Knights of the 21st Century
Defender: The Duties of the Knight
Trail 2

KEITH: We started off Trail 1 of Defender where you're going to understand what is the duty that we have as a knight. We talked about the fact that we have wounds and that those that we're going to keep safe, those that we're going to protect, those that we're going to care for, those that are coming behind us, that we're going to have to understand they have wounds too. It just is a world full of wounds, which is a cool job because it means that there's something always for us to do in making a difference in people's lives. But how do you, your own being having wounds, help people who have their own wounds? What do you have to become? Well you have to have character that lives at a certain level. Character counts is what we call this trail. And we're going to do kind of a study with, man, how am I regarding my areas of character and what kind of man am I.

In order to do that, let me tell you a story because I think that will help a little bit. And the story is a story that all good stories have. It's a story of knights. Those knights are guys that work for a king and the king has a kingdom that he's protecting. And those knights each have an aspect of the kingdom and they represent the king well.

In this particular kingdom, they had a magical shield that would identify who they were. They'd have their swords. They'd have their spears, but they'd also have shields. All the shields were sort of like burnished, like silver kind of. It wasn't very glowing. It didn't reflect too well. But if they did exceptionally well in defending the kingdom or serving the kingdom, their shield would begin to glow so strongly, so much so that you could actually in the silver see your reflection, even though most of the time, it was just kind of burnished silver. And then if you became an exceptional, which probably would only happen after years and years of service, a star would begin to glow in the middle of your shield. That gold star became one of the highest positions in the realm.

In this particular realm, the king is the only one that had that particular star. One day the giant is in the realm, and you always have to have giants in the story of knights. The giants is in the realm have declared war on a portion of the kingdom and so the king assembled all the knights. They were there with their swords, their spears, their shields and said we're going to go after the giants but I need somebody to guard the gate here. He turned to Sir Roland. Sir Roland was the youngest of the knights, very strong, very brave, had been in some battles, but he turned to him and he said, I need you to stand here and guard the gate. Sir Roland bit his lip and he thought to himself, I want to be in a fight. I'm so much younger than so many of these guys. It might not be his battle sense about me, but, man, I have this courage. It's unbelievable and yet he heard the order of the king. And the king said, let no one in the gate.

So he walks to the king and his knights went down the road to face the giants which he so desperately wanted to face. And he stood by the gate, behind the gate with the drawbridge down but the gate firmly in place so no one could enter into the castle. He wondered if he had any use at all and about an hour and a half into the battle, he saw a soldier, one of the knights, coming. He was obviously wounded. It wasn't any kind of a mortal wound, but it was significant enough that he came back and with his shield and his spear, he laid him down at the beginning of the drawbridge and said hey, Sir Roland, take my place. I'll guard the gate. You go ahead and do it. And so Sir Roland looked at him wanting desperately to get in the battle thinking that would be what I would want to do. And he realized that his order from the king was to guard the gate. It's what he had to do. And so he told the knight, get back into the battle. I know you're wounded. I know you're hurt. I know you're tired but we need you back in the battle so get back in and face the giants.

Within an hour, an old lady came up to the drawbridge and came right across the drawbridge to the gate. She was obviously impoverished and in need and she said, can I have some bread? Sir Roland said there will be no opening of the gate today to give food to those in need. I will see if a servant can bring some bread to you and we'll hand it to you through the gate. And the woman said to him, how come you're not off fighting? Are you afraid? Are you a coward? And he said, no, I'm neither of those. I've been ordered by the king to stand here. She goes, well you must not be a very good knight if you aren't out in the battle because the battle is not going well. I guess you're just a coward.

The servant will come down and give some bread through the gate and the woman will take it and she will leave. And as she leaves, Sir Roland is feeling more and more like a useless knight. When a man, seeming like a merchant about an hour later walked up, this time standing on the other side of the drawbridge, and he said to Sir Roland, I have a magical sword. The battle is not going well. This magical sword will make all the difference. If you just take it and go fight, you will rescue the kingdom and defeat the giants. He pulled out of this sack this beautiful, beautiful sword and as he pulled this sword out, he said here, take this sword and rescue your kingdom. Be a knight of great nobility. Do Sir Roland was so conflicted. He asked the guards with the gate with him to pull the drawbridge up so he could no longer see what the man was offering. As he pulled it up, one of the guards up at the top in the parapet said, Sir Roland, come and see. When he climbed up into the tower he saw that that man, that merchant was changing bigger and bigger into a giant. In disgust, he threw the sword down to the ground and just kind of fell apart in ashes. The giant went back to the battle.

