

5 Minutes on Faith
Finish Strong 2024 - Day 4
Episode #152

Thursday, December 5, 2024

Day 4: Overcoming Barriers in our mind.

To overcome barriers in our minds we must be willing to go to the LORD and ask Him to reveal the truth of what we are allowing to hold us back and the root cause of each issue.

LORD, what is the root cause of my resistance to moving forward and finishing strong in life?

LORD Is it fear?

LORD Is it Procrastination?

LORD is it my lack of clarity?

Sit quietly, undistracted and listen.

Ask the LORD to reveal all barriers and lead you to specific scriptures that address each issue. Write them down on a 3x5 card and begin speaking the scriptures out loud.

Your greatest competition is the voice inside your head that says you can't. Your greatest weapon is wielding the WORD OF GOD against the lies of the enemy!

What does the WORD say about fear?

2 Timothy 1:7 "For God gave us a spirit not of fear but of power, love and a sound mind"

Isaiah 54:17"No weapon formed against you shall prosper."

What does the WORD say about procrastination?

Proverbs 14:23 "Hard work brings a profit, but mere talk leads only to poverty."

Hebrews 12:11 “No discipline seems pleasant at the time, but painful. Later, however it produces a harvest of righteousness and peace for those who have been trained by it.”

What does the WORD say about gaining clarity?

James 1:5-8 paraphrased as a prayer

With single mindedness and unwavering faith, I come to you LORD, to ask for wisdom and knowledge on how to move forward with the gifts and callings you have placed in my life. Thank you for your loving kindness and faithfulness to give me the direction I need to move forward boldly in my life assignment.

Book recommendations:

“Battlefield of the Mind” Joyce Meyer

“God Talks How to have a friendship with God” Ed Rush