

**WAKE UP
CALL**

Series



A man with dark hair and glasses is sitting at a desk. He is wearing a black t-shirt and has white earbuds in his ears. He is looking down at a laptop in front of him with a weary expression. On the desk, there are several books and papers scattered around. The background is a plain, light-colored wall. The overall scene suggests a person struggling with productivity or focus.

Overcoming Procrastination and Distractions

pro·cras·ti·nate (proh-kras-tuh-neyt)

verb. pro·cras·ti·nat·ed, pro·cras·ti·nat·ing.

1. To put off doing something, especially out of habitual carelessness or laziness.
2. Log on to Facebook.



WHAT IS A DISTRACTION?

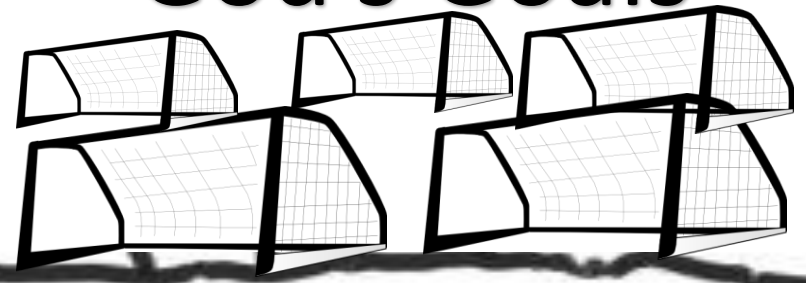
Definition:

- a thing that prevents someone from giving full attention to something else.
- divert one's attention from something worrying or unpleasant by doing something different or more pleasurable.

ME



God's Goals



Prayer

Altar

The Fresh
is Peak

The Spirit
is Willing



DISTRACTIONS

Hessian Colonel Johann Rall



- Johann Rall was a colonel not a General.
- After the battle of Trenton Johann Rall soon dies of his immensely fatal wounds.
- Rall was playing chess and cards the night of the attack.
He was handed a letter of the Attack but put it in his pocket.



PROCRASTINATION

it's exhausting

**AWAKE, YOU WHO SLEEP, ARISE FROM THE DEAD,
AND CHRIST WILL GIVE YOU LIGHT.**

EPHESIANS 5:14

**Look carefully then
how you walk,
not as unwise
but as wise,
making the best
use of the time,
because
the days are evil.**

Ephesians 5:15-16



**PROCRASTINATION
IS PURE POISON TO THE SOUL**

The Poison

“Fear stops a lot of people.
Fear of failure, of the
unknown, of risk. And
it masks itself as
procrastination.”

