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A Good Question on Procrastination

Question: I tend to delay my tasks. How do I overcome procrastination in my life?

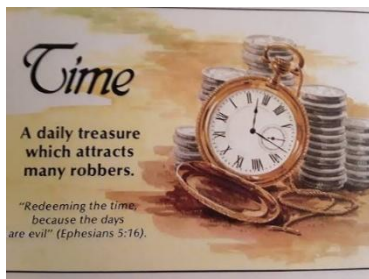
That is a good and relevant question. I had once written a birthday card for someone and because I did not have the stamp, I said to myself that I would get the stamp the next day and send it out. Guess what? Two years later, the birthday card was still with me to my shame.

It has been said that procrastination is the thief of time. Every day, we lose precious hours (and that can add up to be weeks or even months in a year) because we delay our response whether unwittingly or even knowingly. Imagine, the prayers unuttered, the Word unread, the food uncooked, the article unwritten or the room unpacked and the sick not visited or comforted or uncared for.

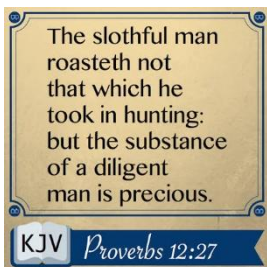
The opposite of procrastination is active discipline (or temperance) and timely work with perseverance. One should never give up or quit. Procrastination can mean that you never get started, alternatively the inability to finish something well is also a form of procrastination. Ephesians 5:15-16 say, *'See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil.'*

Danger of Delaying

If you ask, why do people procrastinate, you will realise that there are reasons like worldly distractions, ill-discipline, no schedule, and that is why some delay their task or procrastinate or they do not set the timetable, right priorities and fulfil them and in the end, they confuse what is important with what is incidental and often nothing meaningful gets done. **Focus is everything in some instances, Sometimes the tasks can be too big and demanding, we need to break it up into smaller segments and do it one at a time with timing or a clear action plan.**



It is sad if it happens to us because procrastination is not of the Lord. **It reduces our effectiveness and usefulness of us as stewards for God and renders us impotent to serve Him well in the end. Beware of the phrase, “wait awhile” which can be deadly.**



For some, the basis of **procrastination could be the fear of hard work or failure, poor organisation or just plain laziness** (i.e. delaying in coming to church on time). Prov 6:6-8 says, *‘Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest.’* We allow ourselves to be dominated by a negative vision of the present or the past or even the future and hence some do nothing and are defeated.

How do we then overcome the bad habit of procrastination? Consider the following 2 steps.

Step 1: DIN in the Lord

The acrostic stands for Do It Now or Delay It Not.

This is my constant advice to my theological students in the beginning of the semester as they have to do their assignments and most of them will normally wait until one or two weeks before the due date then they start reading and writing and then ask for an extension of the deadline. The key to effective achievement is also your ability to organise and to break down the various tasks into manageable segments and work at them one at one time. Focus on accomplishing what is right and set your heart and mind to do it. **Substitute real-time action and thinking action for indolence or inactivity.** That is the first all- important technique for bringing an end to procrastination.



Rom 12:11-12 says, *‘Not slothful in business; fervent in spirit; serving the Lord; Rejoicing in hope; patient in tribulation; continuing instant in prayer.’* Discipline yourself to look to the Lord for strength and not wallow in the past, and you can accomplish many things you never thought you could possibly do. It all begins with those three letters: **DIN and you may have to organise the tasks and be responsible to fulfil all of it. Let someone you can trust know to check on you if necessary and be accountable.**

"So teach us to number our days, that we may apply our hearts unto wisdom." Psalms 90:12



Step 2: Pray for Godly Discipline, Break into Smaller Tasks, Pen It Down and Do it

Col 4:5 says, *‘Walk in wisdom toward them that are without, redeeming the time. Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.’*

My second precept is only 8 words and they are: **Pray and pen it down and act it out.** We know how important writing is to **set objectives and be specific to achieve our goals on time** (i.e. I am going to finish my Maths assignments by tonight or I will go through this Bible message by next morning or the afternoon or I will complete the lecture or lesson plan for our sermon or prayer meeting or Sunday School class by Friday night). Instead of focusing on the past or future only, consistently **write down the plan** turn off the phone or TV or YouTube movies or games **resent tasks and describe what you actually do with your time, and energy now. Keep a written record of the things you have to do** and make sure you do it in the end. Above all, do not delay in coming to seek the Lord in salvation as 2 Corinthians 6:2 says, *'For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.'*

Remember the if you aim at nothing you are bound to hit it Philippians 4:13 says, *'I can do all things through Christ which strengtheneth me.'* By God's enabling grace, we can do all things on time for the Lord and avoid unnecessary delays and even failures and inefficiency and **be an effective steward of the Lord, doing your work on time as you are accountable to God and for His glory.** Hope this helps.

