



*You came near when I called on you; you said, 'Do not fear!' You have taken up my cause, O Lord, you have redeemed my life.  
– Lamentations 3:57-58*

Our sermon series, Self-Sabotage: From Ruin to Redemption, explores the subtle and sometimes not-so-subtle ways we can undermine our faith, damage our relationships with others and distance ourselves from God.

Together, we'll learn how to recognize these struggles, bring them into the light and ground ourselves in God's promises, truth and vision for who we are becoming.

Thank you for joining us at King of Kings this Lenten Season.

## Week Seven

Wednesday, April 1 – Tuesday, April 7

### What to expect this week:

We hope to see you in church throughout this Holy Week. We are offering two Maundy Thursday services, a Good Friday service, and four Easter services.

### Suggested Week Seven Schedule:

#### Wednesday, April 1

- Read a Devotional (choose your own adventure):
  - *Option A:* Let Past Hurts Define Future Relationships
  - *Option B:* Replay the Tape – Keep Beating Yourself Up

#### Thursday, April 2

- Attend Maundy Thursday worship at 5:30 p.m. or 7:00 p.m.
- Read Devotional: Let Shame Define You – Forget That Grace Rewrites the Story

#### Friday, April 3

- Attend Good Friday worship at 6:15 p.m.
- Read Devotional: Let Anxiety Lead – Make Decisions Based on Fear, Not Faith

#### Saturday, April 4

- Attend Easter worship today or tomorrow
  - *Contemporary:* Sat 4:00 p.m. or Sun 10:30 a.m.
  - *Traditional:* Sun at 7:30 a.m. or 9:00 a.m.
- Read Devotional: Prioritize Being Right More Than You Are Loving – Win Arguments, Lose People.

#### Sunday, April 5

- If you haven't already, attend Easter worship
  - *Traditional:* 7:30 a.m. or 9:00 a.m.
  - *Contemporary:* 10:30 a.m.
- Read Devotional: Think a Lot and Do Nothing. Don't Land the Plane – Stay stuck in Idea Mode Without Ever Taking Action

#### Monday, April 6

- Read Devotional: Procrastinate - Put Off Tomorrow What You Can Do Today

#### Tuesday, April 7 – Free Day

## Self-Sabotage: From Ruin to Redemption Wednesday, April 1 – Option A

### Let Past Hurts Define Future Relationships.

Lamentations 3:22-23 - 22 The steadfast love of the Lord never ceases, his mercies never come to an end; 23 they are new every morning; great is your faithfulness.

#### *FROM RUIN...*

If you want to sabotage your ability to connect, love and grow, start here: **Let Past Hurts Define Future Relationships.** Carry and wear old wounds like a badge, expecting disappointment or pain at every turn. Hold onto bitterness from old relationships and let unforgiveness shape your expectations and reactions to others. Guard your heart fiercely, avoiding vulnerability and emotional risk.

Approach relationships with suspicion, doubt and fear. Expect the worst from everyone instead of openness and trust. Keep people at arm's length to avoid being hurt again and interpret new experiences through the lens of past pain.

Misread intentions, jump to conclusions and miss opportunities for grace and growth.

#### *...TO REDEMPTION*

#### What does scripture have to say?

Fear-driven decisions, unresolved pain and lingering regret can limit our joy and keep us stuck in isolation. God calls us to look forward, not backward. This doesn't mean pretending the past didn't happen, it means choosing not to live trapped by it. God desires to bring new life, restoration and hope beyond what we've experienced. Letting fear rule our relationships can blind us to the potential for healing and genuine connection.

Isaiah 43:18-19a invites us to release the past and focuses our attention to a future hope 18 **Do not remember the former things, or consider the things of old.** 19 **I am about to do a new thing; now it springs forth, do you not perceive it?**

- What past hurts, regrets, or failures are you still carrying with you?
- How has dwelling on past pain shaped the way you make decisions or perceive yourself?
- How might God be inviting you to release those “former things” and perceive the new work He wants to do in your life?
- What does it look like to actively expect God to bring something new and restorative into your present and future?

Romans 12:2 invites us to renewal, 2 **Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.**

- What thoughts, beliefs or habits need renewal to help you move forward in God's purpose?

Healing comes from renewing our minds and embracing God's new work. Past hurts do not have to define your future because God is a God of restoration and new beginnings. Expect God to bring something new, He is always at work, even when you can't yet see it.

