

DO IT FOR A DAY

DAY 21 – CHANGE THE ROUTINE

*The battle is the Lord's, and he will deliver you into our hands.
1 Samuel 17:47*

In June 1976, a massive explosion ripped through half a block in Los Angeles, killing nine people. The origin was an eighteen inch (45.7 cm) miscalculation.

“Those markings on the ground map the laying of underground networks of pipes, tubes and cables that crisscross every city in North America. In case you are interested in the topic, I will give you a decoding of the colors. Red represents electricity; yellow, gas; orange, telecommunications. Green means sewers. These colored markings help bulldozers avoid hazards below the surface.

Remember the Duke University study? **45% of our behavior is automatic.** In other words, it is unconscious. Those habits are the wires that crisscross our cerebral cortex. One could say that they resemble antipersonnel mines; If you are to deconstruct and rebuild your circles of habit, you will have to identify those underground threats.

Few phrases are as famous as David against Goliath, the classic story of the underprivileged. The irony is that we often misread history. We see David as the one who was at a disadvantage. If they had been fighting hand to hand combat, it might be. There's no way David could have beaten Goliath in a cage wrestling match. But David's notable disadvantage, in terms of size and experience, turned out to be his greatest advantage.

He used the skill that he had cultivated as a shepherd, the practice of shooting with the sling, it was quite a discipline. David took a patented leap with his slingshot and Goliath didn't even see it coming!

In his book David and Goliath, Malcolm Gladwell cited a study by Eitan Hirsch, a ballistics expert for the Israeli Army. According to Hirsch, a medium stone thrown by an expert can traverse the length of a football field in three seconds. At that speed, it would have the same stopping power as a .45 caliber revolver.”

How big is your God? He is bigger than your biggest problem, your worst mistake, your biggest challenge.

I know, the giants are very big. I know, giants are scary. But the bigger they are, the harder they fall. *"You come against me with swords and spears", David said. "But I come to you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied"*

“Long before David faced Goliath in a duel, his great-grandmother cut the rope in an act of generosity. She saved the lives of some Jewish spies, and made a request to them: that they have mercy on her and her family when Israel conquered Jericho. That single act of kindness not only saved his life, but set the table for future generations.

Sometimes the solution is more, but more of the same does not solve the problem. Instead of trying harder, you need to try different. Remember Habit 3, Swallow That Toad? **If you want God to do the supernatural, you must do the natural.** Let me go a step further and cut that cord: If you want God to do something new, you must not keep doing the same old things.”...

By exercising grace we stop the vicious circle. We start virtuous circles by applying faith, hope and love. However, that raises questions for which only the gospel is the answer.

One key to maintaining habits is establishing routines. But once the routine becomes routine, you have to change it. If you always exercise in the same way, in the end that exercise loses effectiveness because your body adapts to the routine.

You have to confuse your muscles by interrupting the pattern. The same is true spiritually, relationally, emotionally, and intellectually... But there's good news: if you tweak your routines and make a 1% change, you can make a 99% difference.