



Synergism for a
Lifestyle
of Change

Ephesians 5:16:
"These are evil
times so make
every minute
count."
Contemporary
English Version.



STEWARDS FOR NEW LIFE



Time Spent Well
by Lisa. R. Harris

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve and too short for those who rejoice." Van Dyke.

In the movie *Castaway*, Tom Hanks plays Chuck, a Federal Express systems engineer responsible for making sure packages are delivered on time. By virtue of his position (and personality), he is consumed with and driven by the clock. Through a tragic event of a cargo plane crash where he is the only survivor, Chuck's perception of time is altered. Isolated on an island for four years, Chuck was jolted from a world in which minutes and seconds were carefully calculated to a world where days were measured by the rising and setting of the sun and the movement of the tides. The movie is described as one that offers hope and also teaches an important lesson. The lesson, as one commentator suggests, is to "make time for the things that matter in life. Chuck had to learn the lesson the hard way; on an island where all he had was time."

The essence of the Apostle Paul's words in Ephesians 5:15-17 is to make time for the things that matter in life. Time is a gift entrusted to us by God. As a good steward this gift should be handled with care.



FACTS OF LIFE

- Clocks entered most homes in the 1930's. Today, the average number of time keeping devices in homes in the United States is eleven.
- *Bissextile* is the day that is added every fourth year to the month of February, in order to make the year agree with the course of the sun.
- *Chronos* and *Kairos* are two ways of describing time. *Chronos* is the linear time we keep with calendars and clocks. *Kairos* - sometimes described as God's time - is event centered, time defining moments, which interrupt *chronos* and take on eternal significance. The birth of Jesus is an example of *Kairos* time.

FOR MORE

INFORMATION

- www.barna.org for research on the importance of "timing" in developing disciples and future church leaders.
- www.navpress.com/Magazines/DJ/ Discipleship Journal 1997 issues: Too Busy? How to find Rest in Your Hectic Schedule Click on "back issues" and Beating Busyness Bible Study
- www.physics.nist.gov/GenInt/Time/time.html for an evolution of time measurement through the ages.

STEWARDSHIP

IN ACTION

For three days, begin your day by reciting Psalm 31:14-15a, **"I trust You, Lord. You are my God and my times are in your hand."** For these 72 hours, keep a journal of how you spend your time. How much time is spent sleeping, preparing meals and eating? How much time is spent in conversations and with whom? How many hours are you spending in recreation, watching television, connected to the Internet, or attending to personal hygiene and appearance? How many hours did you spend running errands or commuting to work? How many hours are you working? How much time did you spend in prayer and devotional time? Compare these three days with most days of the year and determine whether or not these three days are typical. Now ask yourself, "Do you believe you are a good steward of God's time?" Why or Why not? If you believe your management of time could use some adjustment prayerfully consider making changes—then just do it.



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