In fact, take a moment to read **Jeremiah 29:11 - 11 For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.**

- How can you intentionally redirect your mind toward God's goodness, promises and future hope today?

Using the image of getting dressed, **Colossians 3:16:12-17** reminds us of how we are to act when it comes to our relationship with others.

Instead of looking outward, what would it mean to begin with an inward transformation?

12 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. 13 Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. 14 Above all, clothe yourselves with love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. 16 Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

- Which of these virtues (compassion, kindness, humility, meekness, patience) feels most natural to you? Which feels most resistant?
- In what situations do you tend to “put on” self-protection, pride, or impatience instead of the clothing Paul describes?
- Where are you holding onto a complaint (spoken or unspoken) that God may be inviting you to release?
- What does it mean for love to be the outermost garment that holds everything together in your life?
- What competes with the peace of Christ ruling in your heart, and how do you usually let it win?

**Note to self - Which of the statements below speak to you? Why?**

- Knights wore armor to protect themselves, but it was heavy and cumbersome. When it comes to relationships, you don't have to be a knight.
- Building walls instead of bridges keeps you from going anywhere.
- Clinging to old narratives keeps you from creating a new story.

**Here's the Truth:**

Holding onto bitterness or pain can harden your heart and affect future relationships. Forgiveness is not saying the hurt was okay or pretending it didn't happen, it's releasing its control over you. Your past does not have to control your future in fact, God invites you to bring your past hurts to Him, receive His healing and step forward with hope and courage. Each relationship is a new chance to experience His love and grace. You don't have to let past pain define you, choose to walk in freedom and love.

Fear-driven decisions limit our joy and keep us stuck in isolation. God calls us to look forward, not backward.

## Self-Sabotage: From Ruin to Redemption Wednesday, April 1 – Option B

### Replay the Tape – Keep Beating Yourself Up

2 Corinthians 5:17 - 17 So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

#### *FROM RUIN...*

If you want to drown in regret, deepen shame and lose hope, start here: **Replay the Tape – Keep Beating Yourself Up.** Obsess over past mistakes. Relive your failures again and again, convincing yourself that God’s forgiveness and grace is not enough or that you don’t deserve it. Keep your struggles hidden, feeding the cycle of guilt and self-condemnation. Let your mistakes define you and stay stuck in shame instead of learning from your past and growing stronger through it. Let your mistakes become your identity instead of seeing yourself through God’s eyes.

## *...TO REDEMPTION*

### What does scripture have to say?

God invites us to release the weight of the past and move forward in faith. Dwelling on past mistakes or regrets can keep us stuck, but Scripture points us to freedom and growth.

- What “tapes” from your past do you find yourself replaying; mistakes, regrets, or failures?

Let’s take a quick look at Paul’s words from **Philippians 3:13-14** - 13 Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Straining forward involves daily choices (in your thoughts, words and actions) that actively move you toward God’s future rather than staying stuck in your past. We can remember where we’ve been and what He’s brought us through, but our focus belongs on where He’s leading us.

- How might clinging to the past be keeping you from pressing toward God’s call and purpose?
- What goals, dreams or purposes has God placed in your heart that require you to stop looking back?

Dwelling on past mistakes or regrets keeps you from growth and freedom. Straining forward and pressing on positions you to pursue God’s purpose with focus and hope. Your future in Christ is bigger than your past.

- What would it look like to intentionally “forget what lies behind” in your thoughts and emotions and “strain forward and press on”?

### **Note to self - Which of the statements below speak to you? Why?**

- There's a reason a rearview mirror is smaller than the windshield. We're not meant to live looking backwards.
- God's forgiveness is not a short blanket; it covers us completely.
- Growth comes through trials; not regret.
- Thinking that God's mercy and forgiveness doesn't apply to us, drains the cross of its power.
- When you focus only on your faults, you trap yourself in a prison of condemnation and despair; far from the freedom and healing God offers.

### **Here's the Truth:**

Your identity is in Christ, not your errors. Choose to let go of the past and step into the new life Jesus offers. Stop replaying the old tape of failure and start living in the freedom of God's grace and purpose. When you keep focusing on what's behind you, you can't see the new work that God is doing in you right now. God's grace covers every sin and rewrites your story, accept it, believe it and move forward in it.

