

EXCESS BAGGAGE

Laying Aside Procrastination

What is Procrastination?

- Procrastination is to *intentionally put off* or *willfully delay* doing something that needs to be done

Why Do We Procrastinate?

- *We're Afraid*
 - Whenever we are afraid to do something, we tend to put it off
 - Procrastination can be a fear of *failure*
 - Procrastination can also be a fear of *success*
- *What needs to be done is too large*
 - The size or complexity of a project can keep us from getting started
- We're unwilling to make the needed changes
 - We know we need to make changes in our lives, and we keep putting it off
- We're easily distracted
 - It is easy to procrastinate when there are so many things vying for our attention
 - The problem with distractions is we often did what we *like* to do over doing what we *needed* to do
- *We're a little lazy Proverbs 6:9-10 (KJV) ⁹ How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? ¹⁰ Yet a little sleep, a little slumber, a little folding of the hands to sleep:*
 - We tell ourselves today is *not* a good day to start, we need to take it slow
- *We don't want to confront issues*
 - We procrastinate hoping the that need to confront will go away
 - Many times, instead of going away, the problem gets bigger and more costly
- *We've got plenty of time to get things done*
 - **"Boast not thyself of to-morrow; for thou knowest not what a day may bring forth."—Proverbs 27:1.**
 - Procrastination is the *thief* of time
 - We are to make the most out of all the time we have **Ephesians 5:16 (KJV) ¹⁶ Redeeming the time, because the days are evil.**
- *Insensitivity to the Holy Spirit*
 - The Holy Spirit speaks, and we ignore or are put off obeying what the Spirit is telling us to do

Ways We Procrastinate

- *We wait for the perfect moment Ecclesiastes 11:4 (KJV) ⁴ He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap.*
 - If we wait for the conditions to be "perfect" we will never get anything done

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- *We wait until the last minute to take action*
 - It's hard to rush and be excellent at the same time
- *Indecision*
 - Indecision is one of the major causes of procrastination
 - We keep asking ourselves "what if" questions and 2nd guessing ourselves and nothing gets done **James 1:8 (KJV)** ⁸ ***A double minded man is unstable in all his ways.***

The Dangers of Procrastination

- Opportunities are missed or lost
- Time is wasted or lost
- Our lack of action is a poor witness to the world
- Our lack of action is a poor example to family and friends
- Procrastination hurts others
- Procrastination often makes things worse
 - Delaying rarely solves anything
- Procrastination can adversely affect our health
- We displease God
 - We can't be lazy, slothful, and disobedient and still please God
- Procrastination has eternal consequences
 - We risk spending eternity separated from God because we waited too late to accept Jesus **Acts 24:24-25 (NLT2)** ²⁴ ***A few days later Felix came back with his wife, Drusilla, who was Jewish. Sending for Paul, they listened as he told them about faith in Christ Jesus.***
²⁵ ***As he reasoned with them about righteousness and self-control and the coming day of judgment, Felix became frightened. "Go away for now," he replied. "When it is more convenient, I'll call for you again."***

How Can We Lay Aside Procrastination?

- *Stop making excuses Proverbs 22:13 (KJV)* ¹³ ***The slothful man saith, There is a lion without; I shall be slain in the streets.***
- *Ask God for help*
 - Be honest with yourself and God about the areas you procrastinate in and ask for His guidance and wisdom **James 1:5 (KJV)** ⁵ ***If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.***
- *Ask Others for Help*
 - Get the help you need for projects that are bigger than you can handle alone **Ecclesiastes 4:9 (KJV)** ⁹ ***Two are better than one; because they have a good reward for their labour.***
- *Get a plan and stick to it Proverbs 13:16 (KJV)* ¹⁶ ***Every prudent man dealeth with knowledge: but a fool layeth open his folly.***

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- **Get an accountability partner Proverbs 27:17 (KJV) ¹⁷ Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.**
 - Get an accountability partner for the things you have put off or procrastinate
- **Do the things you are afraid of**
 - Action helps you overcome procrastination caused by fear
- **Break the lazy spirit off your life Proverbs 6:6-8 (KJV) ⁶ Go to the ant, thou sluggard; consider her ways, and be wise: ⁷ Which having no guide, overseer, or ruler, ⁸ Provideth her meat in the summer, and gathereth her food in the harvest.**
 - The Bible says we can learn a thing or two from the ant
- **Divide a big task into smaller tasks**
 - When tasks are more manageable, they will give you the small victories, encourage you, and motivate you to keep going until you finish
- **Seize the moment! Do it today!**
 - The best way to get something done is to begin today!
 - It takes *action* to break the spirit of procrastination
 - It's been said, "*Following through is the only thing that separates dreamers from people that accomplish great things*"
 - Don't wait for the perfect time, the perfect time may never come
 - Don't let *this moment* get away, it may not come again
 - The Bible is filled with examples of people who seized the moment:
 - The woman with the issue of blood *seized the moment* to touch Jesus
 - Blind Bartimaeus *seized the moment* to call out Jesus as He was passing by
 - The thief on the cross *seized the moment* to ask Jesus for help
 - The thief on the cross said to Jesus "**remember me when you come into your kingdom**"
 - Jesus said to the thief, "Today shall thou be with Me in paradise"
 - **Hebrews 3:13 (KJV)¹³ But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.**
 - When you seize the moment, you have nothing to lose but regrets
 - *Today*, lay aside the *spirit of procrastination* that's been weighing you down and keeping you from *being, doing, and having* all that God has for you.