

Pastor Morris Mureithi



**HOW TO FINALLY STOP PROCRASTINATING
(STEP BY STEP)**

Transcribed and Published by LivingSermons.com

How to Finally Stop Procrastinating (Step by Step)

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Publisher: LivingSermons.com

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Publisher: Livingsermons.com

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First Edition — 2026

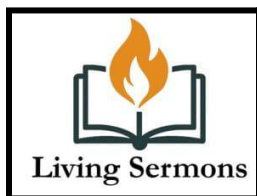
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For Kingdom impact worldwide.



Foreword

In *How to Finally Stop Procrastinating (Step by Step)*, Pastor Morris Mureithi brings a sober yet deeply liberating truth to the body of Christ: that delay is not always neutral, and that obedience in the Kingdom is often measured not only by intention, but by timing. What makes this message weighty is its honesty. It does not accuse the believer of rebellion where there is none; rather, it exposes the quiet gap between hearing and doing—the space where purpose is often stalled, not because God has not spoken, but because response has been postponed.

This sermon is therefore not written to condemn, but to awaken urgency in the spirit of the reader. It calls us back to immediacy in obedience, simplicity in response, and clarity in discernment. As you read, you will notice a consistent thread: God is not withholding direction—He is waiting on response. And often, what we call “waiting on God” is, in reality, God waiting on us.

May this message stir a renewed reverence for divine timing, and may it restore the discipline of immediate obedience in every area of life—spiritual, relational, and practical.

At LivingSermons.com, we believe messages like this are not just to be read, but to be responded to. May this ebook not remain information, but become transformation.

— *Wisdom Epsi*
Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Official YouTube Channel](#)

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Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

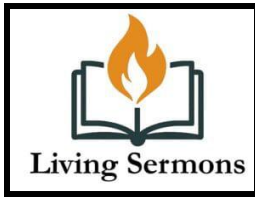
It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

Welcome to another episode.

The reason why I made this message is a little bit personal. There were things God had spoken to me clearly—investments I needed to make, decisions I needed to take, steps toward destiny that were not complicated—and I kept not doing them.

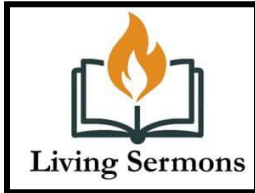
Not because I had said no to God. I had never said no. I had just said, “*Not yet.*”

And for a long time, I thought it was fine. I thought waiting on God and delaying my response to God were the same thing—which they are not.

Then the Lord put something in my heart that completely shifted how I saw it. He said, “*If you deal with procrastination, you will step into hidden riches.*” Not just financial—riches of time, of purpose, alignment, relationships, and even calling. Things that were prepared for you, that you have been kept from—not because God withheld them, but because delay was quietly holding the door closed.

That stopped me.

Then He began to teach me things about procrastination that I had never heard anyone say from a pulpit. And that is what I want to share with you today. My prayer is that after this, you will overcome any form of procrastination.



Understanding Procrastination

The first thing that broke my mind was this: **Procrastination is slow disobedience.**

And disobedience does not always show up as rebellion. Think about that. Sometimes it shows up as delay. We often associate disobedience with dramatic refusal—someone who walks away from God, or someone who does the opposite of what He said. But Scripture gives us something more precise.

James 4:17 (KJV):

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin.”

It does not say, “to him who refuses.” It says, *he who knows and does not act*. That includes the person who intends to act eventually. That includes the person who plans to obey—just not today. **Delayed obedience is disobedience.** And in the Kingdom, timing is not just logistics—timing is theology.

Waiting on God vs Delaying God

Before we go into the dangers of procrastination, this foundation must be clear: This is not a message about doing everything fast. It is not telling you to act without wisdom or to rush decisions that require discernment.

There is a difference between waiting on God and delaying God.

- One is obedience.
- The other is avoidance dressed up as patience.

Wisdom knows when to move and when to be still. But the problem most of us have is not that we moved too fast. It is that we stalled on the things God made very clear.

The investment you keep saying you will start next year.

The conversation you keep pushing back.

The ministry step you have been meaning to take for years.

The book. The business. The apology. The commitment. Your prayer life.

God spoke. You heard it. And the gap between hearing and doing has been quietly growing.

There Is a Window for Every Instruction

Ecclesiastes 3:1 (KJV):

“To every thing there is a season, and a time to every purpose under the heaven.”

God does not just give instructions—He gives them within a window. When that window closes, it does not mean the calling disappears. But it does mean you may have to walk a longer road to reach what could have been a shorter one.

