

What are you waiting for?

Procrastination!



A Spiritual Issue



Indecision

Perfectionism

Laziness

Fear

Passive Resistance

The 5 Causes:



Jonah Chapter 1



**What are you doing for
heaven's sake?**



**The first day is
when you were born.**

**The second day is the day you
discover what you were born for.**



The first call is general and is shared by all of us. It is a call to follow Jesus Christ.

The second call is your unique contribution to God's mission, utilizing your spiritual gifts.



3 destructive consequences of procrastination...



It wastes opportunities in life.

Ephesians 5:16

First



**16 making the most of every
opportunity, because the
days are evil.**



It causes problems.

Proverbs 15:19

Second



**19 The way of the sluggard is
blocked with thorns,
but the path of the
upright is a highway.**



It hurts others.

Third

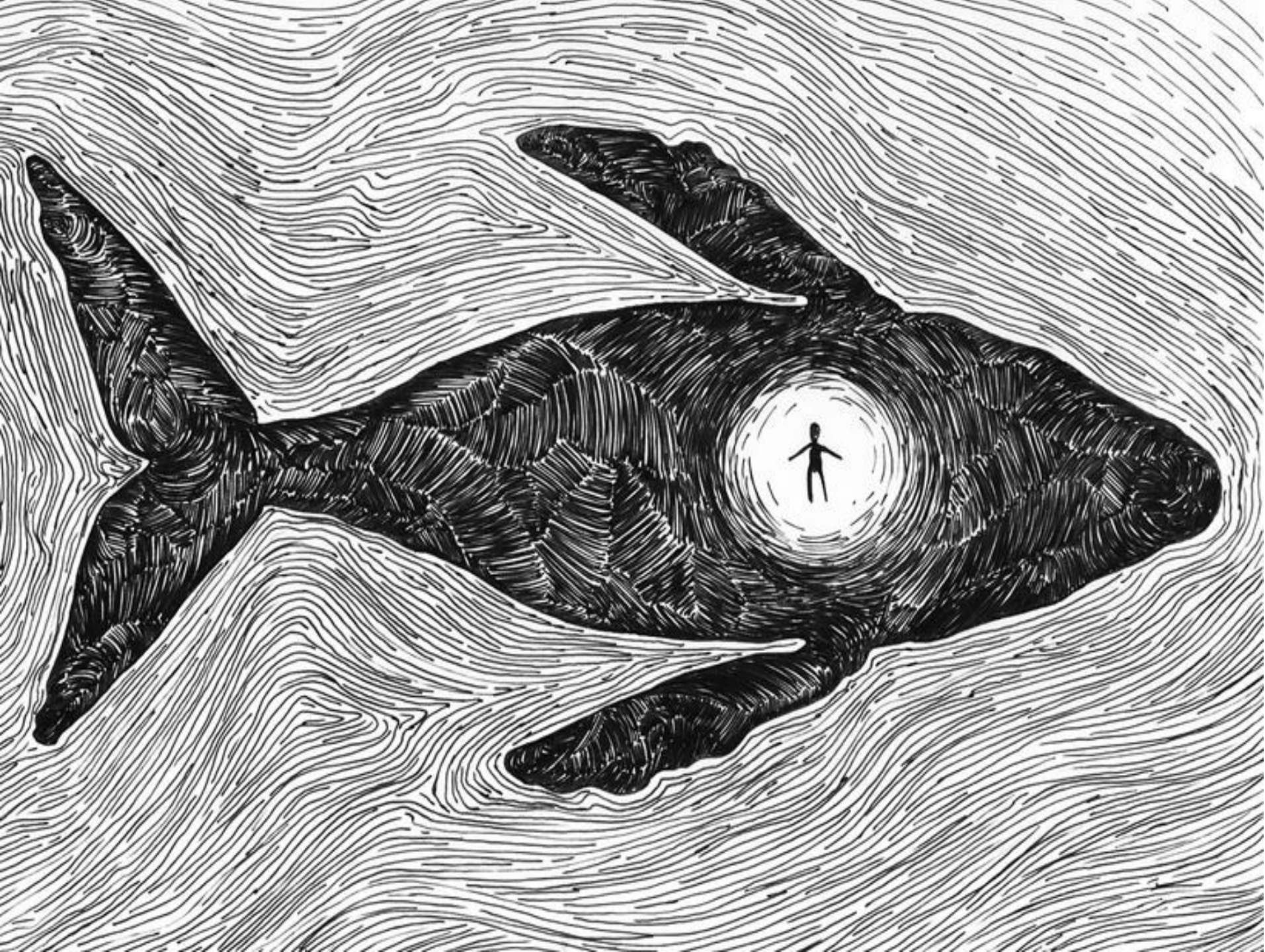


**So in your heaven sent
priorities, what are you doing
for heaven's sake?**



**What does God have to do
to get your full attention?**





What are you waiting for?

Jonah 2:1-3



From inside the fish Jonah prayed to the LORD his God. ² He said: “In my distress I called to the LORD, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. ³ You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.



**So how can you purge
procrastination?**



First, stop making excuses.

Proverbs 22:13a



**The sluggard says,
“There’s a lion outside!”**



**Accept responsibility.
Don't blame others.
Don't blame circumstances.**



Second, ask God for help.

It is a Spiritual Problem.



Third, master your moods.

Attitude is everything!



Eight stages of procrastination:

- 1) “I’ll start early this time.” **That’s hopefulness.**
- 2) “I’ve got to start soon.” **You start to feel a little bit of tension.**
- 3) “I should have started sooner.” **You start to feel a little creeping guilt.**
- 4) “There’s still time to do it.” **That’s false reassurance.**



Eight stages of procrastination:

- 5) “What’s wrong with me?” **Desperation starts to set in.**
- 6) “I can’t wait any longer.” **Now you’re getting to the stage of intense pain.**
- 7) “Just get it done.” **Stressed out and feeling burdened, you finally act.**
- 8) “Next time I’ll start earlier.”



**I can do all this through him
who gives me strength.**

Philippians 4:13



**Fourth, set a deadline
and schedule it.**

Proverbs 13:16



**All who are prudent act
with knowledge,
but fools expose
their folly.**



**Fifth, get an
accountability partner.**

Romans 1:12



**That is, that you and I may
be mutually encouraged by
each other's faith.**



Lastly, start now!

James 4:17



**If anyone knows the good
they ought to do and doesn't
do it, it is sin for them.**



**Just say, 'God, I can't, but You
can. I need Your help.'**



What are you waiting for?



