

New Man Story Tom Cole — Heart Attack Lessons

Tom Cole works in the highly charged, competitive and demanding world of global finance in New York City as the Co-Head of U.S. Leveraged Finance at Citigroup, a position he has held since 2010.

Tom was a college athlete, he works out five or six days a week, he watches his diet and takes good care of himself. He is a picture of good health. And yet, he has had two major heart attacks of the widow maker artery. The most recent occurred three weeks before his MGF talk. That contradiction caused him to start asking— *Why me?*

After all, most people with much less conscientiousness toward their health don't get heart attacks. He had a great upbringing by his parents. He has a strong work ethic, a solid relationship with the Lord, a good marriage and a leadership role in the Christian business community— *Why me?*

It was in a quiet time during his recovery that Tom heard a small voice in his head reply: "Right question...wrong perspective." That answer caused him to take a closer look at his "perspective." Where were his priorities? How was he spending his time? Where was his True North?

Tom was lead to a scripture verse (Romans 12:2) which provided most of the answers. He now meditates on it weekly to bring himself back to where he needs to be: **"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way that you think."** He reminds himself of four things he has to do to make that Bible verse work for him:

1. Don't get sucked into what the world tells you will provide happiness and contentment—pleasure, possessions and position.
2. Admit that you have a self-centered, sinful nature that tries to keep you from drifting toward anything that's good. What are you pursuing that might not be in your best interest?
3. Turn to scripture for Truth. Examine how much time you spend consuming secular media versus Scripture and faith-related materials.
4. Make sure you've got a few good Christian friendships. Not just buddies...but deep, transparent and authentic relationships with men who know your hopes, struggles, fears and pains—men you can call on your worst day.

Discussion Questions

1. Have you ever had an event occur that caused you have to evaluate your "perspective?"
2. Where do you stand on the "getting sucked into the world's values" scale—1 - 10?
3. Where do you search for truth? How much time do you spend with Christian vs secular media?
4. Do you have a group of Christian friends like the ones Tom refers to? Would you like to?

Click below to watch a 5 minute clip of Tom's MGF talk

<https://vimeo.com/424611792>