



The Time Thief

Why do you think people procrastinate or put things off? Some would say it's laziness, but it really isn't. Procrastination is avoidance.

We tend to delay things because of several reasons:

- It feels overwhelming.
- We're afraid of failing.
- We're distracted.
- We want our comfort more than challenge.
- We think, "There's plenty of time."

But procrastination is a sneak-thief. It steals peace, confidence, and opportunities. Psalm 90:12 tells us, "Teach us to number our days that we may gain a heart of wisdom." God isn't trying to pressure us – He's trying to free us. When we understand how valuable time is, we stop letting fear or distraction control us.

What Procrastination Costs:

Stress that doesn't need to exist, rushed work that doesn't reflect your real ability, missed chances to grow, a constant feeling of being "behind," less time for the things you actually enjoy. The truth is, procrastination doesn't protect you. It traps you.

Procrastination might feel harmless — just a little delay, a few extra minutes scrolling or gaming — but for teens, it quietly steals something precious: **momentum**. Every time you put off a task, you lose a bit of confidence and control. The undone homework, the missed opportunity, the late start on a dream — they all add up. It's like letting a thief sneak away with your time, leaving you with stress and regret instead of peace and progress.

The real cost isn't just lower grades or forgotten chores; it's the habit of *waiting* instead of *acting*. When you procrastinate, you train your brain to choose comfort over growth. But when you start — even doing something small — you build strength, discipline, and freedom. Time used wisely becomes power: power to learn, to create, to serve, and to grow into the person God designed you to be.

Redeem The Time

Redeeming Time:

What Does It Mean to Redeem Time? To “redeem” something means to buy it back, rescue it, or use it for something better. Ephesians 5:16 says, “Make the most of every opportunity.” But God isn’t asking teens to be perfect time-managers. He’s inviting them to:

- Be *intentional*
- Be *present*
- Be *wise*
- Be *courageous*
- Be *willing* to *start*

Where Teens Lose the Most Time:

- Scrolling without *purpose*
- *Overthinking*
- *Waiting* for “*motivation*”
- *Starting* too *late*
- *Multitasking everything*
- Saying “I’ll do it later”

Where Teens Gain the Most Time:

- Doing the *hardest thing* first
- Setting a 10-minute timer
- *Turning off notifications*
- *Breaking tasks* into *small steps*
- *Asking God* for *focus*
- *Finishing* before *relaxing*

Redeeming Time Word Search:

Find The Underlined & *Italicized* Words On The Left In The Word Search Below.

G	N	I	N	R	U	T	W	Q	P	G	E	O	Y	J	D
D	B	F	F	L	G	N	I	H	T	N	Z	V	J	C	D
G	H	I	F	O	J	D	U	W	N	I	T	E	U	F	S
R	Q	N	C	U	H	T	O	K	M	K	U	R	L	O	K
O	M	I	O	S	B	S	Y	G	U	A	M	T	A	C	S
V	T	S	U	N	Z	E	Q	E	L	E	E	H	N	U	A
R	T	H	R	O	O	D	N	S	T	R	M	I	O	S	T
E	M	I	A	I	R	J	P	I	B	X	N	I	H	C	
L	G	N	G	T	E	A	S	E	T	F	Z	K	T	G	N
A	H	G	E	A	V	H	I	T	A	W	M	I	N	I	O
X	V	L	O	C	E	B	V	S	S	I	P	N	E	G	I
I	V	L	U	I	R	X	X	S	K	L	X	G	T	Z	T
N	U	A	S	F	Y	A	G	K	I	L	P	Y	N	C	A
G	W	M	T	I	T	N	N	P	N	I	R	T	I	V	V
L	I	S	R	T	H	Q	I	A	G	N	E	R	Q	D	I
Z	S	K	A	O	I	T	T	N	X	G	S	K	W	R	T
O	E	Z	T	N	N	B	R	O	E	D	E	I	R	U	O
G	U	V	S	Z	G	Y	A	Q	F	U	N	R	U	E	M
H	R	K	B	W	A	I	T	I	N	G	T	X	B	F	U
A	S	K	I	N	G	C	S	X	S	L	A	T	E	J	O



Start Now Challenge

Activity:

The 10-Minute Reset

1. Pick one thing you've been putting off.
2. Set a timer for 10 minutes.
3. Work on it — even if you don't finish.

Discovery:

Most people discover:

Starting is the hardest part
10 minutes is enough to break the cycle
Momentum feels good
Anxiety decreases once you begin
Write your 10-minute task here:

Reflection:

What's Really Behind My Delay?

Check the box(s) that fits you today:

- ☐ I'm overwhelmed
- ☐ I'm tired
- ☐ I'm scared I won't do it well
- ☐ I don't care about it
- ☐ I'm distracted
- ☐ I don't know where to start

Now write one sentence about what God might want to show you through this:

Challenge Word Scramble

Unscramble the words below:

NTAEINOTNAL → _____

ESNTERP → _____

VRETHNIKOGE → _____

GNAITWI → _____

TIKMALNIGTSU → _____

VYETRHEGIN → _____

DRAHEST → _____

GHTNI → _____

GNRNITU → _____

TAVOIMOIN → _____

GTRNISAT → _____

ETAL → _____

TIFNOCATISOIN → _____

GIKNABER → _____

SKTAS → _____

MLLAS → _____

XGILNRA → _____

SPETS → _____

GSKINA → _____

CSUFO → _____

GNHNISIFI → _____

GAEORCUOSU → _____

LILWNGI → _____

Note: All the above are words that appear in this bulletin.

My Time, God's Purpose

A Teen's Guide to Using Time Wisely:

1. Pray before you plan. Ask God to guide your priorities.
2. Do first what matters most. Not what's easiest.
3. Protect your attention. Your focus is one of your greatest gifts.
4. Rest on purpose. Rest isn't procrastination — it's renewal.
5. Choose progress over perfection. God works through small steps.
6. Remember your calling. Your time is part of your purpose.



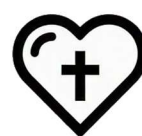
Mini-Devotional:

Jesus and Time

Jesus lived only 33 years — yet He changed the world. He didn't rush. He didn't waste. He didn't procrastinate. He moved with purpose, peace, and clarity.

How can you follow His example? By:

- Being present.
- Loving people well.
- Doing the next right thing.
- Using time as a gift, not a burden.



Closing Challenge:

What is one thing you will do TODAY to redeem your time? Write it in the space below and then commit it to God:
