

Currency of Time Diagnostic Tool

Biblical Basis:

Romans 12:1-2: “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Colossians 4:1-4: “Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. ² Think about the things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God. ⁴ And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

Tracking Time:

This idea works best if every moment on one week day and one weekend day is tracked for personal review between you and God. No one else needs to see your information unless you choose to share it.

Tracking your time in 10-minute intervals will allow you to see exactly how you spend the time God has given you. Your record will easily show you these things at a glance:

- What you value most in life
- What is out of balance in your life
- Where God fits into your life
- Where you might decide to make changes

It may be helpful to track these three categories:

Necessary Things:

Work
Sleep
Necessities of Life

Important Things:

Exercise
Social Interaction
Scripture & Prayer
Hobbies

Less Important Things:

Video Games
Facebook/Watching Reels
On-Line Time
Streaming

Getting Started

You can use whatever categories works for you. The goal is not a nice report, but to get objective insight into how you use the time God has given you.

If you do nothing else, maybe consider finding the discipline to read the New Testament in 90 days. Creating a discipline like this will change your life and help you to organize priorities around an intentional interaction with God each day.

The Elders, Pastors and Staff of Lighthouse are praying for you and we are here to help as you choose to let God make New Life in Christ a practical reality in your daily life.