

Excellence

Mediocrity vs Excellence

Phil 4: 8, 9



John Ng

President, Meta Consulting

Phil 4: 8,9

Excellence



- “Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious. If there is any excellence, if there is anything worthy of praise, think about these things. Whatever you have learned and received and heard and seen in me, do; and the God of peace will be with you.”

Introduction: Mediocrity vs Excellence

HEALTH BENEFITS OF BEING OVERWEIGHT

5 to 10 lbs - protects from Alzheimer's

15 to 25 lbs - recover fast from emphysema, pneumonia

30 to 40 lbs - help fend off various cancers

50 lbs - improve eyesight, reverse baldness

Generally overweight people are happier and friendlier

Introduction: Mediocrity vs Excellence

HEALTH BENEFITS OF BEING OVERWEIGHT

Study funded by MacDonald's, Haagen
Daaz, Sara Lee

Introduction: Mediocrity vs Excellence

How to lose weight?

Jumping to conclusions - 10 calories

Bowing to pressure - 25 calories

Gnashing teeth - 50 calories

Throwing your weight around - 50 to 300 (depending on your weight)

Pushing programs - 300 calories

Casting pearls before swine - 80 calories

Carrying the weight of the world - 2000 calories

Talking to board chair - 300 calories

Phil 4: 8,9

“The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

Vince Lombardi

Commitment to
Excellence



Phil 4: 8,9

Commitment to
Excellence

- Excellence is a mindset
“Think on these things”



Ponder carefully.
Make time to rehearse in our
minds.

Phil 4: 8,9

Commitment to
Excellence

- Excellence is a practice
“Practise these things...”

“What you think, you are.
You are what you think.”



Chinese Proverb

What I hear, I forget.
What I see, I remember.
What I do becomes a part of me.

