

## Don't Waste Your Life

### I. Many people, including Christians, waste their lives.

1. Waste v.- 9. In unfavourable sense: To spend, consume, employ uselessly or without adequate result. (Now the most prominent use.) a. To consume, expend, bestow (money, property) uselessly, with needless lavishness or without adequate return; to make prodigal or improvident use of; to squander. e. To spend, pass, occupy (time, one's life, etc.) idly or unprofitably. f. To employ, put forth (energy, effort, qualities, talents) uselessly or without adequate return. i. To fail to take advantage of, 'throw away' (an opportunity). j. To cause or allow (a substance, physical energy) to be used unprofitably or lost.
2. Squander v. - 3. To spend (money, goods, etc.) recklessly, prodigally, or lavishly; to expend extravagantly, profusely, or wastefully.
3. Many people spend their lives, including their money, time, and talents, uselessly without adequate results or returns.
4. They fail to take advantage of the opportunities that God has given them.
5. They squander their blessings.

### II. The opposite of wasting your life is being profitable.

1. Profitable - 1. Yielding profit or advantage; beneficial, useful, serviceable, fruitful, valuable.
2. Profit n. - 1. a. The advantage or benefit (of a person, community, or thing); use, interest; the gain, good, well-being.
3. Profit v. - I. †1. *intr.* To make progress; to advance, go forward; to improve, prosper, grow, increase II. 2. *trans.* Of a thing: To be of advantage, use, or benefit to; to do good to; to benefit, further, advance, promote. b. *intr.* To be of advantage, use, or benefit; avail. 3. Of a person: a. *intr.* To be profitable, bring profit or benefit, do good (to some one); b. *trans.* To be profitable to, benefit, do good to; c. *refl.* To benefit oneself, make one's profit; = 4. 4. *intr.* (for *refl.*) To benefit oneself; to derive profit or benefit; to be benefited. b. esp. with prepositions *gwith, by, of, from*: To derive benefit from, be a gainer by; to avail oneself of; to make use of, take advantage of.
4. To waste your life is to spend your life, time, talents, and money unprofitably.
  - A. To be *profitable* is to yield and take advantage; to *waste* is to fail to take advantage of an opportunity.
  - B. To be *profitable* is to be useful; to *waste* is to employ resources uselessly.
  - C. To be *profitable* is to gain; to *waste* is to expend energy without adequate return.

### III. Our human nature is prone to wasting our lives.

1. Mankind by nature is *unprofitable* (**Rom 3:12**).
2. Therefore, by nature, mankind is unbeneficial, unfruitful, worthless, and not useful for anything.
3. In other words, the natural man is *a waste*.
4. The natural man is *good for nothing* (**Jer 13:10**).
5. Therefore, our spirits have to war against our flesh to resist wasting our lives (**Rom 7:18-23; Gal 5:16-17; 1Pe 2:11**).
6. If Christians waste their lives, they are likewise *good for nothing* (**Mat 5:13**).

IV. The first step in resolving not to waste your life is to realize how short it is.

1. Our time here is short (**1Co 7:29; Psa 89:47-48**).
2. Our life is like a vapor which is gone in a flash (**Jam 4:14; Job 7:6-7; Psa 103:15-16; Psa 144:4**).
  - A. Our days are as an handbreadth (**Psa 39:5**).
  - B. We are as a wind which passeth away (**Psa 78:39**).
3. We should pray that God will impress upon us that our time is short so that we will know how frail we are (**Psa 39:4-5**).
4. We should all pray as Moses did: "So teach us to number our days, that we may apply our hearts unto wisdom." (**Psa 90:12**)
5. If you are old, don't waste the rest of your life that remains.
6. We all have wasted our lives to one extent or another and we need to redeem the time (**Col 4:5; Eph 5:15-16**).
7. If you have wasted your life, then be wise in your latter end (**Pro 19:20**).
8. "...it is better to lose your life than to waste it." (John Piper, *Don't Waste Your Life*, p. 10)

V. We are to be good stewards of what God has given us

1. Steward *n.* - 1. a. An official who controls the domestic affairs of a household, supervising the service of his master's table, directing the domestics, and regulating household expenditure; a major-domo. 5. a. One who manages the affairs of an estate on behalf of his employer. 6. *fig.* (From senses 1 and 5.) An administrator and dispenser of wealth, favours, etc.; esp. one regarded as the servant of God or of the people. Partly after Biblical uses
2. Jesus taught by way of a parable that we will be judged for not being good stewards of what God has entrusted to us (**Luk 16:1-2**).
3. If we are not faithful with the little that God has given us, He will not trust us with more (**Luk 16:10-12**).

