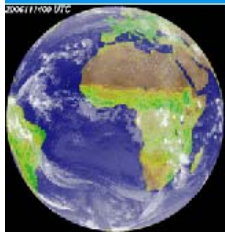


Equipping. Enriching. Empowering. Encouraging. Energizing... Exhorting People to Greatness



# The Exhortation

w o r l d o u t r e a c h

... The *free* FILLING STATION to reFuel your Knowledge & Encouragement Tanks

The TRUTH is that if we are not making the effort to consistently tighten our Loose Ends, What Matters Most to us, like your Marriage, Parenting, Relationships, Spirituality, and yes, even our Career, Business, Finances and hobbies that we (often) allow take the forefront of our very existence, will suffer and slowly wither away. **The people who seem to hardly progress in life are those who often do more of what they enjoy, rather than more of what they NEED to do.**

In the words of Leo Rosten, "The purpose of life is not to be HAPPY, but to MATTER, to be PRODUCTIVE, to be USEFUL, and to have it make a DIFFERENCE that you lived at all".

Alex Nosa Ihama, Servant, The Exhortation World Outreach

In our New Year message, "Making Things HAPPEN", we used the analogy of a vehicle to describe the 5-step process of how some people ACCOMPLISH way much more than others; and the 4<sup>th</sup> step was that they always "Tighten Loose Ends". **Loose Ends are those minor unresolved problems or difficulties, especially the final details preceding the completion of something significant; they are the last few details that need to be taken care of in order for something to be complete.** A perfect example is seen in the famous conversation between a rich young ruler and Jesus Christ in Matthew 19: 16-30. Yes, the rich young ruler had amazingly kept the Ten Commandments, but according to Jesus, "One thing you still lack; go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this, he went away sad, because he had great wealth. That was his Loose End; for though he wanted to be *perfect*, he could not imagine giving up his wealth and personal desires.

Accordingly to Confucius, the legendary Chinese philosopher, "**The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools.**" This is so true; however, in a fast-paced environment like today, sharpening our (life) tools before using them is NOT often the norm. **Though many people are fortunate enough to be physically whole, with functioning brains, minds, eyes, ears, mouth, tongue, hands, legs, etc, they make NO effort to sharpen these tools in order to be more effective.** These fortunate people respond without first listening; leap without first looking, even in dangerous moves like crossing busy streets; write without first learning; and most detrimental to relationships, speak without first thinking.



We are quick to sharpen the tools we need to perfect our garden, BUT not the tools needed to 'Live a Life of IMPACT', 'Foster EFFECTIVE Communications', 'Build FULFILLING Relationships', 'Maintain a Work/Life BALANCE' or 'Make Things HAPPEN'. Regardless of the behaviours that make us seem nonchalant at times, every human being HAS the innermost desire to **Live a Life of IMPACT.**



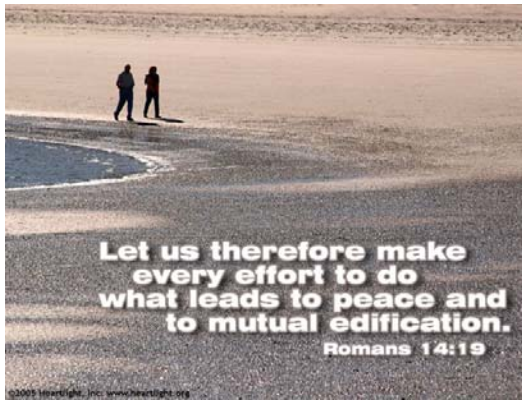
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While some are yet to make the ULTIMATE Decision to *actually* do so, only a few of those who have made this decision are *truly* doing so. **Many more have made the ULTIMATE Decision, but yet to develop the habit of consistently tightening their Loose Ends.** This is the difference between those who [Make Things HAPPEN](#) and those who often wonder what happened. Those who are yet to make the ULTIMATE Decision are the onlookers who watch things happen.

