

“What’s Holding You Back?”

“Procrastination”

(Part 1)

January 16&17, 2010

Pastor Dale Satrum



Heb. 12:1 “...let us strip off every weight that slows us down... And let us run with endurance the race God has set before us.” (NLT)

I. Identify The _____ You Keep Putting Off

Matt. 23:23 “...For you are careful to tithe even the tiniest income from your herb gardens, but you ignore the more important aspects of the law—justice, mercy, and faith. You should tithe, yes, but do not neglect the more important things.” (NLT)

II. _____ Your List To God

Phi. 4:6 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” (NLT)

III. Allow Others To Hold You _____

Ecc. 4:12 “A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.” (NLT)

IV. Choose _____ At A Time

Phil. 2:2 “make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.” (NASB)

Phil. 3:13 “No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead.” (NLT)

V. Develop A _____

I Cor. 9:25-26 "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. So I run with purpose in every step. I am not just shadowboxing." (NLT)

VI. Refuse To _____

Heb. 10:35-36 "So do not throw away this confident trust in the Lord. Remember the great reward it brings you! Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised." (NLT)

Phil. 3:14 "I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us." (NLT)