



STUDY GUIDE

January 22, 2023

**Message Series:**

A Better Way

**Message Title:**

To Manage Your Time

**Teaching Pastor:**

Angie Frame

**Warm-up/Icebreaker:** (10 min).

Describe your morning routine on a typical day.

**Pray:**

Dear Lord, we praise You for Who You are – all-knowing, all-powerful, loving and good. Thank You for the opportunity to grow in our faith with others as we come together and study Your Word and dive in a little deeper. Help us to not be satisfied with staying where we are but to be open to a better way...Your way. Thank you that You are a personal God, and while Your Word and Your Truth never change, You do have a personal plan for each one of us. Thank You that we can trust You with our lives. We pray all of this in Jesus' name. Amen.

**Get Started:** (20 min.)

- In general, how well do you feel like you manage your time, both at work (if you work) and at home. What do you do well? What would you like to improve or do differently?

*"We need to shift our thinking. It's not about how many things we check off our list but about putting the right things on the list." – Pastor Angie Frame*

*"Not everything is constructive or beneficial. When we spend too much of our time on those things, we end up feeling exhausted and like there's never enough time. But, when we make strategic choices and only put things on our calendars and lists that are beneficial and constructive, then we can feel energized and ready." -Pastor Angie Frame*

**Read Proverbs 16:9 & Ephesians 5:15-17.**

- How would you summarize what these verses say about time?
- Think for a minute about how you plan your time, both your daily activities as well as long term plans (such as vacations or future decisions). Would you say that you include God in your planning or proceed on your own, or perhaps a little of both? Explain.

**Watch and Discuss Video** (running time 7 minutes, 20 minute discussion)

- In the video, Pastor Angie talked about *responding* rather than being reactive with your time. She defined reacting as "immediate and rash" and responding as "deliberate and considerate." She cited several examples in the Bible where people responded. Share an example from your own life of a situation where you have either reacted or responded when there have been interruptions in your time.

### **Read Psalm 90:12 & Proverbs 21:5.**

- When we are more proactive we can respond well. How do these verses speak to that? What are some ways that we can become more proactive?

### **Read Colossians 4:5-6.**

- Why is this verse important to consider as well?

### **Reflect and Commit: (20 min.)**

*“God looked out over the expanse, and he created structures that brought forth beauty and abundance. You can create a vibrant life by creating rhythms and structures where there’s nothing. Look at the vast expanse of a calendar, and divide it into sections like work, family, exercise. Select sections that are beneficial and constructive. Create space for those sections once a day or week or month or year, and then the next and the next, until it becomes a rhythm that defines your life.” -Pastor Angie Frame*

### **Read Ecclesiastes 3:1-8.**

- This is one of the most famous portions of scripture about time and is often read at funerals. Who wrote it and why? What does it actually mean?
- Which part stood out the most to you personally? What have you learned about God’s timing in your own life?

### **Gather prayer requests and pray. (5-10 min.)**

The Apostle Paul in Ephesians 1:17 says: “I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.”

When we know him better, we will do better with our time. Let’s pray.

### **Pray:**

Lord, thank You for all You have taught us today. We know that time is a gift from You and we want to use it well and honor You with our lives. Thank You for teaching us a better way to live out the time You have given us. We depend on Your Spirit to guide us in the choices we make with our time and our lives and help us take our spiritual growth seriously, understanding the eternal implications. We are called to bring You glory. In Jesus’ name we pray. Amen.