



## **Get Free from Stress and Procrastination**

**Doug Addison [Episode 110]**

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Hey friends, Doug Addison. Welcome to a *Spirit Connection* podcast. And it's 2020, so excited for the new year.

And I've got some really cool stuff to share with you because as you're moving into the new year, I know you might be struggling with things like stress and procrastination and trying to get a breakthrough in those areas of your life. Well, I tell you, I had to battle with these things, myself. And in this episode, I'm gonna walk you through how to get set free from stress, how to begin to move in God's perfect peace. And as you do these things, it's gonna align you with the things of Heaven. That's what counts. If you align yourself on Earth as it is in Heaven, as Jesus says, it will cause you to walk at levels of peace that you really maybe have never dreamed possible. So let's get it going.

Lord, I thank You for Your goodness. I thank You that You're moving right now, and You're doing new things that are gonna open up on a greater level as we go throughout the year. We're gonna need to get this. Lord, we need to get into this place of perfect peace. So we ask now that You'd move through the internet, through the recordings, in Jesus' name. Amen.

Well, whether you're joining me live or not, it's gonna be an exciting year. I released a prophetic word for the new year, and you can watch it or read it over [on] my web site, [DougAddison.com](http://DougAddison.com). And the prophetic word for the new year talks about stepping into the very reason that you were created. God is moving right now, and He's doing some new things. He's working behind the scenes. It's gonna be a turnaround year for a lot of people.

Isaiah 26:3, "You will keep in perfect peace those whose minds are steadfast because they trust in You." So, the key to walking in perfect peace is to renew your mind and trust God in this process. He's got your back. He's not the one causing all the tragedies out there. You need to understand that part of it. To step into perfect peace, you've gotta understand where peace comes from and where the attacks come from.

And so, we live in a time right now where actually stress can be linked to illness and even death. There's some studies, I don't know if you know this, but people are suffering from anxiety, they're suffering from, you know, being stressed out. Having too much to do. Well, the remedy is to trust the Lord. Often, it's like, it's not that easy, but it is! 1 John 4:18 is the root of sickness is fear, stress and anxiety. Now, I wanna, you know, let you know that I got this from reading a book by Dr. Henry Wright. And it was talking about the more excellent way, which is the spiritual root to disease. And he talks about this, but I've actually taken this a little step further and brought this into how to break free of a lot of the things that are getting you in your life.

1 John 4:18 says, "There is no fear in love; but perfect love casts out fear because fear involves torment. But those who fear are not made into perfect love." Now this is so important. There's a thing called "perfect love," and John talks about it. Perfect love is where you align yourself with "love God with all your heart, all your soul, all your might; love your neighbor as yourself." Those are the loves. Those are the things, you need to love ... That's why it's so important to align yourself with the understanding of who Jesus really is. Who God really is as a Father. And He's not out to get you. I want you to align yourself with that. And then loving other people and not seeking revenge or having unforgiveness in your heart that can get you sick. It did me. And also, loving yourself. Those are the things.

So fear is not just an emotion. According to 1 John 4:18, fear actually can come in and bring in tormentors. And many people, Christian or non-Christian, doesn't matter, can be tormented by the spirit of fear. And you know, if you don't realize it, they can get assigned to you to try to keep you out of God's perfect peace and perfect love. Now Isaiah, when I was talking about the Isaiah verse. Isaiah 26:3, which talks about perfect peace. Well then 1 John 4:18 talks about perfect love. And what really that means is that when you align yourself with these things, it can cause everything then to come into line or come into flow with Heaven and those things around you.

So, stress is a symptom that you're lacking peace, that you're having an open door in your life to the spirit of fear. And I got healed of anxiety. I got healed of stress, Lyme disease, multiple chemical sensitivity. Once I understood these things, I moved out of a 4-year affliction that was partly because I was stressed out from the different things, and it was a lot of losses in my life, lot of different things got there. But I wanna stand right before you now, and I say that I'm standing in perfect love. I've cast out the tormentors of fear, and that I'm being healed even more. I've got so much healing, even more each day.

So fear, by the way, 2 Timothy 1:7 says, "But God has not given us a spirit of fear but of love, power and a sound mind." Very important. Fear is a 4-letter word that starts with "f." (Did I just say that?) Yeah, I did. You know, it's a bad thing, really, but it's mentioned in the Bible over 365 times: "Do not fear. Do not be afraid." So God wants you to even grab hold of it, maybe even one a day, is to grab ahold of not being in fear. Fear of being deceived. Fear of getting out of God's timing. People get fearful for a lot of things. Fear of failing. Fear of terrorism. Fear of cancer. Gosh, fear of turning your cell phone off, you know, for a short period of time. There's such fear. You gotta break through this

stuff. And as you detox from fear and stress, you're gonna start seeing a change happen in your life.

And here's a couple of just easy steps that you can do right now. What is your source? What's the source of fear? Or maybe the source of stress? I had to do this. I had to start journaling ... I don't mean like a "Dear Diary" thing ... But I just start making notes throughout the day of what it was that would pop up in my head. I want you to do this. You can actually invite the Lord into the place of your fear. Invite the Lord into that place of stress. Even if you're stressed out, ask Him to show you what the root cause of these things. And once you find the root, it's gonna really help you. And you can take some steps, you know, by choosing to pray instead of getting stressed out, like if you, if you end up yelling at your friends, your family, your kids, whatever ... Take a break and ask forgiveness. Do things like that.

