

Lesson 4: Overcoming Resistance

1. Common Blockers: Procrastination, Perfectionism, Fear

Biblical Principle: *“For God gave us a spirit not of fear but of power and love and self-control.”*
— 2 Timothy 1:7

- **Procrastination:** Delaying action often stems from fear or lack of clarity.
- **Perfectionism:** Striving for flawless results can paralyze progress.
- **Fear:** Fear of failure or rejection hinders forward movement.
- God calls us to courage, discipline, and reliance on His strength.

Worksheet Prompt:

- Identify one area where procrastination, perfectionism, or fear has held you back.
- Write down the root cause (e.g., fear of rejection, desire for approval).
- Replace it with one truth from Scripture that empowers action.

2. Reframing Setbacks as Feedback

Biblical Principle: *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”* — James 1:2–3

- Setbacks are not failures—they are opportunities to learn and grow.
- Feedback provides clarity on what to adjust and improve.
- Perseverance builds resilience and strengthens faith.

Worksheet Prompt:

- Recall one recent setback.
- Write 2 lessons you learned from it.
- Identify 1 adjustment you can make moving forward.

3. ✨ Motivation Boosters: Rewards & Visual Progress Tracking

Biblical Principle: *“Let us not grow weary of doing good, for in due season we will reap, if we do not give up.”* — Galatians 6:9

- Rewards celebrate progress and reinforce positive behavior.
- Visual tracking (charts, checklists, journals) makes progress tangible.
- Motivation is sustained by hope, discipline, and trust in God’s timing.

Worksheet Prompt:

- Choose one reward you’ll give yourself after completing a milestone.
- Create a simple progress tracker (checklist, chart, or journal entry).
- Reflect weekly on how tracking motivates you to keep going.

✨ Key Takeaway

Resistance is overcome by **faith, reframing, and motivation**. Procrastination, perfectionism, and fear lose their power when clients rely on God’s Spirit of courage and discipline. Setbacks become stepping stones, and consistent rewards and progress tracking sustain momentum toward God-honoring goals.