



Introduction

Discuss the ways our society, inventions, and conveniences contribute to speeding up our lives. Do you think this is positive or negative?

Misnomers about Time

Busyness is a virtue. Do you see busyness as a virtue? Why or why not? Why are we so busy (see additional notes)?

There is never enough time in the day. What lies behind this wrong way of thinking?

A Theology of Time (Psalm 90)

God controls time (v. 2, 4; Rev. 22:13). How is this truth expressed in Psalm 90? What are its implications for our lives?

People are allotted time from God (v. 3-6; Ps. 31:15; James 4:14). *Time is a resource for us to use with care* (v. 12). What is the natural response to these truths according to verse 12? What does it mean to "number our days?"

We will be held accountable for the use of our time (Rom. 14:12). In terms of using your time, how do you think you would fare if your day of accountability was right now?

Maximizing Your Time (Ephesians 5:15-17)

Take control of your time (v. 16-17). Do you think that time, people, and circumstances control you, or are you in control of them? If the former is true, how can you change that?

Evaluate (v. 15). How important is it to regularly evaluate your use of time? If you had to teach others how to evaluate themselves, what would you tell them?

Prioritize (v. 16). What does it mean to “make the most of every opportunity?” Are there good things in your life that should be given up so you can do this?

Let eternity drive you (v. 16). Contrast and describe a life that is driven by the temporary versus a life driven by eternity. How can you become more eternally focused?