## Self-Sabotage: From Ruin to Redemption Thursday, April 2 – Maundy Thursday

### Let Shame Define You – Forget That Grace Rewrites the Story.

Psalm 103:11-12 - 11 For as the heavens are high above the earth, so great is his steadfast love towards those who fear him; 12 as far as the east is from the west, so far he removes our transgressions from us.

#### *FROM RUIN...*

If you want to trap yourself in guilt, self-condemnation and isolation, start here: **Let Shame Define You – Forget That Grace Rewrites the Story.** Carry past mistakes like a heavy burden. Dwell on past failures, constantly focus on what you've done wrong and use shame as a weapon against yourself. Speak harshly to yourself, believe negative self-talk and sabotage your own growth. Believe the lie that you are worthless or unlovable and let your worth be defined by your failures instead of God's love.. Relive mistakes in your mind and refuse to move forward. Let shame convince you that you must face your brokenness alone and refuse to ask for support or professional care.

## *...TO REDEMPTION*

### What does scripture have to say?

Shame can be a heavy weight, whispering lies about your worth, your past or your failures. Scripture reminds us that God sees beyond our shame and invites us into honesty, healing and restoration. In fact, **Romans 8:1** reminds us that confession brings healing **8 There is therefore now no condemnation for those who are in Christ Jesus.**

While not a direct Bible verse, “Confession is good for the soul” reflects a deep Biblical truth: being honest about our faults, sins or burdens brings healing, freedom and restoration.

Check out what **James 5:16** has to say, **16 Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.**

- Are there sins, mistakes or regrets you've been carrying alone?
- Who could you safely confess to for prayer, support and accountability?
- How might sharing your struggles invite God's healing and freedom into your life?

We often read **Ephesians 4:29** in terms of speaking ill about others, but read it in terms of how you speak about yourself, **29 Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.**

- How often do you speak negatively or words of shame over yourself?
- What would it look like to replace self-criticism with words that build you up, grounded in God's truth?
- How might your inner dialogue change if every word about yourself conveyed God's grace rather than condemnation?

Here's an invitation to have an argument with God about how he sees you. Read **Isaiah 1:18 - 18** Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool. Though we may experience consequences because of our sin, what does this tell us about past mistakes?

- How does it feel to know that God sees beyond your past mistakes and offers complete forgiveness?
- How might embracing God's perspective of cleansing and restoration change the way you live today?

**Psalm 103:11-12** also shares this image, **11 For as the heavens are high above the earth, so great is his steadfast love towards those who fear him; 12 as far as the east is from the west, so far he removes our transgressions from us.**

Or what about **2 Corinthians 5:17 - 17** **So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!"**

The way we speak to ourselves matters; shame thrives in silence but confession brings freedom and invites God's healing.

### **Note to self - Which of the statements below speak to you? Why?**

- Stop eating the same sandwich if it leaves a bad taste in your mouth. Get a new sandwich.
- Shame is a weapon used against yourself.
- Don't let yesterday's failure hold the pen for today's future.
- Defining yourself by the scar instead of the Savior who healed it.

### **Here's the Truth:**

Shame keeps you anchored to the past; replaying mistakes, regrets and feelings of unworthiness. It whispers that you are defined by your failures and holds you back from the life God intends for you. When shame defines you, it steals your joy, cripples your growth and cuts you off from God's grace. But through the grace of Jesus you have been offered a freedom that transforms your heart, mind and identity.

You are not the sum of your mistakes or the weight of your shame, you are redeemed, loved and set free. Grace doesn't just forgive; it restores and invites you to step out of the shadows of guilt and walk into the light of God's mercy.

When you accept this grace, shame loses its power. You are invited to live fully and embrace the new life Jesus offers; to see yourself as He sees you.

## Self-Sabotage: From Ruin to Redemption Friday, April 3 – Good Friday

### Let Anxiety Lead – Make Decisions Based on Fear, Not Faith.

1 Peter 5:6-7 - 6 Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. 7 Cast all your anxiety on him, because he cares for you.

### *FROM RUIN...*

If you want to let fear and worry steal your peace, rob your joy and cloud your decisions, start here: **Let Anxiety Lead – Make Decisions Based on Fear, Not Faith.** Overthink every situation and turn every decision into a mental wrestling match. Give your anxious thoughts the steering wheel and let worry dictate your choices.

Obsess over worst-case scenarios and overanalyze every detail until your mind is exhausted and stuck in paralysis.