Some of the difficulty people experience in life is not spiritual attack. It is the accumulated weight of delayed obedience. God was ready to move you forward. And every time He stretched out His hand, you said:

“Soon.”

“Eventually.”

“Maybe one day.”

That is procrastination.

The Real Roots of Procrastination

Procrastination is not just laziness. In Scripture—and in real life—it often wears one of three masks:

- Fear
- Comfort
- A subtle belief that your timing is better than God’s

Biblical Examples of Delay

Moses: Fear Disguised as Inadequacy

God appeared to Moses in the burning bush and gave him a clear assignment. Yet Moses responded with excuses.

Exodus 4:10–13 (KJV):

“And Moses said unto the Lord, O my Lord, I am not eloquent... but I am slow of speech, and of a slow tongue... O my Lord, send, I pray thee, by the hand of him whom thou wilt send.”

Moses was not lying—he genuinely felt unready. But God’s response is powerful. God did not fix the inadequacy first and then send him. He said, *“Go, and I will be thy mouth.”*

Readiness is not a prerequisite for assignment. It is a promise fulfilled in movement. Some things you are waiting to feel ready for will only come as you begin moving.

Felix: Comfort Disguised as Delay

Felix was not afraid—he was comfortable. As Paul spoke to him about righteousness and judgment, Felix felt conviction.

Acts 24:25 (KJV):

“...Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.”

The convenient time never came. Felix postponed the most important decision of his life, waiting for a moment that would cost him nothing—and that moment did not exist.

Many people live this way with God.

They have not said no.

They intend to obey.

But they are waiting for a season that is less busy, less demanding, more comfortable. That season never arrives.

Jonah: Avoidance Disguised as Delay

God said, *“Go to Nineveh.”*

Jonah went in the opposite direction.

Jonah 1:1–3 (KJV):

“...Arise, go to Nineveh... But Jonah rose up to flee unto Tarshish from the presence of the Lord...”

What followed?

- A storm
- A breaking ship
- Three days in the belly of a fish

Eventually, he still went to Nineveh. Delay did not cancel the assignment. It only made the journey harder. You will still arrive. The question is whether you walk there—or get carried by a storm.

Samson: Delay That Becomes Bondage

Samson was strong, called, and anointed. Yet through repeated compromise—delaying what he knew he needed to deal with—he fell into bondage.

Judges 16:21 (KJV):

“But the Philistines took him, and put out his eyes... and he did grind in the prison house.”

Bound. Blind. Grinding. Samson did not become weak because the enemy was strong.

He lost strength through delay. Spiritually, delay can bring a called and gifted person into a place where they are alive, anointed, and full of purpose—yet not moving.

Not because God stopped speaking, but because delay turned into restriction.

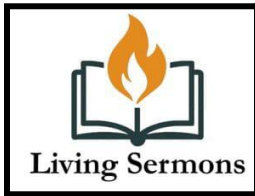
How Delay Becomes a Prison

Procrastination does not feel like bondage at first. It feels reasonable.

“I will do it tomorrow.”

But over time:

- Delays become patterns
- Patterns become habits
- Habits become prisons



Four Things Delay Does

1. Delay Disconnects You from Divine Timing

God's instructions always come with timing. When He said, "*Wait in Jerusalem,*" waiting was obedience. When He said, "*Go into all the world,*" going was obedience.

Discernment is knowing the difference. But when you are in a "go" season and you remain seated, the window does not wait.

2. Delay Strengthens the Wrong Voices

Jesus said, "*My sheep hear my voice.*"

But the longer you delay obedience, the quieter conviction becomes—not because God stopped speaking, but because other voices grow louder:

- Fear
- Doubt
- Comfort

Delay is not neutral. It shifts what you listen to.

3. What You Delay, You Empower

Genesis 4:7 (KJV):

“...sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.”

There is something about unacted obedience that strengthens resistance. The task does not grow bigger—your fear of it does. The conversation you avoid becomes heavier. The step you delay becomes harder. Delay feeds the very thing you are trying to escape. Delay prayer—and prayer begins to feel heavier. You delay giving, and giving begins to feel like a heavier and longer stretch.

Genesis 4:7 (KJV):

“If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door...”

4. Delay Invites Unnecessary Warfare

Daniel 10 gives us a glimpse behind the curtain of what happens in the spiritual realm when obedience is delayed. Daniel prayed, and his answer was released immediately—but it was resisted for twenty-one days because of spiritual opposition.

