

DO IT FOR A DAY

DAY 12 – DO IT SCARED

And I will give to each one a white stone, and on the stone will be engraved a new name that no one understands except the one who receives it.

–Revelation 2:17, NLT

“Fear not, stand firm, and see the salvation of the Lord.”

–Exodus 14:13, ESV

On March 26, 1913, a curious thing happened in Columbus, Ohio. Around noon, a man began to run through the city. After the fact, it was discovered that he was running because he was late for a meeting. Regardless of the reason, a little boy began to run after him. It is said that at that moment someone shouted: "The dam broke!"

It was a classic example of a false alarm. The next thing you knew, thousands of citizens were running who knows where and why! "Never before in the history of Columbus has there been such a scene of panic," the Columbus Citizen newspaper said the next day. "Through the alleys, the streets, the stairs, the windows, people were rolling, rushing, shouting and almost fighting each other in their madness to run."

To be fair, the Midwest had experienced torrential rains and flash floods in the days leading up to the fake disaster. However, it was a false alarm.

"The irony is that even if the check dam had collapsed, it was several miles outside of the city. Those who ran for their lives might have gotten their feet wet, but that was all. There was no reason to panic, " but reasonable thinking disappears when we give way to collective thinking."

"Embracing the wave is facing your fear and making it scared. By do it, I mean anything that scares you. "Find out what a person fears most," Carl Jung said, "and that is where it will develop later." If your dream doesn't scare you, it's too small. Embracing the wave is living according to your convictions, even when they put you on the other side of the majority. It's staying in your lane and staying the course, even when all the odds are against you. It is to have temperance in the face of adversity.

When Israel was trapped against the Egyptian army the people panicked. It's a natural reaction, isn't it?"

"Before you judge them, put yourself in their sandals. You see a giant dust cloud and hear the sound of carts and horses. It's awfully hard not to hit the panic button on that kind of impulse.

It is your reaction in those kinds of situations that will make or break you. In the words of a friend who trained Marines for years: "You are not up to the task; you return to the level of your training!". Yes sir!"

"That brings us back to the 11th, doesn't it? When all else fails, you need to know your name. When you "need to know your name. When all hell breaks loose, you need to know your name! Then, and only then, are you ready to embrace the wave.

*Do not be afraid. Just stand still and watch how the
Lord will rescue you today.*⁵

According to psychologists, we are born with only two fears: the fear of falling and the fear of loud noises. Any other fear is learned, which means that any other fear can be unlearned. Faith is the process of an unlearned fear. I eat? *"Perfect love casts out fear."* 1Jn 4:18 If you fear God—if you worship God above all else—you have nothing to fear. It is the end of all fears!

The cure for the fear of failure is not success. The cure for the fear of failure is failure, in doses small enough to build immunity. It works the same way as vaccination.

It takes courage to embrace the wave, but that's how you ride the wave of suffering. You don't have to like it, but you have to learn from it.

In October 2009, Lora and I were on our coffee date on my day off and I made the mistake of answering the phone. She was the manager of the Union Station movie theaters, where our church, NCC, had met for thirty years. A curious fact? We had toyed with the idea of changing our name to Union Station Church because everyone called us that. In short, the administrator informed us that the movie theaters were going to close.

And as if that wasn't cheap enough, he told us that the following Sunday would be our last Sunday! How do you move a congregation—numbering over a thousand people at the time—in a week? My mind began to spin at seven thousand revolutions per minute.

It seemed as if we were trapped between the Red Sea and the Egyptian army, but it was at that moment that I preached the promise of Exodus 14:13. Of all the sermons I have ever preached, this has perhaps been the most memorable and meaningful to me. Why?

I needed a word from God and I got one! "I don't know what we're going to do," I told our congregation, **"but I do know what we're not going to do. We are not going to panic! We are going to stay still and we are going to see the salvation of the Lord."**

And that we did.

When God closed that door at Union Station, he prompted us to look for property. It happened just after the 2008 recession, which seemed like an opportune time to look for real estate because developers had hit the brakes in DC. Our church found a piece of property on Capitol Hill, with a full-block frontage overlooking the 695 freeway. Really? Around the same time, we received a gift of three million dollars. What? Then a few years later we bought a whole block right across the street for twenty-nine million dollars. NCC now owns half a dozen properties worth \$75 million, and they belong to us debt-free. Only God does.

Do you wanna know the truth? We'd still be meeting in Union Station movie theaters if I'd done it my way! I was feeling completely depressed when they closed. Actually, I was wondering if our best days were behind us. May I offer you an exhortation that I hope will encourage you? Don't feel so discouraged by closed doors. They often have a ripple effect that one day you will thank God for just as much as the open doors.

When we experience a setback, we don't take a step back, because God is already preparing our return. Isn't that what God told Moses?

"I will do so to manifest my glory." Ex 14:4

It is at that moment, You have to trust in God's will, in God's way and in God's time.

"When a train goes through a tunnel and everything goes dark," said Corrie ten Boom, "you don't throw the ticket and jump." What are you doing? You do what the woman who survived the Nazi concentration camp said:

You sit, you stay still and you trust the engineer.

HOW DO I MAKE IT A HABIT?

Drop the anchor!

"The anchoring effect" influences us every day in a thousand different ways. It is used by stores to raise the price and then lower it in order to make you feel better for what you pay for. It is used by parents to negotiate curfews.

The anchoring effect has important implications and applications when it comes to making or breaking habits."

You can also anchor yourself to a commitment device, which we already explored in the day. **Let me introduce you to one more technique that I call dropping the anchor.**

In the book of Acts, the Apostle Paul found himself in the middle of a perfect storm. What did the crew do when all seemed lost? *"They dropped four anchors over the stern and began to pray for dawn"*. **When I am caught in the storm—a time of suffering, pain, or discouragement— embrace the wave, dropping four anchors.**

The first anchor is Isaiah 55:9: *"My ways and my thoughts are higher than yours, higher than the heavens above the earth!"*. Theologically, this is ground zero."

"The second anchor is Romans 8:28, KJV: *"And we know that all things work together for good to those who love God, that is, to those who are called according to his purpose."* God can recycle your pain for his purposes. That doesn't make it any less painful, but at least it's not in vain. If you embrace the wave, God will translate your pain into someone else's gain.

The third anchor I release in difficult times is Romans 8:31: *"If God is for us, who can be against us?"*. There are 1,741 if conditionals in the English version of the Bible. It doesn't matter if all the odds are against you. God is with you?

"The fourth anchor is Ephesians 3:20-21: *"To him who can do far more than we can imagine or ask, by the power that works effectually in us, to him be glory in the church and in Christ Jesus! for all generations, forever and ever! Amen"*. In short, anything can happen. Everything is possible. Why? God can do it!

When you find yourself in critical situations, you have to go back to the origin. When all else fails, you need a backup plan. You need temporary resources. If you find yourself in one of those times, drop anchor!

This too shall pass. And if it doesn't get easier – you'll come out stronger.

Do it scared!

Excerpt From

Do It For A Day: How to Make or Break Any Habit in 30 Days

Mark Batterso