For the first time, Sir Roland wondered if maybe, just maybe he was of some use that day. He'll hear the trumpet blast, the blast of victory off in the battlefield a few hours later. As a king and the knights that were still around came back towards the castle, Sir Roland had the drawbridge dropped and the gate pulled up for the first time. He

was not sure what t say to these brave warriors who had fought so hard. Before he said anything, one of them said, look. Look at Sir Roland's shield. Everyone turned. Sir Roland couldn't see his shield. He was holding it by his armor. They said, look at his shield. It glows. Not only does it glow, there's a star in the middle of it. There had never been a knight Sir Roland's age to ever get a star in a shield. It was at that moment the king said, what kind of say did you have. One knight came back and wanted to be let in and I sent him back to the battlefield. An old lady wanted bread and we did have a giant come and try to trick me with his sword. And the king said, your shield cannot lie. The greatest warrior of the day is you and your faithfulness to guard the gate made all the difference in the day.

Sometimes as a knight, you have to understand that your order, what you've been given is just to guard the gates. The character that you have will be tested at the guarding of the gates. For all those behind you need your protection. So what we're going to look at today in a kind of different day is what are the characteristics that you and I need to have.

We're going to kind of evaluate ourselves. In order to understand that, listen to this particular guy from the Bible named Zerubbabel. He's an interesting guy. He's not a knight. He's actually a mayor or governor of the city of Jerusalem. The city had fallen, the walls had been ripped down. The temple which is the hub of the city, the hub of the Jewish culture was destroyed. Nehemiah, a man, will come back and in 52 days will rebuild the wall but over a period of time, no one seems to be able to get the temple rebuilt. Zerubbabel made a commitment to get it done. It will take him three years. But this statement of Zerubbabel is true. Let me put it on the screen for you. It says, the rebuilding of the temple could be safely completed because of a faithful knight. The rebuilding of a temple. It doesn't sound very knightly to be a builder. It doesn't sound very knightly to accomplish a task to put the focus back where it needs to be, but it is. Zerubbbabel was a man in the Bible that had unbelievable courage to do what was right. Kind of a great definition of what it would be to be a man of character.

Now in your book there's a lot of things written down. But I just want to put one sentence to you. Look at this sentence. It's found in I. It says, you have been created to be a man who honors God, others and himself. That's what you and I are created to do; to be the kind of man that honors God, and those we're supposed to guard and ourselves. How would we know whether we're that man or not? Maybe the easiest way for us to know that is to take a self-test.

Here's what we're going to do. Look at A there. It will kind of describe how we're going to do this. On a scale of 1 to 5, score yourself regarding how you exemplify these knight-like characteristics. You demonstrate very little of this characteristic, that's a 1 or if it's a 5, this is really, this is what you do, this is how you are. Now be aware of the tendency to evaluate yourself either better or worse than others do. Alright, so here's what I want you to do. I want you to evaluate yourself. Now some of you, you're optimists. You're always a high number. Well try

to be as realistic as you can. And some of you are pessimist and you're always a low number, so try to just be as honest as you can. You know an easy way to do this – just say to God, God, show me my character as I walk through this test.

Now what I've asked the guys to do is they're going to come at different times and share some of the points of this sort of, this self test. And as you go through the self-test, just kind of evaluate, where am I, how am I doing in this process, alright. So that's what we're going to do.

Look at No. 1. The following characteristic describes me. Integrity. A knight does what is right from a legal, moral and spiritual perspective. Now you know, it's funny, I would get a pretty high score on this one now. I wouldn't have always. I remember a couple times in college where cheating was what I chose to do. I can remember lying to some girls about how I felt about them. I can remember times in my life where the law was bendable to accomplish what I wanted to do to feel better.

It's really cool that in my journey with knighthood and my time being with Knights and my time being involved with Men's Frat and all the things we've been doing here, man, I'll tell you my integrity has changed tremendously. So it's really cool. My number is much higher than it used to be.

