



# Magic 24

Life can easily be a constant tug-of-war – no one is free until they cut the rope around their life (and neck?) and control the pull on their life. As has been stated numerous times before, the only way to achieve E<sup>2</sup> (Seeking an Equilibrium of Excellence) is leaving behind M<sup>2</sup> (the Morass of Mediocrity) by D<sup>2</sup> (Defining Disciplines) through G<sup>2</sup> (Going Green). And this process is far less physical than mental; the *Bible* recognizes this and, as is so often the case, sums up the solution more simply and succinctly than entire books written by men:

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Ro 12:2

The pattern of the world? To live in a constant tug-of-war – not enough time, not adequate money, too many obligations, “needing” more (bigger and “better”) things, demands from the boss, from home, shoulds, ought tos . . . an endless struggle; being pulled in multiple directions. And as long as we follow the pattern of the world this will be our fate.

## Renewal of the Mind

Cut the cord! Refuse to live on a linear basis; stop considering all competing demands and opportunities as equals with you having to be the referee between them. Renewing of the mind is refusing to ignore or complain about the inevitable, but to work within its framework. In one respect all men are created equal – everyone has 24 hours each day; this 24 hours will pass with purpose and benefit or will be lost (even destructive) through inertia or lack of thinking.

Every time we consider a potential new financial obligation in light the Magic 24 hours a day, and make the right decision, we cut another strand of the tug-of-war rope finding freedom and heading in the direction of a transformed life. Each time we shut the TV off and go to bed on time (record it if it is important – then watch without the commercials – killing 2 birds with one stone and, in the process, saving some of the Magic 24) we are achieving a measure of freedom; freedom from being dog-tired at work and home, from the health problems that accompany a lack of consistent rest, etc.

Renewal of the mind for transformation of your life?

1. Think and plan based on priorities – think vertically. Each opportunity or demand needs to be prioritized vertically with some at the top and others at the bottom. When something has to give, give up what it is at the bottom. No, we can't put work at the bottom and shirk it, but we can limit it to a specific period, concentrate and focus on it during this period and THEN put it aside until the next work day. In fact, for many people, nowhere is G<sup>2</sup> (Going Green) more important than in the area of work. Too many people sell the best of their lives to make as much money as they can (even at the sacrifice of family, health, etc.); simplifying their lives (G<sup>2</sup>) can go a long way toward keeping work (and the boss!) in its proper perspective.
2. Understand Disciplines are not only friends, they are necessary to accomplish anything! Defining Disciplines are the optimum disciplines to accomplish the desired task or goal – we improve and refine them as we use them.

Even with adults (much less children) using “discipline” to mean punishment is not a good idea – punishment (for children and adults!) is what happens when the appropriate disciplines are not exercised; using the two synonymously confuses people.

3. Appreciate the fact that blessings are in disciplines; thus, when we do all we can to avoid a discipline we, likewise, miss the blessing. If we don't keep this in mind we resent disciplines rather than receiving them as the blessings they are:
- € Rest is a discipline, but also a blessing. Those who teach themselves to begrudge rest are foolish – the time “saved” is not worth the decline in the quality of the other hours of the day!
  - € Devoting time to spouse and children is a discipline and blessing often neglected in the face of other, less significant, but squeaky wheel demands – we have to guard that which is uppermost so the lesser does not crowd it out.
  - € Having a quiet time each day requires discipline, but it is a blessing necessary to make the remaining Magic 24 more effective.
  - € Humility is an often overlooked discipline, but it is the catalyst blessing through and by which we receive God's grace.
  - € Mental development is a discipline with many blessings accompanying it.
  - € Exercise is a discipline and should be appreciated and ENJOYED as a blessing positively affecting us physically, mentally, spiritually and emotionally.
- . . . Good and appropriate disciplines have accompanying GREAT and fitting blessings! But we will only see and pursue them with the proper renewing of our minds! Trying to wrest a blessing apart from the appropriate discipline is at best foolishness and at worst destructive (think dieting).

## Celebrate Disciplines and their Blessings!



