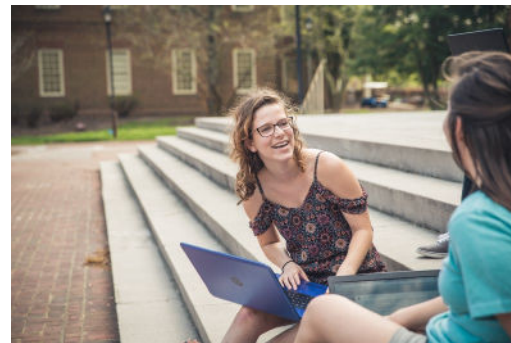


Procrastination

[Luke 9:59-62](#)

We all procrastinate; however, some of us would be champions if it were to become an Olympic event. “I’ll do this after... or once I...” we say to ourselves, tapping into our great powers of rationalizing our behaviors. Some people seem to live by the adage, “Why do today what you can put off until tomorrow.”

Consider for a moment all that you might have missed due to procrastination. Imagine missing the opportunity of being one of the would-be disciples in the passage linked above! Yet, when we procrastinate, that is what we are doing – missing what could have or should have been.



Common Reasons for Procrastination and Perspectives to Consider

<p>Lack of ability (real or perceived) <i>“It seems too hard; I [probably] can’t do it anyway.”</i></p>	<ul style="list-style-type: none"> • Know that this is rarely actually true. • Think about a past success. • The longer you wait, the less time you will have to do it.
<p>Fear of failure <i>“What if my work is not any good, or is not appreciated?”</i></p>	<ul style="list-style-type: none"> • No one’s work is stellar all the time. • We are called to do, not to be perfect. Not everything needs to be perfect.
<p>Fear of success <i>“What if my success leads to something I am not ready for?”</i></p>	<ul style="list-style-type: none"> • God will not bring something that He cannot get you through. • It happens all the time; from sitting to crawling to standing, to walking – each success brings another challenge
<p>Lack of interest <i>“It just seems so boring”</i></p>	<ul style="list-style-type: none"> • Consider God’s wondrous creation and everything in it. Connect what you have to do to His creation in some way. Then, serve the Lord. • Pretend for a while that you are someone else who is interested. • Sorry – life is full of uninteresting tasks that we all have to do.
<p>Lack of motivation <i>“I just don’t feel like doing it”</i></p>	<ul style="list-style-type: none"> • Attempt to find a positive emotional or intellectual connection to the task or to the completion of the task. • Think of how free you will feel after you complete the task.
<p>Rebellion <i>“This seems so silly... why should I have to do this?”</i></p>	<ul style="list-style-type: none"> • Rebellion is often about asserting control when/where we have little. • Remember that with schoolwork, you chose to take classes. The assignments are a necessary part of the process. Focus on the inevitable reward of completing the assignment and the ramifications for not.
<p>Unsure of the goal <i>“I am not really sure what I am supposed to do.”</i></p>	<ul style="list-style-type: none"> • That is easy then. Find out what you need to do. Contact the person who delegated the task to clarify. • Pretend you are giving the task to someone else. What advice would you give them to complete it?
<p>Utopia <i>“I’ll start when I have the time I need to complete all at once.”</i></p>	<ul style="list-style-type: none"> • Good luck with this – few people ever have this. • Managing your workload in little chunks is a skill you will need at school and at work.
<p>Rewards <i>“If I do this later, I will be able to... I will feel... I will not have to...”</i></p>	<ul style="list-style-type: none"> • Bargaining is fruitless. Avoid the stress of this hanging over you. • Determine what the perceived reward is and eliminate it. • Focus on what you will be able to accomplish with this task finished.

Check out the [10 Biblical Steps to Handle Procrastination](#)