

Give some thought to how you use your time by colouring in boxes for two days this week to show the number of hours you spend on each activity

	Hours	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Day 1	Friends/family																		
Day 2																			
Day 1	Paid/unpaid work																		
Day 2																			
Day 1	Rest and recreation																		
Day 2																			
Day 1	Church																		
Day 2																			
Day 1	God																		
Day 2																			

**Time for family and friends** – think about the ways in which this time enriches your life. How important is time for friends and family when we prioritise our use of time?

**Time for work** – what are the benefits of spending time working? In what ways is the balance of life upset when there is no opportunity to work or when time for work encroaches on time for other things?

**Time for rest and recreation** – how does time for rest and recreation differ from time with family and friends? What was Jesus saying when he emphasised the second great commandment ‘you shall love your neighbour as yourself’?

**Time for Church** – In what ways do we give time for the work of the Church? Does the church make the best use of the time we give? In what ways could the Church make better use of our gift of time?

**Time for God** – why are corporate worship and private devotions essential ingredients for a healthy human life? In what ways does God’s time differ from time for the Church? Should time for God be regarded as time spent in activity or time when we stop doing things and stop being busy?