

## ***Knights of the 21<sup>st</sup> Century***

### **Trail 6 –**

You know it's interesting. When we get to this particular trail, Trail 6, we're going to talk about instincts and I can't go very far down this road without thinking about my instincts when I was a teenager and I was dating. I was wanting to be involved in a relationship with a person of the opposite gender for a pretty long time but right about my junior year in high school, maybe even into my senior year, all of a sudden man, those instincts were very, very focused because it was focused on Gwen. Now Gwen in order for you to understand this is, Gwen in my sixth grade year of school, was in my school. Well anyway, her name was Wendy at the time. It was Wendy and then she went off to Japan or Korea or someplace for six years and when she returned, it was my senior year. She was no longer Wendy, she was Gwen. Now I had a crush on Wendy when I was in sixth grade, when I was just crushing out, you know how that is. But now when she returns, the girl of my dreams has now returned into my life and her name has gone from Wendy to Gwen. Blond hair, beautiful girl, man, she came into school and I got to know her, took her out on a date. I had done that an awful lot in female's lives, actually took her home after the date that evening and kissed the girl of my dreams on the lips after six years of

waiting. My desire was strong. The problem is this. The next night I was on a hayride with another girl, that's a whole other problem and I meet the girl who is now my wife. And suddenly when Lynn fell on me in this hayride and I see her for the first time. Actually, the first thing I said to her was my name's Keith and I love you. I'm an extremely good romantic guy. She said – I looked at her and my instincts were Gwen who? My instincts were whatever that six year thing, it just knocked away when I met Lynn. I got her phone number, called her the next morning and said I haven't been able to sleep all night. And she said, you know that's interesting. I slept just fine, jerk. And, um, said I need to see you. She says I have a date and I said, break it, it will be worth it. And she did and kind of history. Now the instinct that's driving me at that particular point is an instinct that really desires a relationship but it's so convoluted with this instinct about sexuality that to be honest with you, I'm about ninety percent of my instinct is off here. Now I'm right in my longing. I'm right in the desire. I'm sitting there going this is the girl for me and that's partly right, but the rest of it is still so convoluted in me. I think that's the problem. I think the biggest problem that we have as guys when it comes to our instincts is that there is a good and a bad part to our instincts, in every instinct we have. And if it's mishandled, it has this problem and if it handles correctly, it goes this way. For me, I had these instincts and I was mishandling them.

Our job here today is to say, hey your instincts are good. I mean it's important for us to go wow, I got to be careful here, but our job is to heighten that instinct, take it up a notch to see what it's like to go, okay, I see that there's some arrows coming my way, but you add fire to them. Now to be honest with you, an arrow going to do what it's going to do with or with fire, pretty much your blood will put the fire out. The problem is that when you see it, it causes your instinct to get a little bit heightened. I want you to get your instincts heightened. I want you to understand the difference between when they're balanced and when they're not balanced. Now we've been dealing with understanding who we are and today we got to take another shift.

We're going to take a look at this, taking the good and making it bad. I think want to take a look about this particular trail, Trail 6, is the idea of saying I'm going to take what I've come from, what I have naturally and I'm either going to do something positive with it or like many of us as guys, we'll do something negative with it. But the instinct is part of our bodies. It's part of if you take a look at your core, there's your body and your body has within it, along with its genetics and along with its brain that thinks and feels and that whole thing of that balance that we talked about in Trail 2, this is part of your body, your instincts. Now if you don't handle them well

they become bad. So we often to take that which is good and make it bad.

Listen to this statement. The second aspect of the internal war within each man is related to the nature of the various instincts. Instincts were given as part of a man's giftedness but can become imbalanced or misused due to spandex decisions. Everything about this is the spandex kind of world. I think that's where I get a little nervous. I get nervous because my spandex side, my shadow side, the part of me that makes decisions, when I go off the imbalance of my instincts, it creates all kinds of problems. Now we're going to look at three instincts this trail. We'll look at three instincts in the next trail and then in two weeks we're going to look at what we call kryptonite of a man and that's his sexual instinct. And that was part of my problem. I have this one instinct that I keep getting confused with other instincts and just never kept it in balance at that particular point in my life.

There's a movie that I want us to think in terms of and it's a movie that if you haven't seen it, it's kind of a rough edge movie. It's an apocalyptic movie. I don't really do apocalyptic movies very much. It's called "The Book of Eli". Now "The Book of Eli" is a fascinating movie because what is flaming behind me is all that that culture at this point knows. Basically spandex males rule the world as we know it. There's a guy played by Denzel Washington called Eli

and he has this book and it's all about "The Book of Eli" and to spoil it a little bit, the book is the Bible. That's the last copy that anybody knows exists and so it's his kind of involvement with that book. He enters this world of this guy by the name of Carnegie. Carnegie is the evil guy and if you can have an evil guy in an evil world, this guy is at the pinnacle of it. But he's very, very good at gathering people around him so he's creating a culture which he rules in all surrounding with this well of water that his evilness sort of dominates it. Eli walks into that world and when he walks into that world, he's walking in as an unbelievably good warrior. He has learned to survive and we'll find out a little bit as the movie moves on as to why he does. As he arrives here he'll meet Carnegie. Carnegie has a wife named Claudia who is blind and then they have a daughter named Solara. So I want you to consider this particular scene. What happens at this point is that Eli is now, wanted to leave. He's getting batteries recharged for an item he has and this is a world where there's not much of anything so everything costs whatever you can trade and barter and so he's been invited by Carnegie because he seems to be a man of great understanding and wisdom and a great warrior because he's always taking out some guy and Carnegie invites him to spend the night. To Claudia's great objection, Carnegie sends Claudia's daughter, his daughter, into have sexual relationships with Eli. Eli's a different kind of man. He

doesn't play by that culture's rules and he says no to her. He's not open to that. She doesn't want to be there. Her mother doesn't want her to be there. This Carnegie is trying to seduce Eli into staying with him. She comes in with some food and he turns her down, but interestingly enough she says I can't leave. If I leave, he'll know and then I'll be in trouble and then so he says okay, stay and he offers her some of his food. He says there's plenty of it here. She never had anybody share with her at all. He shares his food with her and as he's sharing it with her, she goes to eat and he grabs her hand and says wait a minute, and then he prays. She had never heard anybody pray. He thanked God for this food and he thanked God for the gift of companionship. She looked at him. She had never seen anything like it. It was like the whole new world was taking the instincts that she had lived under and sort of swung it around to where it was all of a sudden in a positive way. As that scene ends, it causes us to think in terms of this. Remember that moment at the table, they're both holding hands. They're praying and he says to her, thank God for the gift of companionship. You see he gets this gift that we call bonding, the desire to have a connection with another human being.

Let's consider that. Roman numeral one in your books. Roman numeral one. It says this, the instinct to bond with others. We have this instinct. It's to bond with others. It's natural. It's what causes

us to move in groups and packs all around the world. That's what happens. It's an instinct to bond. And when that instinct is well guided, number one, it provides a desire for interpersonal connections and relationships. So when it's well guided, it's going to give you a desire to be connecting with people, connecting in verbal ways, in physical ways with touch and everything else. It's going to cause you to want to connect.

Now here's some of the things when it's happening well, when that connection is going well. Look at this. Life's lessons can be observed and learned. That's what will happen if you do this. Life lessons can be observed and learned. How am I going to learn? I'm going to learn in a group. I'm going to learn in a family structure. My children learn from me. I learn from my parents. My parents learn from their parents. There's that kind of a community thing that happens both in a family and on a larger scale with what we would call tribe in the forest where you have this larger involvement. What we do is we keep learning by relationships, by connection.

There's another thing we do with this instinct when it's happening well, when it's well guided. When it gives us companionship can be experienced. If you don't write down – write down that word companionship because it's really important, because companionship takes it to the next level. It's not just that I need two to survive, there's sort of a give and take. There's this I

enjoy my time with you. Companionship is so important. That's why, guys, that's why I really like the idea of us learning not just to have female friends or people of the opposite sex but have male friends, because one of the things about this, there are things I can learn from Lynn and her perspective and all that she is. But there's also things I learn from some of the key guys in my life that speak into my life, that companionship.

Look at the next one. When an instinct is guided well, it provided a desire in interpersonal connections and relationships so that teamwork can be experienced and larger life tasks accomplished. In other words, if I wanted to go build a house, I need a teamwork. I can't build a house on my own. I can, but it will take a long, but I get a bunch of guys and all of a sudden now, we can raise the beams together, we can do different skill levels that different people have and together collectively we can create a greater goal. That's what bonding does. You try to do things alone and you end up in trouble. You end up in trouble both in decisions you make but also just in survival. In fact, if you were in a survival setting and Lynn and I were in survival setting, let's say Lynn and I were in that, we're going to survive much better because she's there. I'm sort of like, oh my goodness, we're going to die. We're out here in the middle of nowhere. She's eating bark off of trees. She can do all that because she has it together, she has it really



together. I need that aspect of who she is. It's who you and I need when we're involved in teamwork that's going to take it to the next level. There's giftedness involved. There's many hands make light work, that kind of thing.