Instead of bringing your worries to God and trust in His promises, try to manage them alone. Let the “what ifs” dominate your mind and drown out the peace God offers. Let anxious thoughts swirl unchecked because you don’t pause to pray or surrender control.

Rely on temporary fixes, distractions, substances, busyness or control to numb anxious feelings instead of God’s peace. Pull back from friends, family and community when anxiety overwhelms you and pretend you have it all together.

## *...TO REDEMPTION*

### What does scripture have to say?

Anxiety often arises when we allow fear, uncertainty or worry to dictate our thoughts and actions. Scripture calls believers to surrender anxiety to God, trust His presence and embrace His peace.

Take a moment to reflect on **Philippians 4:6–7** - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Why do you think it’s important to root your prayer in thanksgiving, especially when you’re anxious?
- What does it mean to guard your heart and your mind in Christ Jesus?

Take a moment to put into words the peace that Jesus is offering here. For additional insight, read **John 14:27** - 27 Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

- How does Jesus’ peace differ from the kind of peace the world offers?
- In what areas of your life do you need to receive this supernatural peace?
- Where have worldly solutions to anxiety fallen short and how might trusting Jesus change that?

Sometimes we are so fearful of others that they can consume our thoughts, read **Hebrews 13:5b-6** – 5b for he has said, ‘I will never leave you or forsake you.’ 6 So we can say with confidence, ‘The Lord is my helper; I will not be afraid. What can anyone do to me?’

- How does the promise of God’s constant presence encourage you in your current situation?
- Who or what has been consuming your thoughts, and how might trusting God shift your focus?

Take a moment to reflect on **Psalm 34:4 -4 I sought the Lord, and he answered me, and delivered me from all my fears. and Isaiah 41:10 - 10 do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.**

- What does it mean that you already have victory in Jesus?

Ignoring these promises hands anxiety the keys to your heart. In fact, let’s not forget this reminder from **Matthew 6:25-34 - 25 ‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you— you of little faith? 31 Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” 32 For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 34 ‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.**

- What worry did you resonate with in Matthew 6:25-34?
- What word of peace did you need to hear in Matthew 6:25-34?

- What does “seeking first the kingdom of God” look like in the areas where you worry most about provision or the future?

While the world offers temporary solutions, God’s peace surpasses human understanding and guards both heart and mind. Anxiety loses its power when we present our requests to God with prayer, petition and thanksgiving. Trusting in God and His promises allows us to live with courage and confidence rather than letting anxiety lead.

- What fears or worries do you need to release to God today?

### **Note to self - Which of the statements below speak to you? Why?**

- Anxiety is on 3<sup>rd</sup> don’t allow it to steal home! Think about it.
- Don’t let overthinking rob you of your present.
- Anxiety, fear and worry are horrible roommates
- You don’t fill your tub with dirty water. What are you allowing to fill your mind?
- When you choose from fear, you choose from limitation, not possibility.
- Temporary fixes only mask the pain
- When anxiety drives, you’re bound to veer off course.
- Fear says, “what if” but faith says, “even if.”

### **Here’s the Truth:**

Anxiety may scream the loudest, but faith speaks the truth. Anxiety loses when faith leads. Choosing to surrender your fears to God, trusting in His promises and leaning on community brings freedom and peace that anxiety can never steal. Temporary fixes only mask the pain, but God’s peace is lasting.

## Self-Sabotage: From Ruin to Redemption Saturday, April 4

### Prioritize Being Right More Than You Are Loving – Win Arguments, Lose People.

Proverbs 15:1 - A soft answer turns away wrath, but a harsh word stirs up anger.

#### *FROM RUIN...*

If you want to damage your relationships, isolate yourself and harden your heart, start here: **Prioritize Being Right More Than You Are Loving**. Insist on winning every argument and prove your point at all costs. Speak over people rather than listening, dismiss the feelings and needs of others and let pride and stubbornness rule your conversations. Refuse to admit when you are wrong, interrupt and overpower. When you value being right above loving, you build walls instead of bridges and lose people who once cared.

#### *...TO REDEMPTION*

#### What does scripture have to say?

Choosing to always be right can cloud relationships, fuel anger and pull us away from God's heart. Scripture challenges us to pursue righteousness, not victory in arguments and to prioritize love over the need to "win."

