

Ray E D W A R D S

Ray Edwards Show, Episode 433

Day Crusher Protocol

[music]

Announcer: It's Friday, January 31st, and this is *The Daily Ray*.

Ray Edwards: Today, I want to talk about the Day Crusher Protocol. Something I've hinted at a few times recently. People ask me about my morning routine. "What's your morning routine? How do you start your day?" This is not exactly how I start my own personal daily routine. This is going to vary from person to person because everybody is in a different season of life. You have different demands being made upon you.

This doesn't work for everyone. This works really well for almost everyone. You can adapt it to your own. It's the Hour of Power. I've entitled it how to wake up productive, slay your dragons before breakfast, and conquer your day before most people get out of bed. This is a one-sheet guide to having your own hour of power. You can alter it however you wish. Before you even say, "I don't have an hour, Ray," most of this can be done in conjunction with something else you're doing.

I recommend you focus on the one thing. If you need to multitask or use what Tony Robbins calls "no extra time," net time like when you're on a treadmill or the elliptical, you can do that as well. Let's talk about it. The big idea, I-D-E-A. It just takes I, intention. Your hour of power will not happen by accident. You have to decide you're going to make it happen. If you set a time for it, you have to put on your calendar.

You have to decide this is what is going to happen. It's best for you to do it every single day at least to discipline. The D of idea is discipline. You cannot try. You either do it or you don't do it. It's as simple as that. You have an intention to have your hour of power. You have the discipline to do it. You need emotion. If you don't attach emotional intensity to your desired outcomes, they won't be outcomes. They'll be wishes.

Think about it. When you want something really bad when you really, really want it--Cliff Ravenscraft put it this way, "I always have enough time, money or resources to get anything I'm truly committed to having." "Anything I'm truly committed to having." What does it mean to be truly committed? It means to have some passion about it.

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Acceptance. You must accept the things you are not able to change, the things you're powerless to change.

There's some things I'm powerless to change. Same for you. I can't change which direction the sun comes up from. I can't change the direction of the wind, but I can change the direction of my sails. That's what the big idea is. It takes to have a truly productive hour of power. When the day before the sun even comes up, you have to have intention, discipline, emotion, and acceptance.

These are the core principles of the Hour of Power for me. It must be the first hour of your day. Why? Because this is not a truth. It's just been my experience in practice. If I don't do it the first hour of the day, I'm less likely to do it with the second hour. It becomes less and less likely as each hour goes by because other things intrude in my hour of power. Plus even more importantly, if you do it the first hour, it sets the tone for the entire day.

Let me repeat that. It sets the tone for the entire day. If you wait four or five hours, the tone has already been set, including a tone for your hour of power. It may not be an hour of power. It may be an hour of mediocrity or a moment of mediocrity. Make it the first hour of your day every day. It must be every day. It must be sacred with no interruptions and it must be structured with purpose.

Here's a power tip. Waking up earlier than most of the world gives you an incredible edge. 5:00 AM is a good target basically because that's when we do live at 5:00 with Ray. Here's an example of how you might lay out your hour of power. I've laid it out 55 to 60 minutes for each day and it goes something like this. It says 5:00 AM. 5:00 AM, you wake up. Let's say it's 4:00 AM so you can be part of this broadcast.

4:00 AM, you wake up. Greet the Lord with a few deep breaths and express to God whatever comes to mind. Just let the thoughts float to the top of your mind whatever you're thinking about, whatever comes through your head. Listen for a response when you ask questions or make a comment to the Lord, then rise and drink at least 16 ounces of water because a hydrated achiever is a happy achiever.

Five minutes past the hour, I recommend you read the Bible. I also recommend the reading plan. Because when I say "read the Bible," a lot of people get freaked out. They're like, "I don't understand the Bible. It's strange. It's weird. It's boring." Well, this will work for you pretty well. Read 5 Psalms and one chapter of Proverbs. Whatever else you're drawn to read, go ahead and read that too.

The Gospels is a good place to read. There's other places you may be drawn to read, but 5 Psalms and one chapter of Proverbs. We'll get you through the Book of Psalms and the Book of Proverbs once a month. Think about that. Once a month. It shouldn't take very long. Maybe 10, 15 minutes. 20 minutes past the hour, pray. What does pray mean? Is it some formal churchy, liturgical language?

It can be, but I like to think of it as talking to God. Thank Him for all the blessings, all the good things you have in your life. Just say thanks. Just say, "Thanks." Just say, "Thanks." Be grateful. You have so much to be grateful for. You're alive. You have the

internet. You can watch a broadcast like this on video at five o'clock in the morning from around the world. I mean, come on. We're living in an amazing time.

As I said to my friend Cliff recently, "We live in an age of magnets and miracles. Just be aware of it." Thank God for your blessings. Ask Him for the things you desire, ask for help in the problem areas, and then listen for what He says to you. If you don't hear anything, you're not listening closely enough. One good way to know if you're listening is, are you talking? Are you still talking? You can't speak if you're busy talking or He can speak, but you won't hear Him.

