

HELEN SANDERS
7-12-2025
PROCRASTINATION

Procrastination is defined in the dictionary as the act of unnecessarily delaying or postponing tasks, often despite knowing there will be negative consequences. It is putting off things that need to get done.

One that procrastinates often have things left undone such as not mowing the lawn. A sink full of dishes from many days of not doing them. They are often late paying their bills even though they have money to do it. They often avoid doing menial tasks just because they do not feel like it. If you ask them why, they often respond with "I don't know."

Procrastination can lead to stress, anxiety, guilt, and a decrease in overall productivity. It may be because they fear failure, lack of confidence, or feel why bother because they never do things right anyway.

In a spiritual sense it can be dangerous to procrastinate, especially if you put off giving your heart to God. Once you close your eyes in death, there is no time left for you to "get things right."

Many put off the assignment God gives them for any number of reasons. Jonah is an example of one that did that. He put off doing what God called him to do, and he ended up in the belly of a great fish [whale] until he repented.

Many procrastinate about repenting for their sin by thinking they still have time. We are not guaranteed the next breath. It will be a very sad day for those that stand before God and say, "I wish I had" instead of saying, "I'm glad I did."

If you find yourself in this condition, remember, God never gives us a task that we cannot complete. There are so many examples in scripture where God called those that were not qualified to do a task, but he "qualified" the called.

Ask God to forgive you for being a procrastinator, then determine to do what James said in James 1:22, **"But be ye doers of the word, and not hearers only, deceiving your own selves."** Be determined to be a "doer of the word" and not just a hearer only.