

Redeeming the Time:  
*Wisdom for Procrastinators*



## *Ephesians 5:15-17*

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil.

<sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is.

# *Three Causes of Procrastination*

## **1. Laziness**

- *Proverbs 15:19; 19:15; 24:30-34; 26:13-16*
- *Colossians 3:23-24*

## **2. Presumptuousness**

- *James 4:13-17*

## **3. Anxiety**

- *Ecclesiastes 11:1-4*
- *Matthew 6:34*

# *A Biblical Example: Elijah*

## *(1 Kings 19)*

- First, God gives him a snack and tells him to go for a walk (vv. 4-8).
- Then, God asks, “What are you doing here, Elijah?” (v. 9; 13).
- Finally, God gives him three clear, actionable goals (vv. 15-16).

## *Hebrews 12:1-3*

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. <sup>3</sup> Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.