

# 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

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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.”

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## 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

Sweat it out for ten minutes

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## Sweat it out for ten minutes

When you find yourself not working on a project and continually putting it off, a good way to get yourself jumpstarted again is to set a timer and work on the item with your full attention for ten minutes. No matter how unpleasant or stressful you find the task, you can bear to do it for ten minutes at a time.

When your ten minutes are up, you can stop and go do something else. But, more often than not you will find that just ten minutes of focused work will get you on a roll and you will want to continue the task to completion.

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Sweat it out ...no matter how unpleasant

Think of Jonah

Jonah 1 : 1 – 3

Jonah, go preach to your enemy

Jonah 3 : 1 – 4, 10

Jonah preached to Nineveh

The people repented

God turned away from the evil he had intended

Jonah 4

1 – 5

Jonah was angry with the reaction from God

9 – 11

God teaches Jonah that even though “he” thought it was unpleasant to save such a people as the of Nineveh. They were indeed still God’s creation.

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Sweat it out ...no matter how stressful

Think of Ananias

Acts 7 : 58 – 8 : 3

Saul was consenting (approving) of Stephen's death  
Saul made havoc of the church

Acts 9

1 – 2

Saul continues to hate and persecute "the way"  
He received "warrants" from the high priests

10 – 17a

Ananias was called to preach to Saul  
Ananias said, "Lord I have heard of this man..."  
The Lord bade him go nevertheless  
Ananias went

17b – 18

God teaches Ananias that even though "he" thought it was stressful to go to such a people as Saul. The Lord had work for Saul to do. Saul of Tarsus believed



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Sweat it out ...because you can bear it

Remember these sayings

Matthew 11 : 28 – 30

“My yoke is easy and My burden is light”

I John 5 : 3

His commandments are not burdensome

II Corinthians 12 : 7 – 10

“My grace is sufficient for you...”

I Corinthians 10 : 13

“...will not allow you to be tempted above that what you are able to bear...”

Matthew 25 : 14 – 15

“...each according to his own ability...”

God will not ask us to do anything above that what we are able to bear and outside of our abilities that He has given us

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Sweat it out for ten minutes

## Warnings

We must be focused on the work. Sometimes it may seem unpleasant or stressful, to us, but we must not lie down on the job.

What is God's ultimate desire?

II Peter 3 : 9

“...not willing that any should perish...”