

A Disciple's Approach to Making the Most of His Time and Life

Steven A. Burner, M.D.

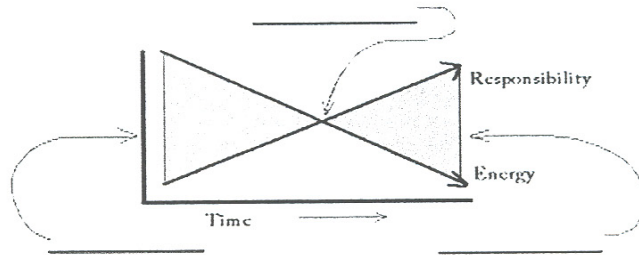
- I. Look carefully—Ephesians 5:15-16
 - A. Motivation: The days are
 - B. Axioms: (From Dr. Richard Swenson, Margins)
 1. Progress gives us _____ of everything -
and
 2. The flow of progress is toward increasing
 3. All humans have physical, mental, emotional, and financial limits that are relatively
 4. The profusion of progress is on a with human limits.
 5. On the unsaturated side of their limits, humans can be open and expansive. On the saturated side, the rules of life
 - C. Days of Noah? (Matthew 24:37)
 - D. Look carefully ... Buy up each opportunity.
 1. Opportunity?
 2. Life is _____. James 4:14, Psalm 90:10,12; Psalm 103:15-16
 3. Currency – Philippians 2:4-8
 4. Time is that on which _____ depends.
 - E. Priorities: Rocks _____ and Non-_____
 1. God is a _____ God, and He demands our _____ and our _____. Exodus 20:32; Exodus 23:16; I Corinthians 6:1-2; Matthew 6:33
 2. Wife – Ephesians 5:25
 3. Family – I Timothy 5:8, Ephesians 6:4
 4. Ministry – Colossians 1:28-29; Matthew 28:18-20
 5. Job – Colossians 3:23
 6. Etc. - Health, friendships, church, fellowship, time for rest

II. Goals

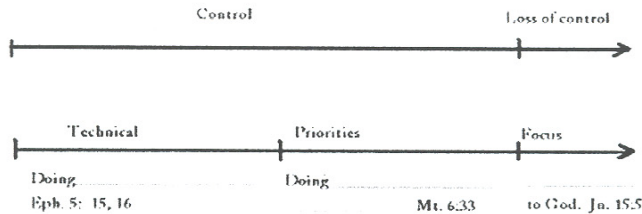
- A. Life Goals
 1. General: Rom. 8:29, Gal. 5:22-23
 2. Specific: Luke 10:9
 3. Should involve our own mission statement and life verse:
Phil. 3:10, Acts 20:24; II Tim. 2:2; Isa. 58:10-12; Micah 6:8
- B. Long range (5-10 years), Intermediate (1-5 years), and Short-term (0-1 year) goals
- C. Areas of Setting Goals: (Luke 2:52)
 1. Favor with God (spiritual) – Romans 8:29. Should include both spiritual intake (growth) and output (ministry).
 2. Favor with man (social) – Romans 12:13
 3. Wisdom (mental) – Mk. 12:37. Should include education (Eccl. 10:10) and finances (II Thess. 3:10)
 4. Stature (physical) – I Cor. 6:19-20. Includes health, sleep, nutrition, recreation.

III. Balance and Margin

- A. Necessary? Required for _____, and you have to live a _____. (I Cor. 9:24)
- B. Energy. Time has two dimensions: _____ and _____. If we use each wisely, we enhance the value of the other.



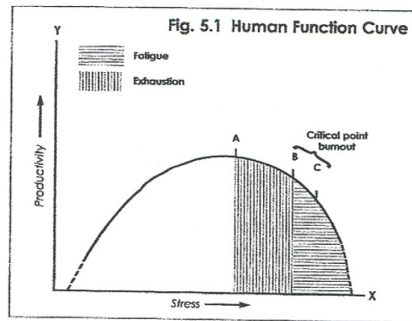
- C. Balance is a _____ of remaining in the center of God's will for your life.



Psa. 127:1-2; Mk. 1:35; Psa. 46:10; Luke 16:10; Jn. 7:17.

IV. The Prescription: _____

A. Overload



from Dr. Richard Swenson, Margin

B. Margin: The space between our _____ and our _____.

1. Jesus set an example for us regarding avoiding the “Tyranny of the Urgent.”

a. Enough is enough. - Mark 1:21-38

b. To die, or not to die. - John 11

2. Would Jesus have carried a _____?

C. Restoring time margin (from Swenson)

1. Expect the unexpected. – James 4:14

2. Learn to say “no.” – James 5:12

3. Turn off the _____. – Prov. 4:14, 15

4. Prune the activity branches.

5. Practice simplicity and contentment. – I Tim. 6:6; Psa. 116:6

6. Separate time from technology.

7. Short-term flurry vs. long-term vision (goal setting).

8. Thank God – for sometimes over-ruling our plans.

9. Sabotage your fuse box.

10. Get less done, but do the right things (Rocks!) – priorities.

11. Enjoy anticipation, relish the memories.

12. Don’t rush wisdom.

13. Stand in line.

14. Create buffer zones – schedule down time.

15. Be available – Margin exists for the needs of the _____.

V. Summary – Be wise; be careful; buy up every opportunity, because God is allowing you to be a part of His plan for the nations. Matt. 13:34-35; Matt. 24:14