# Beating Procrastination with God's Help



A 7-day Bible study for teens to overcome procrastination through faith, discipline, and God's strength.





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#### Introduction

Welcome to this 7-day journey designed especially for teens who want to overcome procrastination with God's help. Procrastination is a challenge many face, especially when the demands of school, relationships, and personal goals pile up. It's easy to delay and make excuses, but God offers wisdom and strength to act wisely and promptly.

Procrastination often stems from fear, perfectionism, or lack of motivation. But scripture encourages us to live with purpose, diligence, and trust in the Lord's guidance. Through this study, we'll explore what God's Word says about managing time, seeking strength in Him, and cultivating habits that defeat delay. Each day's devotional will include key verses, reflections, and practical action points for you to apply immediately.

God delights in the work of your hands and wants you to thrive in all areas of your life. By partnering with Him, you will discover lasting motivation and peace beyond procrastination. Let this study be a starting point to new habits and a renewed heart focused on God's eternal goals.

Let's seek His help and courage each day, so procrastination no longer hinders your God-given potential!















#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Proverbs 6:6 "Go to the ant, you sluggard; consider its ways and be wise!"
- James 4:14 "What is your life? You are a mist that appears for a little while and then vanishes."







#### Devotional: Recognizing Time's Value to End Delay

Procrastination starts with ignoring the reality of time. Today, God invites us to face the truth that there is a right time for everything. You might feel like putting off a task because it's hard or because motivation is low, but Scripture reminds us of life's fleeting nature. The book of Ecclesiastes says there is a season for everything — implying that our moments must be valued and lived intentionally.

Even nature teaches us lessons about diligence. Look at the ant, mentioned in Proverbs, working tirelessly to prepare for the future. When you procrastinate, you delay not only your tasks but also the blessings and growth that come from doing them well. Life is short; each moment counts.

Pray today to be honest with yourself about your habits and ask God to give you clarity and courage to face procrastination head-on. It's the first step toward change.







# Reflect and Apply

1.	What areas of your life do you often delay, and why?
2.	How does knowing life is like a mist affect your view on time?
3.	In what ways can you imitate the ant's diligence in daily tasks?







# **Journaling Prompts**

1.	List the top three tasks you've been procrastinating on and why.
2.	Write about a time when acting promptly resulted in a positive outcome.
3.	Reflect on what fears or feelings hold you back from starting tasks.







## **Prayer for Today**

**Dear God,** thank You for reminding me that time is a precious gift. Help me to face my procrastination with honesty and courage. Teach me to value every moment and to work diligently as You desire. Please give me strength to begin today and wisdom to manage my time well. Fill my heart with motivation and peace, trusting Your perfect timing for all things. *In Jesus'* name, Amen.

















#### Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- Isaiah 40:31 "But those who hope in the LORD will renew their strength."
- Psalm 28:7 "The LORD is my strength and my shield; my heart trusts in him, and he helps me."







#### Devotional: Finding God's Power to Start Strong

Procrastination can feel overwhelming when we lack energy or motivation to begin. But Scripture lifts our eyes to a source of infinite strength: God Himself. The apostle Paul boldly declares that through Christ, he can do all things, including pushing past hesitation and discouragement.

Waiting on the Lord renews our inner strength. When you feel weak or tempted to delay, invite God to empower you. He is your shield and helper, ready to equip you to take the next step, however small.

Remember, strength isn't just physical—it's spiritual and emotional. Trusting God renews your heart and mind, giving you the courage to act even when it's hard. Today, lean on God's strength rather than your own.







# Reflect and Apply

1.	When have you felt weak but found strength through prayer or faith?
2	How can relying on God's strength change your attitude about tasks?
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3.	What small step can you take today trusting God will give you strength?







# **Journaling Prompts**

	Describe an area where you need God's strength to overcome procrastination.
	Write a prayer asking God for empowerment to face a delayed responsibility.
3.	List ways God has helped you through challenges in the past.