Look at the next one. When you have these connections in relationships so that physical resources can be offered. What happens is we're going to share resources. So I'm going to have more resources available because I have relationship. Without relationship, there's less resources available. So in other words, when I plan a crop it takes me a lot of work to clear a field, to do all that work. The reality is that if I have many people doing that, we'll clear a much bigger field to create much more crop and we will survive much better. It also works that way in the work world. It works that way in just about every part of our lives.

Another part of bonding. When we have these connections in relationships may cause less than wise choices which can be confronted. If you keep doing the same stupid thing over and over again and keep hurting yourself the same way, the confrontation of these poor choices can be done in this group relationship. I don't think any area of this bonding is seen clearer in our culture than in marriage. There's a lot of reasons why I tell people not to live together. There's a whole bunch of reasons. I think, number one, the lack of commitment and when sexuality is taking place and you're

not committed to one another, I think it just kind of messes with it. And we're actually going to take about that in two weeks when we talk about kryptonite. But there's a lot of other reasons I think living together is a scary proposition in a marital, what we would call a marital type of relationship but not living together. And the reason really is that the lack of commitment will cause us to run a little bit more often. You have other instincts besides bonding, right. And that lie that causes us to run when we don't have that commitment to say through thick or thin we're going to do this.

So let me give you something. Now this is going to be completely different. It's not going to be in your notes anywhere. I want you to go to like page thirty-six in your workbooks there and you'll find blank pages there and I want you to write down two columns. And you're going to write on one side of the column it will be female and the other side will be male and this is about what a female is longing for in a relationship and what a male is longing for in a relationship and when you come together in a marriage with these things in place, I believe the relationship becomes much healthier, but you need to understand we are equal, but not the same, right? Men and women are equal but they are not the same. So we are going to walk through this. So taking that page, on the left side we're going to write down what a female longs for. A female longs for companionship, what we've been talking about, this desire

to connect. Guess what men long for? Same thing, desire to connect. What do you think caused me to remember Gwen for six years? What do you think caused me to forget Gwen when I met Lynn? It's all about this longing for a companion for a relationship. I was thinking in longer term with Gwen. I thought about her for six years, right? When I met Lynn, I forgot about Gwen and I started thinking about Lynn and five years later, we're married. I think that's the process, the journey, the thing that we understand of companionship. Both men and women need that, but that's where our similarity ends. A woman needs security. A woman needs to feel safe. She has this longing to feel like, okay, who she is and what she is works much better. A man longs for admiration. My job is to make Lynn feel safe. Her job is to make me feel like great protector and safe. It makes sense, you know. Do you ever wonder, you know as us as guys probably would never lock a door. You know, we don't care, if an animal comes in, it comes in. If a guy comes in, we'll beat them up, whatever it is. But we lock doors because women need to feel safe. What we love though is when she goes, oh, you make me feel so safe by locking that door. Now all of a sudden we feel admired. Men long to be admired. Women long to feel safe.

Look at the third thing that women long for. Women long for significance. Women long for significance. They need to know what

they do has worth, has value, it's significant and part of the reason is they can do two things that we can't do. Women can give birth, give life. We can't do that. And two, women can nurture. Men don't nurture. We say, get up, you're bleeding, yeah, put a leaf over it, you'll be fine. We treat it very differently. Women nurture. Women can take long-term nurturing, men kind of short-term in that area. As a result of that, it kind of leave us a little bit of vulnerability. What a woman longs for as significance is to say child rearing takes a lot of time, a lot of effort and how do I know that it's worth it? Well because what you're doing is significant and significant comes primarily from a man speaking into a woman's heart as to how valuable. For Lynn, I'm her secret service agent and she's the president. For me, of all the parapets out of all the castles in all the world, I picked hers because she's the wow factor to this day, thirty-five years into marriage, she's my wow factor. Going on thirty-six real soon. What a man needs is a little bit different though. We need support. We need to feel like we're supported. We need to feel like she's come alongside and helped us. So we're going to make her feel significant, she's going to make us feel supported as if what we're doing has worth and value as well. But it comes more from the how can I help you. Actually the word was used when Eve was made even though she's the height of creation, the most important thing God makes, the last thing he makes is the woman. He says that I

will make a help me, somebody who will come alongside and support the guy, support the guy in what, well I'm actually protecting her, kind of a cool deal. But what happens is the guys feels when he feels supported then makes all the difference in the world. A lot of guys who become unfaithful to their mates when it's not at the normal time when guys become unfaithful and there's certain times when guys tend to go that because of some different phases of their life. A lot of times it's because they don't feel supported and all of a sudden somebody at work makes him feel supported, somebody from their past makes them feel supported. It makes them feel sort of like, okay, that's sort of where it begins to have a different kind of relationship, support, significance. A woman, by the way seeks a relationship when she doesn't feel significant.

