

TIME MANAGEMENT GIRLS' RETREAT

TEACHING #2 - KJ

930 Br
1230 L
6⁰⁰ D
9 Br

I. INTRODUCTION

1. GOAL = BETTER UTILIZE OUR TIME

1. ~~What~~ right up there with studying the holy stuff!
How can that help us grow in Christ?

What does G have to do with time mgmt? May assume answ is nothing but surest way to get life out of balance is to leave God out of our planning.

Scripture sees time as a precious commodity God wants us to use wisely for His kingdom. Eventually we will stand before God giving an account for how we used the time He entrusted to us. Limited time left and God wants us to use it wisely.

2 Cor 5:15 ←
Life=
time

2. Problem is not lack of time ..but how we use the time that we do have.

Good intentions are not enuf, must be translated into action! (We judge other pp by their actions but ourselves by our intentions).

We want to use our time wisely and make our life count for JC, but for most of us, making it thru each day is a challenge ... how can we ever take on more or do some things we want to do with our life?

Doesn't matter how holy our intentions are if we don't have time to carry them out.

David Dawson quote, pg 305 in Adsit. Continue to read the next paragraph as well.

3. Bible connects wisdom with how we use our time.

Eph. 5:15-16. Talking abt the goal of our sanctif and says Make the most of your time bec days evil.

Ps 90:12. Pray along w/Moses to teach us to # our days so that we can present to you a heart of wisdom.

go to pg 3, C.

II. OUR AIM IN LIFE

HOW DO WE PURSUE?

1. Fixated on

For many of us, we exchange our time for nothing because our priorities are unclear or even wrong. Read "target fixation", pg 36-38, Sherman.

Fixated on the wrong target when it comes to how we live our lives. God told us what He wants us to pursue as his creatures, yet many abandon G's objective for our own goals of success and significance

B. NEED FOR STUDY

-How many of you have ever felt guilty because you've been studying for a class/tch and neglected family or roommates?

-How many of you feel your xtian life is active but not going anywhere?

-How many gripped with fear that life will be lived out and be insignificant and don't want it to be that way?

These feelings that we have are partly due to 2 problems:

- First, Secular defn of success
- Second, A False heirarchy of priorities

I. Secular definition of success:

-Career ambitions, marriage rocks, kids mess, alcoholic. But if successful in career, world calls success.

Careerism most key target today, ..results in car, suburb, identity, school system, etc. Often most asked question: because tell who this person is and where fit into society? ..essentially what he is worth.

-Also personal idols (not stone image in jungle), anthropologists define an idol as anything that becomes so sacred to us that it defines our self-worth, becomes the controlling center of life and is the last to go in our list of priorities.

May even be good things like man, kids, house but may be things God never intended to be our primary devotion. See Ex 20:3 "You shall have no other gods before ME."

Robs pp of emotional energy because sucked into one area and robbed of able to spread that out.

2. A False Hierarchy of priorities

Not the awkward priority system of some Christians where a hierarchy of priorities with God, family, church, and so on.

Have sacred categories and secular categories: church, bible reading, prayer, evang, etc. and secular categories (which God is not that interested): hobbies, housework, sports, entertainment and work.

Doesn't work out in reality... friend comes over to hang out and say no, I havn't had my quiet time. My priority so you will have to leave.

God is at the top rung of the ladder instead of center of every rung. Instead the Bible gives us not a list of priorities, but a set of categories that we must balance under the lordship of Christ. (Xenos getting more balanced here..used to think ministry more imp't and wierd to pray for your marriage))

*Go to Video. H. Hendricks In Search of the Exc Ldr
Tape 3. Priorities 45 min*

What does the God say about why we need to study this?

1. List verses:

- I Cor 9:23-27* 2 Tim 2:2-4 Ps 90:12
- Eph 5:15-16 Mt 24:42ff Rom 13:11-12*
- 2 Cor 6:2 Col 4:5 I Pet 1:15-17
- I Tim 4:7-8* Hos 10:12 Eccl 3:1-8
- Ps 1:2 Ps 115:16-18

Know Bible says we need to invest time wisely and these verses will show but what about the example of Christ.

Had same amt time as we do...24 hours yet never seemed hurried, harassed. Had time for pp.

-At the end of life said I finished wk the Father sent me to do, yet many unmet human urgent needs around him. and many imp't tasks still undone yet able to say I've finished the work.

-Tyranny of the Urgent quote: Secret of JD's life and work for God. Mk 1:35 went out and prayed. Prayerfully waited for His Father's instructions and strength to follow them. He had no blueprint. He discerned the Father's will day by day in a life of prayer. By this

Time Management
Friday Night Exercise

Name
Date

1. Have you got a system of time management that you are pretty satisfied with?
If so, would you mind sharing it?
2. Are there some activities that you wish you could get rid of?
If so, what are they?
3. What do you see as your purpose in life?
(Not just "as a Christian" or "as a person," but "as YOU".)
What do you want to accomplish in the next approx. 75 years that you've been given on earth?
4. What are your top 5 priorities in life?
How do these priorities line up with your life's purpose?

means, he warded off the urgent and accomplished the impt. See Adsit Quote 319 F

As he took his life from the Lord daily, he was able to ward off the million things that take up our time and accomplish God's will with His day.