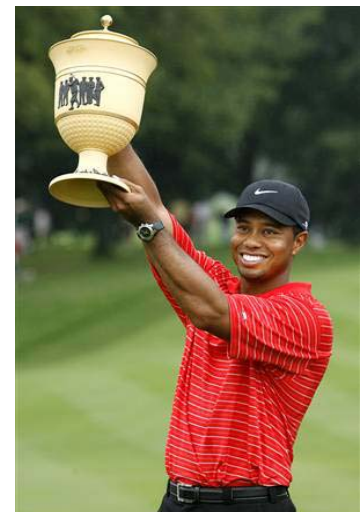


Another example of a **Loose End that is common in marriages and other relationships is the act of formulating responses in your head when your partner is STILL speaking, instead of ACTIVELY listening.** Similarly, your Loose End may be that you often (rudely) interrupt your spouse to emphasize your point, while he or she is still speaking. My friend, regardless of how committed you may claim (or believe yourself) to be, a Loose End like this will hinder your personal growth, and potentially ruin your marriage and relationships if they are not being consistently tightened. Proverbs 18:13 says, "He who gives an answer before he hears – that is his folly and his shame". **The main root causes of Loose Ends are Upbringing, Laziness and Pride;** so humbly choose the root cause of your Loose Ends and then take the necessary actions to deal with it accordingly. **As**

**an organization that is COMMITTED to providing the KNOWLEDGE and ENCOURAGEMENT that WILL help you CHANGE, GROW and BLOSSOM,** contact us an email if you require assistance to determine and tighten your Loose Ends.

Okay, presuming that the act of attentively and non-judgmentally listening to someone without inwardly preparing a response to the information while it is been transmitted, is NOT one of your Loose Ends, what is? What is it that Jesus Christ will say that you are STILL lacking to complete your growth in areas that matter most to you? Could it be that you are remarkably defensive with feedback, even though you claim to *truly* desire personal growth? Could it be unhealthy habits like smoking or eating too much junk food, even though you claim to desire exulting health and wellness? While someone may NOT necessarily be a *lazy* person, he may often procrastinate in his responsibilities, like the need to respond to his own voicemails and emails. Many people desire [Enhanced Personality](#), [Effective Leadership](#), [Energized Marriage](#), [Equipped Parenting](#), [Enlivened Relationships](#), [Enriched Spirituality](#), [Empowered Career](#), [Exhilarating Business](#), [Elating Finances](#), [Exulting Health and Wellness](#), and an [Exciting Life-Purpose](#), BUT will NOT make the effort to attend a [free seminar](#) or read a self-help book – even a free newsletter like this!

**Where economically feasible, we would rather be attended to by the best doctors, lawyers, accountants, salespeople, teachers, managers, employees, etc, as well as own the best houses, cars, clothing and all the things we naively consider to be the best things in life; however, we knowingly or unknowingly suppress the godly thought of making the effort necessary to be the best person, leader, spouse, parent, friend, student, teacher, employee, manager and Christian.** In the words of Vincent Lombardi, "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavour". So, how much effort are you putting into becoming the best version of yourself or the best in what you do? How much effort are you putting into building a harmonious family or a blissful marriage? How would your close friends and family members rate your effort on a scale of one to ten? If unsure, ask them; for Tiger's effort in golfing is no question.



For your perusal, I am sharing a table of my Life Goals, the corresponding godly EXHORTATIONS, and some of the actions required to tighten the associated/potential Loose Ends. While I seek feedback from my [Running Wife](#) and amazing children on a regular basis, I am open to yours as well, especially if you know me well enough.



