

	Ephesians 5:15-20	<p>Ephesians 5:15-20</p> <p><u>15 Be careful then how you live, not as unwise people but as wise,</u>¹⁶<u>making the most of the time, because the days are evil. </u>¹⁷<u>So do not be foolish, but understand what the will of the Lord is. </u>¹⁸<u>Do not get drunk with wine, for that is debauchery; but be filled with the Spirit,</u>¹⁹<u>as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts,</u>²⁰<u>giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.</u></p>	Worship Hour: May 31, 2020	Title: “Making the Most of Time”
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What happened to Time?

- When as a child I laughed and wept, time crept.
- When as a youth I dreamed and talked, time walked.
- When I became a full grown man, time ran.
- And later as I older grew, time flew.
- Soon I shall find while traveling on, time gone.

Today’s Scripture passage begins by telling us to “Be careful how we live, not as unwise people; make the most of the time [that we have], because the days are evil!”

How do we currently spend our time?

Paul noted that a significant portion of the Ephesians spent their time “asleep, drunk on wine, and in debauchery” – TIME MISMANAGEMENT

Most of us feel the crunch of every day life. One study found that we believe that we are more busy than previous generations. We feel like work (among other things) keeps us from having enough free time. The study noted the paradox in that while we feel this way, the reality is that most Americans have more free time than their parents enjoyed. In fact, the reason for a feeling of less free time is most often linked to an increase in the amount of television watched and a decrease in the number of family and friends that we invite over to our house. In fact, the average American views 2.5-3 hours of television every day. The average American also has not invited a single family member or friend over to their home in the past year. While the digital age is increasing our ability to watch television that we like, it is decreasing our desire to social connections that lead to lasting satisfaction.

Based on an average life expectancy of 78 years, people will spend:

- 4 years housework
- 9 months washing and ironing
- 16 months cleaning
- 26 months cooking
- 5 years eating and drinking
- 66 months watching television
- 5 months diy
- 7 years at work
- 9 months commuting
- 6 months traffic jams
- 20 months in school
- 24 years 4 months sleeping
- 6 months sitting on the lavatory
- 18 months shopping
- 2 weeks praying

What happens to our concept of time when we do not spend time with the God who made us?

We can get the house spick and span, but in the end, the house will need organizing again. We can eat and drink our way to a sense of comfort, only to find ourselves miserable in the end. We can have the perfect job, only to have our families complain about the lack of time that we spend with them because we are spending too much time at the job that we love. We can get the best degree money can buy, only to find ourselves unemployed because of an economic downturn. We can sleep our way to feeling good, only to feel bad because we actually had too much sleep the night before.

***A wise person once said, "More time is wasted not in hours but in minutes. A bucket with a small hole in the bottom gets just as empty as a bucket that is deliberately kicked over."

BUCKET LIST allude to One Month to Live

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

[Carl Sandburg.](#)

Teach us to number our days aright, that we may gain a heart of wisdom.

[Psalm 90:12.](#)

When we spend time with God in prayer, Bible Study, listening, fellowship with other Christians and many other ways, by the power of the Holy Spirit we have satisfaction and fulfillment.

When we spend time with God, we feel like we have more time to use as we see fit. God multiplies our time because we have our priorities in order.

How can we spend our time more wisely?

John Wesley once felt like he could not get it all done in one day. His relationship with God was suffering. He needed to figure out how to have more time to spend with God so that the rest of his life would be in order. Here's a how Wesley created more time for God:

“If anyone desires to know exactly what quantity of sleep his own constitution requires, he may very easily make the experiment which I made about sixty years ago: I then waked every night about twelve or one, and lay awake for some time. I readily concluded that this arose from my lying longer in bed than nature required. To be satisfied, I procured an alarum, which waked me the next morning at seven; (near an hour earlier than I rose the day before) yet I lay awake again at night. The second morning I rose at six; but, notwithstanding this, I lay awake the second night. The third morning I rose at five; but, nevertheless, I lay awake the third night. The fourth morning I rose at four; (as, by the grace of God, I have done ever since) and I lay awake no more. And I do not now lie awake (taking the year round) a quarter of an hour together in a month. By the same experiment, rising earlier and earlier every morning, may anyone find how much sleep he really wants.”

Wesley’s solution to spending time with God (and having more time period—for that matter) came as he slept less. We can only imagine that in the day of Wesley, it got dark between 6 and 9 PM and then light again after 7 AM the next day. When darkness came, people slept. Daylight led to being awake and being active in the new day.

BRIEF PAUSE

Paul wrote to the Ephesians that “singing and making melody to the Lord in [their] hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ” would lead to being Holy Spirit filled. When we are Spirit filled, we are filled with God, because the Holy Spirit is the presence of God that comes to dwell in our hearts and pour through us into the hearts and lives of others.

John Wesley’s made the most of time as he created a space where he had time to spend with God. Paul encouraged the Ephesians to ACTUALLY spend time with God. Isn’t that often our temptation? Even if we create a space in which we CAN spend time with God, we often do not ACTUALLY spend time with God.

[“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](#)

BRIEF PAUSE

This week, I charge you to remember that:

**We all of given the same amount of time—24 hours—no more, no less. We have to decide how we use our time; sometimes we are tempted to come up with excuses of having less time to cover our bad time management.*

**We will always have enough time to do God's will*

Time problems occur when we try to do more than God's will for our own lives. This principle should be a red flag in our minds whenever we find ourselves overwhelmed and unable to accomplish all that we are charged with doing.

"For God is not a God of confusion but of peace." - 1 Corinthians 14:33

**Time is lost on the smaller things first*

It is said that we lose minutes before we lose hours, days before we lose weeks. Often, time is lost in the gaps between activities doing unproductive things. Make a habit of keeping work with you to fill these gaps (reading material, homework, letters to write, Bible Scripture to memorize).

**Relaxation is not wasted time*

Our bodies were created in a such a way that we need down time and rest for our bodies to get back into an optimal state. The Old Testament concept of the Sabbath made the case for rest and relaxation. Jesus Himself gave us an even greater example:

"The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' " - Mark 6:30-31

**Time management should allow us ample time on a daily basis to know Jesus Christ intimately as our Lord and Savior.*

When we confess with our mouths and believe in our hearts that Jesus Christ is Lord, then we will be saved! But, it doesn't stop there. Jesus wants time with us each and every day. Jesus wants us to come to place where we will

say, “Thank you, Lord, for dying for my sins. Thank you, Lord, for loving me. Thank you, Lord, for giving me love with which to love you back.”

SAVORING PAUSE

Back to SECOND UNDERLINING

BRIEF PAUSE

Andrew Jackson, former President of the United States once said, ““[Take time to deliberate; but when the time for action arrives, stop thinking and go in.](#)”

Another wise person once said, “[Don’t count every hour in the day, make every hour in the day count.](#)”

NOW IS THE TIME FOR ACTION! HOW WILL YOU MAKE THE MOST OF THE TIME GOD HAS GIVEN TO YOU?