

**I. Def of Procrastination:** To avoid or put off needlessly an action that needs to be taken. “**Those too lazy to plow in the right season will have no food at the harvest.**” Prov 20:4

## II. How to break the power of procrastination:

1) **Perfectionist:** “I must perform perfectly or I won’t be accepted by others.” God says: “*My Grace is sufficient for you, for my power is made perfect in weakness.*” 2 Cor 12:9 *Don’t make excellence your God.* Depend on Him!

2) **Poor Self-Worth:** “I don’t have what it takes to succeed.”

*God Says:* “*We are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*” Eph 2:10

3) **Fear-Based:** “I don’t want to get criticized and get them mad at me.”

*God says:* “*In God I trust and am not afraid. What can man do to me?*” Ps 56:11

4) **Lack of Goals:** “I don’t know how to get started! I’m stuck!”

*God Says:* “*The heart of man plans his way, but the LORD establishes his steps.*” Prov 16:9

5) **Overwhelmed:** “I don’t have time to do everything, so I don’t do it.”

*God says:* “*Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*” Mat 11:29

**Eph 5:16** “Redeeming the time, because the days are evil.”

**Psalm 90:12** “So teach us to number our days, that we may apply our hearts unto wisdom.”

**John 17:4** “I have brought you glory on earth by finishing the work you gave me to do.”

## Homework:

1. Confess and eliminate your “all-or-nothing” thinking—perfectionism.
2. Memorize: Gen 1:27; Jer. 31:3; Phil 4:13—“I can do all things through...”
3. What fears are you struggling with right now? Give them to the Lord.
4. Pray and fast seeking direction for goals in your life. See Psalm 37:4
5. What priorities do you have to rearrange in your life? To-do lists!
6. How did God’s truth speak to you this morning from His Word?
7. What adjustments do you need to make in your life as a result?

## I. Def of Goodness:

## II. What does this virtue of Goodness look like?

9 The Lord replied, “I will make all my goodness pass before you, and I will call out my name, Yahweh, before you. For I will show **mercy** to anyone I choose, and I will show **compassion** to anyone I choose. Ex 33: 19 /5 Then the Lord came down in the cloud and stood there with him and proclaimed his name, the Lord. 6 And he passed in front of Moses, proclaiming, “The Lord, the Lord, the **compassionate** and **gracious** God, **slow to anger, abounding in love and faithfulness**, Ex 34: 5- 7

1) **Mercy:**

2) **Compassion:**

3) **Gracious:**

4) **Longsuffering:**

5) **Love:**

6) **Faithfulness:**

28 But as for me, the **nearness of God is my good**; I have made the Lord GOD my refuge, That I may tell of all Thy works. Psalm 73:28

## III. How to have an effective and consistent prayer life: Matthew 6:9-13

- 1) Find a \_\_\_\_\_ place to pray. Chair time. Go all night!
- 2) Always start with \_\_\_\_\_ scriptures use A.C.T.S., the Lord’s Prayer
- 3) Keep a \_\_\_\_\_ —record what you are praying; use prayer lists
- 4) Find a \_\_\_\_\_ and pray together one hour a week—Jesus did. Mt 26:36
- 5) Remember: You are never closest to Jesus then \_\_\_\_\_.

## IV. God is not only good, but also sovereign and has and will remove evil in \_\_\_\_\_ and in \_\_\_\_\_ .

## Homework:

1. Why is it hard for you to regularly persist in your resistance to evil? Be specific.
2. What can you do to make it easier for yourself to choose and follow moral good?
3. How would you summarize God’s goodness in your own words? Be creative!
4. How is your prayer life? What can you do to help make it better? See above.
5. How does God’s goodness influence your understanding of God’s Sovereignty?
6. How did God’s truth speak to you this morning from His Word to your heart?
7. What adjustments do you need to make in your life as a result of this truth?