

## How to Deal With Procrastination Ephesians 5:16

My slogan this year for myself and a series of messages I hope to preach is "How to Win in Two Thousand and Ten." There is a plaque that reads: "God has placed me on earth to accomplish certain things and right now I am so far behind that I will never die." One sure way to fail is to be a habitual procrastinator. Someone said, "A procrastinator puts off until tomorrow the things he has already put off until today." Procrastination is not the same as interruptions, because procrastination is a self-inflicted time destroyer. Why do we procrastinate when we know that the delays will bring penalties? [The communicator can give personal experiences or examples of receiving lower grades because of late projects, of failure to pay bills on time or not have having the car repaired when the wife said, I keep hearing a noise.

- Perhaps because of being over committed.
- Maybe lack of planning.
- One might be afraid of tackling a project.
- You think you need more information.
- Some people have had little training in problem solving.

(This often is found when parents have done everything for their children rather than to allow them to work through the situation.) Here are some suggestions on dealing with procrastination.

- Don't over book. Use the principle of Samuel Plimsoll, member of the English Parliament. He is given the credit for the placing of a line on the ship's hull. The ship must not be so loaded that the index line is below the water level.
- Tackle the most important task first.
- Give yourself a deadline.
- Offer yourself a reward or incentive upon finishing the task.
- Challenge your excuses.

Procrastination may be a spiritual battle. It is an evil habit if it destroys your effectiveness for Christ and His kingdom. It putting off is reducing your health and keeping you from progress then you must recognize it and change. Here are specific sins in the heart of a procrastinator;

- Pride: "It is so humorous to see the way pride worked in the life of Pharaoh. Read Exodus 8:9-10 I remember an evangelist preaching a sermon from that text entitled, One more night with the frogs.
- Lack of faith: It is the fear of failure. Spurgeon said, "There is always a risk in every trade."
- Laziness: [The communicator can turn to Proverbs for a number of verses on the scourge of laziness. Try Proverbs 26: 13-16.

The most dreadful truth about procrastination is that it can cost a person an eternity in the presence of a Loving God. The writer of Hebrews describes it chapter 3:17-13. Elijah spoke it in I Kings 18:20-21.