

**Time Life Hack**  
**Life Hacks – Part 1**  
*April 28<sup>th</sup> & 29<sup>th</sup>, 2018*  
**Dr. Jeffrey Allen Love**

**My Capacity: 168 hours a week.**

**Subtract 60 hours a week for work = 108**

**Subtract 56 hours a week for sleep = 52**

**Discretionary hours a day = 7½**

*“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”* Matthew 6:33

- **I Have To “Know” To Say “No”.**

**Ask:**

**1. What Can Be Done By Only Me?**

*“Yes, each of us will have to give a personal account to God.”*

Romans 14:12

**2. What Am I Most Effective At Doing?**

*“For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”*

Ephesians 2:10

**3. What Gives Me The Greatest Personal Satisfaction?**

*“Take delight in the Lord, and he will give you your heart's desires.”*

Psalm 37:4

*“And what do you benefit if you gain the whole world but lose your own soul?”* Mark 8:36

**Next Step: I will prayerfully review the three questions to “know” my priorities.**

## Going Deeper

1. In reference to Pastor Jeff's points, make a list of your "*Only Me's*", "*Most Effectives*", and "*Greatest Satisfactions*". Circle the ones that you find most difficult to place in proper priority. Ask God to help you change in that area.
2. Read Matthew 6:31-34. How can you "seek the Kingdom of God" in practical, daily living?
3. Read the following Bible verses regarding time: Proverbs 16:9; Ephesians 5:15-17; Psalms 90:12; James 4:13-14. What is one thing you can do today that will help you better prioritize your time?