



Simplify Part 4 - Simplify Your Schedule

BREAKING THE ICE:

- Do you feel like you are too busy?
- Take 5 minutes and write down on your phone or a piece of paper all the activities you did over the last week. Do you feel like you did more things than you realized or less?

GO TO THE SOURCE : READ Eph 5:15-16, Heb 12:1, Psalm 90:12-14

DIG A LITTLE DEEPER:

1. We all have the same amount of time in a day and the same number of days in a week. In Eph 4:16 Paul tells us to make the most of our time.

- a. What do you think Paul meant by make the most of our time?
 - i. LEADERS NOTE: We see in the first half of verse 15 that Paul is saying we should walk in a wise manner.
 - b. When you think of wise ways to conduct your life, what are some wise practices?
 - i. LEADERS NOTE: Some examples could be: having daily time with the Lord, going to church/small group weekly, eating right, exercise, sleeping right, investing time with family, getting work done efficiently, etc.
 - c. What are some unwise ways to invest your time?
 - d. How well do you do at making time for the wise things and minimizing the unwise things?
- 2. We all have an idea of what the most important things are unfortunately less important (unwise things) often crowd out the wise things.**
- a. Heb 12:1 tells us to throw off everything that hinders us what would those things be?
 - i. LEADERS NOTE: The author lists sin separately so the things that hinder us are not sins but rather distractions that are getting to much of our time or energy.
 - b. Why do the unwise things or the things that hinder you keep crowding out the most important things in your life?
 - c. What do you need to do to stop this cycle?
- 3. Psalm 90:12 tells us to number our days. Meaning we need to be aware that time is slipping away and God has put us here for a reason.**
- a. What are your priorities for this year?

MAKE IT COUNT:

Many of us desire to make some changes to our schedules/priorities in 2019 so here is some practical steps for this weeks' challenge.

Take 5 minutes to pray through what your goal should be this year for each of these areas:

- Relationship with God
- Relationship with spouse
- Relationship with kids

- A Goal for your career or schooling

Take another 5min and have the group block out time on your calendar for each of those things (examples: date night with your spouse Tuesday's at 6:00pm, family day Saturdays, 15 minute time alone with the Lord each day reading the Bible, Praying, and worshiping, serving in a ministry etc.)

Ask the the group to share what the Lord is leading them to prioritize this year and where they have put it on their schedule.