

Procrastination

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Pro – forward

Crastinus – of tomorrow

Procrastination is a behavior which is characterized by the deferment of actions or tasks to a later time

to defer action; delay: to procrastinate until an opportunity is lost

Procrastination

“People, who wait for all conditions to be perfect before acting, never act.”

Nothing happens until something moves. –
Einstein

You may delay, but time will not. –
Benjamin Franklin

Procrastination

Acts 24 : 24 – 25

“Go away for now; when I have a convenient time I will call for you.”

Acts 26 : 27 – 29

“you almost persuade me to become a Christian.”

Luke 9 : 59 – 62

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

Exodus 18 : 20

“...teach them the statutes...show them the way they should walk and the work they must do.”

Procrastination

Eight steps to stop procrastinating

Visualize the end from the beginning

Count the cost

Brainstorm

Make a public commitment

Gather material

Break it down. Do it one step at a time

Procrastination

Break it down. Do it one step at a time

Now you are ready to tackle your project, but wait, don't dive in yet. You need to break down the entire process into small, simple and doable steps. Having these steps written down on paper creates a kind of automatic action trigger when you look at them.

You know that each day you work on your project, you only have to focus on one of the steps at a time. This will prevent procrastination from being triggered by the feeling of being overwhelmed by the sheer size of the project.

Procrastination

Break it down. Do it one step at a time

Eat the elephant one step at a time

Noah & the Ark

Genesis 6

13 – 16

The size of the ark

19 – 20

The precious cargo of the ark

21

The food for the journey

Genesis 7

1 – 4

Seven days of preparation

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Break it down. Do it one step at a time

Eat the elephant one step at a time

Noah & the Ark

What can we learn about this task?

Hebrews 11 : 7

I Peter 3 : 2

II Peter 3 : 8 – 9

God is patient, longsuffering, and is willing to wait while we do the work.

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Break it down. Do it one step at a time

Follow your orders

Solomon and the Temple

I Kings 6

God instructed Solomon how it was to be built

Even to the very detail of the smallest corner

Solomon, even with the daunting task, never gave up

What order have you set to do the Lord's work?

Procrastination

Break it down. Do it one step at a time

Warnings

Finish what you start

I Corinthians 9 : 24

Run to win

Hebrews 12 : 1

Run with patience

II Timothy 4 : 6 – 7

Finish the race