



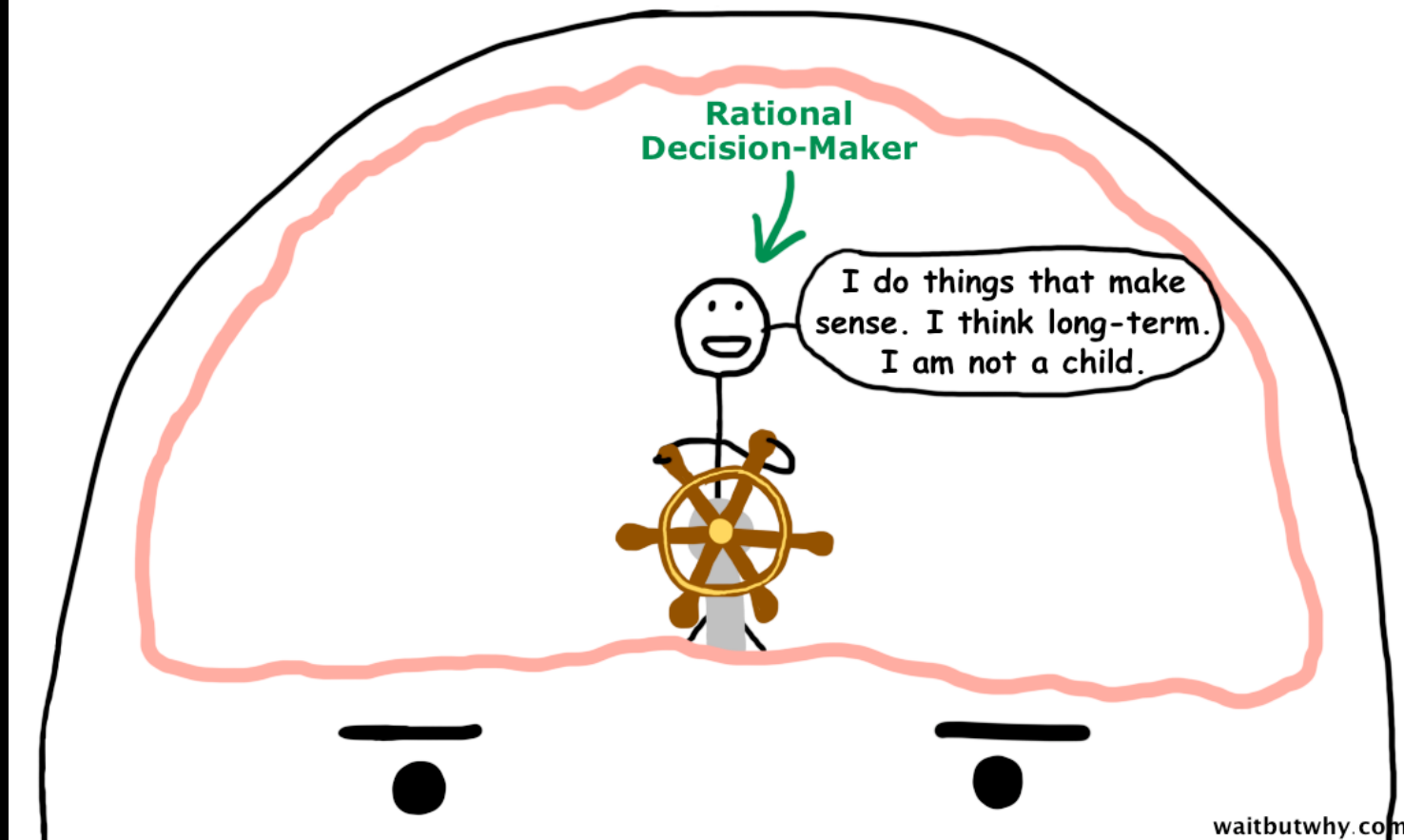
TIMEWISE

Definition of Procrastination

Act of delaying or postponing something;
put off intentionally or habitually.

