

## DO IT FOR A DAY

### DAY 9 – CHANGE YOUR STORY

*I can do all things through Christ who strengthens me.  
Philippians 4:13*

#### **Beamonesque.**

It is rated as one of my favorite words. Yes, this word exists! It's a superlative. **It is a superlative meaning unexpected excellence**, and its etymology dates back to an iconic moment during the 1968 Olympic Games. The genesis of the word is such an astonishing achievement that it became known as **“the leap”**. Sports Illustrated magazine ranked it as **one of the five greatest sports moments of the 20th century**.

The long jump competition included the gold medalists of the previous Olympic Games: Ralph Boston of the United States and Lynn Davies of Great Britain. The favorite to win gold was world record holder Igor Ter-Ovanesyan of Russia. **But a long jumper named Bob Beamon would appear out of nowhere and jump into the history books.**

“I'll say it again just in case: almost everyone can achieve almost anything if they work hard, consistently and smartly. The way you use the potential God has given you is by telling yourself a better story. In that sense, here goes the rest of the story.

Bob Beamon won the gold, he won the day. But there is much more to his story than individual effort. There always is, isn't there? Beamon nearly missed making it to the final by scoring a zero in the first two jumps. It was his teammate, Ralph Boston, who calmed him down and coached him. Just before his third and final try, Boston whispered these words in his ear:

Blast off soon. You have plenty of space. Give them two inches in front. You will reach both feet when you land. Your legs have never been as strong as they are now. Right now your body weighs nothing. Your mind has wings. use them. Flying. fly high

How did Bob Beamon go about setting a new world record? With a new story: “your mind has wings”. With a better story: your body weighs nothing. **Bob Beamon made “the jump”, but Ralph Boston handed him the script:** “Give them two inches in front. You'll reach both feet when you land.” We all need someone who believes in us more than ourselves.

**“What is the loudest voice in your life?**

**The answer to that question will determine your destiny, and there are plenty of voices to choose from.** For some, **the voice of conformism.** If you hear it, the culture will try to identify and tame you. **Social media** has algorithms designed to keep us inside our echo chambers, not to mention the background noise of **the news** and fake news. There may **even be people** who provoke, embarrass and harass you.

For others, it is **the voice of condemnation.** The accuser is like a broken record that reminds us over and over again of everything we did wrong. It is also called the father of lies, which is where most of our false assumptions, false accounts, and false identities originate.

Finally, there is **the voice of criticism.** If you give the microphone to your inner critic, good luck. You won't be able to say a single word! In the infamous words of the comic book character Pogo: "We have found the enemy and it's us!" And it's not a joke!

**There is another voice; a soft, small voice.** Like Ralph Boston, **the Holy Spirit whispers words of encouragement to us.** What words? The same ones that inspired thousands of years ago! We don't just read them; they read to us. Why? Because they are alive and active!

*If God is for us, who can be against us?4*

*For greater is he who is in you than he who is in the*

*world.5 All things work together for good to those who love God.6*

*I can do all things through Christ who strengthens*

me.7 Remember the cycle of habit? If you want to create or break a habit, you have to identify the impulse. If you want to change your life, you have to change your story. I eat? The key is the push. **You rewrite your history by allowing Scripture to overwrite your false accounts.** Nothing provokes greater faith" than the promises of God. Of course, you have to practice them over and over again! Overwriting doesn't happen overnight.

**“The first habit is to change the script, and the key is to change it with the Bible open.** The Bible is your background, and you are the rest of the story. If you want to receive a word from God, you have to get into the Word of God. When you open the Bible, God opens your mouth. The more you read it, the louder the voice of God becomes. The Scriptures become the source code that rewrites the story of your life.

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## HOW DO I MAKE IT A HABIT?

### **Be Still.**

For the past thirty-odd years, an acoustic ecologist named Gordon Hempton has been compiling what he calls "the list of the world's quietest places." They are places with at least fifteen minutes of uninterrupted quiet during daylight hours. At last count there were only twelve quiet places in all of the United States!<sup>11</sup> And then we wonder why the soul suffers.

By definition, background noise is a sound that contains every frequency that a human can hear. Because it contains all frequencies, it is very difficult to distinguish any, especially the still small voice of God. Chronic noise could be the biggest impediment to our spiritual growth, and it's not just spirituality that suffers. Noise affects everything from creativity to productivity!

In a study of elementary school students in Manhattan, psychologist Arline Bronzaft found that children facing the elevated train tracks of the school were eleven months behind their peers facing the elevated train tracks. quietest in the building.<sup>12</sup> After the New York City Department of Traffic installed noise abatement equipment on the roads, a follow-up study found no difference between the groups.

Can I take the risk? Your life is very high and your schedule is very busy. That is why it is so easy to forget that God is God. "Be still," said God, "know that I am God"

"A simple next step? Download a daily Bible reading plan. While you're at it, check out my five-day reading plan based on my book *Whisper*.<sup>15</sup> If you're a listener, download an audio version. If you begin to take the promptings of Scripture, those nudges will turn into convictions that will function as a moral compass. In time, that still, small voice of the Holy Spirit will become the loudest voice of your life. His impulses will re-write and re-direct your

"supernatural" life. Before you know it, God will be writing his story in you and through your life.

### **Change your story!"**

Excerpt From

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Mark Batterson