

G:love 16.5 Refocusing Your Sabbath

Focused Living Ministries

168 PENNIES As the spiritual servant-leader of your family, one of your most important jobs it to ‘invest’ the 168 hours that the Lord graciously gives to you each week in such a way as that it honors Him and gives you direct. One of the privileges you will have as a the head of your home is to balance the demands of life during each of it’s seasons. As a TAG Team help one of the men who struggles with priorities to arrange his week in alignment with the Lord. Be honest! Have fun.



- Wife (quality time)
- Children (individual time)
- Work
- Travel
- Worship
- Personal devotions and prayer
- Focused Living Men’s Forum
- Sleep
- Eat
- Play/recreation/exercise
- Interruptions
- Veg out Time (TV-Football)
- Serving (dishes, cleaning, meals, watching kids)
- Hygiene (common...you got to shower!)
- Surfin’ the web
- Serving others or at my church
- Hobby
- Home maintenance (lawn, cars, house)
- Pets
- Miscellaneous/Whatever!

TAG TEAMS

- Did you stop first to ask God for wisdom? (James 1:2-8; Josh 10:14)
- What did you feel? Why? What was hard about it?
- Why would this be valuable to do every Sunday during the Sabbath?
- How does the Sabbath teach us to trust God? (Mt 6:33-34)
- How would your Life Mission Statement be helpful in this process?
- Are you willing to teach this exercise to your wife/children/friend?

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