But there's something I want you to look up. It's my friend Paul Cox of [AslansPlace.com](http://AslansPlace.com). You can actually do an internet search on "Swatting the Fly of Fear." You'll see it's a blog on Aslan's Place that has, gosh, so many verses. I don't know, there's a ton of 'em, verses about fear. And he recommends, you know, praying it for 40 days. I didn't have to do it for 40 days, but you might want to if you're suffering from fear. At least get a hold of that. At least just do something. Don't set the bar so high that you feel like you'll won't be able to make it if you fail if you don't make the 40 days. But get a hold of that. Download that. Print it out. Begin to pray each day.

There's usually some root causes to fear, and there's also root causes to the other thing that can really get ya, especially this time of year, is procrastination. You know, procrastination comes when you feel like you already have too much to do, which is true. Or maybe it seems unpleasant or boring. Maybe you're overwhelmed in some areas. You need to ... possibly you need to have some structure, or maybe have taken on too much stuff. Or having the fear of failing or succeeding, even. And the steps to overcome procrastination, I had to go through this because, believe it or not, even though I'm a get-'er-done kind of guy now, I actually suffered really badly from procrastination for a good period of my life.

So, here's how you do it. Ask God to show you what the root of your procrastination is. Then pray and invite the Lord into that area of your life. Maybe you feel stressed out. Maybe you feel overwhelmed. So, invite the Lord into that place. Or maybe you feel like, you know, that you really don't have time for one more thing. Well, invite the Lord into that. Develop a plan of action. You don't have to be a planner to do this, but I'm gonna show you how I was able to break through fear and procrastination—both at the same time. And I call it "developing the breakthrough lifestyle" or the "just-one-small-thing strategy."

Now, I talk about this a lot because if you can get this down, if you can develop this as a lifestyle, that's what's gonna change you. Is a lifestyle change, small things done consistently towards something big will add up later on. You can maybe ask yourself each day or maybe once a week what it is ... one small thing, that if I were to do it, would have the biggest impact on my life. And again, remember you might be feeling

stressed out right now, 'cause this is about stress and procrastination. But this is how to develop the strategy to get out of stress and procrastination at the same time. 'Cause they can be like a one-two punch against you.

Now, here's what I want you to do: What's one small thing that you can do that, you know, might have a big impact. Or have an impact. Maybe if you're just starting out on this, here's what I would recommend is not start with the big things. Maybe you feel stressed out because your laundry is backed up. Or maybe you feel stressed out because your checkbook isn't balanced. Or you feel stressed out because, you know, you need to clean out your house or your garage. Do one-small-things toward it. And usually when you do a clean-out job, I found this anyway, you'll get a burst of energy afterwards because you feel like you accomplished- ... it was something smaller, you know?

I just did it this weekend, this past weekend, you know, end of the year I usually go through my home office with all my recording equipment and everything. And I go through it and reorganize, I order things and, you know, label because I'm not usually an organized person. But when I need to find something, it really stresses me out. So a source of stress for me was being disorganized. So I bought some plastic bins, and I labeled them. And I spent, you know, couple hours on it, that's all it was. On Saturday, I spent a couple hours, and I got some things ordered that I needed, and put some things in the bins that change as I'm doing these—what I'm doing right now. And I'm doing these recordings. To me, I made that one small decision, that one-small-thing, took me two hours to do it. And man, it was a huge changer for me. It took away the stress of things going wrong and not being able to find stuff. That's my thing.

So if you'll work with the small things ... Listen to me. What does cleaning your house out or doing your laundry or organizing your office ... What's that got to do with the bigger things? Well, if you can develop a lifestyle of this, imagine what's gonna happen to your life. And this is what happened to me. I kept putting off writing my first book. And, you know, I knew that I needed to write it. I just couldn't do it. So I applied this one-small-thing strategy. What was one-small-thing I could do towards, you know, writing the book. Well, okay, I could, you know, do some research on it, or talk to someone else who's written. And so I started doing the one-small-thing a week towards some of my bigger goals. I still do that.

And now, here's how you do it. This is the procrastination and the stress breaker. So, what's the one-small-thing that would change your life? Now, make a decision. You know, if you're to get out of debt, maybe you wanna lose weight, maybe you wanna reconcile a broken relationship or, you know, like I just said, clean up the house or your office or ... Maybe it's going, you know, back to college or taking a ministry trip or signing up for, you know, an online course like I have. And that's a decision, right there. You make a decision. When I was wanting to get in shape, I made one decision and then I made a step.

So there's two things here. First of all, find the thing ... There's three steps. One is find the thing that you wanna do. Second is make a decision to do something about it. And

third is take a step. And so, what are one or two small things that you can do right now, today, towards this decision? You know, maybe you wanna write a letter or an email to someone. Maybe make a phone call. Purchase a book, a DVD, you know, like an online course. I've got a lot of online courses, especially on how to write books and different things like that. And so you make that decision and do the small things. You don't have to make a big deal out of this. Small things done consistently will cause you to have a breakthrough. And I do this every week. I do it daily, pretty much. But I do it every week, I developed a lifestyle.

So Lord, I wanna open this up right now. I wanna open this over people. Open the heavens over you right now to break through stress. Lord, reveal the area of stress, the stressor. Reveal the area of procrastination. Reveal the things that are maybe feeling like it's overcoming each person right now, in Jesus' name. Amen.

Well, actually I'd like to offer you something to go even further with this. I'm doing an online workshop on January 18 called *Activate Your Life Purpose: Strategies for Your New Season*. And it's how to apply the prophetic words I've been talking about. Just go to [DougAddison.com/Activate](http://DougAddison.com/Activate).

Also, check out my *Daily Prophetic Words*, #dailyprophetic. If you haven't seen my App yet, the Doug Addison App, it's available on Apple at the Apple Store and also for Androids. Just check that out as well.

All right, it's gonna be a great year. Look forward to seeing you soon.

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