

**Podcast Worksheet**  
**Time: Using the Gift of Life Wisely**

**Scriptural Texts:**

Job 9:25; Psalm 144:4; James 4:14

**Main Points:**

1. Time is life. Each minute is a gift for us to use.
2. It is a lie to say we don't have time; if we're breathing, we have time.
3. We may not have time to do everything we want to do, nevertheless, we all have time.
4. How we use our time is always our choice, even if we have jobs, families, and responsibilities.
5. Being in control of our time is good news because it means we have the power to change things.
6. Time is the great equalizer; every person gets exactly 24 hours a day.
7. We need to allow God to speak into our life about how we use our time.
8. At the end of our life, we want to be able to say we used our time, the gift of our life, the way God wanted us to.
9. Since God is the architect of the world, of life, and of you, it would be wise to allocate some of your time to him.
10. Taking a rest on the Sabbath, as God commands, is a wise use of our time.

**Questions:**

1. List any victim attitudes or mindsets you have had about the amount of time you have.
  
2. Read the three scriptural texts. What is the truth being stated in each verse? How do you think God would want you to apply this truth?
  
3. Over the next several days, make a list of everything in your life that takes your time. Using three different colored markers, mark #1) things that should stay, #2) things that should be eliminated, #3) things that need prayerful consideration. Commit to pray through this until you have a sense of where God wants you to be with your usage of time.

**Prayer of Response:**

Lord God, I haven't been the best manager of my time and the gift of life you've given me. Help me think honestly, and not as a victim, regarding how I use my time. Help me identify where I can make needed improvements. Give me an attitude of honesty and discipline to help me honor you in how I use the gift of time. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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