Go to Pg 2, A+B. Then Go to Video, then back to Workshop
 For us, we need some principles to help organize and balance all the competing time demands in our life. I'm going to give you a model from this book by Sherman/Hendricks.

THE BENEATH ON MODEL FOR TIME MANAGEMENT

Other models you use?

DEFINITION

(Triathlon). In Europe, pentathlon is prestigious athletic event with 5 sports: 4000 meter cross country race
 300 meter freestyle swim
 5000 meter/ 30 jump equestrian steeplechase
 pistol shooting at 25 meters
 fencing

Only total score counts, not individual areas. Pretty diverse yet not strategic to work on one skill to excel. Need to train equally well in all areas. Constantly trade off as you prepare. Never perfect in all areas but measure of progress needed in all areas.

5 BIBLICAL AREAS

Biblical pent...not allow for us to major in just one or two categories of life either but pursue growth in all areas. Athletic pent has goal of winning. Bibl pent has goal of JC (ie. Phil 1:21...to live is Christ).

1. PERSONAL LIFE, including one's relationship to God, one's emotions, and all the private, individual, inner aspects of one's life.

Our own well-being: emotionally, physically, spiritually.

2. FAMILY, including one's spouse, children, parents and other extended family (for singles, roommates may also be included here). Re!

3. WORK, that is one's employment or occupation, how one earns a living (for homemakers, homemaking is their work).

An event God cares alot about...2/3 parables are work related. JC said more abt \$ than abt prayer.

4. CHURCH LIFE, one's relationships and commitment to those in the family of God. BOC

5. COMMUNITY LIFE, one's responsibility as a citizen toward the government and one's relationships in the broader society and the world, especially those who are not believers.

Our relationship to a non-xtian world.

See not a hierarchy but a comprehensive view of life.

C. CONTRAST WITH CULTURE

1. SUCCESS is pour all emotional energy into one event. but this would imbalance the xtian walk.

Quote Sherman defn of success: Faithfully please God with the resources and responsibilities he's given you. Not how you compare to someone else but what he's given you like in study of Mt 25:14-30 (parable of talents).

If doing well at work and poorly at home, not doing well in xtian pent.

D. FOUR THINGS XTIAN PENT HELPS US WITH:

Organize your mental and emotional energy and develop an athletic passion to please God in all 5 areas. Athletic passion usually love to do it. Consider that zeal.

-if you add something to your schedule, you must subtract something or decrease the overall quality of life. If add and no subtr, we all exp tongue hanging out and burn out. All these areas are inter-related. (ie subtract time from TV..maybe relax with a book or quality relating instead) Rid time-eaters... cable, Mad Mag

Law of entropy - things tend to disorder. Our indwelling sin will resist Christ coming in and creating order in our life. Prefers to allow wrong motives and values to remain hidden.

Teaches us you will not have a good marriage just because married... need to dev skills in these areas in order to see growth there.

personal issues: [redacted] and [redacted]

taked abt

Rebellion: living life the way you want to. Be careful, He might let you and if rebellion goes unchecked, we will create hell of our own making.

opp = submission

-procrastination: neglect what we should do and like the sluggard in the Proverbs. Sanders (Spir Ldrship) quote: "Pr, the thief of time..etc" *L92* Impt of let's do it now...do something today.

-discouragement: hopeless perspective. JC never discouraged due to never lost sight of the Father and what kind of God he is. Gives me hope when I remember it's God who is present with me and loves me as his daughter. Also Mt: Everest change expected and discouraged because not there yet.

~~_____~~ size that it takes more than just hearing good teaching if we ~~_____~~ ..that its a fallacy to think that:
-it's ok as long as I wish to be more obedient.
-As long as I hope to have a better prayer life...good enuf.
-I have good intentions to learn the word more, tho I don't really have any plans on how I will do that...I just hope I do.

That's the opposite of viewing life as an event to be pursued with this athletic passion.

IV. HOW TO APPLY THE XIAN PENTATHLON

How do we increase our obedience and dev this athl passion? Think abt these things because I will ask you to do some.

G.P.P.L.Y. FOR MEMORY

3. ANALYZE GOD'S WORD *BASIS*

See handout with verses on all these areas. Good place for starting. Analyze: What does G's word say to me...what is G's job description for me in each of these 5 areas (ie as a parent or in my marriage or ministry). Take one night for each area to see what the word says.

B. PERSONAL INVENTORY

Most difficult, esp since eval our own life. How does my life measure up? Can get under a pile and hard to be honest.

1. See handout. His questions and also from Take my life. Also some questions from Sanders tapes.

Not to whip yourself but to see where you need to take some steps.

Determine where excelling + where could improve. May be surprized Isolate 5-10 items where G finger is

B. Also can multiply your time Adsit 319 H

1. Adsit 310
Note Time Leaks =
168 Hrs - Total

2. Time analysis... great tool to see reality.
Recommended by Sanders. May find that you have a lot more time than it seems.