I asked T.C. if he'd share a couple of these with us. So, brother.

T.C.: I appreciate that, Keith. Number 2 says courage. A knight demonstrates personal courage by following God's call to go outside of his comfort zone. Man, that word courage is strong and I'll tell you right now, it's a, I would say I have it, but I – God had to show me how to develop courage and it came through me just being brave about taking a leap of faith. Because that word courage, you have to make moves not necessarily knowing what's ahead sometimes. Courage requires you to know always know what's next. Courage requires sometimes a blind faith. Courage requires you to trust people that you may not know if you can trust, trust situations that may look scary. And so, trust also involves – well courage involves you to have to trust yourself and your abilities. Courage involves having confidence. All these words you hear about, how do you develop them?

For me it just came through a situation where I had to, I was running a successful business and this business was funding me. God called me to go and do something different 3000 miles away. I was in Louisville, Kentucky and God called me to go and basically take a ministry job in California. I was scared to death, didn't know anybody in California, didn't know if I'd get the job, you know, and I kind of ran away from it just because I couldn't plan it out. I couldn't know my way and this was total faith that I had to have in God. Finally after praying about it and praying about it, I felt like God's going to be with me, I'm going to go ahead and go. I trusted him.

Scripture comes to mind, Proverbs 20:24 where it says that a man didn't, you basically didn't make yourself, so how can you plan your own way. You know, God planned our lives. He knows the way and so it takes courage to trust Him even though He doesn't show you everything and I did that. I ended up, as you know I'm an actor and so I ended up with a bunch of movie roles when I got there. I was able to minister to thousands of kids and it turned out better on the other side. But sometimes courage isn't all about being some tuff guy. It's about taking those things

that make you afraid, those weaknesses and being able to stand up to them, admitting when you need help. The things that aren't usually linked with courage, that's what it is; being able to depend on other people, being honest about your weaknesses and letting others strengthen you, but trust in God with the things that you don't know. That's something that I learned and it made me the man I am today. So hopefully you'll do that as well, take courage and it will make you into the man God wants you to be.

Let's look at Number 2. It says courage. A knight demonstrates personal courage by following God's call to go outside of his comfort zone. It says you want to rank yourself from 1 to 5 on that one. For me, I kind of fell into a 5 and that's just because I was challenged. I was in Louisville, Kentucky and had a successful business there. I felt God's call in my life to go to California to do ministry and I had no idea how I was going to fund myself. I had a family to take care of so I had to go outside of my comfort zone and trust God and go 3,000 miles away. I struggled with it, but I did it and I ended up ministering to thousands of kids, getting a chance to do a few films. Some of you know I'm an actor. So for me, it paid off but I had to show courage. So for me I can rank high on that one but where do you rank? Have you been challenged like that if so, how did you do it?

Let's go to Number 3. Willful purpose. A knight recognizes that he has a will and takes responsibility for the choices that he makes. Now where do you rank on that one? Taking responsibility for the choices that you make. Do you blame other people or do you take full responsibility for what you do? Alright, so where do you rank on that one?

Alright, and then let's go to Number 4. Number 4 says, initiative. A knight doesn't wait for another person to inspire him. He motivates himself to respond to the challenges of the force. I like this one. Where do you rank here? This is one I rank strong in here because I don't like the life to dictate itself to me because that does – then I have just have to take whatever comes. That's when you get all emotional and emotions take over. I like to pray about things. I like to make my own decisions because, hey, if I'm going to mess up, I want to be the cause of it. I don't' want, I don't want someone else messing up life for me. I want to make my own decisions. I want to take charge and I want to take responsibility for the choices I make because they may affect other people. So where do you come out on that – ranking yourself from 1 to 5? Hopefully, you're being real and honest and transparent with yourself. That's the only way to get better.

