

## How Should I Invest My Time?

*Sunday Night, January 22, 2017*

*Curt De Graaff - Family and Counseling Pastor*

### **Psalm 90**

*Context: 1 funeral every 20 minutes for 24 hours a day for 40 years.*

1. Rest in the \_\_\_\_\_ of your \_\_\_\_\_. v. 1-2
2. Remember the \_\_\_\_\_ of your \_\_\_\_\_. v. 3-10
3. Reflect on the \_\_\_\_\_ of your \_\_\_\_\_. v. 12
4. Rejoice in the \_\_\_\_\_ of your \_\_\_\_\_. v. 13-17

**Margin** is the \_\_\_\_\_ that exists between our \_\_\_\_\_ and our \_\_\_\_\_, between our vitality and our exhaustion. It is our \_\_\_\_\_, our reserves, our leeway. - Jim Burns

### **What happens when we lose our margin?**

1. Psychological symptoms:
2. Physical symptoms:
3. Behavior symptoms:

**Spiritual hydroplaning** is living so fast that we end up skimming - living \_\_\_\_\_.

What is the one area of your life that, if you \_\_\_\_\_, would tear down all barriers between you and God's fullest blessing in your life?

### **Three diagnostic questions:**

1. Is there anything God wants you to \_\_\_\_\_ doing?
2. Is there anything God wants you to \_\_\_\_\_ doing?
3. Is there any reason not to do what God wants right now?

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### Three immediate takeaways:

1. Take time to \_\_\_\_\_ your own soul!
2. Take time to \_\_\_\_\_ your own soul!
3. Establish time \_\_\_\_\_ for you and your family.

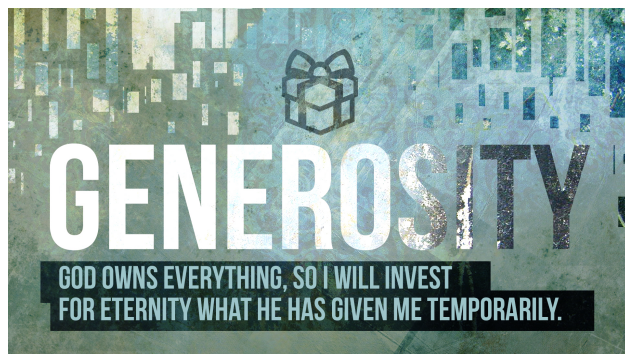
#### Arrange Time Commitments According to God's Priorities

*Non-negotiable*

*Negotiable*



**Some examples:** eating, sleeping, working, school, church, Cell Group, Bible reading, prayer, TV, social media, sports practices and games, dance lessons and recitals, music lessons and recitals, homework, video games, family time, dinner together, meals/snacks, family conversation, out-of-town trips, solitude, shopping, errands, school programs, movies, couple time, romance, household chores, home upkeep, family devotions, cooking, cleaning, car repair, youth group, Christian service, outreach, hospitality, vacation, visiting relatives, phone visits, doctor's visits, group Bible studies, sporting events, community clubs or events, get-togethers with friends, etc.



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