Chinese Proverb

吾听吾忘，
吾见吾记，
吾做吾悟。
孔子《中庸》

Phil 4: 8,9

Commitment to
Excellence

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

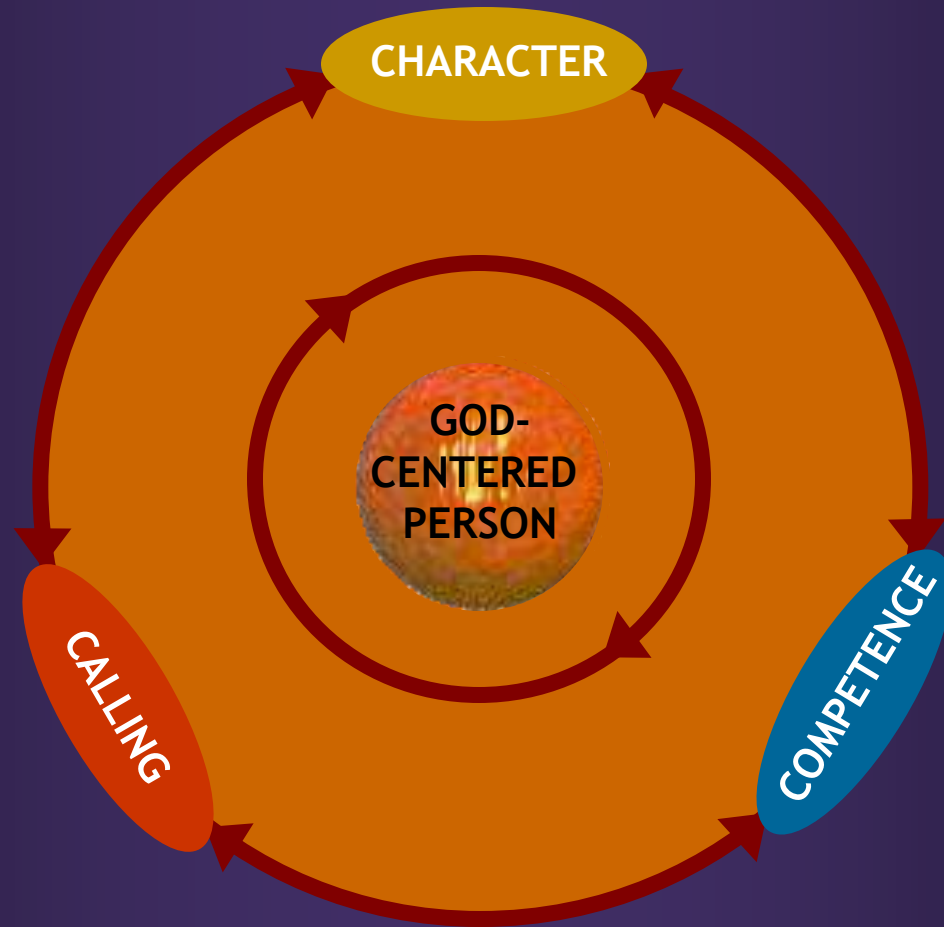
Aristotle



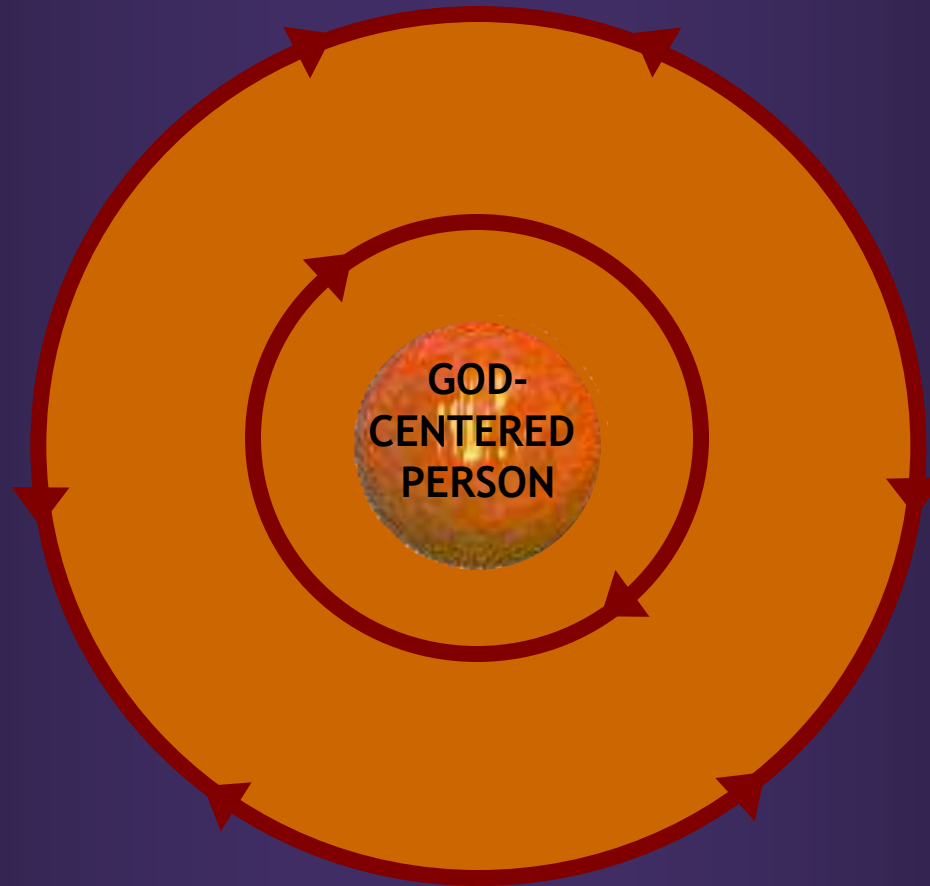
“Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, determines your destiny.”

Aristotle

Pursuing Excellence



Pursuing Excellence



God-Centered Value

Paul is so consumed about God

‘In the Lord’

Learning to cultivate God’s presence in situation: high, low & mundane

▶ *“Present your requests to God and the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” (v 7)*

▶ *Habits of the Heart: Practice of Sabbath*

God-Centered Value

Sabbath:

1. Stop
2. Rest
3. Delight
4. Worship

God-Centered Value

“Sabbath is not dependent upon our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our projects, get through this stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop.

Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop – because our work is never completely done... If we refuse rest until we are finished, we will never rest until we die.

God-Centered Value

“We stop because there are forces larger than we that take care of the universe, and while our efforts are important, necessary, and useful, they are not (nor are we) dispensable. The galaxy will somehow manage without us for this hour, this day, and so we are invited – no, commanded – to relax, and enjoy our relative unimportance, our humble place the table in a very large world.”

Sabbath says, be still. STOP. There is no rush to get to the end, because we are never finished.” Wayne Mueller

God-Centered Value

Paul is so consumed about God

‘In the Lord’

Learning to see God in every person: giving people your presence

- ▶ *“my joy, my crown, dear friends” (v 1)*
- ▶ *“my true companion, my co-workers” (v 3)*
- ▶ *“Rejoice in the LORD” (v 4)*

God-Centered Value

“Practice the presence of people, within an awareness of God’s presence in our daily relationships.” Peter Scazzero

Love is to ‘reveal the beauty of another person to themselves.’ Jean Vanier

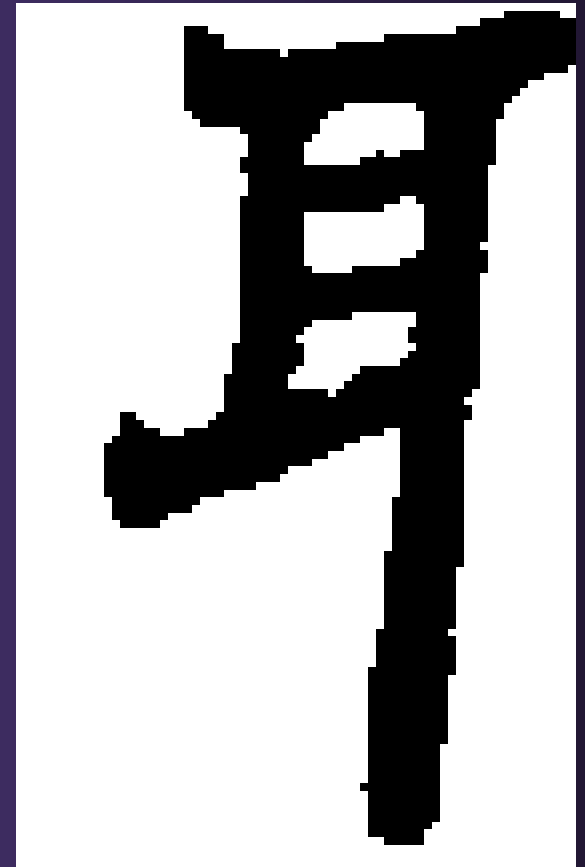
The ability to really listen and pay attention to people was at the very heart of his mission.

Chinese Character on Listening



Chinese Character on Listening

- “Ear”
- “God made us with a pair of ears and one mouth so that we can listen more and talk less”
- Listening involves lending our ears to people.



Chinese Character on Listening



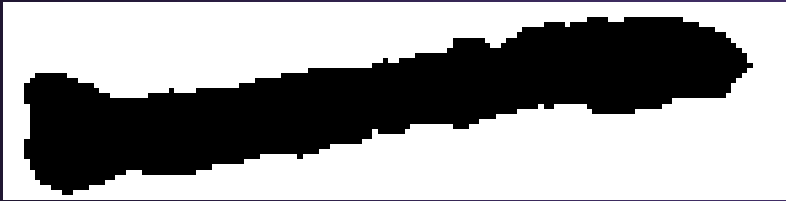
- “King”
- True listening treats the other person as royalty.
- We acknowledge person as important and accord person respect.

Chinese Character on Listening



- “Eyes”
- Listen with our eye
- Eye-contact is important in listening

Chinese Character on Listening



- “One”
- Undivided attention
- Focus listening is most difficult because we are easily distracted.

Chinese Character on Listening



- “Heart”
- Effective listening involves listening to both verbal & nonverbal
- Learn to listen to facts & feelings

(耳) Ear
Physiologically, we need ears to listen. As someone once said, “God made us with a pair of ears and one mouth so that we can listen more and talk less!” Listening involves bending our ears to people.

