

Zoe: Nuts & Bolts – Do You Have the Will?
Zoe Traits Part 2: Marching for Success!
Slide Notations

“Victory awaits him who has everything in order—luck people call it. Defeat is certain for him who has neglected to take the necessary precautions in time; this is called bad luck.” —Roald Amundsen

Good luck and bad luck is no luck at all... it turns out that preparation for unforeseen circumstances is the key to success!

Journey into the Unknown... In October 1911, two teams of adventurers made final preparations in their quest to be the first in modern history to reach the South Pole. It’s a near-perfect matched pair. One leader, Roald Amundsen, led his team to victory and safety. The other, Robert Scott, led his team to defeat and death. What separated these two men? Why did one achieve success and the other fail?

Successful People... *ARE NOT* more creative, more visionary, more charismatic, more ambitious, more risk seeking, more heroic or bold, more “lucky...” *ARE* fanatically disciplined, live on proven truth, live with proactive fear, take responsibility for every action, and never blame others or the environment for failure!

Successful Christians... Want the Divine life of God, as He has it, for us... Fight off the many distractions to having it in fullness... Run with speed toward complete SURRENDER to God’s will... Cultivate the traits that cause them to succeed and stay successful!

“So Jotham did right in the sight of the Lord and became mighty because he prepared his ways before the Lord!” 2Ch27.2,6

“And Ezra received favor according to the hand of the Lord on him because he prepared his heart to seek the law and do it!” Ezra 7.7,10

20 Mile March Concept... Imagine standing with your feet in the Pacific Ocean in San Diego, California, looking inland. You’re about to embark on a three-thousand-mile walk, from San Diego to the tip of Maine. On the first day, you march 20 miles, making it out of town. On the second day, you march 20 miles. And again, on the third day, you march 20 miles, heading into the heat of the desert. It’s hot, more than a hundred degrees, and you want to rest in the cool of your tent. *But you don’t. You get up and you march 20 miles.* You keep the pace, 20 miles a day. Then the weather cools, and you’re in comfortable conditions with the wind at your back, and you could go much farther. *But you hold back,* modulating your effort. You stick with your 20 miles. Then you reach the Colorado high mountains and get hit by snow, wind, and temperatures below zero—and all you want to do is stay in your tent. *But you get up. You get dressed. You march your 20 miles. You keep up the effort—20 miles, 20 miles, 20 miles—then you cross into the plains, and it’s glorious springtime, and you can go 40 or 50 miles in a day. But you don’t.* You sustain your pace, marching 20 miles. And eventually, you get to Maine. Now, imagine another person who starts out with you on the same day in San Diego. He gets all excited by the journey and logs 40 miles the first day. *Exhausted* from his first gigantic day, he wakes up to hundred-degree temperatures. *He decides to hang out until the weather cools, thinking, “I’ll make it up when conditions improve.”* He maintains this pattern—*big days with good conditions, whining and waiting in his tent on bad days*—as he moves across the western United States. Just before the Colorado high mountains, he gets a spate of great weather and *he goes all out,* logging 40-to 50-mile days to make up lost ground. But then he hits a huge winter storm *when utterly exhausted.* It nearly kills him and he hunkers down in his tent, waiting for spring. When spring finally comes, he emerges, weakened, and stumbles off toward Maine. By the time he enters Kansas City, you, with your relentless 20 mile march, have already reached the tip of Maine. You win, by a huge margin.

20 Mile March is the same thing as Amundsen’s over-preparing “fanatical discipline!”

John Brown, Styker Industries, “like a track coach who trains his runners to run strong at the end of every workout, in wind, in heat, in rain, in snow, no matter what the conditions. And then if it’s windy, hot, rainy, or

snowy on championship day, the runners feel confident because of their own actual experience: we can run strong because we've trained hard even when we felt bad, because we've practiced running hard in heinous conditions!"

If you want consistent success you have to establish consistent discipline... Upper and lower boundaries that guarantee long term sustainability... Because long term sustainability builds confidence to face the unknown future! We don't want to flash forward and then find ourselves burned out!

20 mile march ingredients... *Performance minimum's!* Not going to sleep w/o hitting minimums! *Personal constraints/distractions!* Not upward limitations but out of bounds guardrails! **Tailored to fit you! Your plan probably won't work for me! **Within your ability to achieve!** *Challenging but realistic!* **Time limits for measurement!** Check a seed everyday/kill it... but week by week should be growing! **Intentional achievement, not "intentions" to achieve!** "if you could just see my heart!" **Correcting failures!** Missing happens; but it's never "OK!" (little foxes!)**

Excusing failure, then abandoning the discipline, is worse than not beginning at all!

Our 20 mile marches... "Twenty" minutes, undistracted time, you and the Word every day! No other starting place! No food, no life! Start with milk but to grow MUST ADVANCE to solid proteins for ACTIVITY! Message, NLT, NKJV, something to help you get the idea! Carbs/tasty but protein/builds! *"The stronger I get the stronger I'll want to be!"* **Get off "junk food" w/one hour "fasts!"** 10/9 put out a challenge to turn off, turn away, cut off whatever is keeping you sick! *"how's that workin'?"* Examine for compromise, take full strength prescription, examine again for health! Replace one hour of TV/whatever a day! Go for a walk and talk, for a drive and talk, play a game and laugh! *"The freer I get the freer I'll want to be!"* **Check your luggage!** He's waiting and wanting to talk with you! Check-in regularly thru the day! **Limit work/play "Sabbath!"** All of us can do more, buy more, go more but should we? Is it a directive to "do good?" **Check your team!** Amundsen had to let two guys go/resisting the plan!

Whatever your 20 mile march includes, it brings order into disorder, confidence into shaky times, success when others fail, and responsibility in an environment of blame!