

- DISCUSSION GUIDE -

ICE-BREAKER:

- Share a story of a time when you put something off and it really came back to hurt you later.

DISCUSSION:

The Causes of Procrastination:

1. **Read James 1:8; Ecclesiastes 11:4; Proverbs 29:5; Isaiah 48:4; Proverbs 13:4**
   - The Bible says procrastination can be caused by indecision, perfectionism, fear, pride or laziness. Which of these five is most likely to cause you to put things off? Why?

The Cost of Procrastination:

2. **Read Ephesians 5:16**
   - How does procrastination waste opportunities in life?
3. **Read Proverbs 15:19**
   - How does procrastination cause troubles in life?
4. **Read Proverbs 18:9**
   - How does procrastination have the potential to hurt other people?

The Cure for Procrastination:

5. **Name one significant area in your life where you've been procrastinating.**
6. **Read Proverbs 22:13**
   - What excuse(s) are you making for procrastinating in this significant area of your life?
7. **Read Luke 18:27**
   - How can you enlist God's help in overcoming your procrastination?
8. **Read Proverbs 21:5; Proverbs 13:11; Proverbs 27:1; James 4:17**
   - Why is it important to schedule a deadline and start immediately?

APPLICATION:

- Today… take the most significant area of procrastination in your life and schedule a specific time to begin working on that issue.