

Making the Most of Time

Topic: Time Management

Purpose of this study: To help your students learn basic principles of wise time management and apply to to their lives.

Motivation for teaching this study:

Most of us at one point or another have struggled with time management. Scripture tells us to make the most of our time (Eph. 5:16) and that each of us will have to give an account of our lives to God (Rom. 14:12). Yet Solomon said there is an appointed time for EVERYTHING! If we or our students fail to manage our time, nothing else in our lives can or will be managed as well. This study is as much for you as a teacher as it is for your students.

Introducing the Lesson:

Ask, “How many of you have ever struggled with not having enough time to get something done?” “Do you ever feel like people and the world has such high expectations of you that there’s just no way you could possibly get everything done?” Today we want to look at what the Bible says about how to wisely and effectively use your time.

Teaching the Lesson:

While most of us are aware of our lack of time management, we often fail to realize the cost of our own decisions regarding time. This simple exercise (feel free to substitute your own relevant activities your students would most likely do in this section) clearly communicates the importance of choices and priorities.

Life is short – have you ever heard an old person say, “Boy that went by quick.” It’s because they know that time can’t be stopped, stored or stretched. It is constantly running and if you waste it, you have wasted it forever. Not that only that but one day all of us will stand before God to give an account of how we have handled our time on earth (Rom. 14:12)

Loving God and others should be every Christian’s priority with their time. This may involve obeying and trusting God, learning more about God, worshiping Him and putting Him first which all require time. Loving others requires helping, encouraging, sharing, caring and praying for others in our lives. These are truly the best uses of our time.

In determining your priorities and goals, these are very basic time management techniques geared toward helping your students see the connection between priorities, setting goals, and time management. This exercise forces students to choose their priorities and see how much of their time is truly invested in accomplishing them. You can compare how time a student spends in a typical day doing typical activities (homework, job, sports, family, media, etc) with how much time they would plan and anticipate in order to accomplish their true priorities.

All of us can learn to more effectively manage our time according to our priorities. The purpose is not necessarily to convict people of that point but to make them aware that wise time management requires prioritizing and planning and not just simply letting things happen. Strongly encourage your students to think this through and choose two ways to better use their time this next week.

Closing the Lesson:

It is paramount that students understand the connection between wise planning and scheduling their time. Most teens are just learning the pitfalls of poor time management and therefore you should encourage them in little areas where they do well. Most youth typically need someone with more experience to guide them in their time management choices such as a parent or youth leader. Your job is help them begin to think on their own concerning managing their time according to God’s priorities.

Evaluation:

1. Are your students priorities centered around loving God and others or do they merely revolve around pleasing themselves?
2. Can your students formulate short-term goals that will help them achieve their long-range plans?
3. Are your students using some type of weekly or monthly planner?
4. Have you ever asked God to be in control of YOUR schedule and give you wisdom to do His will?