There's one other area though and that's the whole area of, of response to one another. A woman has an emotional need. Her responses are emotional responses. Ours are physical responses. A woman has an emotional response. A man has a physical response, a sexual response and so what my wife longs for is to feel valued. She longs to emotionally feel secure. She longs to emotionally feel okay. If Lynn sees a cat get hit by a car, Lynn is going to be emotionally out for about two weeks. You know, every time I go hey baby, she'll go, oh that poor cat got smashed by the car and was ugly. That would be, that's her, okay. Me, if I see a group of

kindergartners in a bus go off a cliff, I'm good in ten minutes. Now what is the difference in that? It's not just that I'm cruel about kindergartners. It's the fact that I'm wired for physical response. Lynn's wired for emotional response. When you understand that, my job is to do this, now watch. Take this sheet that you've just been working on, put your hand on the right hand side, the column that says man, everything on the left hand is your job. Everything on the left hand side, all that is her, is your job. You say well what about everything over here that I need? You work on that side of the ledger, guaranty you that sooner or later this side of the ledger will be covered. It's never about us, right? We're the secret service agency, she's the president, don't make it about you. Put your hand over that side. That's when bonding is going well. What happens when bonding doesn't go well?

Look at Roman numeral number two, Roman numeral number two. The instinct to bond with others when, number two underneath that, so I'm still in Roman numeral number one, excuse me, the instinct to bond with others. When an instinct is not well balanced, the body instinct can negatively impact the man by. So when I have, in bonding with others, and it's not well balanced, here's the negative impact it's going to have. Consider this one. Attaching to the wrong people who can influence the man. When I don't have this right, I will tend to connect with people that are not good for me.

I, I, some of you guys, you're on your third marriage. It's amazing the similarities of the things you've run after. As a matter of fact, sometimes we married people remind us of our parents. Sometimes we married people that are the exact opposite of our parents so we can stay away from them. There's all kinds of things that kind of get connected here and if your balance, your body instinct gets messed up, you're going to start to attach to the wrong people. If you're hanging out with the wrong crowd and it's constantly tearing you down, they're not knights, they're spandex males. That's your bonding instinct that's out of balance.

Look at the next one. When your bonding instinct gets out of balance, you develop tendencies to blame others instead of taking responsibilities for one's own potential. We tend to blame others. Now underline that word blame. Blame is a big thing for guys. We tend to feel like it's not my fault. Remember when we talked about that when it came to the shadow. What happens for us is we think that it must be somebody else's fault because I've bonded with the wrong people. It's your fault. You've made choices to bond with people that are just not wise. Now let's say you've bonded with the wrong woman. I'm not saying you end that marriage. No, no, no. You start meeting the needs on that side of the ledger, but you also have to be careful. Sometimes in your life some of you guys that have struggled with your past, let's say you've struggled a lot which

is drinking too much, but your dad drinks too much. Sometimes you have to be careful about connecting back into that. Sometimes you hang around with people that are doing the exact same foolish things that you do over and over again. If everybody are players in the sexual world and you hang out with that, you're going to tend to do that. Now you don't blame them for what you do, you just aren't choosing differently, who you bond with. Bonding out of control, bonding unwisely, bonding in balance has tremendous consequences.

Look at the next one. That instinct is going to impact you in a negative way when you're failing to recognize the needs of others in one's life. There's a selfness that's going to come when you bond incorrectly. You're going to miss the needs of others. Underline it, write it, experience it. Others' needs are what you're about. So when you bond and you bond for you, it's all about you and you, your kind of your instinct is to take care of you in this, you start to lose what a knight's calling is. A knight's calling is always for the improvement of himself, the world around him and certainly the person they are bonding with. That's the desire. That's what God does with us. That's what we long to do with one another.

Look at the last one. When the instinct is not well balanced, the bonding instinct can negatively impact the man by creating a partial bond that concentrates on one's attribute of the other



individual without seeing the whole person. What will happen is, you're going to lose the whole person. You're going to only look at what it is that they can give to me, right? The thing that's so fascinating about Lynn, she loves to backpack. I like hotels. She could sleep out – and she did, I mean she went on a seven day solo in the Colorado Rockies. I really like the Colorado Rockies from a Bed and Breakfast overlooking the mountains from afar. You know that's sort of who we are. You know what's really fun? I have climbed mountains. I've gone hiking. I think I've even slept out in the woods once, and why? Because I've actually learned to appreciate what she appreciates. She's also learned to appreciate me, because when we get done hiking the mountain, we go back to the Bed and Breakfast and get a massage so we can just get muscles back and work after she beat me up all that time. There's a side of us that we kind of learn to appreciate. Now I know Lynn and I are backwards from the average one of you, but the reality is learning the whole person. When you mess the whole person and you keep – making them into your own image, it gets all messed up. That's one issue. Is the issue of bonding.

