

Spending Your Time - Notes:

Time use on an average work day for employed persons ages 25 to 54 with children

	<u>Hours</u>
Working and work-related activities	8.8
Sleeping	7.6
Leisure: sports, gaming, on-line, texting	2.5
Other: TV/Reading, Family and Friends	1.7
Caring for others	1.2
Eating and drinking	1.1
<u>Household activities</u>	<u>1.1</u>
Total	24.0

Matthew 6:33, Jesus says, "Seek first his kingdom and his righteousness, and all these things will be given to you as well."

Of the Ten Commandments, the very first commandment God gave was: "You shall have no other gods before me."

Exodus 20:3-5, God gives Israel this command: "You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God."

Ezekiel 14:3 says that "men have set up idols in their hearts,"

1 John 5:21: "Dear children, keep yourselves from idols."

John 15:1-4, The Vine and the Branches ¹⁵ "I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes^[a] so that it will be

even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

Matthew 6:33 ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Luke 10:38-42, As Jesus and his disciples were on their way, he came to a village where Martha opened her home to him. Her sister Mary - loved to sit at the Lord's feet listening to what he said. But Martha was **distracted by all the preparations** that had to be made. Martha came to Jesus and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." That's what it means to seek the only meaningful, eternal thing -- God.

5 Things to Help!

- **1. Seek Him and Know His Word and His Truth. SEEK HIM: 1 Chronicles 28:9** “And you, my son Solomon, acknowledge the God of your father, and serve **him** with wholehearted devotion and with a willing mind, for the Lord searches every heart and understands every desire and every thought. If you **seek him**, he will be found by you; but if you forsake **him**, he will reject you forever. **KNOW HIS WORD: 1 John 2:5**; But if anyone obeys **his word**, love for God is truly made complete in them. This is how we **know** we are in him. **HIS TRUTH: Psalm 25:5** Guide me in your **truth** and teach me, for you are God my Savior and my hope is in you all day long.

➤ **2. Clear Your Mind of Unhealthy/Un-Godly Fleshly Thoughts:**

New Revised Standard Version **Luke 9:59-62:** To another Jesus said, "Follow me." But he said, "Lord, first let me go and bury my father." But Jesus said to him, "Let the dead bury their own dead; but as for you, go and proclaim the kingdom of God." Another said, "I will follow you, Lord; but let me first say farewell to those at my home." Jesus said to him, "No one who puts a hand to the plow and looks back is fit for the kingdom of God."

➤ **3. Don't confuse what is Critical for what is Urgent: Titus 3:14**

Our people must learn to devote themselves to doing what is good, in order to provide for **urgent** needs and not live unproductive lives.

➤ **4. Cut down on the daily distraction and disruptions: Exodus**

16:23 - He said to them, "This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'"

➤ **5. Develop Better Habits: If I - WORSHIP, READ, and PRAY, I'll be a stronger Christian Every Day!**

Acts 4, Peter and John were brought to the rulers and elders of the people (**v. 8**) to be questioned by them. But when Peter and John came to those people, who were Jews, **they were astonished** [by Peter and John] **and they took note that these men had been with Jesus**

Acts 4:13¹³ When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

John 15:5, Jesus promises, "If a man remains in me and I in him, he will bear much fruit."

Psalm 16:11, in Your presence is fullness of joy.

John 6:35 ³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Psalm 105:4; Look to the Lord and His strength; seek His face always.