A desire to be right often fuels conflict yet **James 1:19-20** invites us to something new, **19 You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; 20 for your anger does not produce God's righteousness.**

- Where is the need to be right causing relational friction?
- When have you prioritized being right over understanding or listening to someone else?

- How has anger or defensiveness affected your relationships?
- What might it look like to pause, listen and respond with humility rather than insisting on your own way?

Paul reminds us in **Ephesians 4:1-3** that living out our calling is not just about what we believe, but how we treat one another. A life worthy of Christ is marked by humility, patience, and a deep commitment to preserving unity through love and peace. **4 I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 making every effort to maintain the unity of the Spirit in the bond of peace.**

Later in **Philippians 2:3**, Paul challenges us to resist the pull of pride and self-interest and instead live with Christ-like humility. **3 Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. 4 Let each of you look not to your own interests, but to the interests of others.**

- Where might selfish ambition or pride be shaping your attitudes or actions toward others?
- How can you practice greater humility and patience in your relationships this week?
- What step can you take to help maintain unity and peace instead of contributing to division?
- How can you intentionally put someone else's interests before your own this week?

In fact, it is possible to speak with great passion, knowledge and conviction but still miss God's heart if love is absent. Paul reminds us that being right, persuasive or eloquent means nothing if our words harm others instead of reflecting Christlike love. Take a quick look at what **1 Corinthians 13:1** has to say, **1 If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal.**

- What stuck out to you? What does it mean to be a noisy gong or a clanging cymbal?

- What does it mean that your words or actions can be loud and attention-grabbing but ultimately meaningless without love?
- In what ways might your desire to be right have created noise instead of fostering peace or understanding?
- How can you let love lead your words, even when you feel tempted to insist on being correct?

Now skip down to **1 Corinthians 13:4-7** that reminds us that true love is not about proving a point or getting our own way but a love that chooses patience, humility and endurance, one that values people over pride and seeks truth without sacrificing compassion. **4 Love is patient; love is kind; love is not envious or boastful or arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice in wrongdoing, but rejoices in the truth. 7 It bears all things, believes all things, hopes all things, endures all things.**

- How often do you insist on being right rather than showing patience, kindness, or humility?
- Which aspects of love in this passage challenge you the most in your current relationships?
- What could it look like to choose love over the need to be right today?

God calls us to pursue His righteousness, not personal victory, where listening, patience and humility matter more than “winning” an argument. True influence doesn’t come from proving a point, but from reflecting God’s love in our words and actions.

In fact, let’s face it, sometimes we can step on toes but because we are deeply loved and chosen by God, we are called to reflect His character in the way we treat others. In **Colossians 3:12-13** Paul encourages us to intentionally “put on” compassion, humility and forgiveness, allowing God’s grace towards us to shape our relationship, **12 As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. 13 Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.**

- Which Christ-like quality listed here do you need to intentionally “put on” in your relationships right now?
- Is there someone you need to forgive, remembering how freely the Lord has forgiven you?

#### Note to self: Which of the statements below speak to you? Why?

- Conversations are not battles to be won but opportunities to learn, grow and seek understanding.
- There’s always a cost; how much are you willing to pay for being right?
- We often think in terms of a winner and a loser, but sometimes there are two losers even when someone think they won.
- What wedge are you driving through a relationship tree?
- Are you building bridges or digging wider trenches and deeper gorges?
- Listening breeds connection

#### Here’s the Truth:

A desire to be right often fuels conflict. God calls us to lead with love, humility, understanding and grace even when we disagree. Admitting faults opens doors to healing and deeper relationships and your relationships will thrive and your heart will grow.

## Self-Sabotage: From Ruin to Redemption Sunday, April 5 – Easter

**Think a Lot and Do Nothing. Don't Land the Plane.  
– Stay Stuck in Idea Mode Without Ever Taking Action**

Proverbs 14:23

23 In all toil there is profit, but mere talk leads only to poverty.

### *FROM RUIN...*

Want to feel productive while making no real progress, start here: **Think a Lot and Do Nothing. Don't Land the Plane.– Stay Stuck in Idea Mode Without Ever Taking Action.** Overthink everything and act on nothing. Let ideas pile up while action stalls out. Fill your journals, make spreadsheets, dream big dreams, attend meetings, make plans, just don't move. Confuse insight with obedience and assume that learning truth is the same as living it. Take good notes, nod in agreement but don't actually change anything. Obsess over the “perfect plan” and keep analyzing every angle until you're paralyzed by indecision. Wait for the perfect conditions, total clarity, perfect timing and guaranteed success before moving doing anything. Tell yourself you're being wise and thoughtful when in reality, you're avoiding action because action means risk.

