

*Men of God:
A Roadmap for Spiritual Growth*

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Session 3: Time and Priorities

February 14, 2023

Outline

Week 1: Men of God: Hindrances and Helps to Growth Part 1

Week 2: Men of God: Hindrances and Helps to Growth Part 2

Week 3: Men of God: Time and Priorities

Week 4: Men of God: Friendship and Community

Week 5: Men of God: Thoughts and Feelings

Week 6: Men of God: Home and Family

Week 7: Men of God: Work and Play

Week 8: Men of God: Money and Stewardship

An Underexamined Problem

What does your timesheet say about your true loves?

An Underexamined Problem

Far fewer Americans say their resolutions have dealt with their use of time itself (22%), or their work (18%) or their relationship with a friend (15%).

<https://research.lifeway.com/2021/12/28/new-years-resolutions-focus-on-health-god-and-money/>

A Precious Commodity

“For all our days pass away under your wrath; we bring our years to an end like a sigh. The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger, and your wrath according to the fear of you? So teach us to number our days that we may get a heart of wisdom.” (Psalm 90:9-12)

A Precious Commodity

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.” (Ephesians 5:15-17)

Never enough time... but all the time in the world

“Your eyes saw my unformed substance; *in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.*” (Psalm 139:16)

Never enough time... but all the time in the world

“Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”—¹⁴ yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.¹⁵ Instead you ought to say, “If the Lord wills, we will live and do this or that.”¹⁶ As it is, you boast in your arrogance. All such boasting is evil.¹⁷ So whoever knows the right thing to do and fails to do it, for him it is sin.” (James 4:14-17)

Never enough time... but all the time in the world

“Busyness serves as a kind of existential reassurance, a hedge against emptiness; obviously your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day.”

(**Tim Kreider**, *The 'Busy' Trap* - NYTimes.com)

<http://mobile.nytimes.com/blogs/opinionator/2012/06/30/the-busy-trap>)

Work from Rest, Not Work to Rest

Before we can redeem time, *we ourselves must be redeemed.*

Work from Rest, Not Work to Rest

Genesis 2:2 tells us that God rested from his work on the seventh creation day, so, verse 3, says, “**God blessed the seventh day and made it holy...**”

Work from Rest, Not Work to Rest

The first day Sabbath reminds us that in the gospel we rest upon Christ, whose finished work has satisfied God's law in our place, and resting upon Christ, we rise to work Monday to Saturday.

Work from Rest, Not Work to Rest

Are you still living as though you were under the covenant of works- working in order to rest?

Or have you grasped that in the covenant of grace the work is done by Jesus Christ? You are accepted in the Beloved.

The Relaxing Power of a Sovereign God

“Give me a lever long enough and a place to stand and I will move the world.” (Archimedes)

But this needs to be interrogated in light of Biblical truth.

The Relaxing Power of a Sovereign God

“Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.” (Psalm 127:1-2)

The Relaxing Power of a Sovereign God

“Do not think to yourself that in the king’s palace you will escape any more than all the other Jews. ¹⁴ For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom for such a time as this?” (Esther 4:13-14)

Repent of Elective Busyness

“Notice it isn't generally people pulling back-to-back shifts in the I.C.U. or commuting by bus to three minimum-wage jobs who tell you how busy they are; what those people are is not busy but *tired. Exhausted. Dead on their feet.* It's almost always people whose lamented busyness is purely self-imposed: work and obligations they've taken on voluntarily, classes and activities they've "encouraged" their kids to participate in. They're busy because of their own ambition or drive or anxiety, because they're addicted to busyness and dread what they might have to face in its absence.”

(**Tim Kreider**, *The 'Busy' Trap* - NYTimes.com)

<http://mobile.nytimes.com/blogs/opinionator/2012/06/30/the-busy-trap>)

Repent of Elective Busyness

The Anxiety Test

Could I relinquish this for the sake of creating margin, and building in rest, and cultivating a slower and more reflective life?

Sabbath Solutions for Stressed-out Sinners

1. Keep the Sabbath holy.
2. Find the key moments in your day to read the Scriptures and pray.
3. Take control of your calendar by planning not to be busy
4. Prioritize people over projects

Link to Men of God Series

<https://fpcjackson.org/resource-library/series-index/men-of-god/>