About half-past the hour, read a nonfiction book. You could choose something in a spiritual, education or self-improvement categories. No news or angry political rant or tirade pieces, please. That's not going to help anybody. I do recommend you read, at least for a few minutes, a nonfiction book. Now, you might read a paper book. Some people like the ink-and-paper approach or read digitally on your iPad.

You might prefer to listen to an audiobook. Whatever works for you is fine. It's still reading. I don't care if you listen to the audio. Some people say to me, "I don't read books. I listen to audiobooks." You're reading the book. It's the same. It's the same information delivered in a way you can respond to, so you're reading. 45 minutes past the hour, journal. No need to write an essay or some beautiful piece you think that's going to be published.

I just answer the questions. What did I read today? What did I learn from what I read today? What did God say to me today? What's the most difficult thing I must do today? What's the soonest I can get that done? Now, that is slaying your dragon before breakfast. Just pick the most difficult thing. Brian Tracy puts it this way. If you had to swallow a frog, do that first. Swallow that frog first. Everything else the rest of the day will be easy.

55 minutes past the hour. It's now 4:55 if you got up at 4:00 AM. Meditate for five minutes. Nothing mysterious or spooky here. Meditating just means calm your mind, clear your mind, and put one thought in your mind and concentrate on that thought. Don't empty your mind. There's enough empty-minded people in the world. [chuckles] Don't you be one of them. Put one thought in your mind and focus on that thought.

You might meditate on a verse or scripture like from Psalm 23, for instance. You could meditate for five minutes simply by closing your eyes and repeating softly to yourself, "The Lord is my shepherd. I lack nothing." I know in most of our memories, the verse goes, "The Lord is my shepherd. I shall not want." Actually, it can be translated as, "I lack nothing." In fact, let's take a moment and see what this 23 Psalm reads like in the Passion Translation, currently my favorite translation of scripture.

What I love about the Passion Translation is it just gives a fresh modern feel. It makes some of the old words that seem maybe you've heard them so often, they've lost some of their meaning for you. Hearing them in a fresh new way really brings the scripture alive again in my opinion. 23rd Psalm, Passion Translation, "The Lord is my best friend and my shepherd. I always have more than enough. He offers a resting place for me in His luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss."

"That's where He restores and revives my life. He opens before me pathways to God's pleasure and leads me along in His footsteps of righteousness so that I can bring honor to His name. Lord, even when Your path takes me through the valley of deepest darkness, fear will never conquer me for You already have. You remained close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of Your love takes away my fear. I'll never be lonely for You or in here."

"You become my delicious feast even when my enemies dare to fight. You anoint me with the fragrance of Your Holy Spirit. You give me all I can drink of You until my heart overflows. Why would I fear the future? For Your goodness and love, pursue me all the days of my life. Afterwards when my life is through, I'll return to Your glorious presence to be with You forever." That's good stuff right there.

That's what I refer to sometimes as the Day Crusher Protocol, what I call the Day Crusher. Because when we're winning, we like to say, "Crushing it. We're crushing it." You're crushing the day. It doesn't mean you're hurting anybody. It's not about violence. It's about taking the first hour of your day and intentionally making it the most important hour of your day.

What could be more important than setting your intention, developing discipline, having emotion about what you're doing today, accepting the things you cannot change, and then entering into the first hour of the day intentionally with waking up being aware of God's presence, having some water to drink, reading the Bible, praying, reading a nonfiction book that improves you in some way spiritually, business-wise or personal development-wise?

Journal, record your thoughts on paper or on digital and then meditate for five minutes. Here's the bonus round. If you want to make it 90 minutes of excellence, do 30 minutes of vigorous exercise, break a sweat, and listen to positive, powerful, high energy music. Make sure the lyrics, if there are lyrics, are happy, upbeat, and encouraging. Do not listen to music that is an ode to your problems.

Even so much, Christian music seems like it glorifies the problem instead of exemplifies the solution. A good choice in music could be Hillsong or Jesus Culture or Bethel music. If you do this, even with the bonus round, if you started it 4:00 AM, you'd be done by 5:30 well before most people are even out of bed. To USA, hail, dragonslayer. Go conquer the day. If you haven't had a chance to do it yet, this is a good time to screenshot the Hour of Power. Infographic, I guess you could call it.

If you want to do that, please do. We're going to be updating it soon. I'll send you a copy of it. When we get it done, I'll post it here one morning. That is my pre-planned content for today's *Daily Ray*. I'm really enjoying doing these. I'm getting a great response back from all different social channels. Remember, you can find me on Instagram, Facebook, Instagram TV, TikTok, YouTube.

What am I forgetting? LinkedIn. LinkedIn is my new hangout. LinkedIn is my homie. I don't know if they have actually approved me yet to do live broadcast, but it's coming. God bless all of you. My prayer for you is that God uses what I shared today in a way that helps you and He does more for you today than you can ask or think or possibly imagine. Until next time, just remember that I love you very much.

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Announcer: *The Daily Ray* was recorded live in front of a virtual studio audience at 6:00 AM Pacific on Facebook and Instagram. Visit rayedwards.com for more information. Back tomorrow with another *Daily Ray*.

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