

Can You Do It For A Day?

Written by Lillian Chebosi
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Building on my "*Win the Day*" theme for this year, let's consider how to really do that. One of the ways I am making this stick is reminding myself of it at different times in the day and constantly praying about it, so God would help me win the day, today.

Most of the time I am awake before my alarm goes off. When I hear it, I remind myself to win the day, starting with getting out of bed that very moment. When it's time to get ready to leave for my walk and workout, I remind myself to win the day right there, so that I make it back home on time to have a full hour of reading before my work day starts, my first reading opportunity of the day. When I am getting ready to eat, or when I am tempted to eat when I am not hungry or to continue eating after I have had my fill, I remind myself to win the day by eating right.

A house is built one day at a time. A career is advanced one day at a time. A relationship is built one day at a time. A strong, fit and healthy body is built one day at a time. It matters not what discipline you're trying to inculcate, what habit you're trying to build, or what goal you are going after. It always gets done one day at a time.

In his new book *Win the Day: 7 Daily Habits to Help You Stress Less and Accomplish More*, Mark Batterson writes that "no matter what habit you're trying to build, what problem you're trying to solve, or what goal you are going after, it always happens one day at a time. When you think it terms of weeks and months and years, it can be overwhelming and demotivating. Don't worry about next next, next month, or next year! Can you do it today? With God's help, I know you can."

So, can we do it today? With God's help, absolutely. We can get out of bed on time today. We can eat right today. We can exercise today. We can squeeze in more reading today. We can spend quality time with our significant others today. We can do today whatever it is that we need to do to get us to our desired ends.

Almost anybody can do something for just a day. We can look at each day as the only day we have to work on something. Before we know it, we will be living each day as if it's the only day

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we have left to live. We will be showing up as we truly want to, really playing our "A" game, being who we really are, people made for greatness.

For His Glory,

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