
PROCRASTINATION TO
PLANNING

With a little help.....

Introduction

- How many of us would drop twenty dollar bills out of the car window as we drive?
- How many of us would smash our prized possessions for relaxation?
- Yet, many of us squander our most valuable resource: time.
- All of us procrastinate at some time or another, but some of us do it consistently.

Introduction

- Procrastination usually is not a problem of time management or of planning.
- It represents a profound problem of self-regulation.
- “Telling someone who procrastinates to buy a weekly planner is like telling someone with chronic depression to just cheer up.”

Biblical Basis for Planning

Proverbs

- “The simple believes everything, but the prudent gives thought to his steps” (Proverbs 14:15).
- “Without counsel plans fail, but with many advisers they succeed” (Proverbs 15:22).
- “Commit your work to the Lord, and your plans will be established” (Proverbs 16:3).
- “The mind of man plans his way, but the Lord directs his steps” (Proverbs 16:9).

Isaiah 32:8

“But the noble man devises noble plans;
And by noble plans he stands.”

Biblical Models for Planning

Moses

- Moses was a strategic thinker, at least he learned to be.
- We also read that Moses was struggling as a leader as he led the nation of Israel out of Egypt.
- Jethro saw that he was overwhelmed and proposed to him that the burden of leadership should be shared.
- They set up a strategic plan by delegating the work so that the load would be spread among many.

Joshua

- In Joshua 6, we read that God gave Joshua a lesson in strategic thinking.
- God could have reached down and destroyed the strong city of Jericho.
- Instead, God asked them to participate in the conquest and have ownership of the battle and the victory.

Nehemiah

- Through the book of Nehemiah, we see how he developed strategic plans and worked with various groups of people to achieve his ultimate goal.
- He assessed the damage to the walls. He secured the resources. He established leaders. He distributed assignments.
- From start to finish, he was involved in planning and then implementing that plan effectively.

David

- David was a strategic thinker from boyhood.
- He did not defeat Goliath with his might or with the armor offered to him.
- He was able to pinpoint the weakness of his enemy.
- He used that same thinking and perception as a leader of soldiers and as the King of Israel.

Jesus

- Jesus began His ministry by calling men to be His disciples.
- He taught them while on earth and then sent them into the world to proclaim the gospel (Acts 1:8).
- Everything in His life led to the cross, the grave, the resurrection, and ascension.

Paul

- Paul had a key strategy in establishing the church.
- He choose key cities where he might have an influence and began his preaching first in the synagogues and then in the marketplace.
- He developed key leaders in these early churches and maintained contact with them through his letters and through his missionary journeys through Asia Minor.

Perspective on Procrastination

Introduction

- Twenty percent of people identify themselves as chronic procrastinators.
- For them procrastination is a lifestyle.
- They miss opportunities for buying tickets.
- They file income tax returns late.
- They leave Christmas shopping until Christmas eve.

Lies - Procrastination

- Procrastinators tell lies to themselves.
- “I’ll feel more like doing this tomorrow.”
- “I work best under pressure.”
- Procrastinators actively look for distractions, particularly ones that don’t take a lot of commitment on their part.
- Checking e-mail is perfect for this purpose.

Conquering the Time Killer

Time Killer

- Benjamin Franklin - “Dost thou love life? Then do not squander time; for that’s the stuff life is made of.”
- “Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil.”

Ephesians 5:15-16

Time Killer

- If we are honest with ourselves, most of us will admit to feeling uncomfortable with our time stewardship.
- One reason for that feeling is procrastination.
- “Procrastination is, hands down, our favorite form of self-sabotage.”

Biblical Perspective on Time

Biblical Principles

- God created time as part of His “good creation.”
- God transcends time - He exists in the past, present, and future simultaneously (Hebrews 13:8, 1 Peter 1:20, 2 Peter 3:8).
- Our time on earth is precious and fleeting (James 4:14, 1 Peter 1:24-25).
- God is concerned with how we use our time here on earth (Ephesians 5:15-17).

Biblical Principles

“For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who have time on this earth might no longer use their time for themselves, but for Him who died and rose again on their behalf.”

2 Corinthians 5:14

Biblical Principles

“So whether you eat or you drink or however you spend your time, use all of your time for the glory of God.”

1 Corinthians 10:31

Biblical Principles

“Now if any man builds on the foundation with gold, silver, precious stones, wood, hay, straw, each man’s work will become evident; for the day will show it because it is to be revealed with fire, and the fire itself will test the quality of each man’s work If any man’s work which he has built on it remains, he will receive a reward. If any man’s work is burned up, he will suffer loss; but he himself will be saved, yet so as through fire.”

1 Corinthians 3:12-15

Spiritual Warfare

- Satan and the world system want us to waste that time and pass into eternity having accomplished nothing of eternal value.
- Therefore, anything that causes us to waste our time is a spiritual issue.
- Thoreau - “As if you could kill time without injuring eternity.”