Now let's go to Number 5, the final one – self discipline. A knight has learned to control his impulses, emotions and his actions. Self-discipline. This is a tough one. I could probably go a 3 on here because I'm sometimes, but I'm not going to make excuses. If I'm sometime, I'm in the middle, so that puts me at a 3. So where does that put you when it comes to self-discipline? You know, do you have self-restraint? Are you a procrastinator, you know. Can you get moving when you need to get moving? Can you pull back when you need to pull back? Can you apologize when you need to apologize? Can you be in control? Do you have self-discipline? Do you make excuses or do you make it happen? How do you rank? How did you come out

on that? So yeah, I hope you guys are being transparent with yourselves and just being real, because that's the only way to get better. Alright. Thanks Keith.

KEITH: Thanks for all that. Man, if you're struggling with self-discipline, I'm dead, you know that, right? That's the way it works.

Look at Number 6, serves others. A knight puts the welfare of others first. Not as a way of ignoring his own needs, but because he respects himself and the role to which God has called him. Look at the line of knights behind me. It is that saying, we're the wall, you're safe behind us. How do you deal with this one? Alright, is it about you? It is about making sure you're fed first, you're cared for first, you get to get the TV turner and you get to control the environment, or is it about others? Is it about others, their well-being, their highest good? Even if you have to seek their highest good and they don't necessarily even like you for it, are you willing to do that? Are you going to serve others? How do you score yourself on that one? That is one I can score myself a little bit higher, so that's where it is.

I ask Clair to share a couple ones with you so we'll go through a couple with him. Clair.

CLAIR: So characteristic number 7 is honor and honor talks about a knight acts in ways that allow others to trust him as he is reliable and consistent in his self-expression. How are you doing with this one guys? The concept of trust is very complex. What does it take for someone to trust me? The word that caught my eye in that characteristic was the word consistent. And this is something I struggle with. I love to live in the moment so if I've had bad experiences five minutes prior to meeting you, when I walk in, I really have to challenge myself not to drag you down with what just happened. If I've had great experiences, the same thing there and I think I'm getting better in this area. I've had some friends that have challenged me not to wear my emotions on my sleeve, I think is the term they use.

Just last week my wife approached me and she told me she had damaged one of our vehicles. She was clearly disappointed. It was a mistake. I believe five years ago it was a 50-50 proposition depending my day was going how I was going to respond. I believe today I am much more consistent in the way I'm going to handle it. It was an honest mistake and we'll get through it.

Point number 8, characteristic is being respectful. A knight recognizes the dignity and the value of those who are different from him. This is one I actually score pretty high on. I actually believe that every man I meet is different than me in some way – actually every person not just every man – but is different than me in some way and that I can learn something from them. Just a couple of examples. I had a friend who operates about half the speed I do. I tend to create a pretty full book in a day and I started hanging out with this guy and it almost drove me crazy the speed he went at. He taught me to slow down and I found real value in that.

I had another friend that was into ballet. I don't know how to admit that but it's true. He actually talked me into going to ballet with him one time. I learned a lot from him as well. I learned I don't like ballet. I also learned I needed about five pounds of beef jerky and a couple of Die Hard movies to get my mojo back. So not every experience is that great. And guys, when it comes to your mate, are you recognizing

differences that are strength or are you trying to recreate them into who you are and then one of you becomes completely unnecessary.

So point number 9 is loyalty. A knight is not just friendly, he is also committed to being supportive to the people that are part of his life. I love to have fun. These guys we hang out with doing these video shoots are an amazing amount of guys and we have a lot of fun laughing together. We need to be real careful because we enjoy the mountaintop experiences. What about the valleys? When the laughter stops are we still there? I do pretty well on this one. I can be counted on to be there for the laughter, but I will also stand by and walk with you as a knight when we're going through tough times together.

Point number 10 is self-confidence. A knight believes that he can do his best in the forest despite the fact that the forest provides incomplete information, conflicting viewpoints and hidden agendas. I think one of the lessons to be learned here is a lot of stuff is going to come at us in life. The forest is not fair. The whole part of the teaching Defender, things are going to happen to us that are unfair. What do you do with that?

One of the lessons that we've learned over the years is not to characterize everything that comes at you as a blessing or a curse. Everything is part of an experience, something you're either going to really enjoy or something that's going to be unpleasant but you'll learn from. So again, self-confidence no matter what the forest throws at me.

