

Overcoming Procrastination

Overview: Procrastination is a very deceitful attack of the enemy, in which the devil gets you to miss out on receiving “God-things” by doing good things instead. It allows the devil to steal the special blessings that could come to you when you do “God-things.” Good things are things that might seem good in your perspective. However, they may not be in alignment with God’s will for you or might not be God’s best for you. “God-things” are doing **what** God wants you to do, **when** He wants you to do them.

A. What are the causes of procrastination?

A Definition of Procrastination:

It is the habitual act of putting off intentionally and/or postponing it. [Merriam-Webster (M-W)]
The devil tries to tell you, “Why do today what you can put off for tomorrow?”

1. Spiritual

a) Pride can cause procrastination.

1) A definition of Pride is the inordinate self-esteem; an unreasonable conceit of one's own superiority in talents, beauty, wealth, accomplishments, rank or elevation in office, which manifests itself in lofty airs, distance, reserve, and often in contempt of others. (M-W)
e.g., I think that it is embarrassing to do this job so I put it off as long as I can.

b) Impatience can cause procrastination.

1) A definition of Impatience is a refusal to wait for people or developments, frequently displaying a lack of faith. (Bible Gateway Dictionary of Bible Themes)
2) Procrastinators do other things they prefer instead of being patient with the current project.
3) Impatience will get you into trouble.

c) Fear can cause procrastination.

1) A friend, who is a minister, once told me that procrastination is a combination of fear and depression. I think he’s right.
2) Satan tries to instill fear by causing you to expect that something bad may happen.

d) Fear of failure causes procrastination.

e) Fear of embarrassment causes procrastination.

f) “Analysis Paralysis,” is a trap of the devil to get people into so much fear about making a decision that they spin their wheels analyzing so much that they are paralyzed and unable to make a decision or they make it so late that the project is set up for failure..

1) Farmers who wait for perfect weather never plant. Eccl 11:4 (TLB)

g) “A Stitch in Time Saves Nine” is an idiom that means that it is better to act or deal with problems immediately, because if you procrastinate and wait, and deal with them later, there is a challenge that the devil can make things get worse and the problems will take longer to deal with, which causes more challenges and failure.

2. Emotional

a) Perfectionism

1) The devil gets some people to think that they need to be perfect which causes procrastination. They wait until everything is just right before they begin.
2) The devil makes some people think that they don’t have enough knowledge so they procrastinate.
3) The devil convinces some people to wait for the right circumstances so they procrastinate.
4) The devil tries to persuade some people that this job or project is below their level or status so they procrastinate because their pride does not want them to do it.

b) Depression, which is fear-based can cause procrastination.

- 1) Depression is a deep sense of despondency, discouragement and sadness, often linked with a sense of personal powerlessness and a loss of meaning in and enthusiasm for life. (M-W)
 - c) Complacency, a form of pride can cause procrastination.
 - 1) A definition of Complacency is self-satisfaction or smugness with an existing situation.(M-W)
 - d) Feeling overwhelmed and stressed out can cause procrastination.
3. Physical
- a) Laziness can cause procrastination.
 - 1) A definition of Laziness is the state or quality of being lazy; indisposition to action or exertion: indolence; sluggishness; heaviness in motion; habitual sloth. (Merriam-Webster)
 - 2) It is much easier being a couch potato than focusing on getting work done.
 - b) Distraction can cause procrastination.
 - 1) A definition of Distraction is the confusion from a multiplicity of objects crowding on the mind and calling the attention different ways; perturbation of mind. (Merriam-Webster)
 - 2) There are so many things that can be distracting, like having ones' attention drawn away, which may lead to forgetfulness, confusion, mistakes and attention deficit.
 - 3) I think that Leonardo Da Vinci may have been a procrastinator. Why did it take him 3-12 years to finish "The Mona Lisa?" (Google)
 - c) Fatigue
 - 1) Mental or physical tiredness can cause procrastination. I am going to wait until I have energy.
 - d) Challenges of forgetfulness and memory loss can cause procrastination.

B. What are the effects of procrastination?

1. Effects on Self
 - a) An effect of procrastination is not getting the job done.
 - b) Procrastination can result in the need for rushing, causing the sins of impatience, confusion and being upset and/or offended or being offensive.
 - c) Procrastination can cause failure, resulting in humiliation and embarrassment.
 - d) Procrastination triggered by depression can cause sadness, hopelessness, escapism and narcolepsy that causes someone to fall asleep in the day time.
 - 1) Find myself a shelter from the raging wind and the storm. Ps 55:6-8
 - 2) Jezebel wanted to kill Elijah. He ran away to hide from her because of fear, depression and hopelessness. He laid down under the tree and fell asleep. 1 Kings 19:5
 - e) An effect of procrastination is physical, mental, emotional, and spiritual laziness.
 - 1) He who is slothful in his work is a brother to him who is a great destroyer. Prov 18:9
 - f) An effect of procrastination is having thoughts which do not belong in the Mind of Christ. Such thoughts can cause you to be non-productive. Those thoughts should be counted as rubbish, that you may gain Christ; and imitate Christ.
Examples are:
"This isn't important right now, I will get to it later."
"This is too difficult, let's keep it for next week."
"I need to be in the right mood."
"I work better under pressure."
2. Effects on Relationships
An effect of procrastination is that it can create challenges in relationships with others.
 - a) Offense in others because the procrastinator has not started the job or the job was not done right, which causes time delays.
 - b) Causes rejection in others because the procrastinator did a poor quality job.