Dress up fear in spiritual language calling it “waiting on God” or “praying about it” when really you're just stalling. Spend your time wading through endless scenarios. Play out every possible outcome in your mind; worrying about what might happen, what could go wrong and what others will think. Let your imagination do all the work while your hands do nothing.

Let perfectionism paralyze you. Believe the lie that if you can't do it perfectly, don't do it at all. Overthink. Second-guess. Rewrite. Never finish.

## *...TO REDEMPTION*

### What does scripture have to say?

Life often tempts us to wait for perfect conditions or to overthink before we act. Scripture, however, calls us to faithful action and diligent work, reminding us that progress and blessing come through doing and not just planning or talking.

Take a moment to read **Ecclesiastes 11:4 - 4** and **Proverbs 14:23**

**Ecclesiastes 11:4 – 4** Whoever observes the wind will not sow; and whoever regards the clouds will not reap.

**Proverbs 14:23 - 23** In all toil there is profit, but mere talk leads only to poverty.

God honors diligence and effort. Talking or planning alone does not accomplish God's purposes; faithful work does. These verses remind us that planning without action is unfruitful.

Over thinking, endless planning or waiting for the “perfect moment” or “ideal conditions” can lead to missed opportunities. Yes, life is uncertain, but God calls us to step out in faith rather than remaining paralyzed by doubt or fear.

- Where in your life are you waiting for the “perfect moment” or “ideal conditions” instead of stepping forward in faith?
- How can trusting God allow you to move forward even when circumstances feel uncertain?
- How can you take a small step today to move from intention to faithful work?

Even our best-laid plans must be under God's guidance. We read in **Proverbs 16:9 – 9** **The human mind plans the way, but the Lord directs**

**the steps.** Faithful planning, paired with courageous obedience, ensures that we move forward without waiting for perfect conditions.

- How can you balance wise planning with courageous action?
- How does trusting God in uncertainty motivate you to act rather than wait?

Thinking and planning are valuable, but faithful action is essential. God calls us to step out, work diligently and trust Him with the outcomes rather than letting hesitation or overthinking keep us from the purposes He has set before us.

Yet there's more to it than faithful obedience, it's also about the spirit in which we serve. **Philippians 2:14-15** reminds us, **14 Do all things without murmuring and arguing, 15 so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world.**

- How does it make you feel that your work makes a difference in the world?

**Note to self - Which of the statements below speak to you? Why?**

- At some point, you must plant the seed. If you wait for ideal conditions, you'll miss every harvest God wants to grow in your life.
- Good intentions don't build character. Consistent action does.
- You never go anywhere just by looking at a map
- Fear loves to wear a mask that looks like patience.
- Jesus didn't call us to control the future; He called us to obey today.

**Here's the Truth:**

Thinking without acting is spiritual self-deception. True wisdom requires movement and fear often masquerades as careful thought. God calls us to act, not just to plan or imagine. You don't need to be perfect to take the first step and without action, thinking alone becomes spiritual clutter. Focusing on ideas instead of obedience creates the illusion of progress, leaving you skilled in good intentions but untouched by real transformation.

## Self-Sabotage: From Ruin to Redemption Monday, April 6

### Procrastinate

#### - Put Off Tomorrow What You Can Do Today.

James 4:13-17 - 13 Come now, you who say, 'Today or tomorrow we will go to such and such a town and spend a year there, doing business and making money.' 14 Yet you do not even know what tomorrow will bring. What is your life? For you are a mist that appears for a little while and then vanishes. 15 Instead you ought to say, 'If the Lord wishes, we will live and do this or that.' 16 As it is, you boast in your arrogance; all such boasting is evil. 17 Anyone, then, who knows the right thing to do and fails to do it, commits sin.

### FROM RUIN...

If you want to ruin your life without even doing anything, start here: **Procrastinate - Put Off Tomorrow What You Can Do Today.** Put things off. Delay what God has placed in front of you. Wait until it's more convenient, less risky or feels easier. Assume there's always more time. Believe the lie that you can always obey God later. Delay. Delay repentance. Delay obedience. After all, what's the rush?

