

WIN

THE

DAY

BOOK CLUB KIT

Hey Friends,

Welcome to #WinTheDay.

It's more than a book. It's a prayer I've been praying for you! You are one decision away from a totally different life. Once you make that decision, you have to back it up with daily habits. The good news? Almost anybody can accomplish almost anything if they work at it long enough, hard enough, and smart enough.

We'll explore seven habits together, but I would encourage you to take it one habit at a time. Rome wasn't built in a day, right? Don't get discouraged if you feel like it's two steps forward, one step back. Growth is not linear. The key is not letting bad days turn into losing streaks while turning good days into winning streaks.

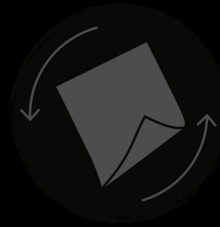
I wear a few different hats, including author and pastor. With *Win The Day*, I put on my coaching hat. My mission in life is to help people maximize their God-given potential. Potential is God's gift to us. What we do with it is our gift back to God. I'm not a licensed life coach, but I'll do my best to coach the habits that will help you stress less and accomplish more.

As you embark on this journey, invite someone to go with you. Habits are awfully hard to break or build all by yourself. It helps having someone hold you accountable and push you past your limits. Either way, it's daily habits that will help you achieve your life goals.

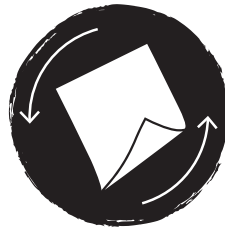
Consider this the first day of the rest of your life!

In Your Corner,

Mark



DISCUSSION QUESTIONS



Flip the Script

Chapter 1

- 1 In your own words, define Habit One: “flip the script.”
- 2 Mark writes, “Your explanations are more important than your experiences. Your stories are more important than the situations you find yourself in.” Is there a part of your life where you may be telling yourself the “wrong story”? How would you change that narrative?
- 3 Is someone else—parents? Teachers? Peers? Bosses?—narrating your story? If so, how might this be “flipped” or changed?
- 4 Scripture says that God is the author and perfecter of our faith. In what ways do you see God’s influence in writing your story?

Chapter 2

- 1 Each of us was born into someone else’s story. How has your family’s story influenced your life—for good or not so good?
- 2 “Your system is perfectly designed for the results you’re getting.” Are there areas in your life where your “system” may need adjustment if you’re to get better results? How might you accomplish this?
- 3 Mark writes, “God wants to use you at your point of greatest giftedness . . . But God also wants to use you at your point of greatest weakness.” What are some “weak areas” where you might seek change?
- 4 How have you been blessed by someone in your past? How might your bravery now bless someone in your life today or in the future?

DISCUSSION QUESTIONS



Kiss the Wave

Chapter 3

- 1 Mark writes, "When we remember yesterday the wrong way, we live a lie." Are there situations in your past that you might be remembering incorrectly? Why?
- 2 How might "the obstacle is the way" apply to a challenge you face?
- 3 Mark writes, "kissing the wave is simply acknowledging that 'it is what it is.'" Are there situations in your life you need to acknowledge? If yes, how might you do this and move on?
- 4 Have you had an experience where you said to God, "What have you come to teach me?" Are you facing something like this now?

Chapter 4

- 1 Are there ways that you self-sabotage? How might you change these patterns?
- 2 The old adage is "confession is good for the soul." Have you experienced this? Explain.
- 3 Coping mechanisms are common for everyone in dealing with pain or problems. If you have any unhealthy coping techniques, how might you overcome them?
- 4 Mark writes that "before flipping the page on the past, you have to give dead yesterdays a proper burial." What are some burials you need to perform—to "flip the script" on negative past experiences or failures?

DISCUSSION QUESTIONS



Eat the Frog

Chapter 5

- 1 In what areas of your life, if any, do you most need to “eat the frog”—to end any procrastination?
- 2 Mark makes the point that “you don’t find time, you make time.” What are one or two things you need to make time for?
- 3 Mark recommends a regular time each day of Bible study and prayer—“good God time.” What challenges do you face to having such a time? How might you make changes?
- 4 Habit stacking involves combing an enjoyable habit with a habit that requires more discipline. What are some habits you might stack to your advantage?