(王) King
True listening treats the other person as royalty. We honor the person when we listen. We acknowledge that what he or she says is important.

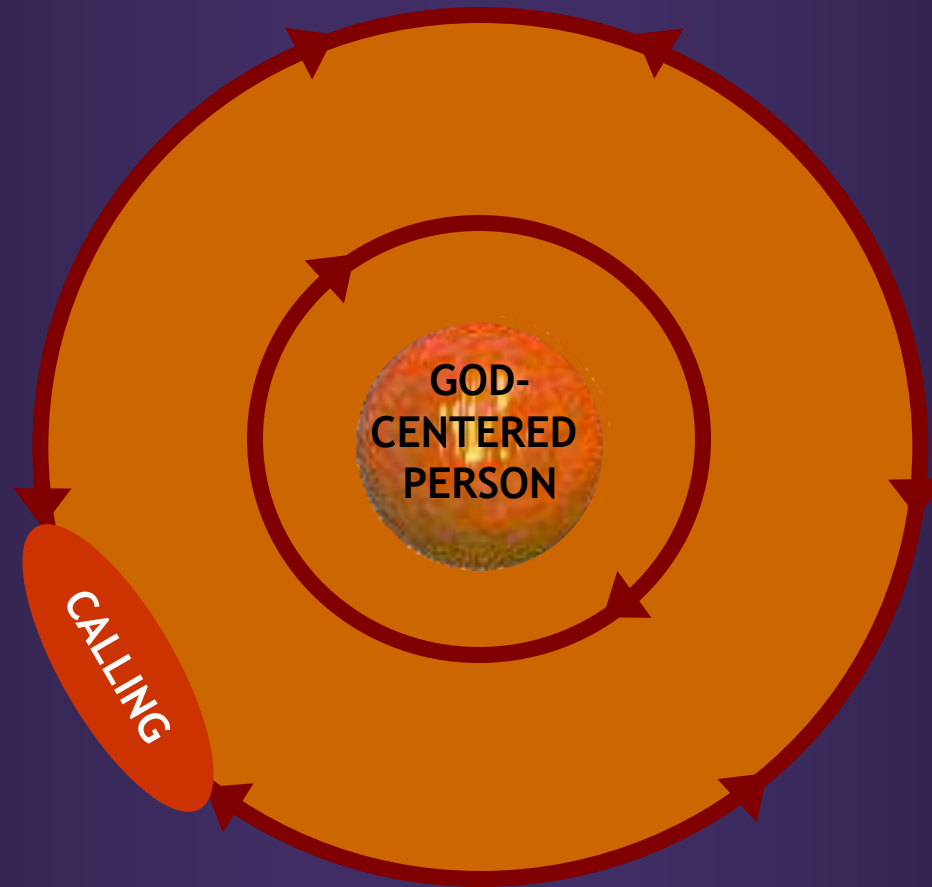


(目) Eyes We listen with our eyes. We know someone is listening to us when there is eye contact. The non-listener tends to look at his watch or elsewhere or becomes distracted by more important people.

(一) Undivided attention
Active listeners focus their attention on the person who is talking. People go to counselors and psychiatrists because in that one hour, they are given an uninterrupted hearing. We show concern when we are focused.

(心) Heart
Effective listening involves paying attention to verbal and non-verbal communication. Too often, we neglect the latter. We must learn to listen not just to facts but also to feelings being communicated. We should be sensitive to the frown, sweaty palms, indifferent posture, or anxious cracking of knuckles.

Pursuing Excellence



Calling

Paul's calling is preaching the Gospel,

"Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel." (Phil 1: 12)

Calling

Paul's calling is proclaiming the Gospel:

- Everyone has a calling

- “Vocation does not come from a voice ‘out there’ calling me to become something I am not. It comes from a voice ‘in here’ calling me to be the person I was born to be, to fulfill the original selfhood given me at birth by God...”

