

Putting off Procrastination

Proverbs 24:33-34

33 A little sleep, a little slumber,
a little folding of the hands to rest,

34 and poverty will come upon you like a robber,
and want like an armed man.

“In a moment of decision, the best thing you can do is the right thing to do, the next best thing is the wrong thing, and the worst thing you can do is nothing.”

Theodore Roosevelt

Ephesians 5:15-17

15 Look carefully then how you walk, not as unwise but as wise,

16 making the best use of the time, because the days are evil. **17**

Therefore do not be foolish, but understand what the will of the Lord is.

Elements of Procrastination

Procrastination is often the fear of success.

If you want to make an easy job more difficult, just keep putting off doing it.

Putting off an easy thing makes it hard. Putting off a hard thing makes it impossible.

It really does take more energy to avoid doing

something than to just do it and get it over with

Proverbs 13:4

4 The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

Proverbs 20:4

4 The sluggard does not plow in the autumn; he will seek at harvest and have nothing.

Why Do We Procrastinate?

- **Low Self-Confidence** - The procrastinator may struggle with feelings of low self-confidence and low self-esteem. He may insist upon a high level of performance even though he may feel inadequate or incapable of actually achieving that level.
- **I'm Too Busy** - Procrastination may be used to call attention to how busy he is. "Obviously I cannot do such and such because my affairs are so complicated and so demanding. That is why I am late, etc." The procrastinator may even spend considerable time justifying his reasons, time that could be spent doing the work.
- **Stubbornness** - Procrastination may be used as an expression of stubbornness or pride: "Don't think you can push me around. I will do it when I'm good and ready."
- **Manipulation** - Procrastination may be used to control or manipulate the behavior of others. "They cannot start if I am not there." Let's face it: deliberate delay drives others crazy.

- **Failure to Cope with Pressure** - Procrastination is often truly difficult to eradicate since the delay behavior has become a method of coping with day-to-day pressures and experiences. Obviously if one is cured, others will put new demands and expectations upon you. It's easier to have an excuse, to delay, to put off.

Proverbs 27:1

**27 Do not boast about tomorrow,
for you do not know what a day may bring.**

Breaking the Habit of Procrastination

- **Create or modify the right environment**
- **Figure out what time works for you.**
- **Figure out if you're a perfectionist**
- ***Don't think you have to finish everything you have started***

4. Make the tasks look small and easy in your mind.

- *Focus on the benefits of ending procrastination*

EX: Amputee – phantom pain

“Procrastination is the thief of time.” - Edward Young (1683-1765)

EX: Imagine there is a bank that credits your account each morning with \$86,400. Yes, every morning. However, it debits what is left over at the end of the day.

It carries over no balance.

It allows no overdraft .

Each day it opens a new account for you.

Each night it burns the day’s deposits; the loss is yours. There is no going back.

It’s name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose.

There is no drawing against the "tomorrow."

John 17:1

17 When Jesus had spoken these words, he lifted up his eyes to heaven, and said, “Father, the hour has come; glorify your Son that the Son may glorify you,

Ephesians 2:10

10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.