Jack Sin

TOP 10 Ways to Avoid PROCRASTINATION

Text by Regan Collins CollegeXpress Student Writer

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1. Get organized

Invest in a planner or use the calendar app on your phone to keep track of individual assignments and important due dates.

Break big tasks into smaller, specific goals to make them feel less overwhelming and easier to accomplish.
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2. Set simple, achievable goals

Organize your tasks with a clear schedule, spreading work over time to stay on track and reduce stress.
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3. Create a timeline or schedule

Set clear deadlines for your tasks to avoid putting them off, and aim to finish assignments early to stay ahead.
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4. Set deadlines

Eliminate distractions before you start working—turn off your phone, use background noise, or find a quiet study space.
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5. Get rid of distractions

Avoid burnout by studying in focused time blocks. Most experts recommend working for 50–90 minutes before taking a break.
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6. Time yourself

It's okay to give your brain a break! Step away for 10–30 minutes to recharge before getting back to work.
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7. Take breaks

Motivate yourself with rewards or something to look forward to, like watching an episode of your favorite show after an hour of studying.
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8. Use incentives

Tackle your hardest tasks to get them out of the way. Once they're done, everything else will feel easier and take less time.
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9. Get the hard stuff done first

Share your progress with a friend or family member to hold yourself accountable, help you stay on track, and celebrate your victories with you.
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10. Tell someone about your goal



SOVEREIGNHOPE
bible presbyterian church

Pulpit Program
Oct to Dec 2026

APOSTOLIC ADMONITIONS
for Finishing Well in Life
(Book of 2 Timothy)

OCT 4 Call to Remembrance & Courage [2Tim 1:1-7]

11 How am I Saved & Safe?
[2Tim 1:8-12]

18 Holding On to Sound Words
[2Tim 1:13-18]

25 Reformation Sunday :
The Precepts & Practices of
the Reformation
[Jer 6:16, Phil 1:27]

SOVEREIGNHOPE
bible presbyterian church

Reformation Seminar

17 Oct 2026, SATURDAY | **3:00 PM**

THE THEOLOGICAL SIGNIFICANCE AND IMPLICATIONS OF THE NICENE CREED.

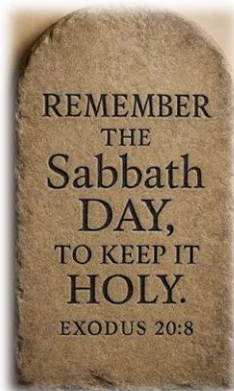
DR JACK SIN

WHY IS THE AD325 NICENE CREED SUCH AN IMPORTANT DOCUMENT FOR THE EARLY CHURCH?

COME AND FIND OUT
ALL ARE WELCOME.

THOSE INTERESTED, REGISTER WITH
ELD YUE KAY AT 97450311 BY 6 OCT 2026

VENUE:
160, PAYA LEBAR RD, #04-06,
ORION @ PAYA LEBAR RD, S/409022



Personal Testimony
By Sister Boisy, Assam, India
SHBPC Gospel Sunday 27 Sep 2026



Good morning, and greetings to you all in the matchless name of our Lord and Saviour, Jesus Christ. First of all, I thank God for His grace, goodness, and faithfulness in my life. I am grateful for the opportunity to share my testimony with you, and I especially thank Dr. Jack for inviting me. I take this opportunity as a gift from God to share what He has done in my life.

My name is Lhingneilhai Lhouvum, and I am from Assam, Northeast India. I am currently pursuing a Master of Arts in Intercultural Ministry at Baptist Theological Seminary Singapore. I grew up in a Christian family and am the youngest of four children, with one elder brother and two elder sisters. My father passed away when I was only two years old, and my mother raised us as a single parent. She worked hard for our education and taught us, above all, to trust in God. From about the age of five, I attended Bible studies, VBS, Sunday School, and church. I also grew up among friends from different religious backgrounds. We respected one another and enjoyed celebrating different cultural festivals, while I tried to remain faithful to my Christian faith.