Calling

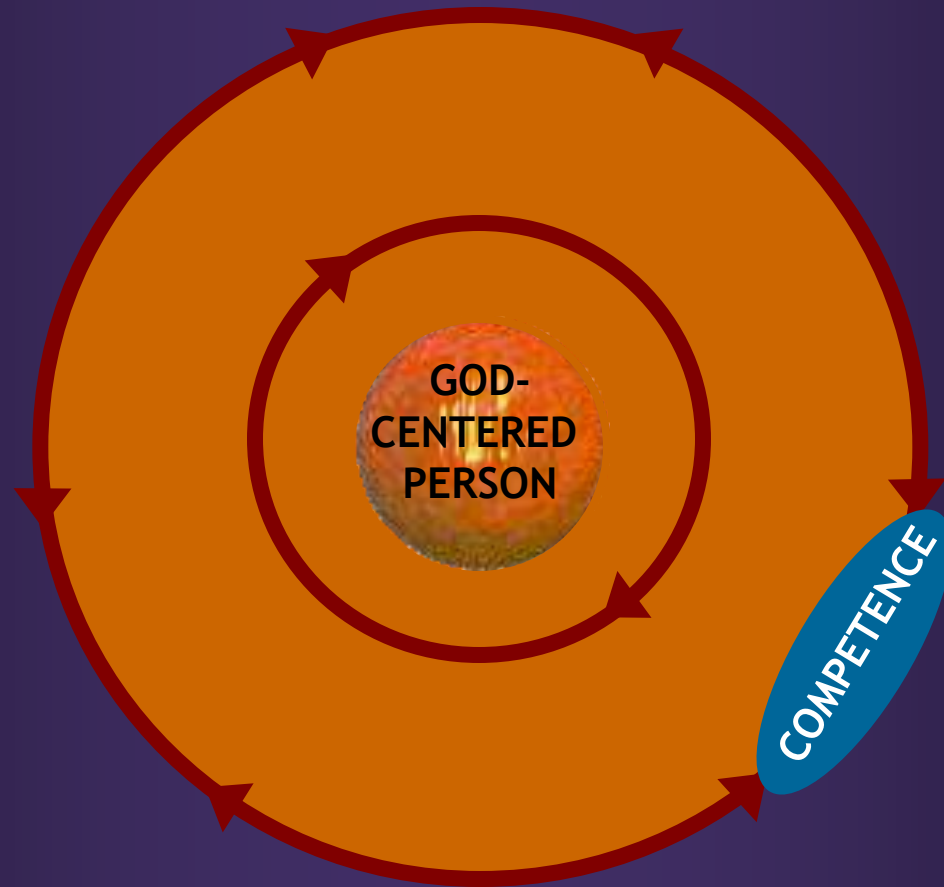
Paul's calling is proclaiming the Gospel:

- Everyone has a calling

- “Hasidic tale: Rabbi Zusya, when he was an old man, said, “In the coming world, they will not ask me, “Why were you not Moses?” They will ask me, “Why were you not Zusya?””

- (Shun & Banker friend's son: Parents help your children find their calling)

Pursuing Excellence



Competence

Paul's competence is his ability to lead teams in his missionary effort and his pastoral ministry to the church

"Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel." (Phil 1: 12)

Look at the Philippian Church

Competence

Paul nurtured his competence:

- **Experiencing success**

Success breeds success.

