



“I’M OVER IT!”
Overcoming Procrastination

LESSON AIM:

PROCRASTINATION

- To put off to tomorrow.
- Postponing the completion of a task to the point of feeling uncomfortable about one's delay.

PROCRASTINATION LIVED OUT

- We put off receiving salvation.
- We put off engaging in a closer walk with God.
- We put off becoming involved in a ministry at church.
- We put off sharing Christ with a family member, friend, or stranger.
- We put off going back to school to further our education.
- We put off going to doctor to check and regulate our health.
- We put off living and eating healthy.
- We put off changing careers.
- We put off starting a business.
- We put off taking a vacation.
- We put off saving our money.
- We put off changes to make ourselves better.

BIBLICAL PERSPECTIVE ON TIME

- God created time as part as his good creation. **Genesis 1:1**
- God transcends time, existing in the past, present, and future simultaneously. **Exodus 3:13-15, 1 Peter 1:20-21, 2 Pet 3:8**
- Our time on earth is fleeting and precious. **James 4:14**
- Time has no meaning or value in eternity. **Revelation 4:8-10**
- God is very concern how we use our time on earth. **Ephesians 5:16-17**

CAUSES OF PROCRASTINATION

- LAZINESS-**Proverbs 20:4, 24:30-34, 2 Thessalonians 3:10**
- FEAR-**2 Timothy 1:7**
- MISGUIDED PRIORITIES-**Matthew 6:33**
- POOR TIME MANAGEMENT SKILLS-**Ecclesiastes 3:1-8**
- LACK OF PROPER PLANNING-**Proverbs 21:5**

- INDECISIVENESS-**James 1:8**
- COURAGE TO START-**Joshua 1:6-9**

MANIFESTATIONS OF PROCRASTINATION

PROCRASTANATION ROBS YOU OF THE OPPORTUNITY FOR SERVICE

- Luke 9:59-62

PROCRASTANATION ROBS YOU OF THE OPPORTUNITY OF SALVATION

- Acts 24:10-27
- Isaiah 55:6

PROCRASTANATION ROBS YOU OF THE OPPORTUNITY OF SUCCESS

- Joshua 18:1-3

CURE FOR PROCRASTINATION

- ✓ **PROBING YOUR PROBLEM**-When we find ourselves consistently suffering the consequences of procrastination or we find ourselves tempted to procrastinate again, we need to do more than just say, "I am putting off tasks that I shouldn't." We need examine why we are tempted to delay. "Each time you feel 'stuck' or find yourself procrastinating, ask yourself, 'What is going on here?' What am I feeling and how might that contribute to my procrastinating?"
- ✓ **PRAYER**-Acknowledge that God has given us all of the time we need to accomplish everything He wants us to accomplish. Since that is probably far more than we normally accomplish, we need to invite God to lead our time management initiative. We need to pray for a clear understanding of God's priorities and perspective. If we are dealing with laziness, we should ask for self control. If we are dealing with emotions such as resentment or fear, we need to ask God to take our thoughts captive in obedience to Christ.
- ✓ **PROPER PRIORITIES**-A simplistic view of our priorities can often get us into time management trouble. God does not want us to have a hierarchy where we do everything possible for the top tier no matter how trivial before we move onto the next level of the hierarchy. Keep an ongoing list of all known tasks no matter how far away they are due.
- ✓ **ACCOUNTABILITY PARTNER**-Find a trusted friend to hold you accountable for your personal growth and progress. Allow them to make sure you are not procrastinating on your goals, dreams, and aspirations.