

## Time Well Spent

**Activity:** All of us have a scheduled routine influenced by various obligations and extracurricular activities. I would like us to fill out what our typical college and summer day looks like.

	College School Day		College Summer Day
<b>6:00</b>			
<b>7:00</b>			
<b>8:00</b>			
<b>9:00</b>			
<b>10:00</b>			
<b>11:00</b>			
<b><u>Noon</u></b>			
<b>1:00</b>			
<b>2:00</b>			
<b>3:00</b>			
<b>4:00</b>			
<b>5:00</b>			
<b>6:00</b>			
<b>7:00</b>			
<b>8:00</b>			
<b>9:00</b>			
<b>10:00</b>			
<b>11:00</b>			
<b><i>Mid-Night</i></b>			
<b>1:00</b>			

### Discussion Questions:

1. Is there a part of the day you wished you could have done differently?
2. Did you feel your activities reflected what was important to you?

### Introduction:

*<sup>15</sup> Therefore be careful how you walk, not as unwise men but as wise,<sup>16</sup> making the most of your time, because the days are evil.<sup>17</sup> So then do not be foolish, but understand what the will of the Lord is.*  
Eph 5:15-17 (NASB)

It always seems that we do not have enough time for work, play, and church. This conundrum magnifies as we move from one life stage to the next. The effects of this could be increased stress, burn out and the feeling that life is “meh”. Life can feel unbalanced. We wished that God created an eighth day or 25<sup>th</sup> hour in order to get the things we need done.

- 1. God created everything, including time, in seven biblical days.** God created and ordered the universe within the biblical six days. God called the seventh day Sabbath, a sacred day of rest for his people. We can see God’s natural order of time through changing of the seasons, phases of the moon, sunrises and sunsets. The Bible reveals the importance of time and order through the laws and feasts found in the Book of Exodus and Deuteronomy

<sup>8</sup> "Remember the sabbath day, to keep it holy.<sup>9</sup> "Six days you shall labor and do all your work,<sup>10</sup> but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.<sup>11</sup> "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.  
Ex 20:8-11 (NASB)

- 2. We should use the quantity and quality of our time to glorify God.** As our schedules fill up, and obligations increase, the meaning of our roles, responsibilities, and priorities can begin to lose their meaning. We begin to drift away from what matters most to God and ourselves. I would like to suggest a tool to help keep us focused on what is most important and the responsibilities connected to them. It is called a Personal Purpose Statement.

*“It becomes a personal constitution, the basis for making major, life-directing decisions, the basis for making daily decisions in the midst of the circumstances and emotions that affect our lives.”*

7 Habits of Highly Effective People Covey pp. 108

A Personal Purpose Statement reflects individual’s inner character. The statement can be a one-sentence motto to an outline that lists how that they will live out their purpose with their family, church and work.

- 3. Balancing our time is learning to say no to activities that are in reality not that important or urgent and yes to activities that are important to God and your heart.** Proper priority and emphasis must be applied to family, church, and career so nothing will be of higher importance than God. Our lives will reflect what is most important to us as we become more disciplined in discerning our priorities and letting that guide our choices.

*“We may have too much to do and not enough time in which to do it, but if we strive for balance, we will create an order to our lives that reflects good priorities. Family will become more important than hobbies; friendship and service will hold careers in check; our concern for people will temper our passion for truth and vision for ministry. Good priorities will set a course for our lives and guide the choices we make along the way.”*

The Will of God as a Way of Life , Sittser pp. 196