step by step and you know what, that's how I get to the top of the hill.

CLAIR: That's good. Let's go on to G. All the elements within the knight must be integrated in order for him to succeed. This doesn't allow for conflicting objectives or for ambivalence but requires him to focus on a single objective.

I've developed a lot of skills over time in the business world because I had to. When you're running small businesses or building it from scratch, you do everything – everything from balancing the books to customer relations to sales to cleaning the bathroom. And I'm told that the times that were the happiest in the life are when whatever task we're in the middle of requires almost everything we've had to learn. So one of my joys today is all those years of different skills being built and when they all come together in a single day, you have every tool you need. So integrating all those elements is part of being a knight.

ROY: Let's look at H. He must continually evaluate whether he is moving toward his calling or away from his calling. The whole idea of growing towards following your flow or God's call in your life is to continue to be wiling to accept feedback from all kinds of sources as you are trying to adjust your life so that you can achieve success. You know if you shot for the moon a rocket, the rocket has a high probability of missing the moon without constant feedback and readjusting the direction of the rocket. And if you and I are going to achieve God's call in our life, we need sometimes to hear some tough feedback. Thank the individual that's giving it to us, because it really is a gift and adjust our direction so that we can reach the far star God has called us to.

CLAIR: Let's move on to I. He seeks immediate feedback and willingly shifts his performance as a result of it. Two keys to this. Number one, ask for feedback. You got to understand as we're doing even these video shoots, at the end of each shoot, we're looking at each other and saying, hey, here's what we loved, here's what could be better. That's the first part – asking and being honest and hoping for feedback. The second part – willingly shifts his performance as a result of it. Are you willing to accept the feedback you're getting from the sounding boards in your life and are you willing then to make a change going forward? A big question mark. If you guys could ask my wife, she's one of my biggest sounding boards, but man I'll tell you sometimes I'm challenged when I listen to her. Am I getting good feedback? Can I

adjust? Look around. The people we can count on for great feedback and watch historically. Watch the ones who are giving you good feedback. Not everybody does. Keep going to those guys. If you have some guys who give bad advice, just steer clear of them. You don't need that in your life.

ROY: He recognizes that his relationship with God is the ultimate source for his power and strength. There's so many challenges to life. No matter how strong we are, we have competing weaknesses at any given time. We need God's forgiveness and God's strength to be able to pick ourselves back up with His help and keep pursuing what our calling is. God has called you for special reasons. God has given you talents and skills that can change the lives of not only you, but all the people around you. It's time for you to look for God strength and power and go with the flow.

KEITH: The flow which we're longing to have part of our lives will need – make sure you have an understanding of your calling because your calling and your flow go together. This is when everything happens where you're fully engaged, fully alive, you're doing exactly what you're designed to do. It's the most framed fun thing you could ever do.

So let's talk about calling. Look at II. When a knight is following his call, here's what happens. A. The intensity of the forest activity is related to his calling causes him to feel fully engaged. Have you ever just had that moment when you just felt completely engaged? I get that right

now when we're doing what we're doing. I – you can't see the environment we're in, but I am surrounded by an amazing crew, just an amazing group of people that know what they're doing. They're very, very gifted, very talented doing what they're supposed to be doing. When I'm in my flow, when I'm involved in it, completely engaged, I am aware of everything they're doing. I'm aware of their movement. I'm aware of when a light changes. I'm aware of when somebody is concerned about something. I'm aware when something changes. I'm aware of a clock. There's so many things, not because, man, I'm just this hyper vigilant person, I'm in my flow. I do that when I teach. I teach at a large church, about fifteen thousand people and I have an amazing team, a crew that makes sure that what we do on that main stage when we're on those services are doing it very well and I'm completely fully engaged. My wife will tell you, when she takes people in our company called Life's a Journey Backpacking, when she takes women backpacking in the Colorado Rockies and up fourteen thousand foot mountains, she is hyper aware of everything because she's fully engaged. So we look at the world around us and we get it because we're completely engaged in that world. When you know your calling, you can do that.

