

## DO IT FOR A DAY

### “DAY 29 SWIM UPSTREAM

*The water coming from upstream stopped flowing.*

*Joshua 3:16, NLT*

In 1864 there were 54,543 physicians in the United States. Only three hundred were women, and none of them were black. That year Rebecca Lee Crumpler became the first woman of color to earn a medical degree and the title of Doctor of Medicine.

Dr. Crumpler moved to Richmond, Virginia the year after graduating. It took tremendous courage for a black woman to move to the capital of the Confederacy the same year the civil war ended. That qualifies as cutting the rope! She endured unrelenting racism with incredible grace. As it did? Rebecca Lee Crumpler made no distinction between medical and religious practice. In his own words, medicine was “*a suitable field for true missionary work*”. She wasn't just a doctor, she was a prophet.

On March 3, 1865, Congress established the Freedmen's Bureau to provide food and shelter, education, and medical care to four million now free slaves. The bureau's director from 1865 to 1874 was a Civil War general nicknamed "the Christian General," Oliver Otis Howard. He made it possible for emancipated slaves to vote. He also served as president of the school that bears his name, Howard University.

When Dr. Crumpler began to practice medicine, supplies were in short supply and so were doctors. There were only one hundred and twenty doctors to care for four million emancipated slaves. What did Rebecca Lee Crumpler do? She had already broken one glass ceiling, so why not break another one? If the slaves couldn't get the medical attention they needed, she would train and equip them as nurses and doctors. Just as Elisha Otis turned the world upside down, Rebecca transformed medicine.

In 1883, Dr. Crumpler published *A Book of Medical Discourses*. That made her the only female doctor to write a book in the 19th century. Thanks to this, medicine became accessible and available to ordinary people.

In the last two decades, the NCC has taken 473 mission trips and has given more than twenty-five million dollars to missions. That's the result of a chain reaction, but the two-inch domino was the first fifty-dollar check we wrote. If you swim upstream you will find a conviction that guides our decision-making at NCC: God has blessed us in proportion to how we give to missions and care for the city's poor. This is how the Jordan River was opened for the NationalCommunity Church.

Would you take a few minutes to do a stream of consciousness exercise? Grab a pen and paper. Better yet, we've created a Juice the Day journal, with entries designed to help you harness the power of twenty-four hours. By definition, a written stream of

consciousness means that you start jotting down and don't stop until you answer the last question. Don't rehearse the answers. Do not correct them after writing them. By the time you're done, you'll have painted a picture of your preferred future. Ready or not, here we go.

Where do you live in sixteen years?  
What do you do for a living?  
What titles did you get?  
What achievements are on your resume?  
How much money do you have in the bank?  
How much money have you donated?  
When you look in the mirror, how do you see yourself?  
How much money have you donated?  
When you look in the mirror, how do you see yourself?  
When you step on the scale, how much do you weigh?  
What character traits have you cultivated?  
How is your mental health?  
How is your emotional intelligence?  
And your relational life? And spiritual maturity?

Do you remember what Jim Carrey wrote? Instead of writing a check, write your eulogy! I know, it sounds a little morbid, but it's a healthy exercise. If you want to do a bit of drama, try it out at a local cemetery. (Of course, this last exercise is optional)."

How do you want them to remember you?

It is worth thinking deeply about this question. "The strengths of your resume are the skills you bring to the job market," said David Brooks. "The virtues of your funeral eulogy are those that are pronounced at your funeral."

What do you want people to say about you?  
What would you like to see carved on your grave?

In 1888 Alfred Nobel had the rare privilege of reading his own obituary. A French newspaper mistakenly thought that he had died, when in fact it was his brother Ludvig who had died. Curious as to how he would be remembered, Alfred read his obituary. They called him "the merchant of death" and said that his invention of nitroglycerin was responsible for death and destruction in modern warfare. Reading that left him so distraught that he felt like waves were entering his soul, and he decided to do something about it.

Nobel had been granted 355 patents during his lifetime, but his most famous invention was dynamite. His invention simplified the construction of dams, railways,

canals, and tunnels; projects that used to take decades were now done in a fraction of the time. Of course, his invention had the potential to be misused.

Rereading his obituary was a ritual that helped him settle scores. Nobel decided to rewrite his will and use his \$9 million fortune to establish one of the most coveted prizes in the world. The Nobel Prize has inspired countless discoveries and breakthroughs in physics, chemistry, physiology, medicine, literature, and peace. The domino chain reaction is incalculable, but it all started with imagining the payoff.

Excerpt From

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