

# Making the MOST of Your Time

*Time is a precious commodity. We all must make choices every day on how to spend our time. Imagine you only have forty free hours a week to spend after going to school and sleeping. How would you spend it?*

**Each of these costs six hours**

- Having a job
- Being a radical disciple of Christ
- Doing "all" your homework
- Being in a sport or band

**Each of these costs four hours:**

- Having a boyfriend/girlfriend
- Watching two new movies
- Going shopping with money to the mall

**Each of these costs two hours:**

- Coming to Bible study
- Getting a shower and a change of clothes every day
- Listening to some good music to "unwind"

**Each of these costs five hours:**

- Attending Church activities
- Consistently participating in Student Venture
- Volunteering service to help others
- Having daily quiet times with God

**Each of these costs three hours:**

- Keeping a best friend
- Going out with friends on Saturday night
- Going to a football or basketball game

**Each of these costs one hour:**

- Helping clean up the house
- Doing something with your family
- Praying every day

*The battle for effective time management is won or lost by our ability to make wise decisions regarding our day-to-day activities. However we cannot make those decisions intelligently without some type of goal or purpose by which we can evaluate the pros and cons of our decisions.*

There are two good Biblical reasons on why we should be wise with our time.

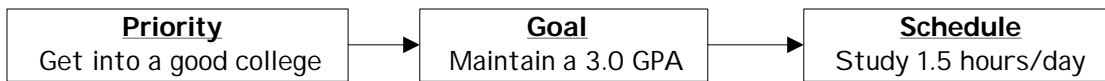
1. Life is short (James 4:14)
2. Every person will have to give an account before God of how they used their time (Romans 14:12)

According to Jesus what should our greatest priorities in life be? (See Matthew 22:37-40)

To Love \_\_\_\_\_ and to Love \_\_\_\_\_

## DETERMINING YOUR PRIORITIES & GOALS

Effective time management begins with determining our priorities, setting realistic goals, and then planning our schedule to accomplish our goals.



Write down three priorities you would like to accomplish in high school. (i.e. get into a good college, develop some lasting friendships, grow and mature in my relationship with God, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What realistic goals can you set to see these priorities accomplished?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MAXIMIZING YOUR TIME

In order to really use our time wisely we must compare our schedule to our priorities. Are we spending our time according to our top priorities and goals?

During an average week my biggest waste of time is...

List two ways you could use your time more wisely this week to accomplish your goals:

1. \_\_\_\_\_
2. \_\_\_\_\_