

JUST START!

GETTING OFF OF SQUARE ONE

- Things to help you get moving
 1. Have a plan - the struggle is in not knowing what to do
 2. The 15 minute exercise - we procrastinate because we have no momentum
 3. Eat your veggies first - start with the most challenging task
- Moving forward in our relationship with the Lord
 1. Will not happen automatically
 2. Having a plan of action (**James 2:26 NKJ**)
 3. Our faith is expressed in words and actions

A LIFE CHANGING ENCOUNTER WITH JESUS (*Mark 5:24-34 NLT*)

- She heard about Jesus
 1. Sparked off faith in her - evident by her actions
- She had reasons to do nothing
 1. Physical weakness - it required strength to get moving
 2. Social pressure - women in her condition were quarantined
- She was not derailed by the resistance she faced
 1. Challenge of pushing through a big crowd
 2. The man with the authority to condemn her is with Jesus
- Her life was changed - for the better / worth the effort and risk
 1. God's power did a work in her no one else could do

YOUR LIFE CHANGING ENCOUNTER WITH JESUS - JUST START

- A relationship with the Lord
 1. Can enrich our life in so many ways
 2. We have to make that connection - have a plan
- There will always be reasons to do nothing
 1. Social pressure - the desire to fit in (**Philippians 2:12-13 NLT**)
 2. Past failure - tried a relationship before / not good with spiritual things
 3. Fear - of losing friends / not sure of God's love and acceptance
- Push past the resistance (**2 Corinthians 5:7 NKJ**)
 1. The awkwardness of new
 2. The lack of feelings or negative feelings
- The life change is worth the effort and risk (**2 Corinthians 4:17 NLT**)
 1. There are benefits in this life and the life to come