Look at B. The mundane parts of life are put aside in order to focus fully on his calling as the miraculous becomes expected. One of the things that happens is that when you and I are living in our calling, you're going to be in sync with what God's doing and things you can't imagine

take place. It's one of the most fun parts about it. So life is no longer mundane. It's no longer something you have to do. It's something you're fully engaged in, but fully engaged in something greater than yourself. It's the beginning of what we call transparency, where you start to get involved in doing things beyond what you could ever, ever think you could do.

Look at C. Simple details and practical applications take on an extraordinary importance because of their relevance to his objective. I had a good friend of mine, he's a lawyer who when he is fully in the flow – he's a lawyer now, right – his calling is to be able to guide people through the intricacies of law. He says when I'm in my flow, if I go to grab a pencil at my desk – and he has a desk and a credenza, and filings, and all this stuff in his room – when he'd go to grab a pencil over here, the paper I need is right there. Now I'll take that paper and go sit it over here and what I needed next was right there. He's like in every phase of what I do is happening, all the little details are all kind of coming together.

Look at D. His attention narrows. All that matters is the achievement of his call. You become hyper, focused. So I am very much aware even as I'm here talking to you of what's going on in Lynn's life and my sons' lives, my grandkids lives, not practically knowing exactly what's going on now, but I'm aware of the whole world around me. See my attention on my focus, on my call, allows me to be very, very much aware of all the other parts that could throw that off. Now I'm not aware of

what's going on in your family. I'm not aware of what's going on in your life, but I'm aware of what's going on in mine and it helps me to keep my focus, my attention. Guys, you're going to start to see that those behind you that you're protecting you're going to be able to handle when you're in the flow.

Look at E. His aware of time diminishes as each moment becomes sacred. Guys, all of a sudden it's not about time. It's about this idea of saying, you know what, every moment is precious. I'm not going to miss it. I'm not going to waste it. I'm not going to flip through the channel because I'm in my flow, not existing, not buying time. I'm using time.

F says this. He becomes one with the activities related to his calling so much so that his identity in the moment blends with the task at hand. He wants to do what he's doing. Guys, we're not longer talking, just so you know, we're not talking about your career, we're not talking about what you do to make money. I'm talking about what you do when you become fully alive because when you're in this place, everything around you works. I was talking to a guy who trout fishes. That's really where is being comes most alive, but he never trout fishes along and what he's doing is everything – he becomes one with the stream, one with everything that's going on around him, but he's also extremely aware of the people that are with him and what they're experiencing, what they're doing. It's taking who you are and what you are and letting you come

fully, fully alive. This is in the flow. It's where everything is making sense.

G. His motivation to participate in the activity is high because it comes from deep within him almost automatically. This is inside of you. You don't have to think about it. It's there. God's given it to you. By the way, you know where the flow came from right, you know where your calling is. It's from God. It fits. It fits you completely. It makes you fully engaged, fully alive.

H. He becomes lost within the bigger picture as he follows what God has asked him to do. It doesn't mean that you are not being aware of people around you or you just are so self-focused that you just ignore – this has nothing to do with that. This is that you go, I see something greater that's going on. See what's really amazing is that the God of the universe is taking you as a man and saying I'm sanctifying you. As we talked about in the other trail a couple weeks ago, we said I'm going to help you be all that you're designed that fits all that I'm doing. It's so much bigger. So the flow is being part of a bigger picture than you and I could ever invent on our own.

Look at I. He feels utilized by God as he reflects God's presence to those he loves. He feels utilized by God as he reflects God's presence in those he loves. Nothing more exciting then to realize that everybody behind you that's all part now of the flow, God's presence is being seen in

you to them and those around you. It's like a whole change in who we are and what we are. It is reflective of Christ, the ultimate man.

J. He feels a great sense of adventure as he works hard to make what seems impossible possible. Everything about this is an adventure. Alright, remember the kayakers I talked to you about before? Remember the fact that I said behind you, behind you is this water that just rushes by and you enter it and you are in that flow, it's an adventure guys. Life's an adventure.