Chapter 6

- 1 Mark writes that “miracles happen at the place where our grit meets God’s grace.” What does his statement mean to you?
- 2 “If you want to do what no one has done, you have to do what no one is doing.” No doubt this takes courage, but is there something you might do that would benefit from your attention and unique gifting?
- 3 “If you get a green light from God, go, set, ready!” What conditions in your life are preventing you from taking an important step toward a goal or dream?
- 4 “Winning the day isn’t about getting it right the first time. It’s about getting it right eventually.” Have you given up on something too soon? How might you try again?

DISCUSSION QUESTIONS



Fly The Kite

Chapter 7

1 For your own life, how do you define success?

2 Mark writes, "Most of us don't get what we want because we don't really know what we want." Are you clear on what you want from your life? How would you describe your life goals?

3 Why should we not "despise the day of small beginnings"?

4 In what areas of your life do you want to "be better today than you were yesterday"? What steps might you take to improve your level of success?

Chapter 8

1 "Kaizen" is defined as an "uncompromising commitment to continual improvement." Have you had experience with an individual or situation where "Kaizen" was practiced? Explain.

2 "Tell me the last time you were uncomfortable and I'll tell you the last time you grew!" Mark uses the term "desirable difficulty" to explain the value of pushing ourselves or taking on challenges that stretch us. What examples in your life illustrate the value of a "desirable difficulty"?

3 "Goal setting and problem solving are two sides of the same coin." Have you found this statement to be true? Why or why not?

4 In what areas of your life might you apply some "Kaizen"?

DISCUSSION QUESTIONS



Cut the Rope

Chapter 9

- 1 Mark writes, "the greatest risk is taking no risks." In what ways would you say this statement is true?
- 2 "You are one decision away from a totally different life." Have you experienced this? List some details.
- 3 "Sometimes our Plan B is God's Plan A," according to Mark. Share a story where this was the case for you.
- 4 Is there a rope that needs cutting in your life? What will it take to accomplish that?

Chapter 10

- 1 "The best way to break a bad habit is by establishing a good habit." Where might you apply this advice in your life?
- 2 Mark Twain once said, "I've had a lot of worries in my life, most of which never happened." What are some of your worries that probably will never happen?
- 3 Mark writes, "There is a sin of presumption, getting ahead of God. There is also a sin of procrastination, falling behind." Is presumption or procrastination your primary spiritual struggle?
- 4 How might you become the answer to someone's prayers you know nothing about?

DISCUSSION QUESTIONS



Wind The Clock

Chapter 11

- 1 List some of the best, most memorable “moments” in your life.
- 2 Do you feel you are too busy or not? Explain your answer.
- 3 In your own words, describe what you believe Christ meant when he said that we need to become like little children if we are to enter the Kingdom of God?
- 4 How might you better balance your focus between present challenges and future dreams?

Chapter 12

- 1 What example from your own life—or from the life of someone else—illustrates how “slow but steady” wins the race?
- 2 Mark writes, “You have to wind the clock on your dreams every single day.” How might you better apply this advice to your dreams?
- 3 Mark explains how “counting” is crucial in planning for and achieving growth or success. In what area of your life might “keeping track” be most beneficial?
- 4 What does the statement “There is no finish line” mean to you?

DISCUSSION QUESTIONS



Seed The Clouds

Chapter 13

- 1 If you lived like "it's the first day and last day of your life," what items do you think should be on your "to do" list?
- 2 Are you more afraid of "making mistakes" or "missing opportunities"?
- 3 Do you celebrate "memorial" or personal holidays? What are they? Do you need to create several?
- 4 What's one important thing this week do you want to "do for one day"?

AUTHOR Q&A

Q

In your book, you note that 75% of New Year's resolutions lapse in the first month. Why is that? How should we change our approach to goal-setting? And where do we start?

A

We focus on OUTCOMES instead of INPUTS.

Q

The latest statistics suggest that one-third of Americans struggle with depression or anxiety. You talk about how people feel overwhelmed by yesterday's mistakes and underqualified to face their challenges. How do you problem solve for that in the book?