KEITH: Thanks Clair. One of the things that's interesting is that self-confidence used to be stronger for me. It's one of those things that actually went down a little bit. Maybe some things happened in life that hurt you, maybe some things that just kind of wound, so sometimes that's one that's different for me. So how are you scoring yourself? Right now are you doing pretty good? You know 1 to 5, 5 you're the top of the charts, 1 you're at the bottom.

Look at number 11, mental clarity. A knight is able to make clear judgments regarding the forest decisions that he must make in daily life. How is your mental clarity? Is it getting crowded by emotions? Again, this is one of those, I think I might have scored sharper at one point than I do now so I'm really trying to work on that. Part of it is the emotion of the moment, part of it is that people have hurt you in ways that cause you to go, man, I'm not real sure that I can make always the right judgment here and all that because of my emotions. So once that emotion, which you need to have, is sharpened, my mental clarity becomes better. So I'm now probably about a 3 on this one, maybe 4, maybe 3 somewhere in there. So that's the way it works on this.

These ideas, these things we're working through, Roy actually wrote out when we were saying how do we develop Defender, so I thought he'd share a couple of these with you. Roy.

ROY: Character is not something out there floating around. It's about who we are inside and how it gets applied to this world. Let's look at four aspects of character and see how it applies to your Knights group.

The first one is that part of having a strong character is having a learning spirit. A knight acknowledges with humility that the more he learns, the more he knows he doesn't know. What this means is that if you approach Knights as I already know that, I already know that, and when each point is said, you're never going to be able to take in and change and grow your character or grow your life. A man has a learning spirit and always looks within whatever is being said for what God can teach me in this moment.

Next one, 13. What good is it if you and I have all this stuff that we've learned in our heads and it doesn't take from our character and be applied in a way that makes a difference around us? Thirteen says that you are action oriented. A knight understands that much of reality occurs externally, not within himself. What counts isn't what he thinks about but what he does about it. We need, as knights with character, to act on our world and give up some of our male passivity as we sit around and wait for somebody else to fix it.

14. Fourteen tells us that a knight accepts that others are watching him. He is a teacher whether or not he recognizes the student. There are folks all around us that are constantly learning by our example. This means that our character has to be something that we protect, that we do the right kind of learning, put it in the right kind of action, so that we're the right kind of model.

15. We are called to be influencers and a man of great character influences others. A knight realizes that each human interaction gives him the chance to leave a person either better off or worse off which he can do by either filling or draining from his or her bucket of self-worth. It is not too late for you and your Knights chapter to go out and find men to influence and one of the major ways to influence them is to say, hey, look, why don't you come and become part of my Knights chapter because you know what you're learning and how you're growing. And if we can get more men, even at this point in lesson, Trail 2, if we can get more men to kind of join us, look at the collective influence we can do in this world.

KEITH: One of the things that happens with this concept of being an influencer is sometimes guys we're influencing in a negative way. So what I want us to think about is this – am I the kind of influencer that makes all the difference? So how are you going to evaluate yourself? Again, be honest. If you're a little bit pessimistic, push it up a little bit. If you're a little optimistic, push it down, but be honest as you evaluate yourself. It's going to be a really cool factor of this throughout the year, this will really help if you do this.

Let's look at the next one. Number 16 says wise. A knight is able to utilize the emotional responses within himself and his ability to think in ways that enhance his purpose in life. One of the things I will tell you is that with age comes wisdom. And with wisdom comes this understanding of the fact that, you know what, I can make decisions that are so much better because you have so much more to draw from. But I actually have come to realize that I've watched in my sons. I've watched them to be wise at different age. So how are you doing? How are you doing with the issue of being wise? Where would you evaluate yourself? I probably am somewhere around a 4 on this one. How are you doing on it?

As we consider this, I asked Robert to share a couple ideas on some of the last ones. Robert.

ROBERT: Let's check these out. 17. Secure. A knight is able to remain calm when he experiences the ups and downs of forest existence. This is kind of, you know, really personal here for me because I remember 1992 I was just a young kid and we had Hurricane Andrew down in Miami. And I'll tell you what, with that wind that just tore up my house and kind of left so much of my neighborhood in devastation, feeling so lost and feeling so unsecure, we actually didn't feel helpless because Dad was there. I remember my dad was able to gather the family together, be able to put food together, be able to prepare and keep us safe. And you know what, because Dad was there, we felt secure. He secured his forest. That's what a knight does.