As we think about the other one, let me tell you about a guy, a warrior by the name of Sam Houston. Sam Houston, if you've ever heard the name, I mean it's Houston, Texas, I mean he was the governor, president of Texas, governor before it became a state. He

was a governor of two states actually. I think it was Arkansas and Texas. Sam Houston was an interesting guy. He, uh, his dad died when he was fourteen. By the time he was sixteen, he ran away from home. He got involved with a tribe of Indians about three hundred of them, and he actually became a pretty bad alcoholic and was always just a wide kid, doing all kinds of things, married three times. By his third marriage, he kind of put together that it was the abuse of alcohol and just this wide living that was creating all the problems and at that point he turned his life around. Things began to change for him. Probably the most thing you know Sam Houston for, however, is how he defeated Santa Anna. Santa Anna was the Mexican leader, the general who attacked and did that thing that we call the Alamo. When five thousand cracked troops in Santa Anna attacked. Now at that point Sam Houston had his team of soldiers well. He had learned well over the years of his military experience. He was a leader at this point. Everything was functioning pretty well in his life. He had learned not to just react. He learned to control his instincts. So when his four hundred men said let's go take on Santa Anna, he said, no way, we'll be slaughtered. He has an instinct that's clicking in. We'll talk about that instinct to self-preserve that he's dealing with. What he decides to do is he decided to lead instinct under control. His army will grow to nine hundred as he resists fighting Santa Anna, but Santa Anna will chase him. At a

certain point after trying to catch him, Santa Anna will split his army to try to trap him. At that particular point, Sam Houston realizes he can make the move. He waits till just the right day, the right time, and the right time of day which is the siesta time and at 4:30 in the afternoon attacks one-half of Santa Anna's army. In a short, less than an hour experience, twelve hundred and fifty Santa Anna men will be dead. Six, six from Sam Houston will be dead. Santa Anna will be captured and that reign of terror on what was then being the development of Texas is over.

I want to throw a quote up there on the screen for you that was given by Sam Houston's great, great granddaughter about him. It says this – a lot of people had sight, but few had vision. A lot of people had sight at that time, but few had vision. You know what that is? It's the difference between instinct in balance and out of balance.

Let's look at that instinct that Sam Houston demonstrated. It's called the instinct to self-preserve. Roman numeral two. I was trying to get there earlier, here we are. The instinct of self-preservation. This is the desire to survive. It's a very, very important instinct. So you know, that If you mishandle the instinct to bond, you make that a non-important issue, things like abortion take place, because I don't want to necessarily be saddled with the child so I abort that child. I don't want to have that desire for that life to

be connected with me, or desertions where fathers don't take care of their children and I know some of you are struggling with that right now. You have kids and you're not being responsible for them. You are a sperm donor but you're not a life donor. You're not giving into – well that instinct to bond, I need you to understand something. It won't go even though you and I fail to bond correctly, that instinct to self-preserve will still exist. Babies fight to live even after abortion attempts. They do. Kids that are deserted fight to live. Everything gets messed up. You know all the damage that comes out of that, right? But it's self-preservation. The problem is when we don't pour into it correctly, it gets out of balance.

Let's look at it what it's like in balance. If it's in balance, when instinct is balanced it, first one, gets one to the gym several times a week. When it's in balance, self-preservation means you're going to take care of yourself. I get to the gym all the time. I just found out recently that apparently you're supposed to use the equipment in the gym. I had no idea. I just thought you get to the gym. I'm at the gym. This is pretty cool. Talk to a few people and leave. But now, apparently you have to use the equipment. Exercise is huge. Guys if you want to self-preserve, you're going to have to make sure you take care of your body. You're going to have to push your body a little bit and the older you get guys, the more you need to do that. You need to be aware of that area.

