

## Time

### Ephesians 5:15-16

<sup>5</sup>Therefore be careful how you walk, not as unwise men, but as wise, <sup>16</sup>making the most of your time, because the days are evil.

5:16 ἔξαγοραζόμενοι τὸν καιρὸν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν.

Col. 4:5, Ps. 39:4, Ps. 90:12

ἔξαγοραζόμενοι means \_\_\_\_\_

καιρὸν means \_\_\_\_\_

Together, Paul is trying to get us to \_\_\_\_\_

How do you spend your time?

Use the "time sheet" on the back to record where your time went this last week (to the nearest half hour). Then answer the following questions:

How much time did you spend sleeping? \_\_\_\_\_ Eating? \_\_\_\_\_

Studying Bible? \_\_\_\_\_ Praying? \_\_\_\_\_ Ministering? \_\_\_\_\_

Attending church? \_\_\_\_\_ Parenting? \_\_\_\_\_ Spousing? \_\_\_\_\_

Getting ready? \_\_\_\_\_ Driving? \_\_\_\_\_ Cooking? \_\_\_\_\_

Cleaning? \_\_\_\_\_ Working? \_\_\_\_\_ Watching TV? \_\_\_\_\_

Reading? \_\_\_\_\_ Exercising? \_\_\_\_\_ Hobbying? \_\_\_\_\_

Other - \_\_\_\_\_

Is your time being spent where it gets the most return?

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Reading? \_\_\_\_\_ Exercising? \_\_\_\_\_ Hobbying? \_\_\_\_\_

Other - \_\_\_\_\_

Is your time being spent where it gets the most return?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12AM							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12PM							
1							
2							
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5							
6							
7							
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9							
10							
11							
12							

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12AM							
1							
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3							
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6							
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12PM							
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