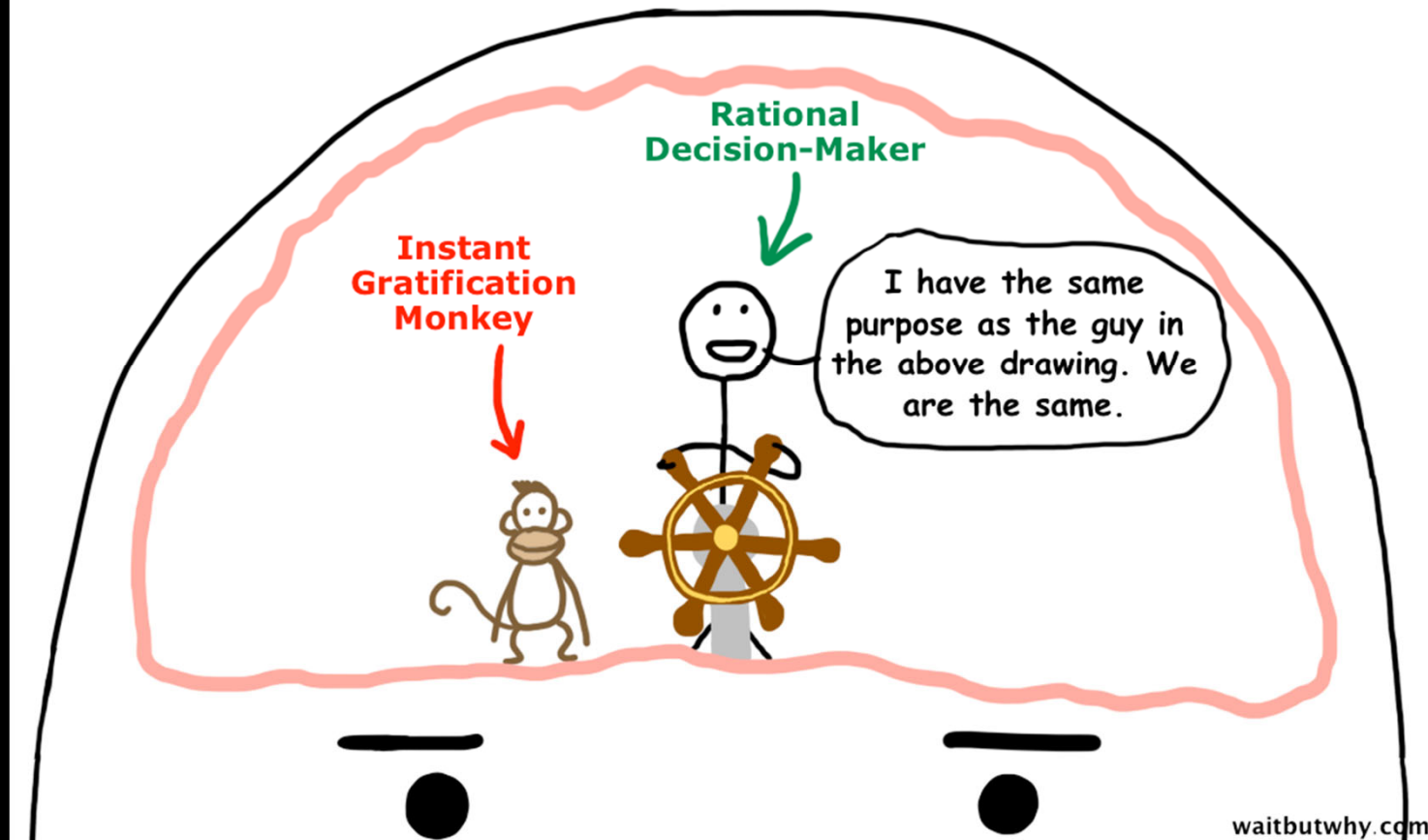
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Non-Procrastinator's Brain

