

Defeating Procrastination

It's been said, "A journey of a thousand miles begins with one step."

The biggest thief of our dreams is procrastination. We can *think* about doing the right thing, *plan* to do it and *talk* about doing it, but nothing changes at all until we start consistently *doing* what we need to do!

Perhaps you are struggling with bad habits that are holding you back. You'd like to change, but you're not sure you *want* to change. Someone once said bad habits are like a comfortable bed; they're easy to get into, but hard to get out of.

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But think of it this way: Are you willing to sacrifice and do the more challenging thing now so you can enjoy a life of freedom later on?

Hebrews 12:11 (NIV) tells us, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

The irony is that we are often unwilling to suffer even for a short while just to do what needs to be done. Then we end up with lingering misery, dread, guilt and the penalties of having put off something that would have taken a few minutes or a few hours to do.

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By putting off the pain of doing something hard, we often

spend much more time avoiding it than it would take to just do it.

Nothing feels better to me than knowing I am doing my best, making the best choices I can make and consistently making progress toward the best life God has for me.

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