Look at the next one. A man wants to self-preserve, well encourages one to follow traffic laws. Okay, follow traffic laws. I was talking to one of our team on Knights of the 21<sup>st</sup> Century and he actually followed me to a location. He goes, you tell me you drive fast. Dude, you're like nothing. So I all of a sudden thought, man I want to follow him sometime because whatever speed limit he's able to live by, I want to live by that one too, because I'm about a six mile an hour over the speed limit guy. Sorry, police officers, because I realize you don't get stopped at that level. Obeying traffic laws are not just for speed laws though. Guys, stop signs. Guys, putting seatbelts on. Those are things, some states have laws for motorcycle riders with helmets and some without. I have a friend of mine who had gotten injured in a motorcycle accident years ago and decided he would never wear a helmet because if he ever had another accident, he would just rather die. Well he had another accident and did tremendous amount of damage to his face and the side of his skull. Now he survived, but guys, you just got to make some wise choices. I mean along the way you have to make decisions about how you're going to obey the law around us that will preserve you.

Look at the next one. Inspires periodic doctor visits, especially when pain exists. So when you're in pain, you do see a doctor. You

go see a doctor is a way of life. You're going to be checking this out. Why? Self-preservation.

Um, look at the next one. Support saying no to poor spending habits. You're going to be careful about what you spend. You're going to have limited resources, self-preservation says I got to be careful in this area. So you put your credit card away. You cut it up. You do what you need to do if you find yourself buying that which you want more than that which you need or buying that which you can't afford more than which you can. It's part of self-preservation. And by the way guys, all kinds of pressure comes into your physical being when you're under stress and stress comes from financial problems all over the place.

Look at the next one. Helps to hold one's tongue with others including family. Self-preservation guys, you that have older brothers, you know how important it is to hold your tongue. You that have fathers with quick triggers, you know how important it was to hold your tongue. You learn to hold your tongue regarding people. You learn to hold your tongue regarding relationships. Um, a man that learns to self-preserve is very wise in the words he uses.

Look at the next one. Causes one to listens to parents when young. Now I know some of you have had bad parents. I know some of you have had parents that have deserted you. I think some of you even had what I would call evil parents. But to be really honest with

you, it's pretty rare to meet an evil parent, especially a mother. They're trying to help. They might not know how to help, they might have all kinds of wounds and stuff and we'll talk about that in trails from now, but the reality is that when you look at your parents for the most part every parent that I meet are trying their best to take care of you. Now in the news we have all the horror stories of when a parent doesn't, but guys for the most part, a wise man learns to do that. That's what self-preservation is.

Look at the next one. Encourage one to go to work and pay the bills. Encourages guy, underline that, I mean go to work. I meet a couple guys every once in awhile that says, I don't know why we have to work. Well because you have to pay the bills. Yeah, yeah, well that's somebody else's problem. Let the government do it, let my wife do it, let somebody else do it, but I'm not going to do it. Let my parents do it. That's why some guys are still living at home at forty-two. Yeah, yeah. You got to be careful there. It's that whole area if you don't self-preserve, you don't learn to take care of yourself.

Look at the last one. Reminds one to check a second time if the situation is potentially dangerous. Reminds you to check a second time if where you are is in a dangerous world. Guys, we are fearless by nature. We are risk takers by nature and guys if you want to live longer, be wise. I do some work in my job and I have a

number of power tools and there's certain tools there that I have to be very, very careful with because I appreciate the appendages that I have. And what happens is, if you're not taking advantage of the safety checks, all kinds of issues take place. You got to be wise in this area.

Now, what happens when we get out of balance? What happened to that instinct that's in balanced, the instinct of self-preservation. When the instinct is in balance, here's what it's going to do. It's going to view most relationships from a selfish perspective. Most of our relationships are going to go selfish when we're out of balance. You got to be very careful with this. Now, I'm going to kind of walk through this because you're going to find some similarities to some of the things we've been talking about shadows. Narcissistically expects that one's personal needs should become first. It becomes all about you, all about your personal needs. You're out of balance, self-preservation is all about me. Look at me, look at me, look at me, look at me. It's all about me and what I want. It's what spandex males live by. It's a world that surrounds them. Be very careful on this one.

It's unable to respect people with different viewpoints. You and I when our instincts are out of balance, we just do not value what other people have to say. And you know what, other viewpoints are valuable. Other life stages are valuable. Other ethnic



backgrounds are valuable. Other life experiences are valuable. We need to take advantage of that. Guys, you just can't ignore it. We become very unwise when we live in that world.

Look at the next one. We become self-absorbed in creating an inability to listen to the deep needs of others. What happens is this, guys. It's all about us. We're not listening to the deep needs of others. I think sometimes that's what overwhelms me as knights. If we look at the kingdom as that which feeds us instead of us which feeds the kingdom. Man it gets so backwards. Self-preservation is not designed for you to go selfish. When it's out of balance, it refuses to initiate responsible risks to succeed. You know, if we take too many risks sometimes guys, we don't take enough risks. So what happens if you're so interested in self-preserving that you never step into what you're called to do. In a few trails from now, we're going to talk about your specific calling, your specific reason for being alive and it's going to involve you breaking some of the inertia that you're in and moving forward. Self-preservation when it's out of balance will cause you to fight in that area.

