

FINDING TIME FOR WHAT'S  
IMPORTANT  
EPHESIANS 5:15-16

Father's Day 2010

## Ephesians 5:15-16 (Phillips Trans.)



- *“Live life with a due sense of responsibility not as those who do not know the meaning of life but as those who do. Make the best use of your time.”*

# 3 Barriers Keeping You From What's Most Important



- **Unclear Values**-We forget what's important.
- **Unrealistic expectations**-We try and do too much.
- **Unsustained energy**-We get tired.

# The Antidotes for These Barriers



- **1. *Line Up Your Priorities***
- Your life will be either shaped by your priorities or by your pressures.
- Proverbs 17:24 (NIV), “*A discerning man keeps wisdom in view, but a fool's eyes wander to the ends of the earth.*”

## Line Up Your Priorities (cont'd)



- This is saying you need to discover what is important.
- Proverbs 12:11 (GOD'S WORD Trans.) *“Whoever works his land will have plenty to eat, but the one who chases unrealistic dreams has no sense.”*
- Don't major on minor issues.

## Line Up Your Priorities (cont'd)



- Ecclesiastes 8:6 (GOD'S WORD TRANS.) *“There is a right time and a right way to act in every situation.”*
- What's the solution to all of this? It's line up your priorities.
- Proverbs 16:9 (NIV), *“In his heart a man plans his course, but the LORD determines his steps.”*

## The Antidotes for These Barriers (cont'd)

- **2. *Lighten up your attitude***
- A secret to help you lighten up: *None of us know everything.*
- Much of our stress is self-imposed.
- Proverbs 12:25 (NIV), “*An anxious heart weighs a man down, but a kind word cheers him up.*”

## Lighten Up Your Attitude (cont'd)



- Proverbs 14:30 (Living Bible) “*A relaxed attitude lengthens a man’s life.*”
- The first rule of life is don’t sweat the small stuff.
- The second rule is: it’s all small stuff.

## Lighten Up Your Attitude (cont'd)



- What's the solution to the stress in your life?
- Practice **relaxed concern**.
- Luke 2:49 (NKJV), *“And He said to them, ‘Why did you seek Me? Did you not know that I must be about My Father’s business?’”*

## Lighten Up Your Attitude (cont'd)



- John 11:3 (NIV), *“So the sisters sent word to Jesus, ‘Lord, the one you love is sick.’”*
- Notice what Jesus does:
- John 11:6 (NIV), *“Yet when he heard that Lazarus was sick, he stayed where he was two more days.”*

## Lighten Up Your Attitude (cont'd)



- John 11:4 (NIV), *"This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it."*
- Proverbs 17:22 (NIV), *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."*

## The Antidotes for These Barriers (cont'd)



### □ 3. *Look up to God*

- Proverbs 10:27 (NIV), “*The fear of the LORD adds length to life, but the years of the wicked are cut short.*”
- What’s the solution for more time in a day?
- **Reverence** (fear) for God adds hours to each day.

## Look Up to God (cont'd)



- You and I have just enough time to do God's will.
- Proverbs 3:5-6 (HCSB), *“Trust in the LORD with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths.”*

# Look Up to God (cont'd)

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- Proverbs 22:9 (NIV), “A *generous man will himself be blessed...*”
- Who do you need to give back to before it's too late?
- Whatever is important in life, whatever is the right thing to do, whatever you're intending to do because you know it's a good thing to do, *do it now!*

# Look Up to God (cont'd)



- Everyday you are exchanging your life for something.
- Psalm 90:12 (NIV), *“Teach us to number our days carefully so that we may develop wisdom in our hearts.”*

# Invitation