#### Prayer for Today

**Lord,** sometimes I feel too weak or discouraged to start what I need to do. Thank You that Your strength is available to me when I rely on You. Help me to lean on You today and trust that You will empower my efforts. Give me courage for each step and remind me I'm never alone. Fill me with Your peace and energy. *In Jesus' name, Amen.* \$\mathcal{L} \lambda \lambd









# Day 3: **6** Setting Godly Priorities









#### Your Verse

Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."







#### Devotional: Aligning Priorities with God's Will

One reason procrastination takes hold is confusion about what matters most. Jesus teaches us to seek first God's kingdom and righteousness — this means prioritizing God's goals above all. When your priorities align with God's will, motivation and focus follow naturally.

Trusting God and submitting your plans to Him clarifies your path. Instead of being pulled in many directions, you gain confidence that each task you do with a heart for God carries eternal value. This mindset fights off distractions and excuses to delay.

Ask God to help you set clear, godly priorities today. Commit to working heartily for Him, not just for human approval or temporary gain.







# Reflect and Apply

1.	What distractions cause you to procrastinate or lose focus?
2.	How can seeking God first influence your daily tasks?
3.	In what ways can you remind yourself that your work honors God?







## **Journaling Prompts**

1.	Write down your top priorities and evaluate if they reflect God's kingdom.
2.	Describe how submitting your plans to God changes your approach.
3.	Journal about challenges you face in staying focused on important goals.







#### Prayer for Today

**Father God,** help me to set my priorities according to Your kingdom and righteousness. Teach me to trust You fully and follow Your guidance as I plan my day. Remove distractions that tempt me to delay or lose focus. May my efforts bring glory to You as I work wholeheartedly. Thank You for making my path straight. *In Jesus' name, Amen.*

















Day 4: Tovercoming Fear with Faith

#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."







Day 4: 1 Overcoming Fear with Faith

#### Devotional: Choosing Faith Over Fear in Every Task

**Fear often masquerades as a reason to procrastinate.** Maybe you fear failure, judgment, or imperfection. Yet God's Spirit empowers us with strength, love, and self-discipline—nothing like timidity or fear.

Remember God's promise: He is with you, so you can be strong and courageous regardless of challenges. When fear tempts you to delay, choose faith instead. Ask the Holy Spirit to fill you with boldness and self-control so you can tackle your tasks.

God doesn't remove challenges but equips us to face them head-on in His power. Lean into that strength today and refuse to let fear dictate your actions.







Day 4: 
 Overcoming Fear with Faith

# Reflect and Apply

1.	What fears often lead you to put off important tasks?
2.	How does God's Spirit equip you to face fear with courage?
3.	What steps can you take when fear threatens to paralyze action?







Day 4: 
 Overcoming Fear with Faith

# **Journaling Prompts**

1.	Write about a time faith helped you overcome a fear-driven delay.
2	List force you need to surronder to Cod and ask Him to replace
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3.	Plan one small courageous action to take toward a delayed task.







Day 4: 1 Overcoming Fear with Faith

## **Prayer for Today**

**Lord Jesus,** I confess fear tries to control me and keep me from doing what I should. Thank You for giving me a spirit of power, love, and self-discipline. Help me to be bold and courageous today. I trust You are with me in every situation. Replace my fear with faith so I can accomplish what You've called me to do. *In Your mighty name, Amen.* 

















Day 5: 

Practicing Discipline Daily

#### Your Verse

Hebrews 12:11 - "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

#### **Supporting Scriptures**

- Proverbs 12:1 "Whoever loves discipline loves knowledge."
- 1 Corinthians 9:27 "I discipline my body and bring it under control."







Day 5: A Practicing Discipline Daily

# Devotional: Building Fruitful Habits Through Discipline

**Discipline isn't fun in the moment but leads to lasting benefits.** Like a muscle that grows stronger through training, your willpower strengthens as you practice daily self-control. Procrastination fades as you develop consistent habits.