VI. Seven ways to waste your life

1. Sinning
  - A. Sin does not *profit* (**Job 33:27**).
  - B. Turning from God and going after vain things cannot *profit* us (**1Sa 12:21**).
  - C. Sinning is the ultimate way to waste your life (**Ecc 12:13**).
  - D. If you are living in sin, you are *wasting* your life.
2. Seeking excess pleasure
  - A. Seeking pleasure as your end in life is vain and doesn't bring fulfillment (**Ecc 2:1-11**).
  - B. We must never be lovers of pleasures more than lovers of God (**2Ti 3:4**).
    - i. Being in the house of God (the church), should be the most important thing in our lives (**Psa 84:10; Psa 27:4**).
    - ii. If you miss church frequently for pleasure, you are *wasting* your life.
    - iii. If you regularly choose to do things that bring you enjoyment instead of going to Bible study, you are *wasting* your life.
  - C. The prodigal son is a great example of one who *wasted* his inheritance on seeking pleasure (**Luk 15:12-13**).
  - D. On judgment day when God asks you why you didn't spend more of your time with Him, His house, and His people, do you think He will be pleased when you tell Him

that you didn't have time to fit that stuff in, but you sure did have a lot of fun though?

- E. If you live for pleasure, you are *wasting* your life.
- 3. Acquiring excessive wealth
  - A. "...a man's life consisteth not in the abundance of the things which he possesseth" (**Luk 12:15**).
  - B. Heaping up riches is vain (**Psa 39:6**).
  - C. You can't take it with you (**1Ti 6:7**).
  - D. Leaving it to others is vain (**Psa 49:10-12**), because they will likely squander it like fools (**Ecc 2:18-19,21**).
  - E. God will judge those who lay up treasure for themselves and are not rich toward him (**Luk 12:16-21**).
  - F. They who make it their goal to be rich will destroy themselves (**1Ti 6:9**).
  - G. This is why God tells us to not work to be rich (**Pro 23:4**).
  - H. What's the point of gaining the world and losing your own soul (**Mar 8:36**)?
    - i. A man is not *profitable* by doing so.
    - ii. If your goal is to be rich, you are *wasting* your life.
- 4. Working too much
  - A. I have never seen a person on their deathbed lamenting that they didn't spend enough time at the office.
  - B. It is vain to rise up early and sit up late working all the time (**Psa 127:2**).
  - C. It is vain to work too much and deprive your soul of good (**Ecc 4:8**).
  - D. You can work constantly to make yourself rich and yet have nothing of true worth (**Pro 13:7**).
  - E. We ought to work to live, not live to work.
  - F. We ought to enjoy the fruit of our labor in moderation (**Ecc 2:24**).
  - G. If you work too much, you are *wasting* your life.
- 5. Taking too much leisure time and being lazy
  - A. We should be good stewards of our time and talents (**Mat 25:24-30**).
    - i. People who waste their talents are *unprofitable* and condemned by God (**Mat 25:30**).
    - ii. Profitable - 1. Yielding profit or advantage; beneficial, useful, serviceable, fruitful, valuable.
    - iii. Someone who is *unprofitable* is *wasting* their life.
  - B. We must be diligent, not slothful in business (**Rom 12:11**).
    - i. Do whatever you do with all your might (**Ecc 9:10**).
    - ii. If you do all that you do as if you were doing it for Christ, you won't waste your life (**Col 3:23; Eph 6:7-8**).
    - iii. Do whatever you do faithfully and you won't waste your life (**3Jo 1:5**).
  - C. Every able man should have a job to provide for himself and his family.
    - i. If a man will not work, he should not eat (**2Th 3:10; Pro 19:15**).
    - ii. The man who provides not for his own is worse than an infidel and has denied the faith (**1Ti 5:8**).
    - iii. To not work when you can is to walk disorderly (**2Th 3:11**).
    - iv. If you are not working and you can be, then you need to be (**2Th 3:12**).
    - v. If you have been out of work for a long time, take any job you can get.

