

**Hope Chapel Series: "Overcoming the Darkside of Stress" - Part 2**

**Message Summary:** Do any of us ever feel we have enough time? One of the biggest stressors we all feel is the stress of time. The stress of time shows up in a host of different ways. How do we find the time to get it all done? How do I live without the nagging weight of always feeling like time is my enemy? Today I want to give you some practical tools to grow in this area. If you are feeling the pressure that comes from the stress of time, today is for you.

## **IT'S ABOUT TIME**

***"So teach us to number our days that we may gain a heart of wisdom."  
Psalm 90:12***

**How the average person spends 365 days in one year:**

**24 hour shifts . . .**

- EATING – 31 days
- SLEEPING – 121 days
- WORK – 92 days
- TELEVISION – 45 days
- DRIVING – 25 days
- DRESSING – 9 days
- CHURCH – 3 days

**Leaving 39 days left in your life for everything else from playing sports to getting over the flu.**

- 1. Evaluate your values - Proverbs 14:8**
- 2. Envision your life by these values - Psalm 39:4**
- 3. Execute a plan to implement these values - Ephesians 5:14-17**

**AWAKEN TO WHAT YOU ALREADY KNOW:**

- God should be first in your life. Matthew 6:33
- Spend time in God's Word. James 1:21
- Keep prayer a priority with God. Luke 18:1
- Fulfill your life purposes with eternity in mind. 2 Corinthians 5:9,10

## **LifeGroup QUESTIONS:**

BEGIN IT (5min) – Open Praise song and Prayer

OPEN IT (10min) - Share about your own stress as it relates to time.

EXPLORE IT (60min) – Review Sunday's sermon outline and answer the following questions:

1. If how you invest your time reveals your values, what does your time reveal? What are the values you desire to live? What are the values Jesus wants you to live?
2. Can you relate to the story about Mary and Martha? Which do you identify with the most? Why?
3. Can you describe what your life would be like if you truly lived your values by how you invested your time?
4. How can we execute a plan to live out our values daily? How do we make value based choices instead of being driven by need and the tyranny of the urgent?
5. APPLY IT (15min) - What are some specific changes Jesus is asking you to make in regards to your time and values?