A

First of all, YESTERDAY is history. Tomorrow is mystery. All we can do is WIN THE DAY. The book is divided into three time zones. You've got to BURY DEAD YESTERDAYS. You've got to IMAGINE UNBORN TOMORROWS. Then, and only then, can you WIN THE DAY.

AUTHOR Q&A

Q

Win the Day revolves around seven daily habits. Can you share those?

A

The first two habits are FLIP THE SCRIPT and KISS THE WAVE. They focus on giving dead yesterdays a proper burial. The next habits are EAT THE FROG and FLY THE KITE. They are designed to help readers live each day like it's the first day and last day of their lives. Habits 5 and 6 are CUT THE ROPE and WIND THE CLOCK. And I throw in a bonus habit, habit #7, SEED THE CLOUDS.

Q

You talk a lot about breaking and building daily habits. Any advice on the best way to break a bad habit?

A

You don't stop sinning by not sinning. You need a vision that is bigger and better than temptation you face. The best way to BREAK a bad habit is by building a good habit. There is a concept in psychology called the DOUBLE BIND —be spontaneous. You can't be. If you want God to do the SUPER, you've got to do the NATURAL.

AUTHOR Q&A

Q

You make a distinction in the book between minutes and moments. Can you explain the difference?

A

Time is measure in minutes. Life is measured in moments. There are two words for time in the Greek language—chronos and kairos. One is chronological, and it's important. The other is what I would call the Isachar anointing—they “understood the times and knew what Israel should do.” It's a lot like EQ.

Q

In the book you challenge readers by saying: “You don't find time; you make time.” Can you share a few practical time management tips?

A

There is a genius to the Jewish day. It doesn't start with sunrise. It starts with sundown the day before. That's how we start the day.

The average person spends 142 minutes on social media. That represents 15% of our waking hours!

AUTHOR Q&A

Q

The second habit is “Kiss the Wave.” Explain what you mean by that?

A

Charles Spurgeon said, “Kiss the wave that throws you against the rock of ages.” A few years ago, Lora was diagnosed with cancer. So proud of the way she battled it. She read a poem and in contained a question that totally altered her perspective: what have you come to teach me?

Q

One of the chapters is titled, “The Grand Gesture.” What is that? And why is it significant?

A

I’ll give you an example. I felt called to write when I was 22, but I didn’t publish a book until I was 35. The key was a grand gesture. I turned my 35th birthday into a deadline.

AUTHOR Q&A

Q

Mark, the sixth habit is “Wind the Clock” and you talk about one of your life goals, to celebrate your one hundredth birthday? Any advice on aging well?

A

First of all, you are never past your prime. You never age out in God’s kingdom! I love the story of Caleb, as strong at 85 as he was at 40. He was like the Chuck Norris of Israel. You are every age up to your own! *Neoteny
Do you know how a doctor ascertains your age? By asking your birthday! It’s the only way to know!

Q

The seventh habit is “Seed the Clouds.” Can you explain what that means?

A

We want things to happen at the speed of light.
Generally speaking, they happen at the speed of seed planted in the ground.
You cannot break the law of sowing and reaping!

AUTHOR Q&A

Q

There is a phrase repeated many times in Scripture, “day by day.” Why is that so significant?

A

His mercies are new every morning.
This is the day the Lord has made.
Give us this day our daily bread. We wish it was month or year!

It’s all about SAME DAY DELIVERY. Don’t let the sun go down on your anger!

Q

The fifth habit is “Cut The Rope.” You say that “playing it safe is risky.” Why is taking calculated risks so critical to winning the day?

A

At the end of our lives, it’s our INACTIONS that we’ll regret. The opportunities we left on the table.
*Parable of the Talents
FAITH is taking the first step before God reveals the second step.
*Nashon, Joshua 3.

WIN THE DAY

An 8-Day Devotional by Mark Batterson

Instead of fixating on things that lie dimly at a distance, urges pastor and bestselling author Mark Batterson, concentrate on what lies clearly at hand. If yesterday is history and tomorrow is mystery, win the day! When you win the day, tomorrow takes care of itself. Do that enough days in a row, and you can accomplish almost anything.