Look at the next one. Denies one's failure and does not allow for growth from one's own imperfections. When you and I have the chance to learn from our mistakes, guys, don't deny, don't deny your failure. It's there. Underline it. Write about it. Circle it. Failure.

When you have it, you fail. Learn from it. Otherwise pain was wasted.

The last one in self-preservation. Remain unwilling to reach complex objectives through teamwork. All of a sudden you and I because it is all about us don't bond anymore. We don't get involved in what we need to be doing, making all the difference in the world.

In your Knightly News that's there in front of you, there's a kind of this cool story that's going on about a guy by the name of Onesimus. Now you wouldn't know it because the guy we're going to talk about is Philemon. But Onesimus is a slave who has run away and as Onesimus runs away, he runs away from his master. He meets a guy by the name of Paul who ends up writing a significant of what we call the New Testament in the Bible. He meets Paul in prison. Paul brings him into a relationship with Christ and then Onesimus becomes this amazing man. Paul is sending that man back to Philemon his, slave master, your slave master has the right to kill you. He will hunt you down, find you and execute you. So it was to keep slaves from obviously running away. Paul is now sending this man who has now become very profitable in Paul's life back to Philemon. So when you look Onesimus, this guy, you look at a man who had the instinct to flee, I'm a slave and I don't want to be a slave anymore and he runs. Now Paul's pushing against his instinct to self-preserve because he sends him back to Philemon.

Philemon's a believer in Christ. Philemon is a guy that Paul had led to Christ. Philemon was a man who was changed by Christ. So Paul feels that he's sending Onesimus back to a good place. Now not as a slave, but as somebody who could be helpful to him.

Listen to this quote. I'm going to put it up on the screen for you. It's this quote that Paul has from Philemon 17. There are no chapters in the Book of Philemon, just one chapter. So if you consider me your partner, welcome him as you would welcome me. This instinct that he has to flee is dealt with right up front. The instinct is now saying because I have another guy that's coming along side of me, bonding, self-preservation, all being worked in proper order, Philemon comes back. Ah, Onesimus comes back to Philemon and corrects that wrong.

Let's look at that instinct to flee. We're going to fly through this. Watch these. The instinct to flee, one. When the instinct is balanced, it recognizes physical dangers that are harmful. You're going to recognize the arrows are lit, they're being fired at me. There's fire coming at me. It's wise to not get hit by fiery arrows, not a bad thing. Instinct to flee. Cultural influences will corrupt one's internal world. What will happen is this. If you, if it's balanced, you'll recognize that the things that are trying to change me, I won't let it change me. I won't get sold a bill of goods. You're going to deal with

the fact that you can move forward, not just get caught up in what everybody else is doing.

Next one. The instinct to flee. When the instinct is balanced, it recognizes relationships that are detrimental to which, in which to be involved. That's, I already mentioned our dads. I already mentioned going back to certain things in the past. You got to be careful where you go. Instinct to flee is a good one. There are times to flee. Instinct to flee is balanced when it recognizes actions that are unhealthy and destructive. When your action is unhealthy and destructive and you recognize it, that's a good instinct. For me, guys, I don't know whether you know my story, but I was, if you were with Squire, you know that I struggled with pornography from the age of twelve to twenty-seven. I would actually call it an addiction. Now I know you guys that have struggled with addictions, you may or may not agree with that terminology and my story, but for fifteen years I had no idea how to get free from it. I have learned to flee certain things. I go to a hotel room, especially when I was first getting free and I was traveling a lot and I would go to a hotel room and change what I could watch on my TV by calling down to the front desk. Why? I just couldn't afford to be involved back into pornography. I've learned to avoid certain stores. I've learned to avoid internet surfing. I've learned to do certain things that have

changed for me because that's how I flee some of the things from our past. So I've learned actions that are unhealthy and destructive.

Look at the next one. When the instinct is balanced, it recognizes thoughts that are not in keeping with one's values. When the thought, this is not any longer keeping in your value. You know, it's interesting that some of you guys struggle with addiction to gambling, and you struggle a lot with that and you don't know how to run away from the actions but if you stop for a few moments and you think, I keep making the same mistake over and over again. I think I'm going to make money this time and it's like, wait a minute, stop, stop and think. Your values are telling you that's not the way it works. That's not the way you get ahead. It isn't about winning the lottery. It isn't about this time it's going to come through. Be so careful on this instinct. Use that instinct. It will help you a lot.

