

DO IT FOR A DAY

DAY 7 – TAKE THE SHOT

“Do not be conformed to this world, but be transformed by the renewing of your mind.

—Romans 12:2, NASB”

In 1932, two brothers were playing basketball on their family farm in Hillsdale, Wyoming. The older brother was six feet five inches (1.96 m). The youngest, five feet seven inches (1.70 m).

"This game is not for you," the older brother told the younger. "It is for big men. It's for tall men." The younger brother could have given up, but he dared to do something that had never been done. Kenny Sailors jumped up, hoisted the ball over his head, and dunked one-handed.

"In her documentary film Jump Shot, Steph Curry tells the amazing story of Kenny Sailors. He is perhaps the best basketball player ever seen. In 1943, he led the University of Wyoming Cowboys to Madison Square Garden. His team not only won the championship, but he was named MVP [Most Valuable Player] of the tournament.

In January 1946, Life magazine published a snapshot that would change basketball history forever. It was a picture of Kenny Sailors rising above the defender and taking his trademark jump shot while everyone else was on the ground. All over the world there was talk of that release. That Life image sparked the imagination of the next generation of athletes and gave them permission to play differently.

If you want to repeat history, do it the way it's always been done.

If you want to write history, do it the way it was never done!

"We have a natural tendency to do things the same way we've always done them. And by things, I mean almost everything. It's called heuristics, and it's one of the biases that God was trying to break with the Sermon on the Mount. It begins with eight blessings that we call the Beatitudes, which are as contradictory as riding an upside-down bicycle. Yes, I bought one of those bikes, but I still haven't been able to ride it. Why? Because I can't seem to train my brain to turn left in order to turn right. The beatitudes are very similar to the inverted bicycle. Those who cry will be comforted. The humble will inherit the earth. Those who hunger and thirst will be quenched."

"Morality is not rooted in a survey. It is not decided by the Supreme Court either! My advice? Allow your conscience to be your guide. The Scriptures are your final authority. If you want to have a counter-culture life, you have to give the Holy Spirit veto power. The same goes for creating and breaking habits.

The internal presence of the Holy Spirit has to be greater than the external pressure of the world around us.

By external pressure I mean everything from implicit biases to override culture to moral relativism. RA Torrey envisioned the Holy Spirit-filled life this way:

If, as most of us do, we think of the Holy Spirit simply as a power or an influence, our constant thought is going to be,

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How much of you does the Holy Spirit have?

Does it have all the pieces of your complex personality?"

"Jesus is the representation of nonconformity! Just look at the reactions that "normal" people of his time had. He frees us from insecurity by helping us rediscover our inner child. **"Unless you change and become like children," Jesus said, "you will not enter the kingdom of heaven."**

The key to nonconformity is to become like Christ. The result is to be like a child.

Compare one thing with the other.

According to a study by Stanford professor and psychiatrist Dr. William Fry, the **average kindergartener laughs three hundred times a day**. An average adult, just seventeen times a day! Somewhere between childhood and adulthood we lose 283 laughs a day. It's time to reclaim that birthright along with everything our bad habits have stolen from us. Like smiling, laughter releases a cocktail of stress-reducing chemicals that work as natural painkillers.

According to Rolf Smith, children ask 125 questions per day. The average adult does six. Somewhere between childhood and adulthood we lost 119 questions a day[...]"

"Part of becoming like children is recovering holy curiosity. Did you know that Jesus asked more questions than he answered? They asked him 183 questions in the gospels, but he asked no less than 307! The more you know, the more you know how much you don't know. Questions are a good measure of your curiosity quotient"

"HOW DO I MAKE IT A HABIT?"

Change the game!

Half a century ago, a psychologist named Albert Bandura conducted a series of studies designed **to cure little ones who were terrified of dogs**. I would show the children short videos of other children meeting dogs. The children in the videos did not show any kind of fear as they got closer and closer to the dogs to finally end up caressing them. The term **"systematic desensitization"**, and it can be effective for the cure of fears.

After a month of visual conditioning, the children found themselves in a situation similar to the one they had observed in the videos. Most were able to approach the dogs and pet them. **According to Bandura, we are conditioned more by what we see than by what we know. For better or worse, we imitate the behavior of others.** Bandura called it "modeling."

“Consciously or unconsciously, we take our fashion impulses from others. We also take the political, relational and emotional impulses of other people.

How has culture subconsciously conditioned you?
Is there a way you need to recondition yourself?

If you want to create or break a habit, you have to interrupt the pattern. I eat? You have to change the game. That's what Kenny Sailors did when he had the nerve to throw that unorthodox jumper. It goes without saying, but I'm going to say it anyway: **n't make any shots you don't try.** If you want to make a difference, you have to dare to be different. Does that mean that all attempts are going to be successful? Nothing of that.

According to Steve Harvey, Michael Jordan scored 146 points during his college and professional career.

Can you guess how many shots he took? Many more than he scored! Jordan threw 946 pitches, which means he missed eight hundred. But that's not what you remember, is it? You remember the NCAA championship-winning sideline shot for his North Carolina Tar Heels team on March 29, 1982. You remember the jumper against the Utah Jazz in Game 7 who won their sixth NBA championship.

We are already a week into our thirty day challenge. How are you doing with the habit you are trying to create or break? If you're struggling, find a way to change the game. I eat? Turn it into a game! **Rewrite the rules to make the habit more measurable, meaningful, and sustainable.** And remember that even if you feel like you're falling short, I bet you've come further than you would have if you hadn't set this goal from the start.

Take the Shot!

Excerpt From

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