

Pleasant Valley Weekly

But as for me, I will come into Your house in the multitude of Your mercy; In fear of You I will worship toward Your holy temple. (Psalm 47 : 6–7)

Vol. 2

September 7, 2014

Issue 36

Procrastination

Tackling Procrastination before it Tackles Us

In our series on conquering Procrastination, we are nearly Procrastination free, just two steps left. Our continual goal for this series is to learn why it is so harmful to us as Christians to let procrastination keep us from our duty, and what we can do to overcome it.

This morning let us continue to conquer Procrastination by taking the seventh step: Sweat it out for ten minutes.

This may be the most uncomfortable step. Have you ever had to do something that you weren't in the right mindset to do? Do you find it excruciating to work on something you don't want to at that time? But if you can find a way to work, eventually, before you know it, the task is done and you survived.

This is what this step is all about. When you find yourself, "not in the mood to work," work anyways. Sweat it out. You will actually find yourself wanting to complete the task.

What we have been tasked to do, at times, may seem unpleasant or stressful to us. Today we consider Jonah and Ananias, what were they asked to do and what were their thoughts on it? Yet, they did it. Keep in mind God's law is not burdensome.

Procrastination

* Procrastination

Pro—forward

Crastinus—of tomorrow

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

* Step 7 : Sweat it out for ten minutes.

Do not become overwhelmed at the size of your task. Write it out in small doable steps. Focus on one step at a time, and then move forward.

* Sweat it out...no mater how unpleasant.

Consider what God asked Jonah to do

Go preach to your enemy, that I may save them.

How did Jonah feel? Yet, consider the ultimate desire of God.

* Seat it out...no mater how stressful

Consider what God asked Ananias to do

Go preach to a man who has made havoc of the church.

How did Ananias feel? Yet, consider the ultimate desire of God.

* Warnings

God's ultimate desire is bigger than our own feelings.

* Step 7 : Sweat it out for ten minutes.