The Consequences

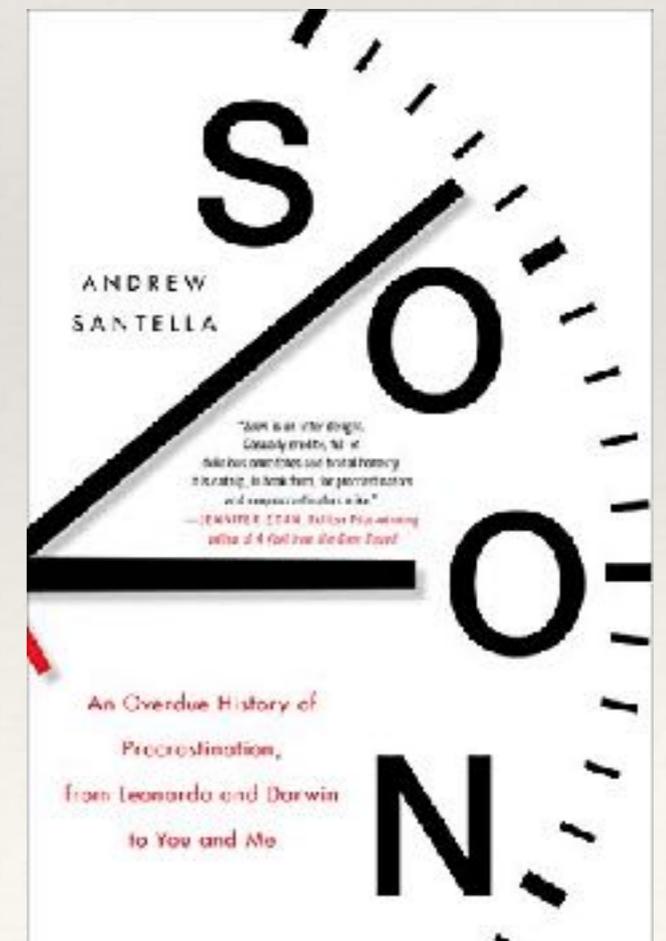
Spiritual Warfare

- Putting off yard work, expense reports, term papers, reading the Bible.
- “They said procrastination was the source of my sorrow. I don’t know what the big word means -- I’ll look it up tomorrow.”



Performance

- People who procrastinate often postpone projects in order to have a self-serving excuse.
- If they wait until the last minute, and do a poor job, they can always say they could have done better if they hadn't run out of time.
- Psychologists call it “self-handicapping.”
- *Soon* by Andrew Santella



Performance

- Procrastinators say putting off projects help them perform better under pressure.
- Study - university students who procrastinate have lower grades (higher stress, drinking).
- Christians are called to “keep our behavior excellent among the Gentiles” and to “work heartily as unto the Lord.”

History

- Israel chose to delay entering the Promised Land and the result was 40 years of wandering.
- In 1815, Napoleon prepared to attack Wellington's British army at dawn, but delayed his attack. The delay allowed the Prussians to arrive and attack the French flank and turn a French victory into a bitter defeat.
- Procrastination - Napoleon met his Waterloo.

The Causes

Causes

- Laziness or a desire to avoid negative feelings can cause us to delay starting tasks that may be difficult or unpleasant.
- Procrastinators are not born. They learn this behavior from others or discover there are some emotional benefits to postponing a task.
- Proverbs 24 says there are consequences.

Proverbs 24

I passed by the field of the sluggard
And by the vineyard of the man lacking sense,
And behold, it was completely overgrown with thistles;
Its surface was covered with nettles,
And its stone wall was broken down.
When I saw, I reflected upon it;
I looked, and received instruction.
“A little sleep, a little slumber,
A little folding of the hands to rest,”
Then your poverty will come as a robber
And your wealth like an armed man.

Causes

- Perfectionism or a fear of failure is another major reason for procrastination.
- If I can't do the job perfectly, I will give myself an excuse for doing it poorly. Some believe they need uninterrupted time to do perfect job.
- Resentment - I know I need to start this task but my (spouse, mother) has been bugging me.

The Cures

Cures

- Probe your problem: “Each time you feel stuck or find yourself procrastinating, ask yourself ‘What is going on here?’ what am I feeling and how might this contribute to my procrastinating?”
- Are you trying to avoid an unpleasant activity or motivated by resentment or seeking perfection?

Cures

- Pray about your problem.
 - Laziness - pray for self control
 - Resentment - pray for forgiveness
 - Perfectionism - acknowledge our significance in in Christ not performance

Cures

- Priorities - set proper ones.
 - Utilize some of the strategies we have discussed these last few weeks (margin, balance).
 - Focus on high priority tasks not low ones.
 - Seek Christ and His priorities for your life.

Planning

- Perspective-based planning.
 - Most of us have been surprised by unintentional procrastination when we thought we have plenty of time.
 - The task was harder or more complicated than you expected.
 - Proverbs talks about the value of planning.

Planning

“The plans of the diligent lead surely to advantage,
But everyone who is hasty comes surely to poverty.”

Proverbs 1:25

Planning

- Break the task into various subtasks:
 - What other tasks must be accomplished before I do this task?
 - How long should each task take?
 - What are the consequences of delay?
 - Should this task be delegated to others.

Planning

- Proactive partnering.
 - Don't try to tackle procrastination problems on your own.
 - Galatians 6 - we are to see help from others.
 - Ask them to provide guidance and accountability.

Planning

- The solution to procrastination is NOT workaholism.
- Jesus told his disciples, “Come away by yourselves to a secluded place and rest a while.” (Mark 6:31)
- Each of these steps will take time.

Resources

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Procrastination



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Kerby Anderson

I often say on my radio program that we spend millions of dollars each year in research studies to validate what most mothers already know. That is certainly the

case with the studies attempting to explain why certain people procrastinate.

www.pointofview.net

Resources

Probe
for answers

Articles Q & A Podcasts

Procrastination: Conquering the Time Killer – A Christian Cure

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 , November 30, 2008

Steve Cable considers the causes of procrastination and an important step in developing a Christ-centered cure.

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