

DON'T EVER RING THE BELL

Admiral William McRaven served as commander of the forces that killed terrorist leader Osama bin Laden. He served as a Navy SEAL for 36 years.

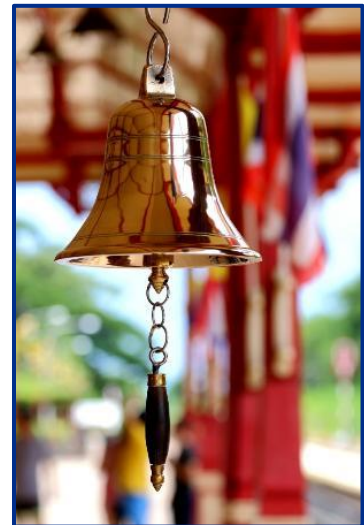
He spoke at the 2014 commencement of the University of Texas in Austin, of which he is an alumnus. In that speech, he gave advice to the graduates on how to change the world. His 10 lessons for life were:

1. If you want to change the world, start off by making your bed.
2. If you want to change the world, find someone to help you paddle.
3. If you want to change the world, measure a person by the size of their heart, not the size of their flippers.
4. If you want to change the world, get over being a sugar cookie.
5. If you want to change the world, don't be afraid of the circuses.
6. If you want to change the world, sometimes you have to slide down the obstacles head-first.
7. If you want to change the world, don't back down from the sharks.
8. If you want to change the world, you must be your very best in the darkest moment.
9. If you want to change the world, start singing when you're up to your neck in mud.

The ninth one made my mind go to the book of Acts in the Bible, as missionaries Paul and Silas – chained, in the dark, hurting and wounded from being beaten – at midnight, they sang praises unto God.

But notice the 10th lesson Admiral McRaven presented to the graduates: “If you want to change the world, don't ever, ever ring the bell.” He went on to explain this admonition:

“In SEAL training, there is a bell. A brass bell that hangs in the center of the compound for all the students to see. All you have to do to quit is ring the bell. Ring the bell and you no longer have to wake up at 5 o'clock. Ring the bell and you no longer have to be in the freezing cold swims. Ring the bell and you no longer have to do the runs, the obstacle course, the PT – and you no longer have to endure the hardships of training. All you have to do is ring the bell to get out. If you want to change the world, don't ever, ever ring the bell.”



What's the lesson for us in Life Care and Century Park? Will we run away from our calling – the purposes for which God created us?

Here is what Scripture says: “And Jesus said unto him, no man, having put his hand to the plough, and looking back, is fit for the kingdom of God” (Luke 9:62).

Are we fit, or will we quit? When things are hard, and our journey seems weary, don't ring the bell.

– Beecher Hunter