

2. Lack of time isn't the problem.

The problem is _____.

Poor choices are the cause of stress and pressure in your life.

Yes, there's a right time and way for everything, even though, unfortunately, we miss it for the most part. Ecclesiastes 8:6 (MSG)

3. The good news is that time management can be _____.

Teach us to number our days and recognize how few they are; help us to spend them as we should. Psalm 90:12 (LB)

- **Apply the Pereto Principle – the _____.**
You say, "I have the right to do anything." But not everything is helpful. Again you say, "I have the right to do anything." But not everything builds us up. I Corinthians 10:23 (NLT)

Not everything on your to-do list is of equal value!

- **Use the two middle letters of the alphabet. They are _____.**
You will only tire yourself out, and the people with you too, for the work is too heavy for you. You cannot do it all yourself. Exodus 18:18 (NJB)

What do you need to stop doing in your life right now?

- **Group _____ together.**
An intelligent person aims at wise action, but a fool starts off in many directions. Proverbs 17:24 (TEV)
- **Maintain a _____ attitude.**
A relaxed attitude lengthens one's life. Proverbs 14:30 (LB)
- **Give God _____.**
Reverence for the Lord adds hours to each day. Proverbs 10:27 (LB)

Primary sources: *Margin* by Richard Swenson; *In Search of Balance* by Richard Swenson, M.D.; *The Overload Syndrome* by Richard Swenson, M.D.; Quotes from Tom Holladay; *Life Management* by Rick Warren.



sermon notes

No Time

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CHRISTCHURCHVA.ORG/SERMONS

Come to me, all who are tired from carrying heavy loads, and I will give you rest.

--Jesus, Matthew 11:28 (GN)

Why are so many of us "sick & tired?"

We believe that living life without _____ and _____ due to unhealthy and unprioritized _____ is "normal."

Time is "the great equalizer."

Have you ever heard of the Rule of 168?

Today's message in a sentence: **Time is a _____.**

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days.

Ephesians 5:15-16 (NLT)

What does God have to say about our use of time?

1. **Time management is actually _____.**
(Jesus said,) Don't spend all of your time thinking about eating or drinking or worrying about life. If you do, the final day will suddenly catch you like a trap. Luke 21:34-35 (CEV)

Time *is* your life. The moment your time's up, your earthly life is finished. Therefore, when you talk about managing your time, you're actually talking about controlling, managing, guiding, and directing your life.

The way you manage your time directly impacts the way you manage your life.

Answer Key

We believe that living life without margin and balance due to unhealthy and unprioritized loads is “normal.”

Today’s message in a sentence: **Time is a gift.**

1. Time management is actually life management.

2. The problem is my choices.

3. The good news is that time management can be learned.

- Apply the Pereto Principle – the 80/20 rule.
- Use the two middle letters of the alphabet. They are NO.
- Group similar tasks together.
- Maintain a relaxed attitude.
- Give God first place.