

## Teen Topics Time Management

### **The Issue:**

Time can be our best friend or our worst enemy. When we have a lot of extra time in our day, we are able to enjoy life by being productive, having fun and relaxing. However, when our days are full and we do not have a lot of extra time, things can become very hectic and sometimes overwhelming. How we budget our time can make all the difference in the world.

### **What does the Bible say?**

Note what God says about time and how we should use it:

- > Psalm 90:12 - Understanding value of time = gain wisdom.
- > Eph. 5:15-16 - Make the most of your time, work hard.
- > Ex. 20:8-10 - God desires for us to get adequate rest.
- > Ecc. 3:1-8 - There is a time for everything = must balance it.
- > Eph. 4:1 - Accomplish your calling, prioritize things accordingly.

### **What should I do?**

We must learn to manage our time if we are to live lives that are productive and meaningful. As we see in the verses above, we need to balance our priorities and schedule our days with an eternal focus. Think about how you currently spend your time, and then ask these questions:

1. Am I spending sufficient time with God in preparation for each day?
2. What things do I do that do not really accomplish anything? How can I cut back or eliminate these?
3. What can I add or remove from my schedule that will make each day more focused on eternity?

The time God has given us on this earth is a gift from Him, let us use it in a way that pleases Him and brings Him glory!

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