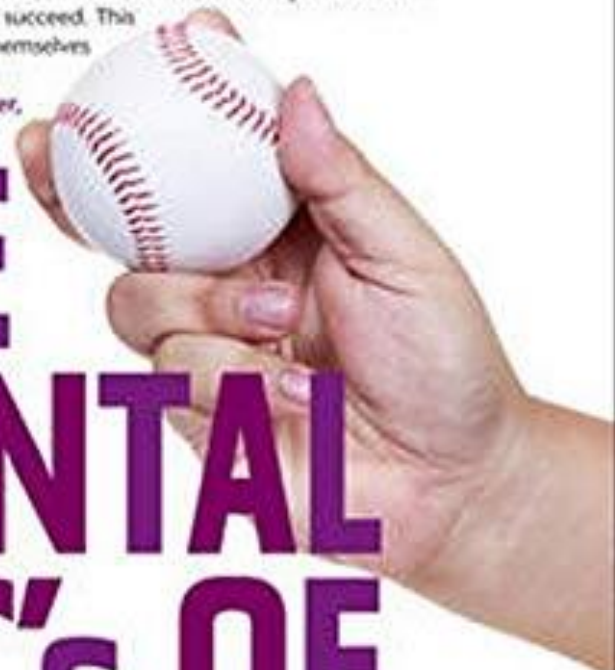


"The Mental Game of Baseball is a book I've traveled with for eight years. Now I'll travel with *The Mental ABC's of Pitching*. Many of us are blessed with God-given talents for the baseball field, but few of us figure out the mental part of baseball to truly succeed. This book helps pitchers dedicate themselves to that aspect of the game."

— Jamie Moyer, former pitcher,
Seattle Mariners



THE MENTAL ABC'S OF PITCHING

A HANDBOOK
FOR PERFORMANCE
ENHANCEMENT

H. A. DORFMAN

**Standing Firm
When You Feel like Folding**

(Philippians 3:17-4:1)

Lighten Up, No. 16

Philippians 3:17 (NIV)

**Join with others
in following my example, brothers,
and take note of those who live
according to the pattern we gave you.**

Philippians 3:18-19 (NIV)

For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ.

**¹⁹Their destiny is destruction,
their god is their stomach,
and their glory is in their shame.
Their mind is on earthly things.**

Philippians 3:20-21 (NIV)

**But our citizenship is in heaven.
And we eagerly await a Savior from there,
the Lord Jesus Christ,
²¹who, by the power that enables him to bring
everything under his control,
will transform our lowly bodies
so that they will be like his glorious body.**

Philippians 4:1 (NIV)

**Therefore, my brothers,
you whom I love and long for,
my joy and crown,
that is how you should stand firm
in the Lord, dear friends!**

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**1. Focus on people who really love us
(3:17; 4:1).**

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- 2. Focus on positive, Christian realities
(3:18-21).**

Christian Realities

3:19—

“Enemies of the Cross”

- 1. Judgement/
Destruction**
- 2. Appetite**
- 3. Shame**
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[Friends of the Cross]

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- 2. Replace your emptiness with eternity.**
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- 1. Receive Jesus as your Savior.**
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- 3. Wait.**



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