

MY RULES OF SELF-DISCIPLINE

(found on the desk of Rev. H. P. Robinson after his death).

1. I will read my Bible and pray through every day.
2. I will rest at least one hour every day.
3. I will eat properly and never eat too much.
4. I will take a reasonable amount of exercise every day.
5. I will not fret myself because of evildoers.
6. I will remain calm under every circumstance (by the Grace of God).
7. I will quietly do what I can with difficult problems and commit the results to God.
8. I will say nothing about anyone that I will not write and sign.
9. I will refuse to become involved in a heated debate or discussion with anyone on any subject.
10. I will refuse to make commitments to anyone that will cause an undue strain on my body.
11. I will treat my body as a sacred temple of the Holy Ghost and will stop whatever I am doing and rest at the first sign of fatigue.

SOURCE: Pentecostal Holiness Advocate, February 5, 1966, p. 2.