

# Life Coach: Time Management

## The Time of Your Life

Introduction: Time is the most valuable resource. Christians should consider every moment a gift from God. But beyond being a gift, time is also a stewardship. God never gives gifts apart from responsibility. Therefore, how I manage the time I have is not merely a human endeavor; time management is a mandate from the Lord. Bible principles applied by spiritual believers provide a good framework for stewarding the time the Lord has given us.

- I. Be Time Conscious (Psalm 90:1-17)
  - A. Time is LIMITED (90:10-12)
    1. Everyone has a pre-determined life span and an expiration date. Remembering the temporary nature of life directs us to invest time wisely.
    2. Average life spans (10) are just that—average. There are many exceptions, and you could be one of them. Planning for the future is wise, but realizing we may not see it gives value to the present moment. Try to live each day as though it were your last.
    3. The longest life is “soon cut off” (10). The older one gets the more quickly time appears to pass. Live with purpose now so you won’t live with regret later.
    4. Learning to “number” your days is a precursor to genuine wisdom (12). Valuing time motivates wise choices.
  - B. The quality of time is UNCERTAIN (90:7-10)
    1. Every life knows good times and bad—“trouble” (7).
    2. Moses, the human penman of this Psalm, understood the ups and downs of life. Living life to the fullest involves taking advantage of the good times while preparing for the bad.
    3. Not only is time itself limited, but good days are only a fraction of the whole. Much of life is spent in “labor and sorrow” (10).
      - a. Learn to accept the unpleasant realities of life and function victoriously within them. Trials are controlled by God and are always intended for our good.
      - b. Savor the positive times in life. Good memories fortify you against difficult times.
      - c. Work significance into each day. Coach John Wooden said, “Make every day a masterpiece.” Don’t fall into the trap of accumulating mostly meaningless days of mere existence.
    4. Learn to benefit from hard times by relying on the Lord and practicing genuine faith. In retrospect, hard times may be treasured as some of our best times.
  - C. Time presents OPPORTUNITY (90:12)

1. In numbering our days, we acquire the wisdom to seize upon opportunities as they arise. When time presents positive opportunities, wise people take advantage of the opportunity because it enhances time.
2. Mary of Bethany understood the value of opportunity presented to her by time (John 12:1-8).
  - a. Having Jesus in their home, Mary anointed Jesus— unknowingly as a prophecy of His coming death and burial.
  - b. Judas rebuked her, claiming the ointment should have been sold and the money spent on the poor.
  - c. Jesus corrected Judas, explaining that Mary was wise to take the opportunity she had, because the normal circumstances of life (the “poor”) would always be present, but He would not always be physically present.
  - d. Practical Application
    - 1) View special opportunities and occasions as *special*. Do not let the common responsibilities of life overshadow special occasions.
    - 2) Recognize that responsibilities will always be pressing. While not neglecting responsibilities, do not bypass significant opportunities that enrich life.
    - 3) Time invested in your relationship with Christ is not wasted (as Judas inferred). Rather, time with Christ has deeper significance than appears on the surface. Mary had no idea that her generous, selfless act was, in reality, a prophecy of Christ’s death and burial—and that it would be recorded for the entire world to read.
3. Martha came to understand the importance of setting aside common tasks to take advantage of significant opportunities (Luke 10:38-42)
  - a. Mary, Martha, and Lazarus were siblings. As is often the case, their personalities were very different. Different personalities view time/opportunity differently.
  - b. Martha, sensing the responsibility of preparation for Christ’s visit, was frustrated because Mary left the kitchen to fellowship with Jesus.
  - c. Jesus gently reproved Martha’s stress, stating that she was “troubled about many things” (41) and did not see the opportunity that was before her.
  - d. Mary understood the opportunity of the moment (42):
    - 1) The opportunity was “needful.” Nothing was more important at that moment than fellowship with Christ.
    - 2) The opportunity was “good.” On the list of priorities at that moment, Mary’s opportunity to fellowship with Christ was of more value than preparing a meal.
    - 3) The opportunity was permanent, a memory for a lifetime.