- c) Procrastination can cause people to distance themselves from you because of distrust that what you say will not happen.
- 3. Effects on your work, your finances and your possessions
 - a) An effect of procrastination is doing a sloppy job and not one of excellence.
 - b) An effect of procrastination means that your goals may not be completed.
 - c) An effect of procrastination is that it can challenge your finances in that you get fired from work.
 - d) An effect of procrastination when overwhelmed or stressed, and not casting your care/anxiety upon God, can make the procrastinator unable to finish.
 - e) An effect of procrastination, especially when there is too much to do, allows the devil to attack your memory.

C. What to do to get rid of procrastination and overcome it.

- 1. You are a new creation in Christ Jesus.
 - a) Forget the sins, mistakes and humiliations of the past.
 - 1) For thou shalt forget the shame of thy youth. Isaiah54:4 (GNT)
 - b) Develop new godly attitudes.
 - 1) If you work hard, you will get a fortune. Prov 12:27
 - 2) The overcomers were those who had faith and were patient until God kept his promise to them. Heb 6:12
- 2. Stop being a Procrastinator and imitate Jesus, who is a Finisher. 1 Cor 11:1
 - a) Look unto Jesus, the Author and Finisher of our faith. Heb 12:2
 - b) When Jesus was on the Cross at Calvary He said, "It is Finished," right before bowing His head and gave up His spirit. John 19:30
- 3. Here are some highly recommended suggestions:
 - a) CRRB every time you are challenged with procrastination.
 - b) Re-establish KOG.
 - c) Bind every DDEs (Demon, Devil and Evil spirit) of procrastination.
 - d) Cast out every DDEs (Only do this if you were taught to do it right in HS3 as a graduate. If not a HS3 graduate, we advise that you do not do this step.)
- 4. Do a FAP (Faith Action Plan).
 - a) Use this Step by Step Project Management System.
 - 1) Get started by taking the first step which is one that is so small that you have no problem doing it.
 - 2) Take small steps, going step by step, to overcome little by little.
 - 3) Keep doing the small steps until you come to one which you really want to do. Then you stop right before this step which you find most interesting or most important.
 - 4) The need for closure on the next step will over-ride the causes of procrastination and bring you back sooner to continue where you left off.
 - b) Become a Better Time Manager.
 - 1) Make appointments on your calendar with yourself to do your project with a pre-planned completion date.
 - 2) Give yourself REMINDERS: on your phone notification, on your calendar, on your refrigerator, on your bathroom mirror, etc.
 - c) Stay in the Mind of Christ. 1 Cor 2:16
 - 1) Do not fear. 2 Tim 1:7 (AMPC)
 - d) Rely on God as your helper. Heb 13:6
 - 1) One of the ways to fight depression is speaking the Word of God out loud.
 - 2) Praising God is a powerful way to get out of depression. Psalm 145
 - e) Casting your care and anxiety upon God will motivate you to complete the pending project. 1 Peter 5:7

John 14:26

- f) Ask the Holy Spirit to help you to remember what you need to do.
- 5. Do Affirmations:
 - a) Affirm 1 Cor 2:16
In the Name of Jesus, I have the mind of Christ.
 - b) Affirm 1 Cor 2:2
I focus on Jesus Christ and Him crucified.
 - c) Affirm Heb 13:6
In the Name of Jesus, the Lord is my helper
 - d) Affirm 1 Cor 7:35
In the Name of Jesus, I serve the Lord without distraction.
 - e) Affirm Isaiah 41:10 (GNT)
In the Name of Jesus, I will not be afraid because God is with me.
 - f) Affirm Phil 4:13
In the Name of Jesus, I can do all things through Christ who strengthens me.
 - g) Affirm 1 Peter 5:7
In the Name of Jesus, I cast my care and anxiety on you Lord.
 - h) Affirm John 14:26 (GNT)
In the Name of Jesus, Holy Spirit teach me and make me remember all things.

Prayer to Overcome Procrastination

**“Heavenly Father in the Name of Jesus,
I repent of anytime I have procrastinated; I repent of having done just “good things” and not doing “God things” of WHAT You want me to do and WHEN You want me to do them.
I also repent for each time I had NOT asked You, Lord, for what Your Will is for me;
and I repent of any time I was NOT in alignment with the WOG.
In addition, I repent of NOT doing tasks and/or responsibilities I was supposed to do;
I repent of fear, depression, laziness, pride, complacency, perfectionism, impatience, distraction,
feeling overwhelmed challenges with forgetfulness and memory loss.
Holy Spirit help me not to do these sins again, according to 1 John 1:9.
Lord Jesus, You are faithful and just to forgive me of these sins
and to cleanse me of all unrighteousness.
I receive forgiveness for these sins,
I renounce the legal right of satan to these sins,
I break off demonic attachments to these sins,
my sins have been washed away by the precious Blood of Jesus.
I come under the protection of the Blood of Jesus,
I ask You Holy Spirit to fall fresh and rest upon me as it says in Isaiah 11:2.
Help me, Lord, to get rid of demons of Procrastination,
help me to start and maintain a Faith Action Plan
of this ABC Step by Step Project Management System,
help me to Overcome Procrastination
by imitating Jesus Christ so I can become a Closer and Finisher,
and an Ambassador of Jesus Christ for Your Kingdom,
forever and ever. Amen.”**