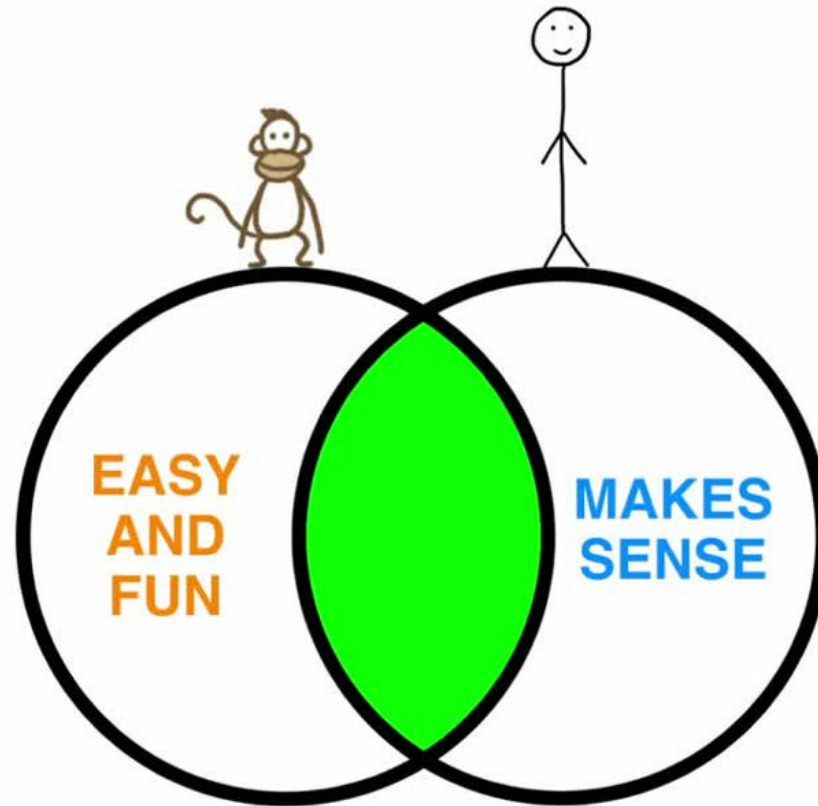


TIMEWIDE

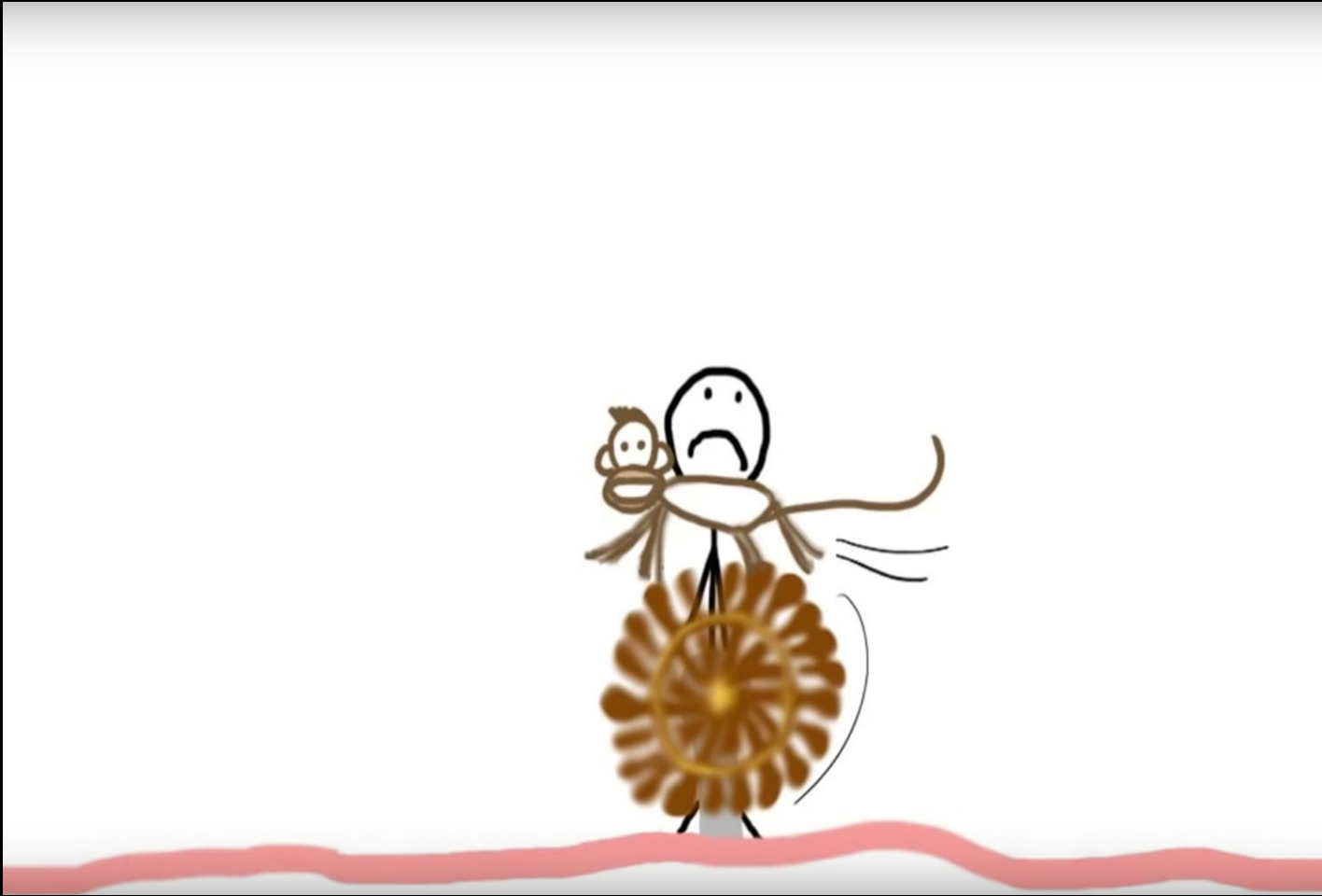
Procrastinator's Brain



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Reasons People Procrastinate

1. Task requires effort and hard work
2. Lack of motivation
3. Unclear how to start
4. Fear of the unknown
5. Distracted
6. Resistance
7. Perfectionism

Proverbs 6:6-11

- ⁶ Go to the ant, O sluggard;
consider her ways, and be wise.
- ⁷ Without having any chief,
officer, or ruler,
- ⁸ she prepares her bread in summer
and gathers her food in harvest.
- ⁹ How long will you lie there, O sluggard?
When will you arise from your sleep?



Proverbs 6:6-11

¹⁰ A little sleep, a little slumber,
a little folding of the hands to rest,
¹¹ and poverty will come upon you like a robber,
and want like an armed man.



Psalm 90:12

¹² So teach us to number our days
that we may get a heart of wisdom.

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Proverbs 24:30-34

- ³⁰ I passed by the field of a sluggard,
by the vineyard of a man lacking sense,
³¹ and behold, it was all overgrown with thorns;
the ground was covered with nettles,
and its stone wall was broken down.
³² Then I saw and considered it;
I looked and received instruction.



Proverbs 24:30-34

- ³³ A little sleep, a little slumber,
a little folding of the hands to rest,
³⁴ and poverty will come upon you like a robber,
and want like an armed man.



Definition of Perfectionism

Refusal to accept any standard short of perfection.

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Galatians 1:10

¹⁰ For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

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Romans 5:6-8

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— ⁸ but God shows his love for us in that while we were still sinners, Christ died for us.



Philippians 3:12-14

¹² Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. ¹³ Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.



Self-evaluation

- 1) Are you Wasting Time or Pressing On like the ant?
- 2) Do you focus on easy or take on the difficult in your spiritual life?
- 3) Are you counting time wasted by hours or by opportunities missed to impact the Kingdom?

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