Stay busy, just not productive. Handle everything except what matters most. Fill your day with distractions. Answer emails, scroll endlessly, do chores, just don't start the thing God told you to do.

Skip the process. Look for shortcuts and instant results. Delay the little things because they don't feel "urgent." Wait until you "feel" ready. Tell yourself that when you're motivated, organized, or inspired, then you'll start. Let the opportunity pass you by.

## ...TO REDEMPTION

### What does scripture have to say?

Procrastination is a temptation we all face. We delay important decisions, put off spiritual disciplines or wait for "the right moment" to act. However, scripture repeatedly reminds us that life is fleeting, time is a gift and faithful action is required today.

Take a moment to read **James 4:13-17** which is in a section of scripture titled, Boasting about Tomorrow. James warns, 13 Come now, you who say, 'Today or tomorrow we will go to such and such a town and spend a year there, doing business and making money.' 14 Yet you do not even know what tomorrow will bring. What is your life? For you are a mist that appears for a little while and then vanishes. 15 Instead you ought to say, 'If the Lord wishes, we will live and do this or that.' 16 As it is, you boast in your arrogance; all such boasting is evil. 17 Anyone, then, who knows the right thing to do and fails to do it, commits sin.

- How does this text challenge procrastination in your life?

Even small tasks matter. Delaying small responsibilities can compound into larger consequences over time. **Luke 16:10** reminds us that God honors faithfulness, even in the small, everyday opportunities. 10 'Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much.'

Take a moment to review your daily schedule:

- Where can you be more intentional in stewarding time for God's kingdom?
- What "small things" are you delaying that God is calling you to steward faithfully today in terms of your work, relationships or spiritual life?

Replace “I’m waiting for the perfect time” with a prayer, “Lord, help me act now according to your will.”

Let’s face it, time is limited and opportunities pass quickly. Scripture calls us to live wisely, not wasting moments in idleness or delay. In fact **Ephesians 5:15-16**, reminds us to make the most of your time, **15 Be careful then how you live, not as unwise people but as wise, 16 making the most of the time, because the days are evil.**

- How could you reorganize your priorities to make better use of your time for God’s kingdom?

Procrastination in our spiritual life (delaying repentance, prayer or acts of service) can mean missing the moment God provides. The call is urgent: today is the day. Take this reminder from **2 Corinthians 6:1-2 – 1 As we work together with him, we urge you also not to accept the grace of God in vain. 2 For he says, ‘At an acceptable time I have listened to you, and on a day of salvation I have helped you.’ See, now is the acceptable time; see, now is the day of salvation!**

**Hebrews 3:15** also warns, **15 As it is said, ‘Today, if you hear his voice, do not harden your hearts as in the rebellion.’**

- What is God inviting you to act on immediately, without delay?
- What areas of your life have you been putting off that God is calling you to address now?
- How does acknowledging the uncertainty of life motivate you to act faithfully today?
- What practical steps can you take this week to move from procrastination to action in your work, relationships or spiritual life?

**Matthew 24:36** and **Matthew 24:44** talk about the necessity for watchfulness and to be ready!

**Matthew 24:36 - 36 ‘But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father.**

**Matthew 24:44 - Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.**

- How do these texts challenge you to step out in faith today?

The reality is that procrastination tempts us to wait, delay or overthink, but Scripture reminds us that life is short, time is a gift and obedience cannot be postponed. Faithful action (even in small steps) honors God and aligns our lives with His purposes.

**Note to self - Which of the statements below speak to you? Why?**

- Delayed obedience is disobedience.
- You don’t know how many tomorrows you’ll get, so don’t waste today.
- If the enemy can’t destroy you, he’ll distract you. Procrastination gives him an open door.
- Procrastination isn’t just a time management issue; it’s often a heart issue. It’s how we say “no” to God without ever saying the word.
- Delay the little things because they don’t feel “urgent.” But over time, those small steps add up to a wasted life.

**Here’s the Truth:**

What you put off today shapes who you become tomorrow. Procrastination may feel harmless, but it slowly steals and erodes your time, calling, peace, and progress. God calls us to act now, with a willing heart, not waiting for perfect conditions. He often works through consistent, faithful, unseen steps. While procrastination says, “Not now,” obedience says, “Even now.” Faith doesn’t wait for ideal circumstances, and if feelings lead, your calling will always lag behind, leaving you busy but stagnant. Thank you Jesus for moving us from Ruin to Redemption.