- a. There is no honest job that is beneath any of us (**Pro 14:23**).
      - b. If there is something in your life that is prohibiting you from getting a job, then fix it ASAP and get to work.
    - vi. The church must withdraw fellowship from a person who will not work when they can (**2Th 3:6,11,14**).
    - vii. If you are not working when you could be you are *wasting* your life.
  - D. Just doing the bare minimum makes one an *unprofitable* servant (**Luk 17:7-10**).
  - E. In other words, doing the bare minimum is *wasting* your life.
  - F. Sleeping too much is wasting your life (**Pro 24:30-34; Pro 6:9-11; Pro 20:13; Pro 26:14**).
  - G. Idleness will bring you to poverty and is a waste of your life (**Pro 19:15**).
  - H. We will give an account for every idle word spoken (**Mat 12:36**).
  - I. If you take too much leisure time, you are *wasting* your life.
  - J. If you are lazy, you are *wasting* your life.
6. Spending too much time learning worthless or unprofitable information
  - A. Be not overmuch wise (**Ecc 7:16**).
  - B. A fool's eyes are in the ends of the earth instead of being focused on things of importance (**Pro 17:24**).
  - C. Examples of worthless or unprofitable information:
    - i. A Biblical example of wasting one's time learning worthless information would be spending excessive time researching genealogies, fables, and foolish questions (**1Ti 1:4; Tit 3:9**).
    - ii. Another example is spending *inordinate* amounts of time researching conspiracies (**Rom 16:19**).
    - iii. If you study conspiracies more than your Bible, you are *wasting* your life.
  - D. More examples
    - i. Reading too many Facebook posts is a waste of your life.
    - ii. Reading tabloids and celebrity news is a waste of your life.
    - iii. Watching the news is often a waste of your life.
    - iv. Before you click on an article, ask yourself if you really need to know this information and if it is worth your time and effort to read it.
  - E. "Reduce your interests to a few. Don't try to know what will be of no service to you. Avoid the digest type of mind--short bits of unrelated facts, cute stories and bright sayings. Learn to pray inwardly every moment. After a while you can do this even while you work. Practice candor, childlike honesty, humility. Pray for a single eye. Read less, but read more of what is important to your inner life. Never let your mind remain scattered for very long. Call home your roving thoughts. Gaze on Christ with the eyes of your soul. Practice spiritual concentration." (A.W. Tozer)
  - F. "The people that make a durable difference in the world are not the people who have mastered many things, but who have been mastered by one great thing. If you want your life to count, if you want the ripple effect of the pebbles you drop to become waves that reach the ends of the earth and roll on into eternity, you don't need to have a high IQ. You don't have to have good looks or riches or come from a fine family or a fine school. Instead you have to know a few great, majestic, unchanging, obvious, simple, glorious things -- or one great all-embracing thing -- and be set on fire by them." (John Piper, *Don't Waste Your Life*, p. 44)

- G. If you spend too much time learning worthless information, you are *wasting* your life.
- 7. Spending too much effort to prolong your life
  - A. If you try to save your life you will lose it (**Mar 8:35**).
  - B. Remember Lot's wife (**Luk 17:32-33**).
  - C. To die is *gain*, not waste (**Phi 1:21**).
  - D. To depart and be with Christ is far better (**Phi 1:23**).
  - E. Bodily exercise *profits little* (**1Ti 4:8**).
    - i. Exercise is not entirely unprofitable, but is only a *little* profitable.
    - ii. Godliness is far more profitable and has eternal benefits.
  - F. Spending excessive time and energy exercising, taking supplements, and trying to find the perfect diet in order prolong your life is *wasting* your life.
    - i. "Fleeing from death is the shortest path to a wasted life." (John Piper, *Don't Waste Your Life*, p. 63)
    - ii. Ask yourself whether your desire to live long and prosper is for God's glory, or is to satisfy your love of this life.
  - G. If you spend too much effort trying to prolong your life, you are *wasting* your life.
- 8. Moderation and temperance are the keys to not wasting your life in the above ways (**Phi 4:5**).

VII. We need to be *profitable*, which is opposite of *wasting* our lives.

- 1. The opposite of wasting your life is being profitable.
  - A. Profitable - 1. Yielding profit or advantage; beneficial, useful, serviceable, fruitful, valuable.
  - B. Profit v. - I. †1. *intr.* To make progress; to advance, go forward; to improve, prosper, grow, increase II. 2. *trans.* Of a thing: To be of advantage, use, or benefit to; to do good to; to benefit, further, advance, promote. b. *intr.* To be of advantage, use, or benefit; avail. 3. Of a person: a. *intr.* To be profitable, bring profit or benefit, do good (to some one); b. *trans.* To be profitable to, benefit, do good to; c. *refl.* To benefit oneself, make one's profit; = 4. 4. *intr.* (for *refl.*) To benefit oneself; to derive profit or benefit; to be benefited. b. *esp.* with prepositions †with, by, of, from: To derive benefit from, be a gainer by; to avail oneself of; to make use of, take advantage of.
- 2. God will teach you to *profit* (**Isa 48:17**) if you will but listen to Him (**Isa 48:18**).