Nobody knows that I think clearer than a guy by the name of Boaz in your Knightly News.. Boaz is what is known in the Bible as a kinsman redeemer. There's this woman Ruth who needs somebody to redeem her, to rescue her. Her husband is dead. She will not be cared for. She'll be sent back to her nation and be an outcast. Boaz knows he's the one. He's not the next one in line to do this, but he knows he's the one and he's so much in the flow, so much in the adventure, so much in his calling that Boaz will end up becoming her kinsman redeemer through a series of events that he's very aware that's going to happen. So this is what is said of him. His character and the flow that was the result of following his calling provided safety for Ruth and became a model for you and I for years to come.

God invented the flow. You and I have the opportunity to be part of it. So what are we going to do? We're going to go with the flow.

ROBERT: Alright gentlemen, let's keep going, point number three. As a result of serving others through his calling, the knight, A, learns what it is like to be deeply connected to God and guided by Him. Look, a real man is going to connect with God. A real man is going to know how to be guided by Him. I mean it goes – one doesn't go without the other. You've got to find this place and a way to be able to do that.

T.C.: Alright, let's go to B. B says is aware of the difference between when he is connected to God and when he is walking his own way. This is important. I've always said throughout – you've probably heard me say it a couple of times. There's a big difference between a good idea and a God idea. You got to know when you're following God's purpose and when you're following your purpose. And it's tricky because your purpose could feel good but it's not what God wants. And sometimes God's purpose can be kind of rough and feel challenging but it is the right place to be. So you have to discern which route are you following and be sure of what you're doing.

ROBERT: Point C. Seeks forgiveness when he takes forest detours for the Godly path is now more attractive to him. Look when you're following Christ and when you're starting to have – your desires change – you really want to have a Godlier path. You really want to be able to follow God and so when detours take place what you're looking for is actually restoration which is what forgiveness provides. Forgiveness is always readily available to the knight.

T.C.: Let's go to D. D says experiences great joy as he is filled with the excitement that comes from following his call. Oh man, I, it is my prayer throughout all of this that this a place where we all arrive to, you know, going with the flow, where you're just in the zone and you feel it. You just know it's right. As a former professional athlete, man I love those moments where everything just seems to be fitting in place and it is a great joy. It's exciting. It's a rush and guys you know when you're in the zone because it feels good. You don't want to be in another place. You're doing what you're called to do. You know you wouldn't want to do anything else. It's that moment when you say to yourself, man, I could see myself doing this all day for the rest of my life. Man, if you prayed it through and you know God has placed that on your heart, man, you're where you need to be and there's no better place to be than in the flow.

ROBERT: That's great. Next point. A man understands that the activity of serving God well is as much a motivator as seeing the ways that others benefit from his actions. Look, what a man does is if he's feeling the flow, he's not just enjoying the fact that he gets to see the product of his work when he's loving on people and serving people, but just the fact that he knows that he's fulfilling the call, the call that he's gotten from God. It's its own motivator and really it's sufficient to please him. Sometimes we have the ability or really the blessing to be able to see the product of our work and that's always awesome.

T.C.: F. Willingly suspends any concerns that he has which allows him to confidently take the risks that are required for transparency. I've been talking about this a little bit as well throughout the trails, about going down to the bare bones of it all, the roots, the real you and that's where you want to start building up. And the only way to do that is to do things we don't like to do and it's called self-disclosure where you're just being real with yourself, breaking yourself down, self-examination and then starting to build it up from there. If you're afraid of what people might think of you as they find certain things out about you, admitting your fears, admitting your failures and all these things, then you never can get to that root, that bare bones, the starting point and start building the complete man because you are, you created a fake self that you enjoy that people perceive as having it all together. And that's not going to work for you, so we got to do the opposite of that.

ROBERT: Next point. A man that serves others has a calmness of spirit that others can feel. As his game slows down, self-consciousness disappears and he pursues his calling. Look, simply when you're in the flow and things begin to kind to fall into place, every movement you make is kind of, you're making all the right moves and stuff, you know there's a calmness that you bring into the game. There's a calmness that you bring into the forest, into the community, into the environment that you're in and it's a beautiful thing. It's a beautiful thing

because you know that you are fulfilling the calling that God has in your life.

