Introduction: A Silent and Common Sin

Imagine you have an appointment with the person you love the most, someone who is always ready to listen, help, and guide you. But every time the meeting time comes, you decide to postpone it: “I’ll do it later,” “I don’t have time right now,” “I’m too tired,” “Tomorrow will be a better day.” How do you think that person would feel?

Well, something very similar happens when we postpone our relationship with God. Often, without realizing it, we steal the time that belongs to Him. We delay prayer, confession, Sunday Mass, and spiritual reading, and before we know it, we’ve placed God in the background.

This behavior has a name in Christian tradition: **the sin of omission**, which in this case manifests as **spiritual procrastination**. It may seem harmless, but it is a dangerous trap that cools the soul and distances us from the life of grace.

1. What is Spiritual Procrastination?

Procrastination is the habit of delaying what we must do. In the realm of faith, it means postponing our spiritual commitments due to laziness, distractions, or comfort. It becomes a sin when this attitude reflects a lack of love and commitment to God.

Saint Alphonsus Maria de Liguori warned that one of the devil’s most common strategies is not to lead us directly into mortal sin but to make us postpone the good: “Don’t pray today, do it tomorrow,” “Don’t confess yet, wait until it’s really necessary.” In this way, the soul gradually loses sensitivity until it falls into spiritual lukewarmness.

Common Examples of Spiritual Procrastination

- Not praying because “you’re too busy.”
- Delaying confession even when your conscience tells you that you need it.
- Postponing Sunday Mass out of laziness or poor planning.
- Not reading the Bible or spiritual texts because “there are more urgent things.”
- Ignoring calls to conversion and holiness, thinking that “there will be time later.”

This attitude slowly distances us from God because the time that belongs to Him is given to other things, often trivial and fleeting.

2. The Sin of Omission: When Not Doing Good Is an Evil

Spiritual procrastination is a sin of omission. The Church teaches us that we sin not only by doing wrong but also by failing to do what is right:

> *“I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do.” (Confiteor, liturgical prayer).*

The Catechism of the Catholic Church states:

> *“Sin is an offense against reason, truth, and right conscience. It is failure in genuine love for God and neighbor caused by a perverse attachment to certain goods. […] It is an offense against God.” (CCC 1849).*

When we omit prayer, the sacramental life, or seeking God, we are not only neglecting our souls but also rejecting the grace that God wants to give us.

Example in the Bible: The Rich Man and Lazarus

In the Gospel of Luke (16:19-31), Jesus presents the parable of the rich man and Lazarus. The rich man is not condemned because he did something wrong directly but because he ignored Lazarus, failing to do good.

Similarly, when we fail to do what God expects from us, we become complicit in our own spiritual coldness.

3. Spiritual Procrastination in the Modern World

Today, we live in a hyperconnected society full of stimuli and distractions. The modern world bombards us with activities and responsibilities that seem more urgent than spiritual life.

Some of the most common causes of spiritual procrastination today include:

- **Excessive work:** The culture of productivity makes us think that prayer is a "waste of time."
- **Social media and constant entertainment:** These become excuses not to dedicate moments to God.
- **Relativism:** Believing that "it's not a big deal" if I delay my spiritual life.
- **Fatigue and laziness:** Justifying the lack of prayer by saying we are too tired.

The problem is that this habit robs us of peace and leaves us feeling empty. God is the only one who can fill our hearts, and when we set Him aside, we end up spiritually drained.

4. How to Overcome Spiritual Procrastination

1. Recognize That It Is a Real Problem

The first step to correcting it is admitting it. Ask yourself: Am I postponing my relationship with God? How many times have I said "tomorrow" when it comes to my spiritual life?

2. Prioritize God in Your Schedule

Just as we organize time for work, studies, and family, we must also set aside time for God. Prayer and the sacraments should be the foundation of our routine, not a secondary option.

3. Combat Laziness with Spiritual Discipline

The Christian life requires effort and perseverance. Some practical actions to avoid spiritual procrastination include:

- Setting fixed times for prayer.
- Going to confession regularly without waiting to "feel ready."
- Attending Mass as a non-negotiable commitment.
- Reading the Word of God daily, even if it's just a short passage.

4. Ask for the Grace of Faithfulness

We cannot overcome spiritual procrastination on our own. We need God's help. Let us ask Him to grant us the love and strength to seek Him faithfully.

Saint Francis de Sales said:

> *“Prayer is the best remedy for all the illnesses of the soul.”*

If we want to remain steadfast in our faith, we must strengthen our spirit with daily prayer.

Conclusion: Don’t Steal Time from God

If God called you today, what excuses would you give Him? How many times have you told Him “tomorrow” and postponed what you could do today?

The time we have in this life is a gift, and God expects us to use it well. Don’t fall into the trap of spiritual procrastination. The best way to show your love for Him is to seek Him here and now.

Remember: **every minute you dedicate to God is an investment in eternity.** Don’t keep stealing time from the One who has given you everything. Start today!