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TABLE OF EFFECTIVE LIVING			
#	Life Goals	The Exhortations	Actions to Tighten Loose Ends
1	Enhanced Personality	Fear God and keep his commandments, for this is the whole duty of man. (Ecclesiastes 12:21)	<ul style="list-style-type: none"> <li>Pursue wisdom, knowledge and understanding through reading, learning, workshops, productive interactions, etc.</li> <li>Accept feedback/don't be defensive.</li> </ul>
2	Effective Leadership	If anyone wants to be the first, he must be the very last, and the servant of all. (Mark 9:35)	<ul style="list-style-type: none"> <li>Refrain from being authoritative and demanding.</li> <li>Take the time to develop others; e.g. delegate, coach, mentor, exhort, encourage, follow-up, etc.</li> <li>Be kind, patient, understanding and forgiving.</li> </ul>
3	Energized Marriage	Submit to one another out of reverence for Christ. Each man must love his wife as he loves himself, and the wife must respect her husband. (Ephesians 5:21,33)	<ul style="list-style-type: none"> <li>Spend a lot of quality time together – a lot.</li> <li>Don't be self-focused/selfish.</li> <li>Be respectful, e.g. listening attentively without interrupting or not displaying rude body language.</li> </ul>
4	Equipped Parenting	Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. (Ephesians 6:4)	<ul style="list-style-type: none"> <li>Spend a lot of quality time together – a lot.</li> <li>Provide more of their needs, than their wants.</li> <li>Be remarkably involved in your child's life, e.g., activities in home, school, church and sports.</li> </ul>
5	Enlivened Relationships	Each of you should look not only to your own interests, but also to the interests of others. (Philippians 2:4)	<ul style="list-style-type: none"> <li>Take the time to reach out to friends and family.</li> <li>Promptly respond to your phone/email messages.</li> <li>Don't be self-focused/selfish.</li> </ul>
6	Enriched Spirituality	Love the Lord your God with all your heart and with all your soul and with your entire mind; and love your neighbour as yourself. (Matthew 22:36)	<ul style="list-style-type: none"> <li>Read the Bible consistently.</li> <li>Attend church continuously, and don't arrive late.</li> <li>Hangout with spiritual people regularly.</li> <li>Share your faith with others/ be hospitable.</li> </ul>
7	Empowered Career	Whatever you do, work at it with all your heart, as working for the Lord, not for men. (Colossians 3:23)	<ul style="list-style-type: none"> <li>Refrain from having expectations of others.</li> <li>Serve (work) wholeheartedly.</li> <li>Be remarkably proactive, prepared and diligent.</li> </ul>
8	Exhilarating Business	The plans of the diligent lead to profit as surely as haste leads to poverty. (Proverbs 21:5)	<ul style="list-style-type: none"> <li>Be godly – NOT shrewd.</li> <li>Make informed decisions and adhere to plans.</li> <li>Seek advice from experienced people.</li> <li>Refrain from hasty/uninformed decisions and purchases.</li> </ul>
9	Elating Finances		
10	Exulting Health & Wellness	Do not let sin reign in your mortal body so that you obey its evil desires. Do not offer parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God. (Romans 6:12)	<ul style="list-style-type: none"> <li>Perform regular physical/ mental exercises.</li> <li>Eat healthy meals/ refrain from junk food.</li> <li>Refrain from smoking, excessive drinking, etc.</li> <li>Refrain from too much worry, anxiety, anger, etc.</li> <li>Complete a medical check-up at least once a year.</li> </ul>
11	Exciting Life-Purpose	Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. (Philippians 4:4)	<ul style="list-style-type: none"> <li>Control/minimize your worries, especially about inevitable circumstances.</li> <li>Be godly and content/not worldly, e.g. envy, gossip, malice, hatred, revenge, unforgiving, etc.</li> </ul>

"Loose Ends are like loose shoe laces; they will always hinder your walk and run until you take the time to tie them".

**Although intangible, sincere feedback is one of the most precious gifts that we can truly give and should wish to regularly receive from those around us. It is so precious that only those who really appreciate you and your effort will take the time to share their feedback with you. So I EXHORT you to LOVINGLY give it when necessary, and HUMBLY treasure it when being given.**



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While it is ALWAYS easier to list the Loose Ends of those around us, we EXHORT you to take the time to HUMBLY determine the Loose Ends that YOU need to (consistently) tighten in other to CONTINUOUSLY enhance your own personality, energize your marriage, equip your parenting and enrich your spirituality. **We say 'consistently' because in most cases, and just like shoe laces, tightened Loose Ends often become loose again; especially if we are not persistent enough to permanently turnaround our detrimental habits.** As a Life Coach who works with numerous people around the world, I believe that a lot of people REALLY do **BELIEVE in the DIVINE POWER Within**; they do **CULTIVATE the REAL Desire**; and they do **PURSUE What MATTERS Most**. However, they FALL short in their diligence, integrity, dependability, accountability, and responsiveness. This is why Hamilton Holt once said that **"Nothing worthwhile comes easily. Half effort does not produce half results, it produces no results!"**



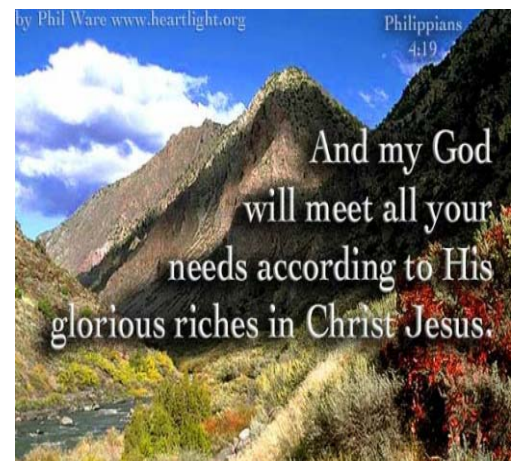
Other common Loose Ends are smoking, when you have no desire to die prematurely; hanging in smoking areas when you desire to quit smoking; indulging in coarse jokes and foul language when you would rather that your children refrain from them; not making effort to not be timid, when you desire to **Making Things HAPPEN** in your life; eating too much, when you desire a more comfortable body weight; not taking the time to read self-help books, when you fully agree that learning is **An ACUTE Imperative!** My friend, **"A man's ways seem right to him, but the Lord weighs the heart. To do what is right and just is more acceptable to the Lord than sacrifice"** (Proverbs 21:2-3). If you wish to take your marriage to a higher level, request for my article, **"Why Marriages Fail"**; and if you wish to take your parenting to a higher level, request for our program, **"The GPS of Parenting"**.