T.C.: Oh man, I love that one. Just to keep going with it, man. I played running back in the pros. When I take that hand off and I'm running with the ball and normally the game feels fast but when you study the other team and you know what move they're going to make, it just feels like their in slow motion. It's so much easier to fake out and you have that kind of confidence. It is a great feeling. I love that, love that, love that.

Alright, let's move to the next point. H says naturally mentors others who want to follow their calling in ways that are similar to his. Man, some of the old timers, they'll come up to you and they'll say, hey man, I taught you now pay it forward. I love that expression of paying it forward. Taking what you've learned or what somebody has done for you in terms of mentoring you, and then mentoring it to the next person, passing it onto the next person, not taking all that knowledge and just storing it up for yourself, being excited about you doing well, but wanting to see others succeed, taking the time to invest in other people. And then you can probably watch as they succeed then knowing that they're going to pay it forward and it just keeps going. That's called legacy and man, it's no better – you're in the flow, and you know how good it feels, you want to see other people in the flow as well.

ROBERT: Next point I. A man values his time and ignores anything that contradicts his calling. I mean that's very simple and explanatory. You're going to remove the nonsense, remove the time wasters and you're going to focus on what your calling is and execute. When you're serving others and you're fulfilling your call, you feel yourself fulfilling that call because you removed the nonsense. You removed all the stuff that's distracting you. You're just in the zone and you're getting stuff done.

T.C.: Well I hope you guys are excited about getting in the zone and join us in the roundtable room as we continue to discuss this. But meanwhile, like we've been saying throughout, don't forget to go with the flow guys.

KEITH: I thought what we'd do since we talked to each other so much about our calling, and since we've talked to each so other so much about even what our own individual soul looks like and even as we're teaching about it, we're there, what if we shared about guys we know that we've watched them in the flow in different phases of our life. Even maybe before you know what the flow was but you when, wow, whatever that is, you know. So I thought maybe we'd just spend a few minutes. Whether the guys at the campfires do that or not, that's their call. There's a question similar to this right here that you might want to consider but this for us, because we know each other so well, I think, is probably a

better way to go. I'll start since I knew I was going to ask you guys to do this.

I'm in my third time through eleventh grade and there's this guy that is a teacher. His name is actually Dr. Ream and I don't even – I was going to use his first name, because it's probably better if we don't use last name, except that I'm not sure I know his first name. He was a teacher, a high school teacher. He was brilliant, he was absolutely brilliant but not like the impractical kind of brilliant. He was just his amazing guy and in eleventh grade he taught me in two different courses – he would teach history. And I went to a Christian school so he would teach Bible. But in eleventh grade I'm going to the prom and he always wore bowties and he said, hey, I'll give you my bowtie for the prom and he taught me how to tie it and all that kind of stuff. It was kind of a big deal. And then what happened was after the prom, I gave it to a friend to give it to him one day because I was going to a different class. I said, hey would you give this to Dr. Ream and it just ended up being found somewhere. And this guy when he would teach was always in the flow. When he would engage with students he was always in the flow. Now I had just disappointed me because he entrusted me with this bowtie. Now I don't think it was a big deal to him the bowtie, it was just all of a sudden I did not respond well to what this was. This guy is so in the flow. He walks up to me and he goes, I found this. Was there – he did it in such a way that I realized I'm not getting slammed here. I'm not letting him down. He

asked me some questions and I felt like I was safe and valued at the same time knowing I disappointed him. I can't even explain to you what that was like, but I did not want to be him when I grew up. I didn't want to be a history teacher or anything like that, but man, I'll tell you I felt like all my faculty members I'd ever known through college and graduate school, this guy was, I just didn't distracted by it. And so here it was, and I knew. You know it was one of those moments. I could even see in his eyes the disappointment but nothing he said and nothing he reflected in his actions. And I felt more alive in my failure than I would have felt in my success and that's a guy that does that. So – and it's funny even to this day I sort feel like I was _____but I can't remember how. It was just really an amazing kind of thing and he did that as a way of life. I think the flow – and I didn't know anything about the flow then, but that was part of it for me.