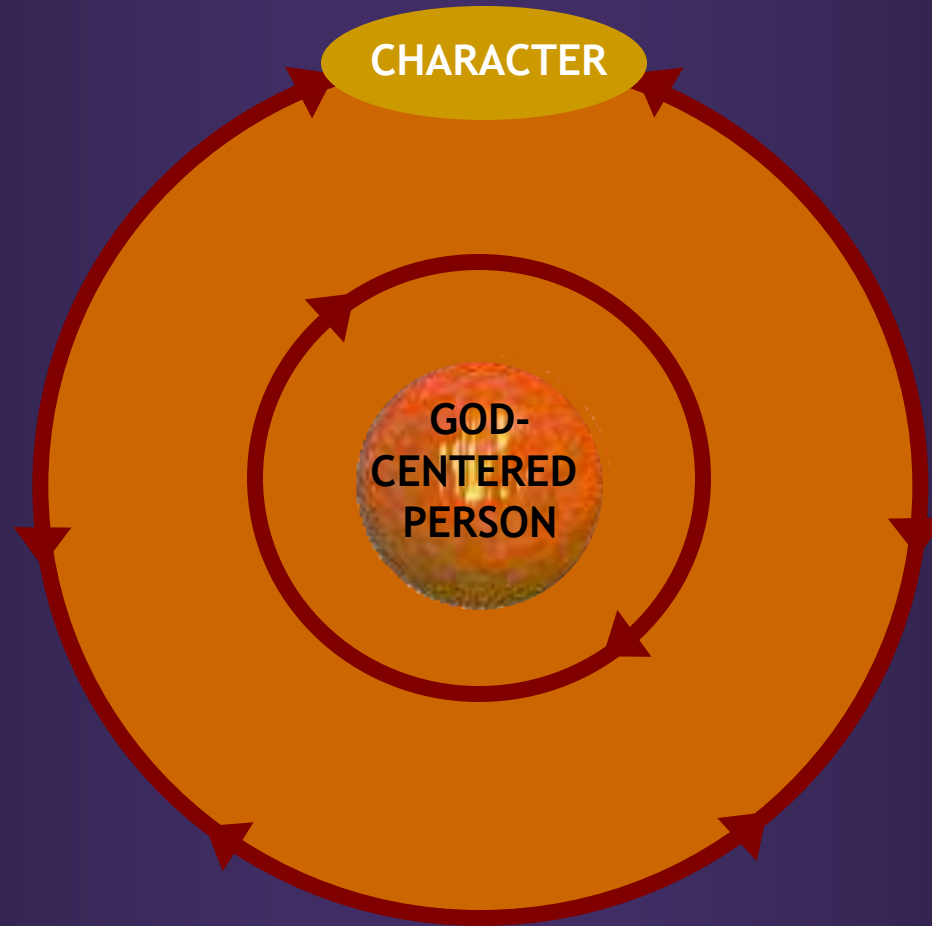
Growth of the Philippian Church.

- **Seeing obstacles as opportunities: Joy**

Confronting realities: Conflict in the church

Disarming Enemies: Be wise as serpent

Pursuing Excellence



Character: Integrity & Morality

Integrity

“Practice these things which you have learned and received, and heard and seen in me....” (v 9)

- Transparency: Nothing to hide
 - Speaking candidly about money, need & gifts
 - “not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid more than once when I was in need.” (vv 15, 16)
 - Mention ‘18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

Character: Integrity & Morality

Integrity

- Integrity is about how you treat lowest people

'I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.' v 18

Character: Integrity & Morality

“If you want to know what a man's like,
take a good look at how he treats his inferiors, not his equals.”

J.K. Rowlings

“Real integrity is doing the right thing,
knowing that nobody's going to know
whether you did it or not.” Oprah
Whinfrey

