

DO IT FOR A DAY

DAY 3 – GET OFF THE GRID

“*With the Lord a day is like a thousand years, and a thousand years are like a day.*”
– 2 Peter 3:8”

“I walked down a hallway and saw powdered milk; Just add water and you have milk. Right next to it was powdered orange juice; you add water and you already have orange juice. Then I saw baby powder, so I thought: *What a great country!*” –It was the expression of a Russian comedian who immigrated to the United States.

All instant. We wish that were the case, right? We live in a culture that aspires for fifteen minutes of fame instead of fifteen years of fidelity. We want the quick solution. Better yet, we want to get rich quick. We are instant-gratification culture, and it shows in how frustrated we get at the slightest delay.”

“**If you're going to think big, you have to start small and think long term.** This brings me back to the growth mindset from day 2. Harder is better and slower is faster. Just because it's contradictory and countercultural doesn't make it any less true. Whatever habit you are trying to create or break, it will take more than a minute.”

The thirty day challenge will not be easy, and I do not apologize for that. By definition, a challenge requires a degree of difficulty. The technical term is "desirable difficulty," and it's a critical piece of the habit formation puzzle. In the book *Get juice out of the day*, I shared an equation that I want to solve in *Do It for a Day*:

Deliberate Practice + Desirable Difficulty = Durable Learning

Pastor Mark Matterson says – “As a writer and a pastor, I feel as though my job is to comfort the afflicted and afflict those at ease. My goal is to persuade you to get out of your comfort zone and into your growth zone. You have to be comfortable with discomfort. How? Adding time and stamina. When you break through” your previous limits and reach your personal best,

HOW DO I MAKE IT A HABIT? → **RETREAT.**

The word recede means "to move back." The irony? This is how you make progress. It's as counterintuitive as the law of diminishing returns: **less is more.**

“You have to disappear from the map. How? Here's a simple idea: day off = phone off.

The next time you read the gospels, notice how often Jesus withdrew. Jesus withdrew all the time: he went up the mountain, he walked on the beach, he sailed on the Sea of Galilee. He even spent forty days in the desert. Obviously, the best way to make any progress is to fold with great frequency and intention! Jesus acted with a sense of urgency, even though He was not in a hurry. In the words of”

“There are times when we need to pick up the pace due to laziness, but most of the time we need to slow down due to busyness.

“If the devil cannot make us bad,” said Corrie ten Boom, **“he will make us busy.”** Why is the Sabbath the longest of the Ten Commandments? Perhaps because it is the most difficult to fulfill! You have to slow down, which is hard to do in fierce competition.”

“With all the noise in the background these days, we need to clean our ears! Finally, I recommend one weekend per year to set goals, review them, and reverse engineer those goals into daily habits.

Get off the Grid!”

Excerpt From Do It For A Day: How to Make or Break Any Habit in 30 days. –Mark Batterson