God's Word encourages us to embrace discipline as a path to righteousness and peace. When you choose to start that task instead of delaying, you are training yourself to live faithfully and fruitfully.

Today, identify one habit related to procrastination and commit to practicing discipline in that area. Celebrate progress, even if small; it's part of growth.







Day 5: 🕰 Practicing Discipline Daily

# Reflect and Apply

1.	What habits contribute to your procrastination?
2.	How can discipline bring peace instead of stress in your life?
3.	What practical step can you commit to that requires discipline?







Day 5: 🕰 Practicing Discipline Daily

# **Journaling Prompts**

1.	Describe a discipline you want to develop or improve.
2.	Write about how practicing discipline has helped you in other areas.
3.	Plan a daily routine that supports overcoming procrastination.







Day 5: 🕰 Practicing Discipline Daily

#### Prayer for Today

**Gracious God**, discipline is difficult but necessary. Help me to embrace it, knowing it leads to righteousness and peace. Strengthen my resolve to be consistent in overcoming procrastination. Train my spirit to value self-control and to persevere when tasks feel challenging. Thank You for the growth that comes from faithful discipline. *In Jesus' name, Amen.* 

















Day 6: 🌣 Encouragement and Accountability

#### Your Verse

Hebrews 10:24–25 – "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

#### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one..."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 6: 🌣 Encouragement and Accountability

#### Devotional: Finding Strength in Christian Community

God created us for community, where encouragement fuels perseverance. Overcoming procrastination isn't always easy alone. Surrounding yourself with supportive friends or mentors can boost your motivation and hold you accountable.

Being part of a community encourages you to keep going when self-discipline wanes. It also gives you a chance to encourage others in their struggles, creating a cycle of growth and strength.

Today, think about who can support you in beating procrastination. Consider sharing your goals and asking for prayer or regular check-ins. Together you can spur one another on toward good deeds.







Day 6: 🎔 Encouragement and Accountability

# Reflect and Apply

1.	Who in your life encourages you and holds you accountable?
2.	How does community transform your desire and ability to act?
3.	What steps can you take to connect with others about your goals?







Day 6: 🎔 Encouragement and Accountability

# **Journaling Prompts**

1.	List friends or mentors who could support your growth.
2.	Write about past experiences where encouragement helped you succeed.
3.	Plan how to ask someone for accountability in your tasks.







Day 6: 🌣 Encouragement and Accountability

#### Prayer for Today

**Father,** thank You for the gift of community. Help me to seek encouragement and accountability as I fight procrastination. Bring godly friends or mentors into my life to spur me on in good deeds. Teach me also to encourage others honestly and lovingly. May we grow stronger together in You. *In Jesus' name, Amen.*  $\heartsuit$   $\swarrow$   $\heartsuit$ 















#### Your Verse

1 Thessalonians 5:16–18 – "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







#### Devotional: Grateful Hearts Fuel Continued Growth

As this study concludes, it's important to celebrate the progress made.

Overcoming procrastination is a process, not perfection. God is faithful and continues His work in you, even when you stumble.

Rejoice and give thanks for every step forward. Maintaining a grateful heart keeps you anchored in hope and joy, fueling further positive change.

Today, reflect on how God has helped you so far. Commit to continual prayer, gratitude, and trust in His ongoing guidance. Celebrate the victories and keep pressing forward with His strength.







# Reflect and Apply

1.	What progress have you noticed in overcoming procrastination?
2.	How has God shown His faithfulness during this journey?
3.	In what ways can gratitude support your future efforts?







# **Journaling Prompts**

1.	Write a letter of thanks to God for the growth you've experienced.
2.	List victories, big or small, achieved this week.
3.	Plan how you will continue partnering with God moving forward.







## **Prayer for Today**

**Thank You, Lord,** for walking with me through the challenges of procrastination. I rejoice in the progress made and trust You to continue Your work in my life. Keep my heart grateful and my spirit strong as I move forward. May I always lean on Your faithfulness and grace. *In Jesus' name, Amen.* 🎇 🙏 🦫 🖤







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