

DO IT FOR A DAY

DAY 8 – REMEMBER THE FUTURE

“Faith is being sure of what we hope for.

—Hebrews 11:1, NIRV”

On September 9, 1965, James Stockdale was on an air mission over North Vietnam when the plane he was flying was shot down. He jumped in a parachute and landed in a village where he was captured by the Vietcong [officially the South Vietnamese National Liberation Front]. Stockdale would spend almost eight years as a prisoner of war at the infamous Hanoi Hilton. The concrete cell where he was locked up measured three feet by nine (one meter by three), and had no windows. As a high-ranking naval officer, he was routinely tortured and denied medical treatment.

How do you survive eight years in those kinds of circumstances? How do you overcome that kind of physical and psychological trauma? In the words of James Stockdale: "I never lost faith in the end of history."

If you forget how the story ends, it is extremely easy to lose faith, hope, and courage. I know that life is unfair. I know that pain and suffering are all too common. I know that there are many mistakes that have to be corrected. Can I tell you what else I know? I know how the story ends! The kingdom of this world is becoming the kingdom of our Lord and of his Christ, and he will reign forever and ever. **“God’s aim looks like missing the mark,”** said Oswald Chambers, "because we are too shortsighted to see what he is aiming at." We do not believe in "they lived happily ever after". We believe in something bigger and better and longer lasting and stronger: happily ever after!

When it comes to making or breaking habits, remember that the past is incredibly important. It is a way to raise the periscope on our current circumstances and gain perspective. "The further back you can look, the further forward you can see," said Winston Churchill. Hindsight is incredibly important, but it has to be accompanied by foresight.

History is the way we remember the past.

Prophecy is the way we remember the future.

The Bible gives us a sneak peek at where history is headed.”

The day will come when every nation, tribe, “people and language will worship before the throne. The way you remember the future is by going to the end of the Bible. While we're on the subject, **prayer is the way we write history before it happens!**

“In his classic book Good to Great, Jim Collins asked James Stockdale about prisoners who did not survive captivity. According to Stockdale, it was the optimists who didn't make it. Why? **They were constantly disappointed by false expectations.** They will free us at Christmas, they told themselves. But Christmas came and went by, along with Easter and Thanksgiving. “They died of suffering,” said Stockdale. How did he manage to survive? **“I never doubted that he would not only go free, but also prevail to the end.** But Stockdale did not stop there: “I would make that experience the key event of my life, which, in retrospect, I would not change for anything”

The discipline to confront the cruelest facts of your current reality, whatever they may be. Jim Collins nicknamed it “the Stockdale paradox” and it is one of the keys to creating and breaking habits. You have to face the cruel facts, but you have to do it with unwavering faith.

Jesus said it this way: “In this world you will face afflictions.” Pain and suffering should not come as a surprise. Why? We live in a corrupt world, a fallen world. However,

Jesus added a conjunction: “but take heart! I have overcome the world”.

When injustice slaps you, it hurts. When sadness overwhelms your soul, it's hard to stay afloat. When you're facing cancer or going through a divorce, it's hard to know which way to go. I'll say it again, just in case: don't lose faith in the end of the story! You have to imagine the reward. You have to be sure of what you expect and certain of what you don't see.⁹ Easier said than done, but when you can't see beyond today, do it for a ”

“HOW DO I MAKE IT A HABIT?

Is this where you stop?

Dan Sullivan is co-founder of Strategic Coach and a startup expert who attributes his success to his never-give-up mindset. After finishing high school, he went on an expedition to Scotland with the Outward Bound organization. During an intense hike through dangerous terrain, Sullivan removed his backpack and sat down. I was prepared to quit. It was at that moment that one of the organization's guides asked him a question that would change the trajectory of his life: “Is this where you stop?” The

confused look on Sullivan's face begged for an explanation: "Everyone stops somewhere. Is this where you will stop?"

Sullivan was tired, at just over 40%! We've all been there and done it, haven't we? You feel as if the tank is empty. At that moment you have to choose: Is this where you stop? Or is this where you dig a little more and try to continue? At some point, almost everything you achieved seemed impossible to achieve. When you were six months old, that happened to walk. When you were in the garden

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