

- A Famous saying goes like this
- "If the value of an object is measured in a dollar amount then the value or currency of life is measured in time."

- And how we spend it is extremely important. Just like money if we waste it we cannot get it back however if we use time wisely we can receive a good return on our investment.
- What Do I mean by this last statement

(Marshmallows represents money)

- Option 1: 5 marshmallows for spending 5 hrs per week shopping at the mall.
- Option 2: 3 marshmallows for spending 5 hrs/week to go to the gym.

- Option 1: 1 marshmallows for spending 10 hrs per week cutting the lawn for your neighbors.
- Option 2: 4 marshmallows for spending 20 hrs/week playing video games

- Option 1: 5 marshmallows for spending 5 hrs per week doing nothing but just chilling.
- Option 2: 3 marshmallows for spending 20 hrs week helping your mom clean up the house.

- Option 1: 2 marshmallows for spending 5 hrs per week helping out at the community centre.
- Option 2: 6 marshmallows for spending 15 hrs week roller skating.

- Option 1: 2 marshmallows for spending 5 hrs per week helping out at the community center.
- Option 2: 6 marshmallows for spending 15 hrs week roller-skating.

- Option 1: 3 marshmallows for spending 2 hrs per week reading your bible.
- Option 2: 3 marshmallows for spending 2 hrs week swimming.

- Option 1: 2 marshmallows for spending 2 hrs per week playing monopoly.
- Option 2: 1 marshmallows for spending 3 hrs week going to church.

Game Time: THIS OR THAT POINTS

- 1. Option 1 = 2 points Option 2 = 3 points
- 2. Option 1 = 4 points Option 2 = 2 points
- 3. Option 1 = 3 points Option 2 = 7 points
- 4. Option 1 = 5 points Option 2 = 4 points
- 5. Option 1 = 6 points Option 2 = 3 points
- 6. Option 1 = 10 points Option 2 = 2 points
- 7. Option 1 = 6 points Option 2 = 12 points

• What are some things that can steal our time.



- The bible views time as a valuable and finite resource, emphasizing the importance of using it wisely and recognizing God's sovereignty over it.
- Time is a gift from God: the bible portrays time as a gift from God, something to be cherished an used purposefully.
- Time is finite: Meaning the concept of time is limited reminding us of limited time on earth.
- Time and God's Sovereignty: The bible highlights God's control over time and events Psalm 31:14-15 states that "my time is in your hand"

What can we do to better make use of our time.

- Be intentional
- Be aware of what time really means
- Take active steps to make use of our time as it relates to things that really matter.

Do you think that time is a gift, a privilege or an entitlement?

- Who is responsible for time in the first place?
- Who is the creator of time?
- If He is the creator of time how do you think he wants us to spend it?

Let's see what the scriptures tells us about time.

- Psalm 90:12 Teach us to number our days so that we may gain a heart of wisdom.
- 2 Peter 3:8-9 But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day.
- Mark 1:15 The time is fulfilled, and the kingdom of God is at hand, repent and believe in the gospel.

Ecclesiastes 3: 1-8

There is a time for everything, and a season for every activity under the heavens:

- a time to be born and a time to die, a time to plant and a time to uproot,
 a time to kill and a time to heal, a time to tear down and a time to build,
 a time to weep and a time to laugh, a time to mourn and a time to dance,
 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,
 a time to search and a time to give up, a time to keep and a time to throw away,
 a time to tear and a time to mend, a time to be silent and a time to speak,
 a time to love and a time to hate, a time for war and a time for peace.
- Hebrews 9: 27

And as it is appointed unto to men once to die, but after this the judgement.

- God operates in time.
- Did you know that the oldest man that lived on earth's name was Methuselah. He lived to be 969 years old.
- Later on as time goes by we see that the life span of man begins to shorten directly related to sin. God tells us in his word that he will not always strive with man forever and his days will be 120 years old. (God shortens the life span of man again time is taken away from man) (Genesis 6:3).
- As time goes on we see in Psalm 90:10 that the psalmist mentions that days of our years are three score and ten (meaning 70 years old) and if by reason of strength they be fourscore years (meaning 80 years old), yet is their strength labor and sorrow; for it is soon cut off, and we fly away.

- Again in the new testament we see that the Lord shortens the day again because of sin for the elects sake. Matthew 24:22
- If those days hadn't been shortened, no one would survive. But for the sake of the elect, those days will be shortened.



https://www.youtube.com/watch?v=WGzVMqJSlKg

- Let's look at some practical aspects of time.
- So if you have to catch a bus or a plane to go to a go on a free ride to see your favorite basketball player play a game in his home town and the flight leaves at 3:15 pm. What time will you get to the airport.
- What happens if you get there at 3:20pm.
- So even by the worlds standard time is very important. How much more is time important from Gods perspective again because the life that we live in wrapped up in time.

- It is so important to use the gift of time that the Lord has given us wisely.
- So a bit of back story my dad was sick since Dec 17 he went into hospital and during his time in hospital the medical team told us at some point that he was palliative end of life. To be honest I didn't believe them because they seemed to not know what they were talking about. But once he was discharged home from hospital he began to decline quickly. Within two weeks I could clearly seeing that he was beginning his journey back to his Lord and Savior. As I watched his breathing patterns change from life to death is the exact moment that I realized how precious time is and not to take it for granted. My dad ended up passing away on February 19, 2025 again a date set by a time stamp.

What are some of the things that really matter.

- Knowing the Lord for yourself.
- How do you get to know the Lord.
- Reading the bible, spending time in his word, watching programs about God, going to church.
- Why do you think that this is important. It's important because spending time with the Lord shapes us exactly into the image that he has created us to be.

- So what is the significance of all of this.
- Time is a gift from God and it is so important to use it wisely.
- So if we are spending all of our time playing video games, listening to music, watching social media this all equates to "stolen or lost time."
- I am not saying that playing video games, listening to music or watching social media or television is bad rather what I am saying is not to spend and waste all of your time on these activities. It would be better to set aside a very short time per day on enjoyable activities and spend more time on the things that really matter.

- In conclusion as we spend time with the Lord our mind set begins to shift and change. We begin to see life from the Lords perspective and not our owns.
- (Be not conformed to this world but be transformed by the renewing of your mind) We can only be transformed by taking time to read the bible, spending time with the Lord and going to church. This all amounts to time well spent.
- Do you know why it's so important to spend time with the Lord. Because once we are filling our time and our minds with what the world is doing then we get distracted, confused and ultimately become dissatisfied however if our time is fixed and spent on him then we begin to look at life through the lens of the Lord

FAST BREAK

- Who is responsible or the creator of time? (Prize: 4 candies)
- Provide two examples of how the Lord wants us to spend our time? (Prize: 3 candies)
- What is the name of the oldest man that lived on earth? (Prize: 4 candies)
- How old was he? (Prize: 5 candies)
- As it relates to time what is the most important decision that a person will make in their life time? (Prize 10 candies)



OVERTIME

1. Name 2 things that can distract our time?

(Prize: 4 candies)

How do you plan to spend your time in the next coming week?(Prize: 2 candies)

3. Why is time so important? (Prize: 2 candies)

4. What gift has the Lord given to us? (Prize: 3 candies)