Moving on. 18. A knight is honest, because a knight seeks truth despite its implications and is willing to confront the distorted thinking that he finds within himself. This kind of goes without says, guys. I mean if you're going to be a man, if you're going to be a knight, you really have to be a person of honesty, a person of integrity because if you're honest, it's going to lead you to have a life of integrity and that integrity is going to actually lead a life of stability, kind of leading to that previous point of security. Honestly is very important.

Moving on. 19. Competent. A knight works hard in order to complete his goals. Now this is super critical, alright. The worst thing a knight can do is start something and then not finish it. That's absolutely the worst thing any man can possibly do. Guys, whenever we start a project we got to find it and keep it and work it all the way to its completion. If you think about it, that's what God does. Imagine if God had that kind of a behavior. No, God says, in fact, His Word says that he who start a good working, you will complete it. That's an amazing thing and we can rely on that, unlike the ultimate knight if you will. You know, following that example. Be competent guys.

20. Soulful. A knight has determined what his life purpose is and has discovered what brings meaning to his existence. He lives each moment to the fullest and expects his future to reflect the meaningful choices that he has made. How awesome is that. A knight leads life to the fullest.

In fact, the verse that really comes to mind is John 10:10 which says the thief comes only to steal and kill and destroy. I have come so they can have life. I want them to have it in the fullest possible way. That was Jesus talking. For those of us who have made that wise choice of following Jesus, we have the awesome ability, we have a gift from God to be able to live life soulfully, just really, not necessarily in glee, but live it to the fullest. That is living it to our purpose and then end goal. Pay attention to that one. It's a beautiful, beautiful thing. Thanks Keith.

KEITH: So that means that we're now through 20 and we've been scoring ourselves and as you score yourself, how are you doing with it? Do you find yourself going, you know what man, my character is pretty strong or are you going, I got to make some differences? What's so cool is wherever you are, that's what this year is about – wanting to be a defender to make a difference in people's lives in just the right way.

Let's look at two more, kind of wrap up the test this way. Look at 21. 21. Thankful. A knight lives in a continual state of gratitude, for what he has and for what and for the others that are in his life. He is aware that God has provided him all that he needs to be the man that he was called to be. How thankful are you? How thankful are you with what you have in your life? I think so often I'll talk to guys that are struggling with the things they've lost and in a few minutes you'll become very much aware of the fact that those things dominate so when he would score himself in thankfulness, it goes lower because he's kind of measured it by what he doesn't have.

It's funny. I wear glasses now and sometimes when I read, I'm going to need those or even to do almost anything anymore and it's always a reminder of what I've lost. So I'm going to tell you two ways to approach that. One is be thankful for what you do have. But also be thankful for what you've been given throughout your life. You know I could see better at a younger age than I can now. So it's funny. Thankfulness is something that I've learned to do when I get up every morning and I'll just thank God for nine or ten things every day just sort of starting with saying, hey, thanks for this, thanks for that. And it gives me that different spirit. It actually is what people want to be around when you're thankful. So when you think about that, how do you scoring yourself? This one is a little bit higher for me.

Look at 22. Spiritual. He has chosen to believe in God and to live in the relationship with him daily. You and I are going to live with God in a relationship with him every day. I trust Him. I believe in Him. I don't know where you are. Some of you guys aren't even sure you believe in God. You don't know where you are in this whole process. Some of you have tried to trust him and He let you down or at least you perceived it that way and so you look at this and you go, how can I handle this? Well, spirituality, if ignored, will leave you with a great big hole in your life. It really will. As a matter of fact, in your core of who a man is, our dog tags – there's a year five dog tag that you guys that are fifth year will get – it talks about all the parts of the core and one of those parts is your spirit. Your spirit will not come alive. You'll always be lacking until you have an encounter with Christ and so wherever you are on that journey, this is where you're going to evaluate yourself.

What we're going to do is this. We're going to kind of total this up. Look at your books and we'll look at II. So we ask the question, why are there two lines after each point in Section 1. If you noticed that, there are two, right. When you reach Trial 24, that's when you're all done here, you can reflect again on what you've chosen to become. This will allow you to measure the results of your effort to grow in your manhood over the course of the year.

