

- 1- w/ Discipline
 - 2- w/ Direction
 - 3- w/ Discretion
 - 4- w/ Determination
- disregard the body's claims & its complaints
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I- By Doing that which is our Duty.

II- By Doing more than is our Duty.

- 1- Discipline
- 2- Direction
- 3- ~~Discretion~~ Discretion
- 4- Determination

How to be a castaway -

- 1- By Running w/out Direction
 - 2- By Fighting w/out Discretion
 - 3- By Living w/out Discipline - v. 15, - better to die than violate any principle
- Preaching - Al = Loren - "willing heart, awake see the heart is willing."

- (1) a Voluntary Discipline - v. 15-17
- (2) a versatile Disciple - v. 22
- (3) a violent Discipline = Kingdom suffers violence.