

ON MY LIST: Word

ICE BREAKER QUESTIONS

What do you do on your free time? Share one.

WORD

Procrastination Hinders Growth. While procrastination itself is not directly labeled as sin in the Bible, it can become problematic or sinful depending on its impact on one's life and responsibilities.

The Bible encourage diligence, stewardship, and wise use of time. In *James 4:17* say, "If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them," implying that knowingly neglecting responsibilities can be considered sinful.

Procrastination, when it leads to neglecting important duties or God's calling, *can hinder spiritual growth and service*, and in that sense, it may be seen as a failure to live up to one's God-given potential, which some might consider sinful. The key is how it affects your ability to fulfill responsibilities, honour, commitments, and live out your faith.

The effects or results of procrastination can be both personal and professional, impacting various aspects of life. These includes missed opportunities, increased stress, lower productivity, guilt and stress, strained relationship, hindered growth and health issues. In the long term, habitual procrastination can erode confidence and limit success, making it harder to achieve goals and live a fulfilled life.

The cause of procrastination are laziness or sloth, fear or lack of faith, lack of wisdom or planning, disobedience or rebellion, prioritizing worldly desires, spiritual apathy.

Biblically, procrastination often stems from a heart attitude that fails to align with God's will—whether through fear, laziness, lack of faith, or misplaced

priorities. Overcoming procrastination from a biblical perspective involves diligence, faith, obedience, and proper stewardship of time and resources.

DISCUSSION

Can you name a time when you put something off?
Why do we procrastinate?

WORD

Let us look at the downfall of King Saul and how it relates to our own struggle with passivity (*acceptance of what happens, without active response or resistance.*)—for example, in the story of David and Goliath: “Saul for forty days ... refused to go into that valley and fight. He was passive.

1 Samuel 17:8-11 (NIV)

8 Goliath stood and shouted to the ranks of Israel, “Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. 9 If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.” 10 Then the Philistine said, “This day I defy the armies of Israel! Give me a man and let us fight each other.” 11 On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.

One way to hinder growth is being passive and not active in response to what ever challenges we face in life. As much as he is the leader, called and anointed by God **1 Samuel 10:1 (NIV)**... he refused to fight the battle that had his name on it. ... When we refuse to fight the battle that have our names on it, we will always pay the price for that. There is a price to be paid for passivity. We often find ourselves putting off what we need to do and ignoring responsibilities.

Three C` s of Overcoming Procrastination

1. Confidence In God’s Word.

It refers to trusting fully in the truth, promises, and guidance found in the Bible. When someone has confidence in God's Word, they have faith

that God's teachings are reliable, trustworthy, and applicable to their life, providing them with assurance and strength.

1 Samuel 17:11 (NIV)

*“On hearing the Philistine’s words, **Saul and all the Israelites were dismayed and terrified.**”*

1 Samuel 17:24 (NIV)

*“Whenever the Israelites saw the man, **they all fled from him in great fear***

In contrast with David:

1 Samuel 17:26 (NIV)

26 David asked the men standing near him, “What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

2. Conviction In God’s Word

It refers to a strong, unwavering belief or deep confidence in the truth and authority of the Bible or God's teachings.

Having conviction in God's Word means holding firm to biblical principles and allowing them to guide one's actions and decisions.

1 Samuel 17:10-11 (NIV)

10 Then the Philistine said, “This day I defy the armies of Israel! Give me a man and let us fight each other. 11 On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.

In contrast with David: 1 Samuel 17:32-36 (NIV)

32 David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.” 33 Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.” 34 But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. 36 Your servant has

killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God.

3. Certainty In God's Word.

Certainty is a noun that refers to the state of being sure or confident. Certain means being sure about something, having no doubts, or being confident in the truth or accuracy of a truth or belief. It refers to a state of complete assurance or conviction. For example, if you are certain about a decision, it means you have no hesitation or uncertainty regarding it.

1 Samuel 17:33 (NIV)

“Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.”

1 Samuel 17:42-44 (NIV)

42 He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. 43 He said to David, “Am I a dog, that you come at me with sticks?” And the Philistine cursed David by his gods. 44 “Come here,” he said, “and I’ll give your flesh to the birds and the wild animals!”

In contrast with David:

1 Samuel 17:37

37 The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.” Saul said to David, “Go, and the Lord be with you.”

1 Samuel 17:45-47

*45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. 46 **This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the***

DISCUSSION

What does King Saul teach us about putting off our responsibility, and the consequences that can result?

LIFE APPLICATION

Do not allow your situation to intimidate you; instead, focus on knowing, understanding, and trusting the Word of God in your life. His words are reliable and trustworthy, providing assurance and strength in times of need.

Strive and emulate David's focus on seeking the Lord and His will for us so that we may develop confidence in the Lord's ability to deliver us from any trial which we face.

Let us not allow our situation to dictate who we are, but instead, let the Word of God create a strong, unwavering conviction founded on the teachings of Christ Jesus, our Lord.

The Lord saves; for the battle is the Lord's, and He will give victory to all who trust in His name.

DISCUSSION

Do we ever procrastinate on Christian growth? How could we help one another overcome that?

VERSE TO MEDITATE ON

2 Timothy 1:7 NKJV

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Psalms 27:13-14 (NIV)

13 I remain confident of this: I will see the goodness of the Lord in the land of the living. 14 Wait for the Lord; be strong and take heart and wait for the Lord.

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.



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