3. Personal mission statement. Life goal. May be vague but try to get it down on paper... Adsit. Read mine. Sanders tape.. this one thing I do. Confused: 10 things I do, 100 things I dabble in, but this helps clarify this is the one thing I do.

311. Reflects Priorities

C. PLAN STEPS

Great to have dream like this but need steps to get there.

1. Sample goals. ho

Sherman Tape

2. Story guy married 10 yrs. never prayed so goal is once a month for 5 minutes. Next month same and did for 6 months. But real progress, 10 yrs nothing and now once a month 5 min. Went on to every other week, then once a week.

God honors that kind of progress. Think in terms of big ideals rather than progress.

3. Specific, Measurable (ie 5 min), Attainable and Compatible. All necessary so can spread emotional energy out to all 5 areas.

SMAC

Hard to read 1 hr a day, but try carrying a book around with you and see what you get done in odd minutes. 1 bk/mo.

D. LIABLE TO OTHERS - accountability

1. Wt watchers have great success. Also athletic team. Hesitancy here from old days. Follow thru with other pp will help you stick (found in core groups... group dynamic really helps). Read Sherman defn on pg 140. ON HO

2. Can change habit patterns but not used to control other pp.

E. VARDENICK

Am assuming that we all understand the the HS is intimately involved here in changing our life not just a method using human effort. No growth possible w/o the HS. But this just a tool to help bring order to our chaotic life.

1. Helps in tough decisions to be somewhat organized about charting time, goals, and seeing progress.

To Do Lists → complete w/prioritized. (at least most impf gets done). Beg each week. Use a calendar.

Chart → Plot goals.

Journal → Charts/lists too mechanical? Written record. pg 152 Your thoughts, questions, cond, goals, prayers, needs

Retreats → Reflect (5 highs) · Eval (Pers Inv again Det) · Plan (goals) · Pray (Praise Failures)

Hard for you?
Less guilt if you
know already
schedule + goals.
Some flex tho.

2. See ho - chart, calendar helps to know when to say
no Write in our priorities and frees us up from
hangups of perfection...
Family -Edith Schaeffer
Evangelism -Becky Pippert
Church work -Darlene McCallum
Look at **ideals but life not like that.** Sherman says
especially bad with **women and esp mothers.** Johns
Wesley's mother trained her kids in gk and hebr by age
6, mine not even trained to use napkin.

Some of this **more helpful** to pp of **passive temperament.**
Find the quote of Value in this approach but limits.

Is A-P-P-L-Y Biblical? Eph 5:15-17. Trust G + Take steps

CONCLUSION

A. [redacted] We know but too often
we don't involve the Lord. How much of our work in these
areas is going it alone because we don't take the time to
pursue the Lord?

Example of JC who spent that time with G each day. When
we don't do that by our actions saying...I can handle it
by myself. Quote Tyranny of the Urgent. I stand here
in weakness since don't have this together at all. 9, 11, 12

Set aside a half day to look at this stuff. Put this on
your calendar for next few weeks. Put on your schedule today

Good tool but other tools also. See Gordon McDonalds bk-ho.

B. Remember **Satan will do everything he knows** to keep us
from taking **spiritual stock** or involving the Lord in these
various areas of our life. Chaos. G. McDonald "To bring order into one's
personal life is to invite His control over every segment of one's life."
= PRAYER

C. Vision

Life at such **fast speed, like jet 600mph** at tree top level.
Don't get to enjoy the scenery that much. Need to step back
and go up to 35,000 ft and look down and see what's impt.

1. What is impt to God?

He's called us to live our day to day life in absolute
meaning with awesome opportunities to be significant for
Him. It would be tragic to come to the end and realize that
you never got around to doing something impt.

Future provides opportunities for not just having some
good intentions for a meaningful life but actually
taking some steps to do something about it.

2. It's the **eternal over the temporal** that is impt to God...

3. The spiritual over the material- Does our home reflect this or is it the other way around sometimes...we get hung up in the wrong values.

Mt 6:21 "Where your treasure is, there will your heart be also" Our heart really is where ever we invest our resources (time and money). Good to evaluate this from time to time. Many of us think our goal is spir, but when you analyze where time and money are spent, it's not. *Freely give time... possessions... money*

Other churches who's mission budget is 5 times ours. Why is that...pp in our fellowship are stingy. Pp in our fellowship tip their hat to having spir goals but somewhere along the line, there has been a breakdown and we find their treasure is not that invested in the Lord's work.

4. Availability over ability...look at lives of great men and women of God aren't all that great in ability but available.

DEVELOP THAT ATHLETIC ZEAL TO PLEASE HIM IN ALL AREAS

1. Let's look for some progress, ..and commit ourselves to look at the Word of God and to plan and to think.

Let's use our time wisely...let's redeem our time, because not all that much time left.

Sanders tape "Let's do more by doing less, let's let our roots go down deeply...because the quality of our life is more impt that the quantity of our activity."

Fail without close rel and dependance.