

# WHERE DOES OUR TIME GO?

WEEK BEGINNING: _____											
	Earthly					Directly Spiritual					
	Sleep	Work	TV/ Online	Other	House- work	Family	Church	Personal Bible/ Study	Intimacy with God	Building Relation- ships	Total Hours
<b>Sunday</b>											24
<b>Monday</b>											24
<b>Tuesday</b>											24
<b>Wednesday</b>											24
<b>Thursday</b>											24
<b>Friday</b>											24
<b>Saturday</b>											24
<b>TOTAL</b>											168

Look carefully then how you walk! Live purposefully and worthily and carefully, not as the unwise and witless, but as wise Making the very most of the time [buying up each opportunity], because the days are evil. **Ephesians 5: 15-16**

Take the time and the trouble to keep yourself spiritually fit. Bodily fitness has a certain value, but spiritual fitness is essential both for this present life and for the life to come.

**1 Timothy 4:7-8**