

“I’ll Stop Procrastinating...
Tomorrow”

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- Procrastination is a common cause of waste and failure.
- It is defined as, "to defer action, delay, to procrastinate until an opportunity is lost" (RHCD, p. 1056).
- It makes Christians ineffective and weak, and it paralyzes local churches.

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- "Procrastinators play games with time all the time. They tend to think that time is going to operate under their direction. There's always the sense that there's going to be more time."
(Lenora Yuen, clinical psychologist, Palo Alto, CA)
- Procrastination is about immediate gratification. "Hard work has a future payoff. Laziness pays off now."
- When you procrastinate you allow yourself to be drawn into a web of inaction that holds you by the thing you love most: your comfort zone.

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- Procrastination can be overcome with determination and effort.
 - Just do it
 - Break the unwanted task into smaller tasks
 - Do the hard task first
 - Reward yourself **AFTER** you finish

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- Common reasons why people procrastinate:
 - It is a mechanism to deal with stress
 - You do not want to do it
 - You have no interest in the task
 - Your fears are holding you back
- Do you want to know the real answer on how to stop procrastinating?

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- You will not take action without motivation. Motivation is the force that drives action.
- Get offended by and angry with yourself.
 - You will be tempted to rationalize to soothe your disgust with yourself
 - Others will try to smooth it over by saying everyone does it
 - Mental health experts will say that you should be nice to yourself
 - The Adversary is happy when you quell anger at yourself when you put off what you should have done long ago

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- Be offended by your choices, because you deserve better than you have been treating yourself
 - You've wasted time you cannot afford
 - You've probably lost opportunities
 - You’ve allowed your thoughts to hold you prisoner.

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- Do not get bogged down in self-recrimination to the point where you are immobile because you are still angry.
- Forget the past, what you did or did not do, and put your hand to the present, to the first task at hand.
- Action will destroy your procrastination.
- The really happy people are those who have broken the chains of procrastination, those who find satisfaction in doing the job at hand. They're full of eagerness, zest, and productivity.

Procrastination In The Bible

- Luke 14:15-24
 - Everyone has a reason or multiple reasons for procrastinating
 - Only those who put them aside as not relevant or unimportant will get to the task and complete it

Procrastination In The Bible

- Acts 26:26-29
 - Everyone has a war going on within them between the flesh and the spirit, between what they know is right and the wrong they want to keep
 - Only those who choose the spirit will overcome.
 - Choose before the crisis and there will be less time between the crisis and resolution

Addressing Procrastination

- Introspection
 - 2Cor. 13:5 - “Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? -- unless indeed you are disqualified.”

Addressing Procrastination

- Make a descending order of priorities
 - 2Cor. 8:9 - “For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.”
 - 2Cor. 5:14-15 - “For the love of Christ compels us, because we judge thus: that if One died for all, then all died; 15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.”

Addressing Procrastination

- Cultivate a sense of immediacy
 - Acts 10:33 - “So I sent to you immediately, and you have done well to come. Now therefore, we are all present before God, to hear all the things commanded you by God.”
 - Acts 16:33 - “And he took them the same hour of the night and washed their stripes. And immediately he and all his family were baptized.”

Addressing Procrastination

- Postpone gratification and personal comfort.
 - Understand that it will come later and be better appreciated without the feeling of impending deadlines
 - It will be accompanied by the empowering feeling of accomplishment
- Refuse to accept excuses from your own rationalization
 - Be honest with yourself.
 - Who are you trying to convince with excuses?

Scriptures Emphasize Today, Not Tomorrow

- We are told to act today
 - Heb. 3:15 - “while it is said: Today, if you will hear His voice, Do not harden your hearts as in the rebellion.”
 - 2Cor. 6:2 - “For He says: In an acceptable time I have heard you, And in the day of salvation I have helped you. Behold, now is the accepted time; behold, now is the day of salvation.”

Scriptures Emphasize Today, Not Tomorrow

- We live in the present
 - Matt. 6:34 - “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Scriptures Emphasize Today, Not Tomorrow

- We should develop disgust and disdain for procrastination, knowing that it produces failure
 - Ecc. 11:4-6 - “He who observes the wind will not sow, And he who regards the clouds will not reap. 5 As you do not know what is the way of the wind, Or how the bones grow in the womb of her who is with child, So you do not know the works of God who makes everything. 6 In the morning sow your seed, And in the evening do not withhold your hand; For you do not know which will prosper, Either this or that, Or whether both alike will be good.”
 - We need to start viewing procrastination as the enemy that it actually is.

Scriptures Emphasize Today, Not Tomorrow

- We should act immediately when opportunity arises
 - Acts 10:7-8, 24, 33, 48