

Self-imposed deadlines 9/17/2020

How often do I say “I HAVE to do ___ (fill in the blank) when in fact nobody told me I had to, that it is in truth a self-imposed deadline that I allow to cause me stress? I decide, on my own, that a particular thing MUST be done by a certain date or time, and then complain about the pressure I am under in trying to accomplish it.

100 miles in 100 days is an idea. A suggestion.

It might be right for you. Or it might not.

You might set your mileage goal higher, if you are already an avid biker or runner. Or you might set your goal simply to put on your sneakers and walk a little bit every day, if that is more appropriate for you.

This isn't a competition. No grades. No medals. Your goal for the next 99 days is up to you. My hope for you is that it is a daily joy, not one more stressful item on your “to do” list.

I encourage you to pray about it. Ask the Holy Spirit to lead you as you make your decision and set your intention, then allow some quiet time to listen.

Then as we journey together through the weeks ahead, I invite you to continue to pray every day for direction in how to work toward that goal in a manner that is healthy, and, yes, even fun, for you.

Here's your Scripture for today. I'm not a fan of cherry picking verses out of context, but as I work to memorize more scripture, smaller bites are easier. Today rather than listening to your headphones, consider repeating this over and over while you walk, run, dance, skip, jump. Happy Thursday!

Hebrews 12:1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. **And let us run with endurance the race God has set before us.**