



How to get MY life back

Taking Control of My Schedule

"I have come that they may have life,
and that they may have it more abundantly."

John 10:10 (NKJV)

"Teach us to use wisely all the time we have." Psalm 90:12 (CEV)

(David prayed...) "Show me, O Lord, my life's end and the number of my days; let me know how fleeting is my life. You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath. Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it. But now, Lord, what do I look for? My hope is in you."

Psalm 39:4-7 (NIV)

Four benefits of taking control of my schedule:

1. More peace of mind.
2. Better health.
3. Stronger relationships.
4. Available for God to use me.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)

"We humans keep brainstorming options and plans, but God's purpose prevails."
Proverbs 19:21 (The Message)



Two traps when thinking about my schedule...

1. Doing too much.

"The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. When his father-in-law saw all that Moses was doing for the people, he said, 'What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?' Moses answered him, 'Because the people come to me to seek God's will. Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and laws.' Moses' father-in-law replied, 'What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone. Listen now to me and I will give you some advice, and may God be with you.'" Exodus 18:13-19 (NIV)

2. Doing too little.

"Then he said to his disciples, 'The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.'"

Matthew 9:37-38 (NIV)

"Now you are the body of Christ, and each one of you is a part of it." 1 Corinthians 12:27 (NIV)

"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16 (NIV)

We are all called to...

We are all called to pray.	Ephesians 6:18
We are all called to serve.	Matthew 20:28
We are all called to give.	Acts 20:35
We are all called to love.	John 13:34
We are all called to put off sin.	Ephesians 4
We are all called to sacrifice.	Hebrews 13:16
We are all called to share our faith.	2 Timothy 2:4
We are all called to be in fellowship.	Acts 2:42

"The words of the wise prod us to live well. They're like nails hammered home, holding life together. They are given by God, the one Shepherd. But regarding anything beyond this, dear friend, go easy. There's no end to the publishing of books, and constant study wears you out so you're no good for anything else. The last and final word is this: Fear God. Do what he tells you." Ecclesiastes 12:11-13 (MSG)