

How to Overcome the Struggle Between Knowing and Doing

It can be so easy to put off what you can do today until tomorrow. The process, as easy as it sounds, can be very frustrating. I think you know exactly what I mean.

Personally, it feels like a strange force is opposing me. I picture myself standing at the bottom of a large wall, trying to push it. Ah, yes, and it goes nowhere.

Other times it feels like driving a car that has wheels but the tires are missing. You know what the problem is, yet you continue to keep moving along. At a very slow and uncomfortable speed, I might add. That actually sounds quite terrible.

So, how do you get past the knowing and get to the doing?

I've asked myself this question many times—every day, in fact. I have a suspicion you have also asked yourself this question, or something similar, as well.

So, here is my process, if you want to call it one:

1. Decide what's holding you back. Fear? Time? Family? Friends? Technology? Work?

2. Talk to God about it. This is absolutely critical. In days past, I would get nowhere when it came to resolutions. These days, I go to God first. Don't take this for granted. God wants you to go to Him, and He can help you in many ways.

3. Weigh the outcomes. After discussing the situation with God, play with some possible outcomes. What are you trying to accomplish? Why are you holding back? Have faith that the outcome will be what's best for you. Keep in mind that not all outcomes are positive, but you will learn from the negative.

4. Set a goal. What is your realistic time frame to start doing? Are there things you could start doing today? I have learned that doing small things over a long period of time can yield great results. Set a goal today, set another goal tomorrow, and keep working toward it.

God has great plans for the things you know you want to do. What are you waiting for?

What gets you motivated to move past the knowing and gets you doing? Share your comments below.

Manturity is a blog built on establishing spiritual maturity in today's man. The goal is to assist men in building better marriages and help them in grow in maturity and explore different aspects of manhood. features new weekly blog posts, daily social media updates and a powerful resources page. Stay up to date with the Manturity blog communities on Facebook and Twitter.

For the original article, visit .