



Week 3 – Time and Stress Management

Announcements

- **301 Biblical Foundations** – It's not too late to sign up even if you missed the first week! Beginning Monday, January, 21 2012 at 7:00 pm. This 10-week class will give you the foundation you need to live the life God has designed for you. You can register at www.churchoftheking.com/register and childcare is available.
- *What on Earth am I Here for?* begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

Warm-up

What animal best describes you as you face the challenges presented in your daily life? Why did you choose that animal?

Most of us have exclaimed, "I'm stressed out!" at least once in our lives. Stress is how we perceive and react to the pressures of life. Today, we'll be examining what the Bible says about time and stress management.

Word & Application

Read Ephesians 5:15-17. What insights does Paul share about the importance of time?

In this passage Paul is telling us to value every minute of our God-given lives. We need God's wisdom concerning the priorities we should set so we can take full advantage of every opportunity. If we don't actively manage our time and opportunities, we live stressed out – greatly diminishing the quality and effectiveness of our lives.

3 principles for maximizing our time:

1) Understand your margin.

Read 2 Corinthians 10:13. Every one of us is designed by God with limits, capacities, and boundaries that we are to function within.

Describe a situation where you became acutely aware of your limitations? How have you learned from this situation?

Each of us carries a load -- the total of our responsibilities and tasks. The difference between our load and our limit is called our margin. If our load exceeds our limit, we're margin-less. If our limit exceeds our load, we have margin.

What actions can we take to build margin into our lives?

We need to say "no" to many opportunities, so we can say "yes" to the best things. What habit-forming activities are stealing your time? What adjustments should you make in order to live with the correct priorities?

Sometimes, the problem is that there are too many good activities in our lives. Good activities can actually become the enemy of God's best. How has this described your life?

2) Understand your season.

Read Ecclesiastes 3:1-3. Solomon's list of opposites tells us there is an ebb and flow to life with various seasons. Describe the season of life you are presently experiencing.

What opportunities does this season provide? How can you take advantage of God's best during this season of your life?

Read 2 Corinthians 10:12. Be careful not to compare your season with those around you. One of the greatest causes of stress in our lives and the mismanagement of our time is trying to live in someone else's season. What can you do to make sure you don't fall into the comparison trap?

3) Understand your priorities.

Read Philippians 3:14. Most of us don't have a time problem; we have a priority problem. In contrast to Paul's life of intentionality, we live aimless lives.

How can we live life with more purpose?

With most of us, the problem is not our desire; it's our lack of a plan. Philippians 3:14 encourages us to move towards a written plan or goal that can be used to prioritize our life.

A great tool to help live with intentionality is available at www.MichaelHyatt.com/life-plan. This tool uses exercises such as envisioning perfect days to help break the ice of the planning process. When can you set aside time to write down priorities and begin such a plan?

How can you prioritize your life around doing God's best so you can live with margin, which leads to an enjoyable and effective life?

Prayer

Pray for God's priorities to become evident in everyone's life and that we would seize the good opportunities that lay before us. Also, take time to ask for specific prayer requests from those in your small group.