

The Compass

A tool for disciplers

WALK BY FAITH



THIS WEEK'S EXCURSION

Time is one of our most precious resources. Once spent, it can never be gained again, for time is every moment that has ever been, or ever will be. Paul says in 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."

Three objectives for this lesson:

- To recognize that time is a resource.
- To think about our time and spend it wisely so as to honor God.
- To pinpoint potential changes in schedule, time usage, and attitude.

We want to hear from you! Please send your feedback on this guide to centerfield@uscm.org

TIME MANAGEMENT

CONVERSATION ON THE JOURNEY

Time is one of those elusive things in life...it slips through our fingers, we never seem to get a grip on it (or have enough), and it can never be regained. The Byrds put King Solomon's reflections in Ecclesiastes 3 to music:

*To everything, turn, turn, turn,
There is a season, turn, turn, turn
And a time for every purpose
Under heaven*

Cell phones, palm pilots, email, and instant messaging are modern day conveniences designed to help us maximize our time effectively, allowing us more opportunities for "real" life and relationships with family and friends. But these "tools" of modern society can quickly turn from aids and helpers to tyrannical rulers who demand attention and dictate how we spend our time.

Have you felt burdened by voicemail or the number of screens open for IM?

We can make busyness a standard of our personal value and importance. At meetings we try to out do one another with how many exams we have, how behind we are in studies, how many email messages we have to reply to, etc. The popular thought is, *If I am busier than someone (i.e., if my life is more hectic and I am more stressed out), then I must be valuable and important.* Remember Solomon's response? He calls it "meaningless" or "vanity" (useless, futile, worthless).

Is that living a full life? Is that what Jesus meant when He said, "The thief comes only to steal and kill and destroy; I have come that may have life, and have it to the full.?" (John 10:10) Or, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.?" (Matthew 11:28-30)

God says He is a God of order, not chaos, which means there can be order for your daily life, too.

What a schedule can do for you

A weekly schedule can help bring order to your life. It can help you organize and prioritize how you spend your time. It will show you where your empty times are, and illustrate how you utilize chunks of your day. A schedule can also bring an element of freedom to your life, for there is freedom within the structure of a general schedule.

TIME MANAGEMENT • PG 2

MORE OF THE CONVERSATION

If you are not a structured person, a schedule can help you remember your obligations, and help you keep up with your verbal commitments and intentions.

Time Management Math

Go to the additional resources and print out the file “Time Management Math” for this appointment. Have your disciple fill out the chart giving them additional categories like: cell phone, I.M., reading, video games, shopping, lifting, doing nothing. Then ask some questions.

Is there anything that is a surprise now that you see it on paper? What does your time show about your priorities? Are you involved in too many activities? Are you going to class and studying? What about sleep? Are you connecting with other people? How much of your time is spent in spiritual development? How much time would you say you waste? What are the things you feel you never have time for? If there were one thing that would make you a better steward of your time what would it be?

Weekly Schedule

Finally you want to ask them if, or what, they are using to keep track of their time. You can do a few things here: you could print out the weekly schedule and help them to make some changes, you could help them to set up a daily planner of some sort (or give them one), or you could walk them through yours as an example, showing how you manage your time.

NEXT STEPS

Try to fast from complaining about busyness and stress for 7 days. What do you really talk about when you are with people?

Try the Time Management Math exercise to find hidden hours, and make room for events that will refresh your soul.

Try graphing out your week for a visual representation of how you spend your time. An empty weekly schedule is included with this lesson.

SIDE TRAILS

Time Management Math.pdf

Weekly Schedule.pdf

Included on this CD.