



Re - DISCOVER

DISCIPLESHIP

How much stress is in your life?

Circle the events you have experienced within the past year. Total your score. If it's more than 150 points, you're living under a lot of stress.

Death of Spouse	100	Business changes	39
Divorce	73	Change in financial status	38
Marital separation	65	Death of close friend	37
Jail Term	63	Change in line of work	36
Death of family member	63	Arguments with spouse	35
Personal Injury	53	Large Mortgage taken out	31
Marriage	50	Foreclosure on loan	30
Loss of job	47	Change in work	29
Retirement	47	Son/daughter leave home	29
Marital reconciliation	45	Trouble with in-laws	29
Health Problems	44	Major achievement	28
Pregnancy	40	Spouse starts/stops work	26
Sex Difficulty	39	Changes in living conditions	25
New Family Member	39	Revision of personal habits	24
		TOTAL _____	

Read Luke 10:38-42

On a scale of 1-10, (1 – not like me / 10 – v. much like me) rate your personality type.

Mary	Martha	Me	
_____	_____	_____	very competitive
_____	_____	_____	driving, forceful personality
_____	_____	_____	must succeed in everything
_____	_____	_____	have to get things done quickly
_____	_____	_____	anxious about what others think
_____	_____	_____	easily angered by people / things
_____	_____	_____	anxious about social achievement
_____	_____	_____	overloaded with activities
_____	_____	_____	high desire for popularity
_____	_____	_____	impatient when held back or delayed

If you score over **50 pts**, you may have a personality prone to high stress.

New Paradigm People

“Teach us to use wisely all the time we have.”

Psalm 90:12

Par·a·digm \ˈper-ə-ˈdīm\

a prevailing view of reality; a set of assumptions, beliefs, values that give shape to our life and relationships

▶ Our Time is part of God's **Kingdom**

Above all else, you must live in a way that brings honor to the good news about Christ. v 27

Copernicus Paradigm – I am no longer **the center of the Universe**

▶ Our Time is our **testimony** to our faith

“For [unbelievers], this is evidence ... of your salvation.” v28

The Gospel empowers us to be **Active** and **Intentional**

not **passive** and **spontaneous**

▶ Ask daily, “What is the best use of my **time**?”

Dedicate Each Day to find God – “those who seek me find me.” Prov. 8:17

Serve a noble purpose – “working together, struggling side-by-side” v27



Throw away junk mail – “Let us throw off everything that hinders Heb 21:1



This is God’s Word for my life in this place and at this time. Today, I am a new creation in Christ, I am God’s very own, and I believe He has a purpose for my life.

Philippians 1:27-30(NIV)

²⁷Above all else, you must live in a way that brings honor to the good news about Christ. Then, whether I visit you or not, I will hear that all of you think alike. I will know that you are working together and that you are struggling side by side to get others to believe the good news.

²⁸Be brave when you face your enemies. Your courage will show them that they are going to be destroyed, and it will show you that you will be saved. God will make all of this happen, ²⁹and he has blessed you. Not only do you have faith in Christ, but you suffer for him. ³⁰You saw me suffer, and you still hear about my troubles. Now you must suffer in the same way.

The creation story offers some additional insights into time as a gift from God. In his book, *Working the Angles*, Eugene Peterson pointed out that in the Bible a day does not begin with sunrise; it begins with sunset. Therefore, the day begins when we go to sleep and God works. At sunrise, we wake up and join God in the work of the day he began while we were sleeping. The day does not begin with us. Rather, we wake up and step into God's rhythm of grace—a day already in progress.

This idea that day begins when we go to sleep is a vital worldview concept. Life, success, and productivity do not ultimately depend on us. They depend on God. This understanding allows us to rest, both in our daily cycle of sleep and wakefulness and in our weekly cycle of Sabbath rest. Trusting in God's providence, we can dare to believe that we have enough time. In this faith, we can receive each day as a gift.

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you. ~ *Carl Sandburg*

We must use time as a tool, not as a couch. *John F. Kennedy*

Eliminate activities that sap your energy.

Time wasted is a theft from God. *Henri Frederic Amiel*

Waste of wealth is sometimes retrieved;
waste of health, seldom;
but waste of time, never.

It's only when we truly know and understand that we have a limited time on earth—and that we have no way of knowing when our time is up—that we will begin to live each day to the fullest, as if it was the only one we had. *Elisabeth Kubler-Ross*

Tim Keller teaches that without an experience of the gospel and grace, our giving is **passive** and **spontaneous** - - we only give when guilted into it by someone else and when we do give it is whatever we have or can afford at that specific time. However, when we experience the gospel our giving then becomes **active** and **intentional**. We become active in seeking out ways to give and bless others with our finances and we become intentional about how much of our income we want to give to others. The gospel completely changes the way we view our money, and it gives us the freedom to give it away in acts of radical generosity.