

Time Management

Goals:

- Look at what Time Management has to do with the Christian life
- Assess your schedule for strengths and weaknesses
- Brainstorm how to set priorities and boundaries

Brainstorm:

- What does time management have to do with being a Christian?
- Does God even care what we do with our time?
- What is the first thing to go in your schedule when you are feeling overwhelmed? (Priorities?)

Scripture:

Ephesians 5:15-17 “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.”

Matthew 22:37-39 (God's Priorities) Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

Luke 14:26-30 (Planning ahead/counting the cost)

“If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. And whoever does not carry their cross and follow me cannot be my disciple. “Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, 'This person began to build and wasn't able to finish.'”

Ponder Together:

- How do you spend your time? What takes up most of your time? Are you pleased with this?
- Are any of those things getting in the way of living a more balanced and careful life? (Eph. 5)
- Setting boundaries means saying no to things you want to do in order to serve God more.
- Can or will you say no in order to serve God more effectively? Share an example.
- What are some of your priorities that may not be God's?

Application:

- Make two columns on a sheet of paper. Write out your weekly priorities on one side, and
- God's priorities on the other, how do they align or differ?
- Keep track of what you do every hour of the day for a week. See where your time goes.
- Come together the next week and talk about it. Use the "Daily Time Log" for this.
- Make a list of your short and long term goals. Discuss this together next week.

Handout: "Daily Time Log"

Name: _____

Daily Time Log

Sunday _____
 through Saturday _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am							
7-8am							
8-9am							
9-10am							
10-11am							
11-12pm							
12-1 pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-1 {pm							
11pm-12							

