



Before Thomas Edison's invention of the electric light in 1879, most people slept ten hours each night, a duration we've just recently discovered is ideal for optimal performance. When activity no longer was limited by the day's natural light, sleep habits changed. Over the next century we gradually reduced our total nightly sleep time by 20 percent, to eight hours per night. But that's not nearly the end of the story. Recent studies indicate that Americans now average seven hours per night, approximately two and a half hours less than ideal. Amazingly, and foolishly, one third of our population is sleeping less than six hours each night. Are we losing our minds?

**Power Sleep** Dr. James B. Maas

Bush vs. Gore: How They Would Govern

**U.S. News** 5 WORLD REPORT

**Sleepless in America**

New research links lack of sleep to health problems like obesity, diabetes, and the common cold

Lead Poisoning: More Kids Are at Risk

**U.S. News** 5 WORLD REPORT

THE PRICE OF PROSPERITY

**Working Harder Than Ever**

America thrives on crazy hours, fast food, and high-tech energy

2. Implications of living in a 2 Timothy 3:1-5 society

**“But realize this, that in the last days difficult times will come. For men will be lovers of self, lovers of money, boastful arrogant, revilers, disobedient to parents, ungrateful, unholy, unloving, irreconcilable, malicious gossips, without self-control, brutal, haters of good, treacherous, reckless, conceited, lovers of pleasure rather than lovers of God; holding to a form of godliness, although they have denied its power; and avoid such men as these.”**

**A. It is harder to keep our own lives progressing spiritually.**

**B. Our major relationships are more difficult to maintain (H/W P/C E/E Friends)**



### **C. Sin complicates life**

**Proverbs 5:22** His own iniquities will capture the wicked, and he will be held with the cords of his sin.

**Jeremiah 2:19** “Your own wickedness will correct you, and your apostasies will reprove you; know therefore and see that it is evil and bitter for you to forsake the Lord your God, and the dread of Me is not in you,” declares the Lord God of hosts.



## **How to Make the Most of Your Time in 2005**

### **1. Determine to please God with your hours**

**2 Corinthians 5:9** - Therefore also we have as our ambition, whether at home or absent, to be pleasing to Him.



### **A. Seeking to please people is our natural tendency**

**Galatians 1:10** - For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.



### **B. The fear of man brings a snare.**

**Proverbs 29:25** - The fear of man brings a snare, but he who trusts in the Lord will be exalted.



### **2. Anticipate the Bema**

**2 Corinthians 5:10** - For we must all appear before the judgment seat of Christ, that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.



### **3. Take hope from the fact that God does not expect you to be perfect, but He does expect you to be growing in this area.**





**Ephesians 4:22-24** - That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.



**4. Recognize that time use is a wisdom issue, not a moral or guidance issue**

**Ephesians 5:15-17** - Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is.



**Psalms 90:12** - So teach us to number our days, that we may present to Thee a heart of wisdom.



**A. Moral issues deal with right and wrong.**

**B. Guidance issues deal with God telling me what to do when I don't know what to do.**

**\*The Scriptures are God's final and complete revelation to us today!**



**C. Wisdom is insight and discernment into how to apply biblical principles to my situation.**



**D. Good news:  
You can become wise!**

**Proverbs 8:17** - I love those who love me; and those who diligently seek me will find me.



## 5. Consider the three Scriptural terms for time:

### A. Chronos = denotes a space of time



Matt. 2:7 - Then Herod secretly called the magi, and ascertained from them the time the star appeared.



Acts 20:18 - And when they had come to Him He said to them, "You yourselves know, from the first day that I set foot in Asia, how I was with you the whole time."



### B. Hora = any time or period fixed by nature



Mat. 14:15 - And when it was evening, the disciples came to Him, saying, "The place is desolate, and the time is already past; so send the multitudes away, that they may go into the villages and buy food for themselves."



### C. Kairos = a fixed or definite period



Romans 5:6 - For while we were still helpless, at the right time Christ died for the ungodly.

Eph. 5:16 - ..making the most of your time, because the days are evil.



## 6. Buy up windows of opportunity

### A. To buy up or redeem means:

- 1) to exchange what you have for what you want
- 2) How you spend your discretionary time reveals your value system.
- 3) The less discretionary time you have, the more important it is how you spend it!



### B. Windows of opportunity are influenced by:

- 1) Your age and family status
- 2) Your willingness to live by faith
- 3) Your faithfulness in past responsibilities



**Summary: You will make the  
most of your time in  
2005 if you...**

1. Determine to please God hourly
2. Anticipate the Bema
3. Take hope that God expects growth,  
not perfection
4. Grow in wisdom
5. Consider the three terms for time
6. Buy up windows of opportunity



**Making the Most  
of Your Time  
in 2005**

**Ephesians 5:15-17**