



Basics of Teaching Time Management

Time Defined

Then God said, “Let there be light”; and there was light. And God saw the light, that it was good; and God divided the light from the darkness. God called the light Day, and the darkness He called Night. So the evening and the morning were the first day. (Genesis 1:3-5).

Then God said, “Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years; and let them be for lights in the firmament of the heavens to give light on the earth”; and it was so. Then God made two great lights: the greater light to rule the day, and the lesser light to rule the night. He made the stars also. God set them in the firmament of the heavens to give light on the earth, and to rule over the day and over the night, and to divide the light from the darkness. And God saw that it was good. So the evening and the morning were the fourth day (Genesis 1:14-19).

“How we live our days is how we live our lives.” ~Annie Dillard

“He appointed the moon for seasons;
The sun knows its going down.
You make darkness, and it is night,
In which all the beasts of the forest creep about.
The young lions roar after their prey,
And seek their food from God.
When the sun rises, they gather together
And lie down in their dens.
Man goes out to his work
And to his labor until the evening” (Psalm 104:19-23).

Learn more:

<https://anneshealthplace.com/blog/2014/01/rhythms/>

To everything there is a season,
A time for every purpose under heaven:

A time to be born,
And a time to die;
A time to plant,
And a time to pluck what is planted;
A time to kill,
And a time to heal;
A time to break down,
And a time to build up;
A time to weep,
And a time to laugh;
A time to mourn,
And a time to dance;
A time to cast away stones,
And a time to gather stones;
A time to embrace,
And a time to refrain from embracing;
A time to gain,
And a time to lose;
A time to keep,
And a time to throw away;
A time to tear,
And a time to sew;
A time to keep silence,
And a time to speak;
A time to love,
And a time to hate;
A time of war,
And a time of peace. (Ecclesiastes 3:1-8)

“Here is what I have seen: It is good and fitting for one to eat and drink, and to enjoy the good of all his labor in which he toils under the sun all the days of his life which God gives him; for it is his heritage” (Ecclesiastes 5:18).

Go, eat your bread with joy,
And drink your wine with a merry heart;
For God has already accepted your works.
Let your garments always be white,
And let your head lack no oil.

Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity; for that is your portion in life, and in the labor which you perform under the sun.

Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going. (Ecclesiastes 9:7-10).

“If the ax is dull,
And one does not sharpen the edge,
Then he must use more strength;
But wisdom brings success” (Ecclesiastes 10:10).

“Because of laziness the building decays,
And through idleness of hands the house leaks” (Ecclesiastes 10:18).

“The days of our lives are seventy years;
And if by reason of strength they are eighty years,
Yet their boast is only labor and sorrow;
For it is soon cut off, and we fly away...

So teach us to number our days,
That we may gain a heart of wisdom...

And let the beauty of the LORD our God be upon us,
And establish the work of our hands for us;
Yes, establish the work of our hands” (Psalm 90:10, 12, 17).

How many days have you been alive? Number your days at <https://howoldagecalculator.com/how-many-days-months-seconds-have-i-been-alive>

Time Numbered Wisely

- Teach your children to tell time.
 - Teach them to count by 5's.
- Watch the sunrise and sunset.
- Dim the lights after sunset.
- Pay attention to the weather and the cycles of the seasons.
- Sight the new moon each month.
 - Learn what the moon is doing in Jerusalem: <https://torahcalendar.com/MOON.asp?JDN=2459850&TDAY=1>
 - Free Hebrew Printable Interactive Moon Calendar: <https://store.torahsisters.com/products/hebrew-printable-interactive-moon-calendar>
- Count to the upcoming feasts.

Time Managed Wisely

“Do not let a widow under sixty years old be taken into the number, and not unless she has been the wife of one man, well reported for good works: if she has brought up children, if she has lodged strangers, if she has washed the saints’ feet, if she has relieved the afflicted, if she has diligently followed every good work.

“But refuse the younger widows; for when they have begun to grow wanton against Christ, they desire to marry, having condemnation because they have cast off their first faith. And besides they learn to be idle, wandering about from house to house, and not only idle but also gossips and busybodies, saying things which they ought not.

“Therefore I desire that the younger widows marry, bear children, manage the house, give no opportunity to the adversary to speak reproachfully” (1 Timothy 5:9-14).

“...the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things— that they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed” (Titus 2:3-5).

Book Recommendation – *Tell Your Time*, by Amy Lynn Andrews

<https://amylynnandrews.com/books/>

Challenges:

1. We don't like to wait. (We are easily distracted.)
2. We don't like to work. (We are easily bored.)
3. We try to squeeze in too many activities.

What to Do If You Don't Have Enough Time:

1. Steal time.
2. Be more efficient.
3. Delegate.
4. Eliminate things from the list.

Habits make up about 40% of what we do in a day.

Habits are the things we do on “autopilot.”

Habits require very little energy.

Ideas for New Habits:

List all the things you do in your life:

Note: Schedule a date night so you can show this list to your husband.

Making a Time Schedule:

1. Write all your activities on small sticky notes. Allow 30 minutes per sticky note. (A 1-hour activity will need 2 sticky notes.) Use a different color for each person in your home.
2. Arrange the sticky notes by person, by time.



3. Once you have fit all the sticky notes into a 24-hour time slot, try to live with this schedule for a week. Does it work?
4. Copy the schedule onto paper. You can do it!
5. Adjust about every 3 months.

Tips to Remember:

- Include enough sleep time.
- Include a bedtime routine.
- Meals should have consistent times. They are anchor points for your day.
- Eat together for at least one meal per day, and more if possible.
- Include meal-preparation times.
- Plan ahead several meals. (At breakfast, plan supper. At lunch, plan tomorrow or check long-term projects. And so on...)
- Plan afternoon rest time. Children under age 5 likely need a nap. Pregnant and nursing mothers need rest and plenty of food.
- Include homeschooling, work, playtime, etc.

Other Habits:

- Get up consistently each morning. Be disciplined.
- Alarms are helpful to remind you of your intentions. They help you set habits.
- Have a consistent time to go to bed as well.

Whoop Watch: Get a free WHOOP 4.0 and one month free when you join with Anne's link: <https://join.whoop.com/A91CO7>

- Make your bed each morning. Have a morning routine.

That which has been is what will be,
That which is done is what will be done,
And there is nothing new under the sun.
Is there anything of which it may be said,
"See, this is new"?
It has already been in ancient times before us.
There is no remembrance of former things,
Nor will there be any remembrance of things that are to come
By those who will come after (Ecclesiastes 1:9-11).

What are the only things that will last?

This life is a test. (See Matthew 25:14-30.)

"Well done, good and faithful servant!"