



Thursday Thought

by Pastor Myron D. Atkinson

“Tax Penalty!”

Thursday, April 20, 2017

Verse for the week: Jeremiah 13:16 (NLT) Give glory to the Lord your God before it is too late

I have this sign in my office that says “If a man says he will fix it, he will. There is no need to remind him every 6 months.” I really like the sign, but for me it’s not so funny because honestly, I sometimes struggle with procrastination. In college, I would stay up all night finishing a term paper that was due the next day. The assignment was given at the beginning of the semester but I procrastinated. When I was younger, there were times I ended up having to pay a tax penalty because I procrastinated doing my taxes. I’m getting better and have corrected some of my old habits but there are times...

I’m not sure all procrastination is wrong. I think it’s good when we procrastinate about saying some things that later we would have regretted. Now I’m justifying it but hey, Psychology Today even has an article on the web entitled “6 reasons why procrastination can be good for you”*. I thought it was written by a man but it was actually written by a woman. And all this time I thought men were the worst procrastinators and that God made wives to help men get things done. Now I know it’s an issue that both sexes deal with. ☺

Even though there may be sometimes when procrastination is okay, too often it’s not healthy and can cause many more problems. I would even suggest that procrastination can sometimes be sin. **James 4:17 (CEB) says, “It is a sin when someone knows the right thing to do and doesn’t do it.”** In order to avoid sin and getting ourselves in trouble, there are a few steps to help with procrastination.

- 1. Set deadlines for yourself before the actual deadline.** Once you achieve your first goal you will feel a sense of accomplishment and it will push you to do more.
- 2. Don’t blow the task out of proportion.** If I would have started on my term paper at the beginning of the semester and worked on it a little each week, it wouldn’t have been such an overwhelming task for me and I probably would have even gotten a better grade.
- 3. Stop thinking and start doing.** I know too often I say, “I can’t...” when I haven’t even tried. Read the directions and then get started. (Yes, we should look at the directions--it will help!)
- 4. Remove distractions, stop making excuses, and just do it.** Turn off the television, Facebook, Twitter, YouTube, etc. and get started. Kind of like the song from the old Christmas movie, “Santa Clause is Coming to Town,” which says, ***“Put one foot in front of the other and soon you’ll be walking ‘cross the floor. Put one foot in front of the other and soon you’ll be walking out the door.”***

What are you waiting for? It’s time to get started.

Question to ask yourself: What have you been putting off that you need to begin doing today?

* <https://www.psychologytoday.com/blog/the-path-passionate-happiness/201511/6-reasons-why-procrastination-can-be-good-you>