VIII. Thirteen ways to *not* waste your life

- 1. Spending time learning about God and loving and praising Him.
  - A. The only life worth living is a life of self-denial and service to God (**Mar 8:34**).
  - B. If you lose your life for Christ, you will save it (**Mar 8:35; Joh 12:25**).
  - C. We must love God with all of our heart, soul, mind, and strength (**Mar 12:29-30**).
  - D. Jesus exhorts His children to *learn of Him* (**Mat 11:29**).
  - E. God exhorts us to be still and *know* that He is God (**Psa 46:10**).
  - F. Praising God and declaring His truth is *profitable*, which a person can't do if he has wasted his life and is dead (**Psa 30:9**).

- i. "No thing can satisfy the soul. The soul was made to stand in awe of a Person - the only person worthy of awe." (John Piper, *Don't Waste Your Life*, p. 35)
    - ii. "God is the one being in the universe for whom self-exaltation is the most loving act. Anyone else who exalts himself distracts us from what we need, namely, God. But if God exalts himself, he calls attention to the very thing we need most for our joy." (John Piper, *Don't Waste Your Life*, p. 36)
  - G. If you spend time learning about God and loving and praising Him, you will *not* waste your life.
- 2. Spend time learning and practicing righteousness and godliness, and mortifying sin.
  - A. Godliness is *profitable* (**1Ti 4:8**).
  - B. Treasures and riches don't *profit*, but righteousness delivers from death (**Pro 10:2; Pro 11:4**).
  - C. Mortifying sin in your life is *profitable* and will ensure that you don't waste your life (**Mat 5:29-30 c/w Col 3:5**).
  - D. Maintaining good works is *profitable* to men (**Tit 3:8**).
  - E. Obeying the word of God preached by the pastor (**Heb 13:7**) is *profitable* for Christians (**Heb 13:17**).
  - F. Works which prove faith to be genuine are *profitable* to a Christian (**Jam 2:14**).
  - G. Practicing godliness, righteousness, and good works is profitable, and is a sure way to *not* waste your life.
- 3. Spend time studying God's word and learning the truth.
  - A. All scripture is *profitable* for doctrine, reproof, correction, and instruction in righteousness (**2Ti 3:16**).
    - i. Knowing the scriptures will throughly furnish the man of God unto all good works (**2Ti 3:17**).
    - ii. If one reads, studies, knows, and lives the scriptures, he will not waste his life.
  - B. Meditating on the word of God and doctrine is *profitable* to oneself and will be noticed by others (**1Ti 4:15**).
  - C. Studying the word of God will make one approved unto God (**2Ti 2:15**).
  - D. Studying God's word brings wisdom (**Pro 2:6; Pro 4:5; Col 3:16**), and wisdom is *profitable* (**Ecc 10:10**).
  - E. Meditating in God's word will make you *prosperous* and give you good *success* (**Jos 1:8**).
    - i. Prosperous - 1. Having continued success or good fortune; consistently successful; flourishing, thriving.
    - ii. Success - 3. a. (= the older *good success*.) The prosperous achievement of something attempted; the attainment of an object according to one's desire: now often with particular reference to the attainment of wealth or position.
  - F. Continuing in Jesus' word will cause you to know the truth which shall make you free (**Joh 8:31-32**).
    - i. Believing lies is *unprofitable* (**Jer 7:8; Jer 16:19**).
    - ii. Therefore, not seeking the truth is wasting of your life.
  - G. Speaking doctrine will *profit* others and is not a waste of your life (**1Co 14:6**).