-Lisa Anderson

ALL
PROCRASTINATION
is
FEAR.
ELIZABETH GILBERT

SO WHOEVER
KNOWS **THE**
RIGHT THING
TO DO **AND**
FAILS TO DO
IT, FOR HIM IT
IS **SIN.**

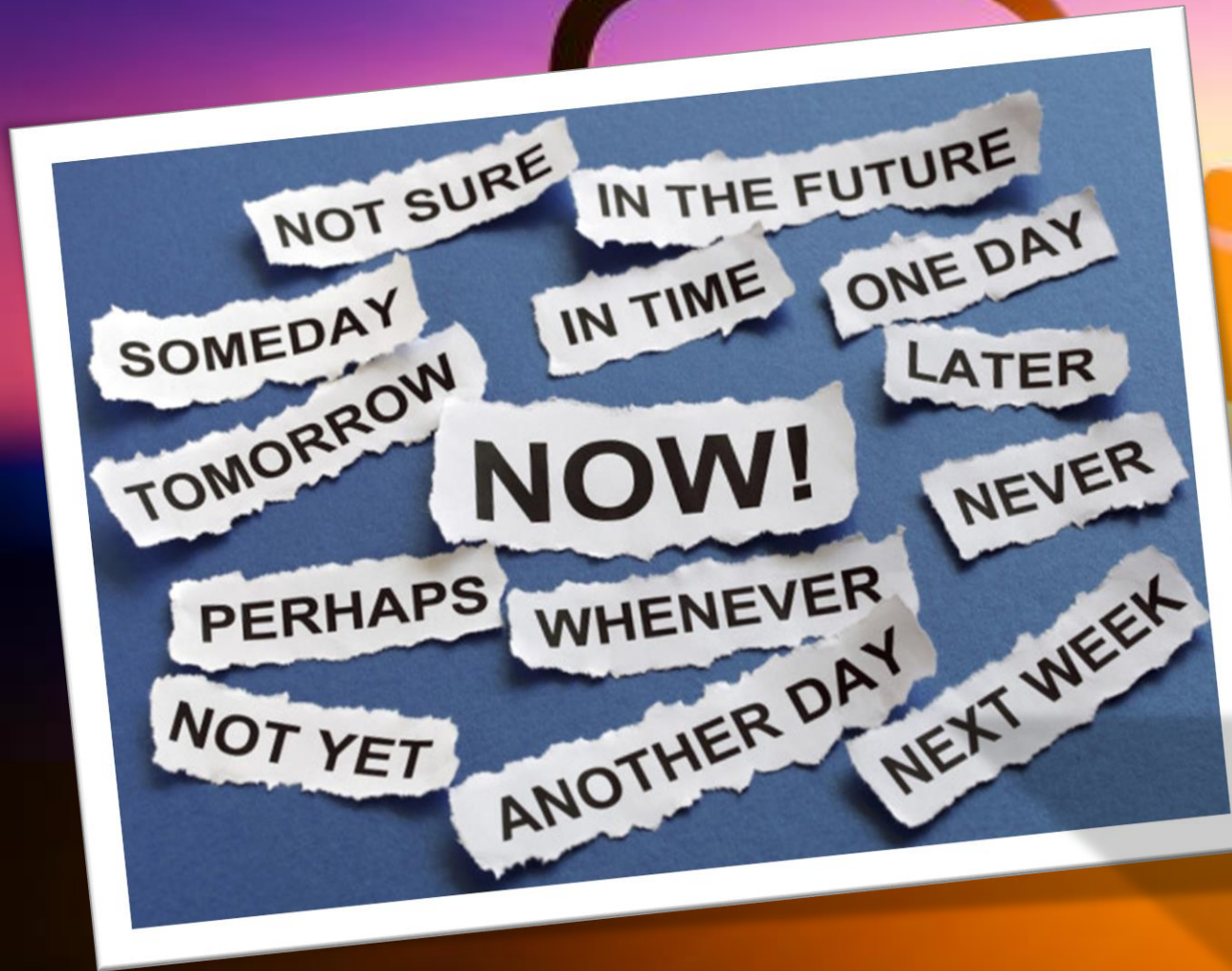
JAMES 4:17



**Procrastination is my sin.
It brings me naught but
sorrow. I know that I
should stop it. In fact, I
will--tomorrow!**

Gloria Pitzer

The Antidote





Name your fears.
Overcome them.
Work on the task.

Name your fears.

What FEAR is:

F - False

E - Evidence

A - Appearing

R - Real

Fears hindering us from
Building Altar are fears of...

Failure

Exhaustion

Alterations

Revelations

Overcome them.

-E-A-R: has two meanings:

1. Forget Everything And Run
or
2. Face Everything And Rise

F E A R

The Choice is Yours!



I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

Nelson Mandela

RejectLost.org

For God

has not given us a spirit
of fear *and* timidity, but of
power,



and self-discipline.

2 Timothy 1:7

I took you from the ends of the earth
from its farthest corners I called
you.
I said, 'You are my servant';
I have chosen you and have not
rejected you.
10 So do not fear, for I am with you;
do not be dismayed, for I am your
God.
I will strengthen you and help you;
I will uphold you with my
righteous right hand.
11 "All who rage against you
will surely be ashamed and
disgraced;
those who oppose you

Isaiah 41:10

Confess His word after
having confessed the sin.

Work on the task.

BE STRONG AND COURAGEOUS!
DO NOT BE AFRAID OR DISCOURAGED.
FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO.
- JOSHUA 1:9

COURAGE

IS NOT THE ABSENCE
OF **FEAR**, BUT RATHER
THE JUDGEMENT THAT
SOMETHING ELSE IS MORE
IMPORTANT THAN **FEAR**

AMBROSE REDMOON

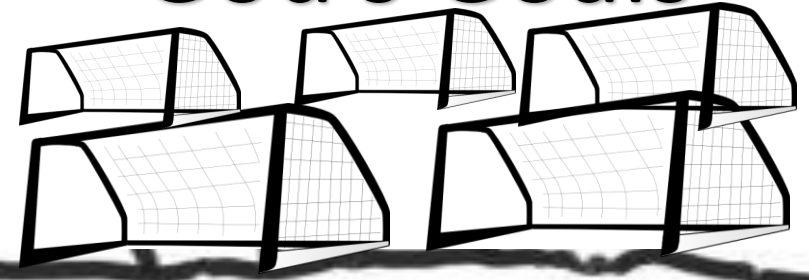
Overcoming Procrastination

Someday Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1. Your brain sometimes uses a different calendar, know it and deal with it! (Deal with fear).
2. Starting is more important than thinking
3. 20 minutes after starting, you are happy to continue
4. You will get more done, be more engaged and satisfied.



God's Goals



ME



The Prayer
Altar
brings you
into your
destiny

YOUR
DESTINY

Fear of
Revelations
Fear of
Alteration
Fear of
Exhaustion
Fear of
Failure

Hole of Procrastination