

January 2, 2011

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”
~Proverbs 3

‘Awakening’

“Teach us to number our days, that we may gain a heart of wisdom.”
~Psalm 90:12

“Teach us to number our days, that we may gain a heart of wisdom.”
~Psalm 90

Our average life expectancy is **27,740 days**.

Our average work life is **11,223 days**.

Our average time with kids is **6,570 days**.

“Be very careful, then, how you live - not as unwise but as wise, making the most of every opportunity, because the days are evil.”
~Ephesians 5:15-16

Three Barriers for Managing our Time

1. Unclear **Values**
2. Unrealistic **Expectations**
3. Unsustained **Energy**

Three Keys to Overcoming our Barriers

1. Line up your **Priorities**.
“There is a proper time and procedure for every matter...”
~Ecclesiastes 8:6
2. Lighten up your **Attitude**.
“An anxious heart weighs a man down, but a kind word cheers him up.” ~Proverbs 12:25
“A relaxed attitude lengthens life...” ~Proverbs 14:30
“A cheerful heart is good medicine...” ~Proverbs 17:22
3. Look up to **God**.
“The fear of the LORD adds length to life...” ~Proverbs 10:27