T.C.: Well I again, so I'm a young guy. I don't know about the flow either, but I started playing football at a really young age. So I'm in the ninth – I was in eighth grade and I'm watching the high schoolers play and I'll never, I'll never to this day forget who the running back was for our senior high school team. His name was Jaymen. Jaymen wore number twenty-one. This dude could run like – he was supper fast. And I just remember when we went to see a game and I just watched him play, he was just cutting them up. He was like one of the guys you just couldn't stop. He was scoring four and five touchdowns. It's incredible. So I saw

that and I got used to seeing that, but what made me look up to him even more – I wasn't only looking up to him as a football player. What made me look up to him even more was when we went to a track meet. So he's in – if you guys are familiar with the 100 meter dash – so line up for the 100 meter dash, he lines up with everybody. The gun goes off, he falls out of the blocks. He falls out. Yeah, so you got to start, it's all in the start. He falls out of the box, stumbles out. The other guys are gone. He falls flat on his face, does a little thing when he gets up and starts moving. He wins this race. And that to me, I'm just like, look, and you know what, this isn't even about all the some kind of cool tie in where like you never quit, you never – I wasn't thinking about that. I was just purely impressed by the fact that this dude was like – it's almost like he knew if I can just get up on my feet, I'm winning this race even though he was probably a good ten, fifteen feet back. Got up and smoked them. He was just that fast. To me, I was okay, this dude, and now I want to be fast. I want – he dominated every sport, you know, in high school. I wanted to be like that, and it's funny I have no like man ideas or anything right now, but that influence just right there, I knew I had to work hard to get like him. That dude –

KEITH: And that's beyond _____. There's something about a guy who will get up and do that. It's so powerful. We were speaking at a conference together and you told your story – I'm not going to ask you to do it again, but you told your story about a certain play in

football in college and I'm listening to you and you're describing the flow as you're describing this play. It was like, oh, wow, so actually interestingly enough this guy that you admired, I'm sitting at a conference listening you to tell this story and I'm going, I'm admiring you, you know. Because I run the 100 yard dash in about two weeks, I admire you even more (Laughter) so it's really impressive stuff. (Laughter)

CLAIR: Oh, wow, I was thinking about this and this is kind of fascinating to me. I've only known this guy a year. When you asked me would I think of was in the flow. Real simply, my son plays volleyball. Another father of one of my son's other players on his team. The father is sitting in the stands with me and discussing careers, he found out I have an IT background. He works for a missions agency. They had some IT needs so they're putting together a strategy team, a sounding board team. He asked me to join it. I walk into this meeting and didn't know any other players in the room and assumed that everybody around the table were there volunteering their time just to give advice to this agency. It took me about half the meeting to ascertain that the guy at the end of the table – his name was Galen- is actually the CEO of the company. Walk humbly with your God. It hit me in the face. I had no idea the way he was sitting there serving, had no need to throw his weight around. End up in a trip with them. I end up working with the organization a little more closely and end up in India last year. And what I recall there, I'm starting to watch this guy because that caught me off guard. In India, the times zones are

so strange. You wake up at weird hours – 3:30/4:00 in the morning, you're ready to do. Nothing like you, I don't do that normally. I remember in the coolness of the day – days were 120 degrees so you took advantage of the cool morning. I would go out and want to have my devotions. I don't remember a single morning I walked out and I didn't look across the rooftop to the other side – we were in a secure compound and Galen would be sitting out there, already sitting there with his Bible and it would go on for hours. Fascinating. We had a flight home and our seats were all scattered. I think it's eighteen, twenty hour flight we had. Something happened that Galen and I got put together and I look back at it as being a God thing. Because of the time zone change, and excitement of getting home after a long time away, we weren't going to sleep. Our seats got put together somehow. Somebody switched and I started talking with Galen. One of the things I watched for is men's eyes. When I touch on a topic and they light up and I saw his eyes light up on a dimly lit plane. We spent the bulk of that flight, I don't think either of us slept just talking about passions. I got to see his heart. Got home and he invited me to join the board. I was just finishing up another board assignment and so I joined the Board of Directors for his company. And what I've noticed since then and this guy who is in the flow, everything is God ordained. He wakes up every morning and doesn't say God here's where I'm going, bless it. He wakes up every morning and says, God where do you want me to go today. Subtle change. What is do know is in my computer career, I

spend a lot of time consulting with a lot of different company, typically Fortune 50. I know that Galen could walk into any one of those Fortune 50 companies and be as skilled if not better than most of those CEOs who are pulling down hundreds of thousands of dollars a year. Galen took a huge pay cut to follow his passion. He's in the flow every minute I'm with him.