You know, remember it's not really where life begins that counts; it's where it ends up. I mean its what we become. So here's what I want you to do. I want you to hard, hard evaluate yourself. And whatever that number is, add them all up and whatever that is, that becomes the number where you are. In another 22 weeks, we're going to do it again, and hopefully that number will increase. But I also want you to evaluate each one so you can see am I growing in each of those characteristics. All 22 are very, very important.

It brings us full circle. Remember the story of Sir Roland? Sir Roland did not feel like he had a role so Sir Roland would look at the rest of the knights and he thought, they're doing what I wish I could do. What Sir Roland needs to do is he needs to understand this, that his job was to be the man to protect what he was given to protect. If you can learn to do that this year, you're a defender. Everyone is safer because you enter a room. That's where we're heading. That's where we're going. Thanks for joining us in the journey. Don't stop inviting guys to be with you and then when you're done here, make sure you get together with some other guys, talk about your campfire. In fact, that's what I'm going to do right now. Good to have you with us.

ROBERT: So hey guys, in the book it's asking us to share an attribute that we've developed well. One of those 22 things that we've just got done talking about. I'm asking anybody to share, but which one of these attributes do you think is a strength, and while you're at it would be great if you – you might be able to identify one that's probably like a weakness.

KEITH: That's a good idea. I don't have any weaknesses, so… (laughter).

T.C.: I'm going to tell you because I don't know a lot of guys that can boast about this, but integrity, it's the very first one. I like to call it that fly on the wall thing. That fly on the wall where there is you asked a fly that's following you around, are you who you say you are, that fly can vouch for your faith, your manhood, who you are, I, for many, many years did not have that period. I just didn't. I had, I would compromise behind closed doors, whatever it is and I know somewhere our friends who are watching us right now, if you think about it, when people aren't looking, who are you, what do you do? You can hide it, you know, you can – usually that's when we, what's the word I'm looking for – you kind of make excuses for something that you – you justify things behind closed doors. I'm to a place in my life now where I'm strong with integrity. I'm okay with Jesus Christ coming down and saying, this guy lives it. He'll even tell you about my mistakes that I've made. Okay, you see because it's not about perfection, it's about passion. He's about passion. He'll come down and say this guy makes mistakes but you should see how he handles it. You should see how he chases them down and fixes it up, you know. So that's integrity. I have a strength there and I haven't always been able to say that. I think every man should try to tackle integrity.

ROBERT: I can actually vouch for that because I've known T.C. now for a few years and this dude lives the faith that he proclaims. But one of the cool things is, is kind of like a snide note but in getting to know T.C. better over the years, this guy has really helped me just improve in that area of my own life. You know, I mean my integrity watching him has improved because this guy has been such an example in my life as a close brother. I just wanted to make that quick point because it's been great to see that develop in him as actually helped develop it in me.

ROY: That's a practical way of iron sharpening iron. So his good friend sharpening another. Sometimes we look at it being kind of, you know, a confrontation, but another way to sharpen is just to be able to model a character trait

that another guy is a little deficit in, has a deficit in, and it causes runners – runners make other runners faster.

T.C.: Like Roy was saying, we were all having dinner the other night. Roy said the whole point is no one alone, you know. You're not meant to do it alone. So it just kind of eliminates that, so that's cool.

ROBERT: Do you have any weaknesses you can identify with us?

T.C.: Oh man, (laughter) but I actually do. I know all of you can speak to this, maybe someone here stronger than I am. This is tough for me because self-discipline, I want to say I have it because I can name you a bunch of things that I am just, I'm like a 5 with but see at the same time I can name probably an equal amount where I'm a 1 with, and I just think self-discipline, it's a lifestyle and you do it with everything. I honestly have not gotten to that point yet and it's, you know, I can – I workout hard, I preach hard, you know, but I won't do the dishes. You know, I don't, it's like you can just find things where it's like, it depends on how I feel. That's not self-discipline okay. It's not self-discipline isn't sometime your thing; it's a lifestyle, it's a choice that you stick with in all things and I'm half in it there and I have to pick that up.