Integrity: Morality

**Michael Palmer resigned from Speaker of Parliament,
Singapore**

General David Petraeus

**“After being married
for over 37 years,**

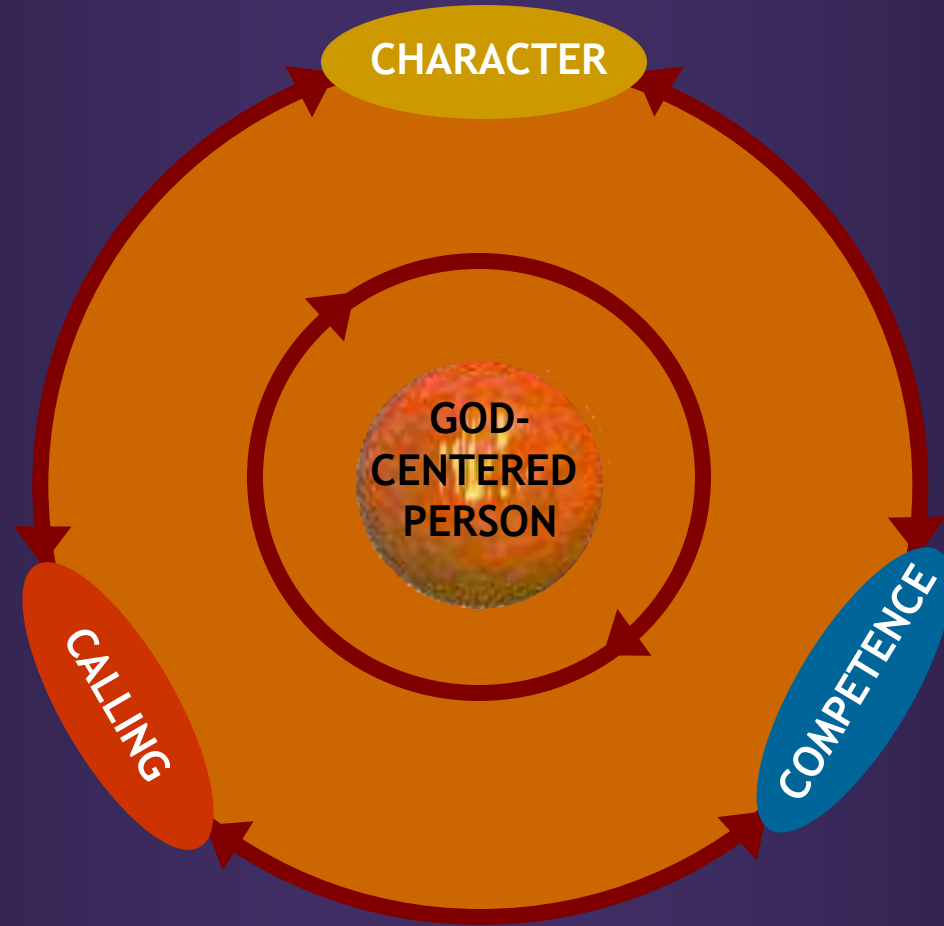
**I showed extremely poor judgment by engaging in an
extramarital affair.”**

Excellence in Recovery

Zuraidin Ibrahim, “Year of the Lust”

“Over time, Singapore too, may need to strike that balance between condemnation of the act and the redemption for the individual.

Pursuing Excellence



Tao LI, 22 years
Gold Medal in Asian Games, Doha 2006
First Singaporean Swimmer in
Olympics Final in Beijing Olympics
100 m Butterfly – 5th Place
Missed London Olympics Final

Coach Barry Prime

- Difference between Gold (56.73) & 5th Place (57.99) is 1.26 secs*
- Coach help her improved by deciseconds, centiseconds & milliseconds.*
- Steal time from every part of the race.*

1. Strength-Body Weight Ratio

- Too little weight is strength lost***
- Too much acts as a brake***

2. Reaction Time

- Stands like a sprinter, one leg in front of the other. Tutored by athletics coach***
- Reaction time: Mind responding to buzzer***
- Cut down from .72 to .67.***

3. Swimming Underwater & Entry into water

- Swim underwater for 15 m in 6.1secs instead of 6.4 secs*
- In second 50 m, swimmer gets tired and only swim for 7-10 m, Tao Li now can swim 15 m but trained to do it every time till it becomes a habit.*

4. Entry into Water & In the Turn

- Reduce from 1.1 to 0.9 sec***
- Polish the entry of Tao Li's palm, her forearm, into the water.***
- Intensity in the race to be higher. Lengthen her stroke and increase her stroke rate.***

Rohith Brijnath

“But a warrior before races is not enough, the athlete in pursuit of Olympic success has to be a warrior every day.”

“To be disciplined every day, on time every day, careful of her food every day...What it will bring her is invaluable. And, in a way, incalculable!”

*Her invaluable and incalculable
is the Olympic Gold
(plus S\$1 million)!*

Utmost for the Highest
Be excellent for God not Gold
Guard Your God-Centered Values
Nurture Your Calling
Develop Your Competence
Cultivate Your Character