Thursday Thought
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"The Snooze Button"
Thursday September 28, 2017

Verse for the week: **1 Corinthians 9:25 (NLT) All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize...**

Have you ever been peacefully sleeping when you are suddenly jolted awake by the shrieking of that extremely loud & annoying BEEP, BEEP, BEEP indicating it's time to get up? You want to smash that alarm clock into pieces!

I'm not a fan of mornings, and when I was young I would press the snooze button several times before dragging myself reluctantly out of bed. I remember going to conferences and hearing how Jesus would get up VERY EARLY while it was still dark so he could pray (Mark 1:35). Seriously… my attitude was that God wasn't even up that early. I know, I know, He never sleeps, (Psalms 121:4) but that's how I felt. And then, of course, I would feel guilty.

I just recently finished listening to Robert Morris's book "The Blessed Church" and Mel Robins book "The 5 Second Rule." Both of them shared how the first two - three hours of the day after waking are the most effective. Seriously?

Dan Ariely, Professor of Psychology and Behavioral Economics at Duke University, says, "we've all got a short block of time every morning—roughly the first two hours after wake-up—where we're most cognitively capable of getting work done. And most of us totally waste that time." It takes discipline to stop pressing the snooze button and just get up, so the day can be started by spending time reading the Bible and praying, rather than wasting our time on Facebook, Twitter, television, etc.

If you think, "there just isn't any way I can get myself up right away", here is something to consider. Did you know that hitting the snooze button actually messes your day up and makes you even more tired. Robert S. Rosenberg, medical director of the Sleep Disorders Centers of Prescott Valley in Flagstaff, Arizona says, "When you hit the snooze button repeatedly, you're doing two negative things to yourself. First, you're fragmenting what little extra sleep you're getting so it is of poor quality. Second, you're starting to put yourself through a new sleep cycle that you aren't giving yourself enough time to finish. This can result in persistent grogginess throughout the day." Wow! That is enough to encourage me to be more disciplined. I hate being tired during the day.

So, start your day off right by getting up when the alarm goes off the first time, spend your first few minutes in prayer and reading the Bible, and then start with the rest of your day. I wish I would have known all this when I was young.

Question to ask yourself: What are you doing first thing in the morning to be productive?

Great Quote about Discipline: "Everybody wants to be on a championship team, but nobody wants to come to practice." – Bobby Knight, former IWU Basketball Coach