

## **Say No To Procrastination**

Focus Forward  
Sunday February 6, 2022

### **James 4:14,17**

#### **What is Procrastination?**

*Cambridge Dictionary*

*"To keep delaying something that must be done, often because it is unpleasant or boring"*

#### **1. The Cause of Procrastination**

- a. *The Fear of failure*
- b. *Double mindedness*  
James 1:8
- c. *Waiting for the perfect time.*  
Ecclesiastes 11:4-6
- d. *Laziness*  
Proverbs 22:13, Proverbs 26:13

#### **2. The Cost of Procrastination**

- a. *Robs you of opportunities for Breakthrough*  
Luke 14:16-21
- b. *Robs you of opportunities to be successful*
- c. *Robs you of the opportunity for Salvation*  
Acts 24:24-27

#### **3. The Cure for Procrastination**

- a. *Stop Making excuses*  
John 5:5-9, Proverbs 22:13
- b. *Start Today*  
Proverbs 27:1
- c. *Establish a planned schedule*  
Proverbs 13:16, Ephesians 5:16
- d. *Face your fears*  
Philippians 4:13  
*I can do all things through Christ who strengthens me.*
- e. *Focus on the gain and not the pain*

#### **2 Things about Procrastination**

- a. *The uncertainty of life*  
Proverbs 27:1, James 4:13-14, Hebrews 3:13
- b. *The uniqueness of conviction*  
Genesis 6:3, Hosea 4:17