Although I grew up in a Christian family and was involved in church from a young age, knowing about God was not the same as knowing Him personally. I attended Bible studies, VBS, Sunday School, and church, obeyed my parents, prayed, read the Bible, and avoided things that I believed Christians should not do. From the outside, I looked like a good Christian. People even called me a “good Christian,” and slowly I began to take pride in that identity. Because of my Christian background and the things I was doing, I thought I was already right with God. I even considered myself born again. But deep inside, I did not understand that salvation is not something I could earn through my background, good behaviour, or religious activities. **I knew about God, but I did not truly know Him personally. I had religion, but I needed a saving relationship with Jesus.** At the same time, I was a very shy and introverted person. I found it difficult to open up to people, so I often kept my feelings, questions, and struggles to myself. I carried many things alone. After losing my father at such a young age and later being sent away from home for my studies, I often experienced a deep sense of loneliness. There were many things I wished I could share with my family, but I could not. **Even though I was surrounded by people and had a Christian life outwardly, there was still an emptiness in my heart. I tried to fill that emptiness through good behaviour and religious activities, but none of these things could**

give me the peace and assurance I truly needed. Looking back, I can see that I was trying to live a Christian life without truly understanding my need for Christ. I trusted in what I was doing rather than in what Christ had done for me.

Then, in 2007, after completing my matriculation examination, I returned home during the Durga Puja vacation. My church was conducting a six-day Crusade-cum-Revival meeting, with Evangelist Hesat

from Manipur as the speaker. I had planned to visit a friend and participate in the Puja celebrations, but my mother encouraged me to attend the Crusade-cum-Revival. By God's providence, I attended the meeting, and it was on the third day that I heard the message that deeply convicted my heart. That evening, Evangelist Hesat preached about sin and salvation. He explained that all people are sinners and that church attendance, good works, Sunday School, prayer, and religious activities

cannot save us. His message deeply convicted me, and I began asking myself, ***"Am I truly saved? If I were to die tonight, where would I spend eternity?"*** That night, I could not sleep. The following day, he preached from Ephesians 2:8,9,

teaching that salvation is by grace through faith, as God's gift, and not by our works. At that moment, God opened my eyes. I realized that I was a sinner in need of God's grace and that my good works

could never save me. With a repentant heart, I confessed my sins and received Jesus Christ as my personal Saviour, Lord, and King. I surrendered my life to Him and later publicly testified to my faith through water baptism. **That was the turning point of my life. Before, I trusted in myself, my good works, and my Christian background. After accepting Christ, I began to trust in His grace and in what He had done for me.**



After accepting Christ, my life gradually began to change. Before, I was very shy and introverted, keeping many things inside and carrying my struggles alone. But after accepting Christ, God changed my attitude. I became more open to people, began talking with others more freely, smiling more, and building relationships instead of keeping everything to myself. Most importantly, I began to experience a deeper peace in my heart. God was helping me change from in my inward human. Christ became not only my Saviour, but also my friend. I could share with Him the things I wished I could have shared with my family, my fears, my struggles, and even the things I could not share with anyone else. I realized that although I had lost my earthly father at a very young age, I was never truly alone because Christ was with me. The real spiritual welfare or struggles comes in my life mostly after I received Christ in my life and step into ministry. **Psalm 23 has also become very precious to me because it helps me see how God has been guiding my life.** The Lord is my Shepherd. When I look back, I can see that He has guided me, cared for me, protected me, and led me through different seasons of my life. There were times when I did not understand where God was leading me, but He was faithfully guiding me. Whenever I feel weak, uncertain, or alone, Psalm 23 reminds me that my Shepherd is still with me.

After coming to faith, God gradually placed in my heart a desire to serve Him through teaching and preaching His Word. Until 2011 I was in my secular study and then from 2011 to 2015, I studied at South India Baptist Theological Seminary, Tamil Nadu, where I completed my B.Th. and M.Div. After seminary, I served in education in different parts of India such as Hyderabad and Kerela as a teacher in

School. In 2018, I began serving among the women of the Thadou Baptist Association in Assam and later served as General Women's Secretary. **There is one Bible verse that I especially carry with me in my everyday ministry. Acts 4:12 is the Bible verse that guides me as I serve in the Lord's harvest field.** It reminds me every day that the people I serve need Jesus Christ, because salvation is found in Him alone.