Mark Batterson: Win the Day Devotional Day 1

“Day-Tight Compartments”

Scripture: Psalm 90:1-12; Lamentations 3:22-24; Matthew 6:9-13

In 1913, Sir William Osler, the Father of Modern Medicine, delivered a speech at Yale University with a simple message: “Live in day-tight compartments.”

Osler had just traveled the Atlantic Ocean via ocean liner, and the captain of the ship had demonstrated to him how, by pressing a single button, he could turn parts of the ship into watertight compartments. Leveraging that machinery as a metaphor, Osler likened each of us to an ocean liner on a long voyage. “Touch a button and hear, at every level of your life, the iron doors shutting out the Past—the dead yesterdays. Touch another and shut off, with a metal curtain, the Future—the unborn tomorrows.”

These devotionals, like they book they are based upon, are all about pressing that button and unleashing the power of twenty-four hours. Burying dead yesterdays can be as difficult as a graveside funeral. Imagining unborn tomorrows involves no less labor than childbirth. But if you want to win the day, there is no other way.

Long ago, a poet said, “Teach us to number our days, that we may gain a heart of wisdom” (Psalm 90:12). If you want every day to count, you have to count the days. How? Try counting backward.

This may seem a little sadistic, but if you’re the curious type, pay a visit to deathclock.com. Go ahead—this app will still be here when you get back. Enter your birthday, along with body-mass index, and it spits out your estimated day of death.

What does it mean to win the day? It’s living like each day is the first day and last day of your life, which is both an art and a science.

In these devotionals, I’ll introduce seven habits designed to help you win the day. This process won’t be easy, and it won’t happen overnight. But if you put these seven habits into practice, you’ll win a lot more days than you lose! You’ll learn how to stress less and accomplish more.

Before we begin, let me ask a question: can you do it for a day?

No matter what habit you’re trying to build, what problem you’re trying to solve, or what goal you’re going after, it always happens one day at a time. When you think in terms of weeks or months or years, it can be overwhelming and demotivating. Don’t worry about next week, next month, or next year!

Can you do it for a day? With God’s help, I know you can!

Think on this: Almost anybody can accomplish almost anything if he or she works at it long enough, hard enough, and smart enough.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 2

“Habit 1: Flip the Script”

Scripture: 1 Samuel 17; John 13:36-38 and 21:15-19



If your life isn't what you want it to be, it may be because you're telling yourself the wrong story. You are not the mistakes you've made. You are not the labels put on you by other people. You are who God says you are. Anything less is false humility. If you want to change your life, start by changing your story!

If you want to win the day, you've got to flip the script. How? The Bible is a good starting point. Scripture is more than our script; it's our script-cure. And that's more than a play on words. Scripture confronts the false identities and false narratives perpetrated by the Father of Lies. It reveals the heavenly Father's metanarrative and the unique role that each one of us plays in it.

Abraham thought he was too old. Jeremiah thought he was too young. Moses thought he was unqualified. Joseph thought he was overqualified. Gideon had an inferiority complex. Jonah had a superiority complex. Peter made too many mistakes. Nathanael was too cool for school. Paul had a thorn in the flesh. And King David was the runt of the litter.

None of that matters! Who you are is not the issue. What really matters is whose you are. "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17). You are the apple of God's eye. You are God's workmanship. You are more than a conqueror, and nothing can change that. It is what it is; it is who you are.

There never has been and never will be anyone like you. That isn't a testament to you. It's a testament to the God who created you. The significance of that truth is this: no one can take your place. No one can worship God like you or for you. No one can serve others like you or for you. Jesus doesn't just live in us; Christ lives as us!

Start living your life in a way that is worth telling stories about.

It's time to flip the script!

Think on this: If you want to change your life, start by changing your story.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 3

“Habit 2: Kiss the Wave”

Scripture: Isaiah 26:3-4; Mark 4:35-41; John 21:1-14



The great preacher Charles Spurgeon, who suffered from depression and anxiety, said, “I have learned to kiss the wave that throws me against the Rock of Ages.” That is easier said than done, no doubt. But that is how spiritual growth happens.

A few years ago, my wife, Lora, was diagnosed with cancer. Not long after, she came across a question in a piece of poetry: what have you come to teach me? It’s a difficult question to ask, but the answer might revolutionize your life!

There is a God who can rebuke the wind and the waves with these words: “Peace, be still.” But before you rebuke the storm, you need to accept it. You can’t move past the pain if you ignore it or hide it or deny it. You have to confront the brutal facts, with unwavering faith.

Our ability to remember the past is a gift from God, but it comes with a caveat. We don’t always remember accurately. This fact reminds us that memory is both selective and subjective. As such, it can be a blessing and a curse. When we remember yesterday the wrong way, we live a lie. And living a lie undermines our ability to win the day.

Sometimes we misremember—or try to forget—because the past can be incredibly painful. That’s where the second habit—kiss the wave—comes into play. You’ve got to own the past, or the past will own you.

How? You have to accurately inventory your past, hiding from nothing. Then you have to own all of it—the good, the bad, and the ugly. It is what it is. Or maybe I should say, it is what it was. You may not be responsible for what happened, but you are response-able.

Two people can encounter the same obstacle—a difficult diagnosis, a bitter divorce, or even the death of a loved one—yet come out on the other side very different people. One person owns his or her pain, while the other person is owned by it. One person becomes better, while the other person becomes bitter.

The difference? You’ve got to kiss the wave that throws you against the Rock of Ages. You’ve got to come to terms with the pain that has made you who you are.

It’s time to kiss the wave!

Think on this: The obstacle is not the enemy; the obstacle is the way.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 4

“Habit 3: Eat the Frog”

Scripture: Psalm 5:3; 57:7-8; 143:7-8; Proverbs 6:9-11; 31:15; Mark 1:35; Luke 6:12-16



According to Mark Twain, if you ever have to eat a live frog, it's best done first thing in the morning. I know this scenario is awfully unlikely, but it's good advice nonetheless. Why eat the live frog first thing in the morning, you ask? Because you can go through the rest of your day knowing the hardest task is behind you!

What to-do list items are you most tempted to procrastinate on? What goals have you had forever but not taken the first step toward? What difficult decision have you been delaying? That, my friend, is your frog! Give yourself a deadline; then get started. That is the third habit, and it's a hard one to swallow. Sorry—couldn't resist.

The bottom line? You can't just pray like it depends on God. You also have to work like it depends on you. If you want God to do the super, you've got to do the natural. And you have to start first thing in the morning.

How you start the day sets the tone for the rest of it, yet many of us never give the morning a second thought beyond getting out the door on time. Our morning rituals are as unplanned as an earthquake. Is that the best way to start the day? That's sounding the retreat before the day even begins.

Jesus made the most of the early part of the day. Mark 1 gives one example: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." On another occasion, before appointing his disciples in the morning, he prayed all night.

What's the one thing you least like to do but you feel best about afterward? That's your frog. It's often the hardest habit to establish, but it pays the biggest dividends. Whatever it is, you've got to figure out a morning routine that works for you. And, I might add, one that works for your spouse and your kids and your dog and your boss.

If you want to win the day, you've got to attack the day.

It's time to eat the frog!

Think on this: If you want God to do the super, you've got to do the natural.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 5

“Habit 4: Fly the Kite”

Scripture: Genesis 1:31; Proverbs 6:6-8; Zechariah 4:8-10; Luke 16:10-12



In 1848, when engineers were planning to build a suspension bridge across Niagara Gorge, the question became, how do you stretch the first wire across an 800-foot gorge with 225-foot cliffs on either side and rapids that rush toward a waterfall?

The solution? A kite flying contest.

A fifteen-year-old American named Homan Walsh won. The day following that successful flight, a stronger line was attached to the kite string and pulled across. Then an even stronger line. Then a rope. Then a cable consisting of thirty-six strands of ten-gauge wire

It all started with one kite string! It always does, doesn't it? As God said to the prophet Zechariah, "Do not despise these small beginnings, for the Lord rejoices to see the work begin, to see the plumb line in Zerubbabel's hand" (Zechariah 4:10, NLT). Plumb line, kite string—same difference!