Personally, I am determined to live my life in such a way that when my friends and families think of integrity, they think of me. I will continue to seek and accept the feedback that I receive from friends and families as gifts. **Since it is the root of an exciting life purpose, I will make every effort to enhance my spirituality by reading the Bible consistently, attending church regularly, and hanging out with spiritual friends continuously.** I will be known as someone who does not indulge in coarse jokes and foul language;

someone who exemplifies the fact that spending quality time with family and friends is instrumental in having enlivened relationships and harmonious family. Like Jesus Christ, **I am determined to be the change that I desire to see in this world and also willing to help many people be the change they desire to see around them.**

My friend, an added bonus is that as you tighten the Loose End of one of your Life Goals, there WILL be progress in other areas of your life as well. Take the act of being defensive for example, which is a known Loose End in maintaining enlivened relationships; as you grow in humility by willing to listen to constructive feedback, you WILL become more effective in other Life Goals as well. In fact, those around you like your spouse and children will also benefit from your growth; and perhaps, GROW as well!

In the words of Aristotle, **"we are what we repeatedly do. Excellence, therefore, is not an act, but a habit"**. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.



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About Alex Nosa Ihama

Alex Nosa Ihama is a Freelance Writer, Motivational/Inspirational Speaker, Business Consultant, Coach in Life Matters, and the Founder/Executive Director of The Exhortation World Outreach. Operating out of Toronto, Canada, The Exhortation World Outreach is a non-profit organization that is focused on helping people and organizations recognize, appreciate and invest their strengths and talents; as well as acknowledge, control and work-on their weaknesses and opportunities.

Through his website, www.TheExhortation.com, regular public workshops, numerous inspiring/motivating articles and events, and a regular newsletter that reaches thousands of people worldwide, Alex continues to work with organizations and individual men and women to achieve Enhanced Personality, Effective Leadership, Energized Marriage, Equipped Parenting, Enlivened Relationships, Enriched Spirituality, Empowered Career, Exhilarating Business, Elating Finances, Exulting Health and Wellness, and an Exciting Life-Purpose.

Together with his wife, Stephanie, a Fitness Coach (often referred to as the Running Wife) who trains and motivates marathoners and long distance runners, they have 4 children, live in Toronto, Canada, and are devout Christians.

For more information, to ask a Life Question, or to book Alex to come speak at your event, organization, religious congregation, or other friendly/communal gathering, please send an email directly to alex.ihama@TheExhortation.com.

To REGISTER for regular doses of KNOWLEDGE and ENCOURAGEMENT, receive The Exhortation Newsletters, participate in The Exhortation Programs and Personal Effectiveness Workshops, or SPONSOR an EVENT, please click here or send an email to info@TheExhortation.com.

Other Personal Effectiveness Workshops

- 1. Living a Life of IMPACT
2. Fostering EFFECTIVE Communications
3. Building FULFILLING Relationships
4. Maintaining a Work/Life BALANCE
5. Making Things HAPPEN

Upcoming EXHORTING Events

The Exhortation Programs are subject-matter specific, thoroughly planned, very well executed, and absolutely free! They include inspirational/ motivational speeches by seasoned speakers; general discussions; sufficient doses of humour; question and answer sessions; corresponding fun activities; and often a meal.

Table with 2 columns: Event Name and Date. Includes Parenting Enrichment Forums (May 18th), Marriage Enrichment Forums (Jun 9th), Family Day Jamboree (Jul 14th), Parenting Enrichment Forums (Jul 20th), Marriage Enrichment Forums (Aug 25th), Mighty Men Convention (Oct 27th), and Marriage Enrichment Forums (Nov 24th).

Other EXHORTING Articles

The Exhortation Newsletters are products of deep and intense Spiritual, Psychological and Philosophical studies and researches, which transcend religious, cultural, racial and socio-economic backgrounds.

They are well-prepared to Equip, Enrich, Empower, Encourage, Energize and Exhort you to Greatness, so that you may be joyful in hope, patient in affliction, and faithful in prayer.

- 1. The REAL Desire
2. The SIMPLE Truth
3. The OUTBREAK
4. The POWER Within
5. The FIFTH Element
6. An ACUTE Imperative!
6. EVER Ready?
7. Making Things HAPPEN
8. LOOSE Ends