ROBERT: You know, it was kind of difficult to try to narrow it down to a person, but as I thought about it, quite honestly, the most recent example for me would be the Kendrick brothers, part of Sherwood Films. I mean their story is amazing. Sure, Sherwood Pictures, they're the one that have made the movies "Fly Wheel," "Facing the Giants," "Fireproof," "Courageous," which T.C. and I were a part of. These are the brothers. They write all the movies and they also direct and produce them. And so, one of the things about getting to know these guys is when it comes to God's calling in their life as far as these films are concerned, boy do they live, they live in the flow. It's an amazing thing to witness. These guys, their writing, the amount of prayer that they put into their projects, you just start seeing come to fruition how God just moves in them. Their writing style, the way they write even on the fly like when they're making changes on set, it is an amazing thing to witness. It's like they couldn't make a wrong move and that's my point. It's like they live in that area where they were able to influence lives, you know, those individuals that perhaps didn't have talent in the world and yet bring them

and elevate them to a level where they were effective and they would deliver a message and the way that they would edit. I mean from beginning to end these guys, even the projects that are companions to that. When you think of “Courageous” or I think of “Courageous,” I think of like the resolution for men and how that has made such an impact and it’s just these guys live in the flow where everywhere they turn they have such a high sensitivity to God’s calling in their life. They just know what choices to make. And to witness that is, number one, humbling, but number two, it taught me a whole lot about how to seek God’s favor. Seek His calling so you can also answer that.

T.C.: Yeah, that’s awesome. I’ll tell you, two of the quotes that I’ve used a lot here come from those guys. It’s God honors those who honors you. He says that all the time and there’s a difference between a good idea and a God idea.

ROY: Yeah, so many guys have been instrumental in giving to me in my life. One guy is a guy by the name of Bob Cook. He is the president of Kings College. That’s where I went and I think he had something to do with the beginning of Youth For Christ but when I ran into him, he was older by them as the President of the college. Spent some time in his home and had conversations with him and he was known for saying such sentences such as walk with the king today and be a blessing, you know. And but one of the things is he always taught in chapel and at the end of every chapel he would lead all of us students in

the Lord's Prayer, singing the Lord's Prayer. And to this day, all these years later, whenever I hear the Lord's Prayer sung, I think my free association is Dr. Bob Cook and just the way he lived his life as I observed it from beginning to end, is just a testimony to me regarding the importance of service, a humble man, a man that was very knowledgeable in the scriptures and that kind of thing.

You know I also have two others guys that I've seen just recently be in the flow and that's this guy and this guy. Just the other day, last night, we went to a place called Milton Hershey School where we gathered – and that's a special school whereby folks don't necessarily have the parental support and so there's like, I think twelve to fifteen kids per house with a house parent kind of thing. And they have their own high school, junior high and elementary school and just we kind of connected some things up. And just to see you two with all these kids in this big auditorium asking questions and you building into their lives faith and answering the questions about the movies and you doing your snake kick thing, and he ends up doing a rap at the end and just getting the guys laughing and having fun and talking about healing relationships with distant dads and all kinds of stuff, I mean that was beautiful to watch you two being in the flow that God ordained at that moment.

KEITH: Yeah, and that is the joy guys. You could be in the flow. And that's what you're designed to do. That's what you're enabled to do. So what we'd love you to do in your campfire is to just make sure you're

understanding it, talking through it together, maybe talking about guys you know as examples, maybe talking about times when you've been in the flow. It's one of the coolest experiences and it will make a huge difference in the world in which you find yourself. See you at the next trial.