Does God delight in our accomplishments? Like a proud parent. And not just the big accomplishments! According to this verse from Zechariah, it's the little things that produce disproportionate celebration. The Israelites hadn't even broken ground on the temple yet. All they'd done was measure, and God was already giving them a standing ovation!

Our heavenly Father celebrates the little steps of faith, the small acts of kindness. In fact, you can't give someone a drink of water without God taking notice! God is great not just because nothing is too big. God is great because nothing is too small.

We want to do amazing things for God, but that isn't our job. Our job is to consecrate ourselves to God. Then God does amazing things for us. It starts with the fourth habit—fly the kite. It's doing little things like they're big things.

Go ahead and dream big, but start small. The good news? If you do little things like they're big things, God will do big things like they're little things. That's how kite strings turn into suspension bridges. You've got to take the first step before God reveals the second step.

It's time to fly the kite!

Think on this: How you do anything is how you'll do everything.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 6
“Habit 5: Cut the Rope”
Scripture: Hebrews 3:17-19; 11



At the 1853 world’s fair in New York City, a man named Elisha Otis pulled off a remarkable stunt. Otis was the inventor of the safety elevator, but he was having a hard time selling his idea to skeptics. So, in the exhibition hall, he stood on an elevator platform suspended by a single rope. Then he had an axman cut the rope!

The elevator fell—a few feet. The crowd let out a collective gasp. And Elisha Otis pronounced, “All safe, ladies and gentlemen. All safe.”

I know—cutting whatever “rope” is holding you up doesn’t seem safe. Can I tell you what’s not safe? Playing it safe! In fact, the greatest risk is taking no risks.

If you want to imagine unborn tomorrows, you’ve got to cut the rope. It’s scary, especially if you’re afraid of heights. But anything less is maintaining the status quo.

While cutting ropes, you will experience a few falls, a few fails. That’s for certain. But cutting the rope is the way we cut the ribbon on the dreams God has given us.

Here is a lesson I’ve learned the hard way: whatever you don’t do today, you are less likely to do tomorrow! You don’t feel like dieting today? You’ll feel less like dieting tomorrow. Don’t put off till tomorrow what you can do today!

Today, if you hear his voice,
do not harden your hearts. (Hebrews 3:15)

The writer of Hebrews advocated same-day delivery. If you don’t do it today, your heart becomes a little harder. So does your hearing. Before you know it, it’s difficult to discern the promptings of the Holy Spirit.

According to Parkinson’s Law, the amount of time it takes to accomplish a task depends on the time allotted. The time it takes expands or contracts based on deadlines. If you have two days, it’ll take two days. If you have two weeks, it’ll take two weeks. If you have two months, it’ll take two months.

Got something you need to take action on? Today is the day! If you wait until you’re ready, you’ll be waiting the rest of your life!

It’s time to cut the rope!

Think on this: Playing it safe is risky.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 7

“Habit 6: Wind the Clock”

Scripture: Ecclesiastes 3:1-15; Ephesians 5:8-20; 2 Peter 3



God is in the business of strategically positioning us in the right place at the right time. He is preparing good works in advance (Ephesians 2:10). He is ordering your footsteps (Proverbs 16:9)? And He who began a good work, will carry it to completion (Philippians 1:6).

Simply put, God is setting you up! The unborn tomorrows you imagine were sovereignly prepared by God himself before the creation of the world.

In light of this, a right relationship with time means recognizing, first and foremost, that time is measured in minutes but life is measured in moments! Not all time is created equal. As Albert Einstein so ably demonstrated, time is relative.

The sixth habit—wind the clock—stewards time in two ways. It makes the most of every minute, but it also makes the most of every moment. It’s acutely aware of everything that is happening right here, right now. It also keeps a constant eye on eternity. Most importantly, it doesn’t lose faith in the end of the story.

The ancient Greeks had two words for time—chronos and kairos. They are two sides of the same coin, but they are as different as heads and tails.

Chronos is clock time. Chronos is sequential—past, present, future. Chronos is quantitative—it counts seconds, minutes, and hours. Managing chronos time is incredibly important. If you don’t control your calendar, your calendar will control you. But it’s not as important as “redeeming the time” (Ephesians 5:16, KJV), which is where kairos enters the equation.