KEITH: You know it's funny, and they'll be some guys at a table like this that will say, you know what, I'm self-disciplined and you'll go wow, I got to follow that guy because a lot of times it's not just a roundtable like this; it's guys we know, guys like you earlier said, whose ____ self-discipline. I love what you said the other day in Trial 1 when you were talking about the heritage that you had and where's the model? We get back to that model thing that we were talking about but I think it's so impressive.

I think my children, for example, hit me on my weakness. When I drive, driving is a sport. I don't know what you guys feel about it, but when you drive, it's just flat out a sport and so I appreciate, I appreciate being able to move in and out of traffic, I appreciate all the things, but I also am intolerant of drivers who are not – you drive in the left lane, you drive slow?

T.C.: Right.

KEITH: You are asking for me to deal with your issue, right. And the boys – and Lynn's always sort of said it be I figured, you know, she's just my wife, you know. It was just this – that's what a woman is supposed to do - correct you in this one. But the boys have said, you know what Dad, it doesn't feel like you value the person in the car.

T.C.: Wow.

KEITH: I'm going, oh my goodness. All of a sudden I get to this one on here and I go, wow, I am not respectful and I don't. And you know it's really true. I don't value them. I really believe that – I mean I value them if they are using public transportation, but not using their own cars, you know.

ROY: And if they were in your campfire.

KEITH: Yeah, I would value them, because all of you guys drive like maniacs, so it's good. We're fine. (Laughter) That's one actually I've been sort of, my

boys said, you know what Dad, you model just about everything really positive, but you don't model that one.

CLAIR: To your defense, if they don't like the way you drive, they should stay off the sidewalk. (Laughter)

T.C. Did you see the delay to get that one? He thinks beyond our understanding. (Laughter).

ROY: Well one of my zones is initiative. I tend not to sit back and wait for things to happen. I tend to kind of move forward to the next thing and the next thing.

KEITH: And we're all exhausted because of it.

ROY: Yes, exactly right. So it's like, why write one year when you can write five, you know. But sometimes that's a good thing. Other times it's amazing if I learn – you know not every character trait can be used in every situation. There are times that I've gotten involved in something with my initiative which is a good character trait, but in that particular place if I would have been still and know that I'm God and just wait a little bit, things would have worked out before I kind of got into the thing and muddled it. So part of these character traits, it's like this, I agree with you, self-discipline is a problem for me. It can be good in certain zones. I am very disciplined and will go through a wall. When it comes to eating the right foods, very poorly disciplined. So some of it is how it gets applied.

T.C.: Like him, I'm like initiative for me goes in the same boat with self-discipline. I guaranty you there's a guy out there like, that's me dude. I'm half. If it's something I want to do and I want to build something, I want to, you know, whatever, I take the initiative. But it took me so long to take the initiative of like, for example, budgeting better. Or it's just like, I'll get to it, or somebody has to tell you, so I'm some timing with those two things. So for me, I have to put myself in the middle and really if I'm in the middle, just say no and get better. I'm just – those two things have gotten me – discipline and initiative. You'd think like, man, you're successful, yeah, that's because I show initiative and I'm disciplined in the things that I like and I want. But about the things that you may not want or like but you have to do before it gets challenging.

CLAIR: Yeah, that is tough. The one that caught my eye, attribute number 15, the influencer. And it says a knight realizes that each human interaction gives him a chance to leave a person either better off or worse than when you met them. That's something we challenge each other to do on a constant basis in our Knights chapter. And it's an area I've seen some growth in myself.

We bump into a lot of guys and man, are we quick to judge. I don't know who you are or what you do and immediately I'm doing a pecking order. And then if you're brave enough to admit a failure to me, I've got two choices. I can feel good about myself because I don't struggle with some of the stuff you guys struggle with or I can be an encourager so that when you leave that five minutes we've had together, you leave feeling better.

We have a phrase that we use quite often in our Knights chapter. It simply says, I may not be there yet, but I'm closer than I was yesterday. So when I bump

into that guy, one great way to encourage someone is, you know, you've had a tough day, you've had a failure recently. However, what are you going to do tomorrow morning? When you wake up tomorrow morning, we go to work our way back.

KEITH: How do you score on that one?

CLAIR: Actually I'm pretty good. I'm somewhere between a 4 and a 5.

ROBERT: I'd have to say that's what I have too and it's a late developed…..