- H. If you spend time studying God's word and learning the truth, you will *not* waste your life.
- 4. Spend time in prayer.
  - A. When we pray persistently to God, He will give us our request (**Luk 18:1-8**).
  - B. When we pray for evangelistic opportunities, we are most definitely not wasting our lives, but are rather enriching someone else's (**Col 4:2-4; 2Th 3:1-2**).
  - C. If you spend time in prayer, you will *not* waste your life.
- 5. Spend time in God's house worshiping Him in Spirit and in truth (**Joh 4:24**).
  - A. Worshiping God in error is *unprofitable* and is therefore a waste of your life (**Jer 2:8**).
  - B. Being in God's house worshipping Him is the best possible use of our time (**Psa 27:4; Psa 84:4,10**).
  - C. Moving to be a resident member of a true church is making the most of your life here on earth (**Psa 119:63**).
  - D. Companion *n.* - 1. a. One who associates with or accompanies another; a mate; a fellow.
  - E. If you spend time in God's house worshiping Him in Spirit and in truth, you will *not* waste your life.
- 6. Spend quality time with your spouse.
  - A. If you're married, outside of spending time with God in His word and in His church, the best use of your time is to spend it with your spouse.
  - B. Spending time *that you should be spending with your spouse* on your hobbies, with your friends, or working is *wasting* your life.
  - C. Husbands should dwell with their wives and know them and be heirs *together* with them of the grace of life (**1Pe 3:7**).
  - D. Live joyfully with the wife of thy youth (**Pro 5:18-19; Ecc 9:9**).
  - E. If you spend quality time with your spouse, you will *not* waste your life.
- 7. Spend quality time with your children.
  - A. Fathers should bring up their children in the nurture and admonition of the Lord (**Eph 6:4**).
  - B. If you train your children up in the way they should go, when they are old they will not depart from it (**Pro 22:6**).
  - C. If you train your children to be wise and godly, they will be a blessing to you (**Pro 15:20**).
  - D. Spending time with your children is never wasted time.
  - E. Spending time *that you should be spending with your children* doing other things is *wasting* your life.
  - F. If you fail to train up your children in the way that they should go, you have *wasted* your life.
  - G. If you spend quality time with your children, you will *not* waste your life.
- 8. Spend quality time with your church brethren.
  - A. Brethren should spend time together (**Mal 3:16**).
  - B. We should be companions of them that fear God (**Psa 119:63**).
  - C. Companion *n.* - 1. a. One who associates with or accompanies another; a mate; a fellow.
  - D. The early Christians spent lots of time together and so should we (**Act 2:46**).

- E. Spending time with your brethren is not wasted time.
  - F. If you spend quality time with your church brethren, you will *not* waste your life.
9. Spend time working to make a living.
- A. In all labor their is *profit* (**Pro 14:23**).
  - B. Merely *talking* about getting a good job leads to poverty, which is wasting your life and the abilities that God has given you.
  - C. If you spend time working to make a living, you will *not* waste your life.
10. Be content with what you have.
- A. Godliness with contentment is great *gain* (**1Ti 6:6-8**).
    - i. *Gain* is the opposite of *waste*.
    - ii. Gain *n1*. - Advantage, use, avail, benefit; remedy, help.
    - iii. Gain *n2*. - 1. Booty, prey, spoil. *Obs.* 2. a. Increase of possessions, resources or advantages of any kind, consequent on some action or change of conditions; an instance of this; *profit*, emolument; opposed to *loss*.
  - B. We should be content with such things as we have (**Heb 13:5**).
  - C. Covetousness is the opposite of contentment.
    - i. Content *adj.* - I. 1. Having one's desires bounded by what one has (though that may be less than one could have wished); not disturbed by the desire of anything more, or of anything different; 'satisfied so as not to repine; easy though not highly pleased'
    - ii. Covetous *adj.* - 1. Having an ardent or excessive desire of (or gfor) anything; eagerly desirous *to do, have, or be*. 2. Culpably or inordinately desirous of gaining wealth or possessions; esp. of that which belongs to another or to which one has no right; greedy, grasping, avaricious.
  - D. Covetousness is idolatry (**Col 3:5**).
    - i. Idols are not *profitable* (**Isa 44:10**).
    - ii. Idols that are in the heart are just as unprofitable as idols made of stone (**Eze 14:4-8**).
  - E. If you are content with what you have, you will *not* waste your life.
11. Love others
- A. All of our knowledge and good deeds are *unprofitable* to us without charity (**1Co 13:2-3**).
  - B. If we are to be profitable and not waste our lives, it is by showing charity (true Christian love) to others (**1Co 13:4-7**).
  - C. If you love others, you will *not* waste your life.
12. Help out those in need
- A. When we give to those in need, we *profit* them and therefore make ourselves profitable (**Jam 2:16**).
  - B. Living a life where we only look out for ourselves and don't help others is a *wasted* life.
  - C. If you help out those in need, you will *not* waste your life.
13. Lose your life for Christ
- A. Count all things loss for the knowledge of Christ (**Php 3:7-10**).
  - B. For a Christian to die is *gain* (**Php 1:21**).
  - C. "The essence of praising Christ is prizing Christ. Christ will be praised in my death, if in my death he is prized above life." (John Piper, *Don't Waste Your Life*, p. 68)



- D. "In other words, the way we honor Christ in death is to treasure Jesus above the gift of life, and the way we honor Christ in life is to treasure Jesus above life's gifts."  
(John Piper, *Don't Waste Your Life*, p. 71)
- E. "Love is not Christ's making much of us or making life easy. Love is doing what he must do, at great cost to himself (and often to us), to enable us to enjoy making much of him forever." (John Piper, *Don't Waste Your Life*, p. 76)
- F. If you lose your life for Christ, you will *not* waste your life.