

# TIME

We can employ the skills and principles of time management, buy a new calendar (even a high priced electronic one), employ a better scheduling system—all are of little benefit until we understand the value of time. Granted, we may do a better job of scheduling our time, but that doesn't mean we're doing a better job of spending that time. Knowing the difference defines wisdom.

—Dr. Sid Buzzell,  
General Editor,  
*The Leadership Bible*



1

What is one difference between scheduling our time well and spending our time well?

2

What advice about the wise use of time can be found in **Ephesians 5:15, Ephesians 5:11-17, Psalm 90:12**?

What do you notice about a connection between wisdom and making the most of our time?

What are some ways you tend to waste time or spend it “carelessly, unthinkingly”? What positive actions can you take to make wiser use of your time?

What does it look like to “number our days”? Does this bring you hope or fear and how does that affect how you use your time?

3

Jesus often experienced conflicting needs and demands of how He used His time. Read **Mark 6:30,31**. What conflict did Jesus experience? Why do you think he made the choice he did?

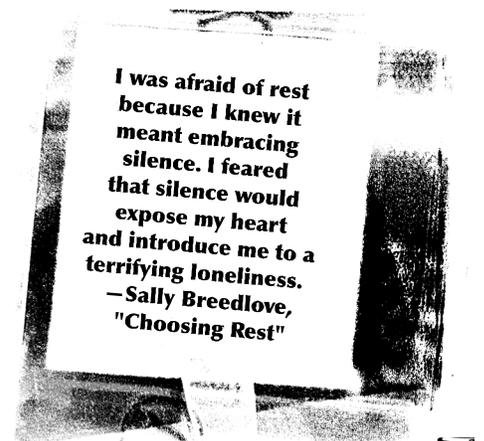
When have you experienced conflicting needs of your time? How did you decide to spend it?

Read **Psalm 23:2,3a** and **Matthew 11:28,29**. What might it look like for you to “rest well”? How do you—or could you—get some “rest for your soul”?

4

## Reflection

Jesus' words above tell us that inner rest is a direct result of coming to Him. As you pray, share your need for rest with Him, receive His restoration, and listen for what might be keeping you from experiencing His rest.



For deeper study, go to *Jesus' Good News Module 5, Life in Jesus: living life well*. Available through Dawson Media. Toll-free: 1 (888) 547-9635 • [dawson.media@navigators.org](mailto:dawson.media@navigators.org) • [www.dawsonmedia.com](http://www.dawsonmedia.com)