

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

How should we view time?

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

What does the Lord say about rest?

- Matthew 11:28-30
- Mark 6:30-32
- 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?