Now imagine this: if Daniel had delayed his prayer, the resistance would have had even more time to organise itself. Some battles people are fighting today are not because of active spiritual attack alone, but because delayed obedience gave opposition time to position itself.

A Prayer Against Delay

So we must pray: Father, show me every area of my life where I have allowed delay to become a pattern—where I have heard You clearly and kept not doing it. I ask for the grace to see it clearly and the courage to respond. Break every cycle of delay in my life, in Jesus’ name. Amen.

How to Break the Cycle of Procrastination

Conviction without equipping is only pressure.

So here are practical kingdom principles—not tips, but spiritual patterns that reshape how you respond to God.

1. Remove Emotion from Obedience

This is the shift that changes everything.

Many people wait to *feel* ready—confidence, peace, clarity—before they act. But in the Kingdom, obedience is not emotional. It is covenantal.

Abraham did not feel ready to leave Ur.

Moses did not feel ready at the burning bush.

Esther did not feel ready to enter the king's court.

What moved them was not a feeling—it was a decision.

Stop waiting to feel ready.

Start deciding to obey.

2. Act on Small Instructions Immediately

Culture is built in small obediences, not big moments.

Luke 16:10 (KJV):

“He that is faithful in that which is least is faithful also in much...”

Every immediate response builds spiritual reflex.

- Send the message you've delayed
- Make the call you postponed
- Start the document

- Begin the work
- Do the small instruction now

Small obedience trains you for large assignments.

3. Set Spiritual Deadlines

There is a difference between natural deadlines and spiritual urgency.

- Natural: *“I will finish this by Friday.”*
- Spiritual: *“Today, before I sleep, I will obey what God showed me.”*

Spiritual deadlines carry weight because they are tied to obedience, not productivity.

Write it down.

Speak it out.

Tell someone accountable.

Then act.

4. Pray Specifically Against Delay

Some procrastination is not only psychological—it has spiritual resistance attached to it. Daniel’s experience shows us that repeated inability to act on clear instruction may require spiritual engagement.

So pray—not as avoidance of responsibility, but as reinforcement of obedience. Move, and pray as you move.

5. Rebuild Your Understanding of Time

Time is a Kingdom resource. The danger of procrastination is not only productivity loss—it is Kingdom loss. Every delayed obedience means:

- a door not opened
- a life not reached
- a seed not sown
- an assignment postponed

Delay communicates—often unknowingly—that your timing is more trustworthy than God’s. But Scripture calls us higher:

Proverbs 3:5–6 (KJV):

“Trust in the Lord with all thine heart; and lean not unto thine own understanding...”

Wisdom is not slow obedience.

Wisdom is timely obedience.

The Testimony of Obedience in Motion

God said to me: *“If you deal with procrastination, you will step into hidden riches.”*

And as I began to treat God’s instructions as time-sensitive rather than optional, things began to shift:

- Doors that were closed began to open
- Resources appeared that could not be manufactured
- Relationships aligned without forcing

Not overnight. Not dramatically. But step by step.

These hidden riches are real—and they sit behind your next act of obedience.

The Next Step Is Everything

God is not asking for perfect obedience.

Not polished obedience.

Not emotionally ready obedience.

Just your next step.

Jesus and the Cost of Delay

Luke 9:62 (KJV):

“No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.”

This is not harshness—it is protection.

A person who keeps looking back never moves forward. And the one who never moves forward never enters what God prepared ahead.

Your breakthrough is not waiting on God. God has already:

- spoken
- prepared
- positioned

What remains is response.

And when you respond—truly respond—things begin to align that delay was holding back.

Final Prayer

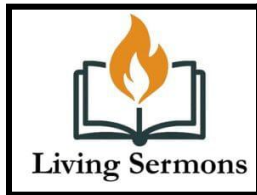
Father, every instruction You have given me that I have delayed, I bring before You now. Give me grace to respond—not when I feel ready, but now.

Break every cycle of procrastination in my life. Restore urgency in my spirit. Let me be a doer of Your Word immediately.

In Jesus' name. Amen.

Declaration

I refuse delayed obedience. Kingdom time is too precious to waste. When God speaks, I move. Fear will not hold me. Comfort will not stall me. What God has said, I will do—now. Amen.



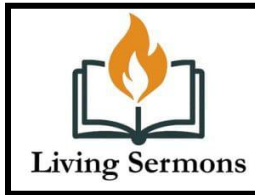
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



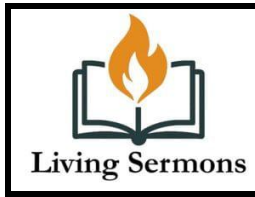
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At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

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