



Procrastination is something we all struggle with from time to time.

How do you deal with procrastination in your leadership and life?

What is one trick or tip you have used to defeat procrastination?

This morning's Scripture:

1 Samuel 9:1-27, 10:1-2, 17:1-58

Procrastination, Change

We often find ourselves putting off what we need to do and ignoring responsibilities. One figure from the Old Testament who put off his responsibility was King Saul. The book of 1 Samuel describes Saul as “a handsome young man. There was not a man among the people of Israel more handsome than he. From his shoulders upward he was taller than any of the people” (1 Samuel 9:2). This same man would be anointed as Israel’s king

and given charge to protect the people from enemies (1 Samuel 10:1–2). King Saul *looked* like a king, but instead of protecting God’s people, he ceded that responsibility to a young boy named David. David would go to defeat Goliath, who had been taunting the Israelites to send out their greatest warrior to fight him (1 Samuel 17:4–50).

Questions to go deeper in your faith

1. Fear is often a trigger for procrastination. What do you think are ways that fear plays a role in it for most people?
2. “Self Talk” is a key a part of the procrastination equation. Why is it so hard to utilize our self talk to inspire action?
3. What we say to ourselves about ourselves really matters when it comes to getting things done. How can you flip the script when it comes to what you say to yourself about difficult tasks?
4. We often use creative avoidance (another form of procrastination) to put off things that we need to do but opt for something a little more fun. What are some of your creative avoidance go to’s.
5. Today we talked about the importance of purpose when it comes to taking action. What might be some ways that we can clarify our purposes so we can stay on point when we need to take action in the future?
6. Having a system to get things done is a big part of defeating procrastination. Is there a system you “go to when you have to”? How does a system help overcome the anxiety that can hold us back?
7. What do you think caused King Saul’s issues with procrastination?
8. Has there ever been a time when God speaks to your heart and calls you to act and then you struggle with it. What are some ways we can address it in our spiritual lives to have victory over the struggle?