

Florida Church of God Ministries, Inc.

Constant Comment Newsletter

March 9, 2009

Running to Win Series

Running to a Point

by Dr. Gregory Wiens

Now that we have discussed pace, it is now time to discuss times when you SHOULD NOT run to pace. In running there are times when you are a point ahead of you. It may be a road sign, a building, a streetlight or even a curve in the road. There are other times when you should be 50 yards ahead of you; to try to catch up or just keep with them. Distance runners know the difference between running to a point or a person. There is a time for each approach; good runners know the difference.

When runners are exhausted during a long race, the pace can become monotonous. It is at these times that runners must have the point ahead of them. A point within their line of sight. The end of the race is simply too far away to keep motivation. Your energy level flags and you know you have to run all those miles. That is the time to focus on something much closer like the blue shirt on the person ahead of you. You just try to get to the street light which you can see blinking ahead. That is often attainable, and when you get there you simply set your sights on the next person, ahead and attainable. This cycle can take you through the last six to eight miles of a marathon very well, while the finish line is still a long way! Focusing this way, works especially well when you are trying to keep a pace through all those strides.

[Read more here](#)

RESIDENT OBAMA'S DAILY PRAYER E-MAIL

Over 31,500 people are now participating in the Praying Through the 1st 100 Days daily e-mail initiative, which seeks to cover prayer topics for the Obama family and the new administration. Sign up [HERE](#) to start receiving these life-changing prayer e-mails. For more information, visit their website at www.presidentialprayerteam.org.

"HOW TO LEAD IN A WIN/WIN CULTURE LEVERAGING NEGOTIATIONS FOR CONFLICT RESOLUTION"

CONFERENCE CALL: MARCH 24, 2009 AT 11:00 A.M.(EST)

COACHING IS AS CLOSE AS THE PHONE

To register, please click [here](#).

If you have additional questions, email [Susan](#).

The cost is \$15 which includes the Kilmann Conflict Assessment Tool. If you are a covenant church, this call and assessment are free. If you have taken our version of the Kilmann tool or wish to have additional staff on the same phone line, email [Susan](#) for your pricing.

Please send checks to:

Florida Church of God Ministries, Inc.
Attention: Conference Call Training
26 Hoffner Ave. #1001
Tampa, FL 32822

You can also pay by PayPal, please go to www.flcog.org and scroll down to use the PayPal donate button.

Florida Church of God attendees are eligible for an extra \$20 off the already low price. Simply use discount code [2009flcog](#) in the mail code box at the bottom of the registration page.

For more information, please click on the image above.

LEADERSHIP SUMMIT 2009

July 3-7, 2009

Greater Washington, DC

Access their [website](#) for more information, or contact the event planner for Leadership Summit is Sandina Short. If you have further questions, contact Sshort@chog.org or call Sandina at 800 848 2464, ext. 2172.

Intercessory Prayer

Our group gathers weekly on **Mondays** @ the FLCOG Ministries Resource Center for a time of prayer for our pastors and churches. If you are joining us for this time, we will begin @ **10:00 AM** and go until **11:00 AM**. If you have specific prayer requests for your church or pastor, please email prayer@flcog.org.

Join us this week wherever you are as we pray for the following "churches of the week":

Meadowland Worship Center, Sarasota
First Church of the Galilean, Sebring
South Bay COG, South Bay

Send Us Your News

Do you have news or information you'd like to share? Send your article and pictures (jpg format please) to office@flcog.org. Articles

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