

# *Watch Me Burn*

## **Get Up and Do Something**

### **I. Introduction**

- A. James 4:17 (NLT) *Remember, it is sin to know what you ought to do and then not do it.*

### **II. Causes of procrastination**

A. Indecision

1. James 1:8 (NLT) *They can't make up their minds. They waver back and forth in everything they do.*

B. Perfectionism

1. Eccl. 11:4 (NLT) *If you wait for perfect conditions, you will never get anything done.*

C. Fear

1. Prov. 29:25 *The fear of man brings a snare, But he who trusts in the LORD will be exalted.*

D. Laziness

1. Prov. 12:24 *The hand of the diligent will rule, But the slack hand will be put to forced labor.*

### **III. Costs of procrastination**

- A. It causes more problems.

- B. It wastes opportunities.

1. Prov. 20:4 *The sluggard does not plow after the autumn, So he begs during the harvest and has nothing.*

- C. It hurts people.

1. Prov. 13:24 (NLT) *If you refuse to discipline your children, it proves you don't love them; if you love your children, you will be prompt to discipline them.*

#### IV. The cure for procrastination

A. Stop making \_\_\_\_\_ excuses \_\_\_\_\_.

1. Prov. 22:13 (NLT) *The lazy person is full of excuses, saying, "If I go outside, I might meet a lion in the street and be killed!"*

B. Begin \_\_\_\_\_ today \_\_\_\_\_.

1. Prov. 27:1 *Do not boast about tomorrow, For you do not know what a day may bring forth.*

C. Schedule \_\_\_\_\_ time \_\_\_\_\_ for those things you have been \_\_\_\_\_ putting off \_\_\_\_\_.

1. Eph. 5:15-16 <sup>15</sup>*Therefore be careful how you walk, not as unwise men but as wise, <sup>16</sup>making the most of your time, because the days are evil.*

D. Focus on the \_\_\_\_\_ gain \_\_\_\_\_ not the \_\_\_\_\_ pain \_\_\_\_\_.

1. Gal. 6:9 *Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.*

#### V. Two personal questions

A. What is it in your life that \_\_\_\_\_ needs \_\_\_\_\_ changing \_\_\_\_\_ that you've been \_\_\_\_\_ putting \_\_\_\_\_ off \_\_\_\_\_?

B. What is it going \_\_\_\_\_ to \_\_\_\_\_ take \_\_\_\_\_ to get you \_\_\_\_\_ moving \_\_\_\_\_?

#### VI. Conclusion

*(Unless otherwise indicated all Scripture verses are in the New American Standard Version.)*