However, my journey in ministry has not always been easy and this period are the time where most of the time my joy in Christ is tested. There were moments when I stood on the pulpit preaching about God's love, faithfulness, and care while inwardly carrying profound sorrow. In my heart, I often cried out, "Lord, where are You? Do You truly care for me?" The hardships I experienced in life and ministry were things I had never expected. There were challenges in my family, ministry, and personal journey that sometimes made me weak and caused me to question God. Yet, even in those moments of weakness and confusion, I continued to return to God because I knew that He alone fully understood my pain and the burdens I carried. **Through those difficult experiences, God strengthened me in ways I could never have imagined. He taught me to trust Him in seasons of uncertainty, to surrender my fears and anxieties into His hands, and to extend forgiveness even when it was difficult. He taught me patience, love, and dependence on His grace.** Little by little, God restored my peace and reminded me again and again of His unfailing love and care. The hardships did not take me away from God; instead, God used them to teach me to depend more deeply on Him.

Today, I can confidently testify that Jesus Christ is sufficient for every need in life. Knowing Him is my greatest joy and deepest satisfaction. Even amid suffering, He remains faithful. The peace that Christ gives cannot be found anywhere else in this world. Life may bring disappointments, hardships, and trials, but I have resolved to continue serving Him because Jesus Christ is worthy of my life, my devotion, and my service. When I look back at my life, **I can see God's faithfulness in every season. He saved me when I did not understand my need for salvation. He sustained me through loneliness and adversity.**

He strengthened me in my weakness. He taught me to forgive, to love, to be patient, and to trust Him. Above all, He continually reminded me that I am never alone because my Shepherd is with me. Therefore, my life belongs to Him, and it is my desire to continue serving Him faithfully, wherever He leads me and for His glory alone.

Thank you, and may God bless you all.



Pastor, Bois, Chong (Manipur)

Memory Verse

2Tim 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Announcements

1. Welcome to our Worship Service! If you are here for the first time, do leave us your contact numbers in our guest book before you leave. Those who share the church vision to acquire a place of worship in due time, may designate your offerings to the SHBPC Church Building Fund.
2. Pastor brings us God's Word this morning on "**Call to Remembrance & Courage (2Tim 1:1-7)**", commencing a quarterly series on "**Apostolic Admonitions for Finishing Well in Life - the Epistle of 2 Timothy**",
3. Next Sunday. Pastor will preach on "**How am I Saved & Safe? (2Tim 1:8-12)**".
4. Sunday School classes after the worship service are:
 - Walk Thru the Old Testament (Pastor)
 - Studies in Revelation (Dr Kwong Leen)
5. Chinese Fellowship meets every Sunday night at 7pm via Zoom. **[Zoom ID:883 9662 4157 Passcode: 218178]**. Join us for time of learning on the Book of Hosea (Thirdmill video lessons) and Heroes of the Faith (messages).
6. **Reformation Seminar on Sat 17 Oct 2026, 3pm** on "**The Theological Significance & Implications of the Nicene Creed**" by **Pastor Jack**. See details on page 4. Come and learn! Invite a friend or family member too!
7. The Mission Team to Myanmar would like to bring Children's Christian Books for Preacher Myitta's ministry. Contact Dn Paul (hp:97314733) by 31 Oct if you would like to contribute.
8. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The prayer list is available in church. **[Zoom ID:863 7527 5431 Passcode: 625551]**.
9. Pray for:
 - **Reformation Seminar on Sat 17 Oct.**
 - **Myanmar Mission Trip Preparations [10-17 Nov]** – Pastor, Angie, Dn Paul, Deborah
 - **Medical: Simon** [continued recovery at home], **Kin Hoong's daughter Joyce** [chemotherapy], **Ps Babu's father-in-law** [treatment options for pancreatic cancer]
 - **Joseph & Rachel:** Gospel Peace Station and void deck outreaches
 - **Lily Almon** [citizenship application]
10. Love gifts, Offering and Tithes to the Lord can be given in the following ways:
 - **Cheque** payable to **Sovereign Hope Bible Presbyterian Church**
 - **Fund transfer** to Church **UOB** Account **392-308-825-1**
 - **PayNow** to Church **UEN: T19SS0116FSOV**

Kindly indicate "**Church Building Fund**" if you would like to designate towards this cause.