Last one. When the instinct is balanced, it recognizes emotions that threaten to jump one's guidance fences. You recognize things that are going to take you over the edge, over the edge of what you should be and do. Now here's what happens to the instinct to flee when it's imbalanced. And I'm literally just flying though these, so just get ready to write, guys. When it's imbalanced, it never faces enough difficulty to allow one to grow. You're never going to have this opportunity to grow if it's not balanced. Fleeing is what allows you to survive and bond. Fails to protect the hearts of

those one leads. If you're not, don't learn when to pull back, you're going to put yourself in danger and them in danger all the time.

Next, causes the loss of one's integrity by choosing not to stand up to deceptive practices. When the wrong is popular and you don't stand against it, you lose your integrity. You got to be extremely careful here. The instinct is imbalanced when it refuses feedback that is necessary for change. You will miss your target every time if you don't get feedback back. You're flying to the moon, if you're not getting feedback with it, whether or not you're on target, you will miss the moon by thousands and thousands of miles. You and I need to get that feedback. We need to dismiss self-care by putting other things ahead of self-validation. Take care of self-care by putting other things ahead of self-validation.

Next one, fails to be willing to create tension through a difference of opinion. You need to be willing to push the limits. When you're at work, you need to be pushing things so that difference of opinion can be expressed. Otherwise, you get sucked into it. Okay, learning to flee. Avoids responsibility by not creating goals nor plans necessary to achieve them. We're going to deal with that directly when it comes to your knight's list that you're going to have when you do your knighthood plan at the end, alright.

Roman numeral number four, for the knight to be victorious in the present culture war, he must win the first war within himself.

Remember, these are always wars within us by balancing his instinct to succeed and accept the vital importance of positive relationships with others as he enters each life stage. He needs to balance all of these things by understanding that relationships are so huge. So your instincts when in balance will be good for you. You'll flee at the right times. You'll self-preserve at the right times and you'll bond with who you need to bond to. When it's all happening, those things work very, very well.

You'll have to deal with this, number two. Accepting his need for self-care. Understanding that such self-valuing assists his personal development. You're going to have to take care of yourself, right, preservation, right, bonding, self-preservation.

Look at the next one. Three. Giving himself permission to set boundaries which allow him to leave behind detrimental relationships and situations. You're going to have to have the opportunity. That's what fleeing is. I have to set boundaries. I can't do this. I got to get over here. You need to learn to set boundaries. Now you bring all that together and look at number four.

Number four says seeking spiritual guidance in power. You cannot beat your instincts and get them in balance just naturally. They're instincts under the influence of the shadow. So you're going to have to get this power from God. You have to do this connection

with Him. Let that power come as you know obviously is through Christ.

Now the last one. You're going to need to return next week because the next time you guys get together, on Trail No. 7, and we're going to talk about three more instincts that can help guide your way.

I want to talk and thanks for letting me fly, guys. I want to talk about one more part of the movie "Book of Eli". "The Book of Eli" has a fascinating ending to it. If you don't do violence, it's a tough movie. There's a lot of stuff in it that's just kind of overwhelming, but there's a scene when Eli has now, is now run away from Carnegie and all of his evil. Solara has come with him, this girl that's the daughter of Claudia and she has come with him, having heard his prayer so fascinated by his, his words and this book he carries that she's with him. There's going to be this moment when they're sort of hiding in an old abandoned cooling tower from a nuclear plant and as they're there this scene takes place. She asks him, what are you listening to? And he tells her that he's listening something that he listens to everyday and she goes, well what. And he goes, well let me show you and she asks to see the book and what he's listening to is actually the words of the book and as he's, as he was doing it, he starts showing her the book and he says can you read it to me? She can't read. So he begins to quote the 23<sup>rd</sup>



Psalm, the Lord is my shepherd. I shall not want and she goes, did you write that and he goes yea, now you know I didn't really write it and she's just so enamored by this whole experience and in it, in this moment as they're having this encounter, she discovers why his character is so different because she hears his story about how he heard this voice inside of him this deep calling that says go find this book and he finds this book and then keep and then take it to where, the certain place going north. And as he does this, he talks about how his instincts have intruded him, how that whoever has called him and he believes it's God, has been preserving his life and his knowing when to flee and knowing who to bond with. And here she is with him, the first person in the whole journey he's been able to bond with and it gets to that moment where he goes, you know what, I can't tell you what to or not to believe regarding my experience, but I can tell you that it's gotten me this far for this long. At that point in the scene what it's done is it's combined the two. It has combined the power of God with the instincts that He's placed within us. When they come together, you and I will do what we were designed to do. Dealing with our instincts, that's what it's all about.

We're going to deal with three more next week. See you then.