

**18-whole Disc Golf** as *“the song of Moses & the song of the Lamb”* (Rev. 15:3)  
**Keep its tune of LOVE LIVED in your heart as impervious Mental Freedom armor!**  
To be played & prayed often with at least one **10 Commandments Frisbee** and/or at least one **8 Beatitudes Frisbee** (*with ideally laminated & taped underneath text pledges\* to make!*)  
***A fun game with serious consequences & life-favoring results! Show you’re all-in!***  
**Object, Set-up, Scoring & Rules of “Frisbee to Be the Best you can Be!”**


**THE OBJECT OF THE GAME** is for each player/prayer to “make their own” and so internalize the healing mindset of feeling their completeness or wholeness in an inspired, confident sense of oneness with God. Before each player throws a Commandments Frisbee or Beatitudes Frisbee they need to say aloud the first line of the Commandment or Beatitude they are aiming to demonstrate **BEFORE** they throw the disc at the target.

**SET-UP OF TARGET(S)**: While an ideally Bible-Outdoors “game-board” might be the 18-hole Frisbee Golf Course with disc catching targets or “holes” that are being developed in CedarS Bible Lands Park, it can be as simple as a simple, back and forth, 2-hole course (with a profound curriculum) in a backyard or side-yard of your home or Sunday School. I have used trees as targets and blankets as disc landing pads.

**THROWING TECHNIQUE**: Results are best when one lines up the target with your disc in hand out in front of you in flat position aimed directly at the target and with the mental defense goal in mind as well. Then state that goal while taking the disc back and launching it firmly directly at that target with a flat and firm release. A weak or tilted release will cause it to curve off-course and “miss the mark” (“sin” in Greek).

**SCORING**: If they throw before making the declaration/pledge they need to start over and that will count as a throw/shot against their desired low score. Of course, the ideal, as in golf, would be to get a hole in one for every target. So, a perfect lowest possible score to win would be 10 for the 10 Commandment holes and 8 for the 8 Beatitude holes.

**ALTERNATE MAKING AFFIRMATIONS (YES!) & DENIALS (NO!)**:

After throwing a player needs to go stand by their disc and the one who is closest to the hole throws their second shot AFTER SAYING ALOUD the key  second declaration which is an AFFIRMATION in “Commandants Frisbee” since the first statement was a Denial.

This alternation between denials and affirmations is the pattern used by Mary Baker Eddy in her “Scientific Statement of Being” (S& H 468). It trains us in how to be good attorneys to mentally defend ourselves and everything we love! The letter D.A. in a court of law stand for Defense Attorney. A good one will argue **only** on the side of defending their client which here is your thought so that it’s not in prison by fables of lack and other self-imposed, mental limitations.

**The ultimate goal is for each player to practice INTERNALIZING the feeling of being “Whole in One!”— in the oneness of God’s Allness.** And on wholeness & the Commandments, here’s Mary Baker Eddy’s take on Eccl. “... *Let us hear the conclusion of the whole matter: love God and keep His commandments: for this is the whole of man in His image and likeness.*” (*Science and Health with Key to the Scriptures*, Mary Baker Eddy, p. 340: 9–12  
**(\*WHEN COPIED DOUBLE SIDED, FLIP OVER FOR COBBEY 10 C. & 8 B. Revelation CONNECTIONS!)**