Kairos makes the most of every opportunity. It’s the sixth sense that perceives the promptings of the Holy Spirit. Kairos doesn’t keep time as much as it makes time. When it discerns a holy moment, it takes off its shoes.

I believe in what Coach Vince Lombardi said: if you aren’t fifteen minutes early, you’re late. But the greatest moments in life are off the clock, off the grid. Chronos is all about making good time. Kairos is about enjoying the journey. It’s about smelling the roses. It’s less about getting to a particular destination in record time and more about who you become along the way. Let’s wind both the chronos and the kairos clocks with the sixth habit.

It’s time to wind the clock!

Think on this: Time is measured in minutes; life is measured in moments.

WIN THE DAY

Mark Batterson: Win the Day Devotional Day 8

“Habit 7: Seed the Clouds”

Scripture: I Kings 18:42; Romans 14:5-6



On November 13, 1946, a plane took off from the Schenectady County Airport with a rather unique payload—six pounds of dry ice. Its mission? To seed the clouds with solidified carbon dioxide, in hopes of creating enough condensation to cause precipitation.

Upon takeoff, Vincent Schaefer flew his single-propeller plane into a cumulus cloud and dumped the dry ice. Eyewitnesses on the ground said that the cloud seemed to explode. The subsequent snowfall was visible for forty miles. The GE Monogram had a little fun with Schaefer’s breakthrough: “Schaefer made it snow this afternoon over Pittsfield! Next week he walks on water.”¹

The science of seeding clouds may be a modern-day marvel, but the idea is as old as the prophet Elijah. After a famine that lasted three and a half years, Elijah seeded the clouds with a brave prayer.

Elijah climbed to the top of Mount Carmel and bowed low to the ground and prayed with his face between his knees.²

There are lots of ways to seed the clouds. Humility catalyzes God’s favor. Generosity activates reciprocity. And old-fashioned obedience sets the table for unborn tomorrows. You can seed the clouds in many different ways, but none are more powerful than prayer!

When was the last time you found yourself doubled over in prayer? The posture that Elijah assumes indicates profound humility and extreme intensity. He’s not just praying; he’s believing God for a miracle. I have no issue with short blessings before meals. Why? I believe in eating food while it’s hot. That said, there are moments when you need to press in and pray through. You need to seed the clouds with contending prayer.

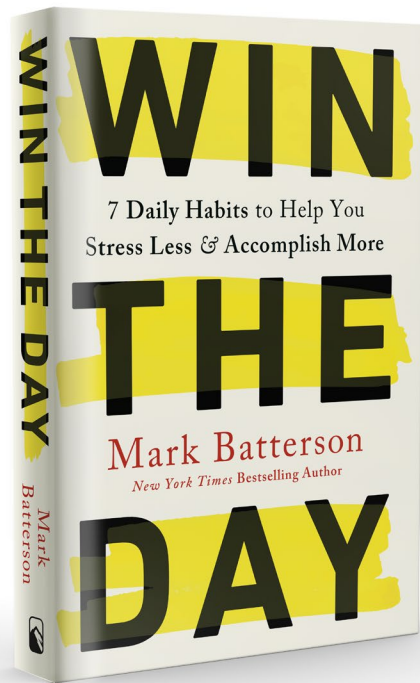
In our quest to win the day, we have buried dead yesterdays and imagined unborn tomorrows. We’ve explored six habits—flip the script, kiss the wave, eat the frog, fly the kite, cut the rope, and wind the clock. There is one more habit we must put into practice if we want to stress less and accomplish more. You have to seed the clouds. How? By taking proactive measures today that will produce desired outcomes tomorrow. Simply put, sow today what you want to see tomorrow! Identify the daily rituals that have the highest return on investment and the daily habits that are high leverage points, then prioritize them. Right at the top of the list? Don’t underestimate the power of a single brave prayer!

It’s time to seed the clouds!

Think on this: Sow today what you want to see tomorrow.

ADDITIONAL RESOURCES

available on MarkBatterson.com



- **Small Group discussion questions**
- **Sermon Series videos**
- **Podcast series**
- **Downloadable graphics and computer/phone wallpaper**