Time Module

BEFORE YOU ARRIVE (ALLOW 90 MINUTES)

- Prepare "Time" study
- Read Tyranny of the Urgent

QUESTION TO DISCUSS OVER DINNER (ABOUT 60 MINUTES)

• What are the most common ways for you to waste time?

VIDEO QUESTIONS TO DISCUSS

- 1) What did you hear?
- 2) What surprised you?
- 3) What encouraged you?

AFTER DINNER

1) READ ALUMNI TIPS REGARDING TIME

"I wish I had known...

- ...that I would struggle a lot with time management. I have a hard time making myself stop working and I don't always prioritize my health (physical, emotional, and spiritual) over work. I think it would have been helpful to talk about the balance between doing 'whatever you do as working for the Lord and not for men,' and realizing that 'you yourselves are God's temple and God's spirit lives in you.'"
- ...my limits and that I would need to set good boundaries on my free time."
- ...that having very clear daily priorities would be a huge help in being efficient with a limited amount of time. No matter what method of time management you use, you can still only get so much done in a day."

2) DISCUSS TIME BIBLE STUDY (ROUGHLY 30 MINUTES FOR PREPARATION/15 MINUTES TO DISCUSS)

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back." (Harvey MacKay)

• In what areas do you struggle with managing your time?

• We have 10,080 minutes in a week! Where are the lost minutes in your life going?

• What are the good and bad ways technology affects your time management?

How should we view time?

- Job 14:5
- o Psalm 39:4
- Psalm 90:12
- Ecclesiastes 3:1-11
- Ephesians 5:15,16
- o James 4:14
- o 2 Peter 3:8
- o Revelation 1:8

What does the Lord say about rest?

- o Matthew 11:28-30
- o Mark 6:30-32
- o Hebrews 4:9-11

How might time management and rest look differently after college? What is one thing you would want to apply from this study?³

3) DISCUSS *TYRANNY OF THE URGENT* (ROUGHLY 20 MINUTES TO READ/15 MINUTES TO DISCUSS)

- 4) ANTICIPATE TOGETHER (ABOUT 15 MINUTES FOR DISCUSSION)
 - What things about the amount of time and your use of it will stay the same?
 - What things about your time do you anticipate will change?
 - What can you do now to prepare for these things?
- 5) Take time together to journal (about 10 minutes for writing/reflection)• What fears do you have about managing your time?
 - Where do you think you will be most vulnerable in the area of time?
 - What is one thing you could begin to apply right now?
 - What is one thing you for sure want to apply after college?

³ For more help thinking about time and time management, check *Margin* by Richard Swenson. This book is a guide to creating "the emotional, physical, financial, and time reserves" you need.

• What scripture influenced or encouraged you the most from this session?