

REDEEMING THE TIME



SELF-STUDY WORKBOOK

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INTRODUCING THE INSTRUCTION

EPHESIANS 5:15-16

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. (NKJV)

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. (ESV)

Therefore be very careful how you live—not as unwise but as wise, taking advantage of every opportunity, because the days are evil. (NET)

COLOSSIANS 4:5

Walk in wisdom toward those who are outside, redeeming the time. (NKJV)

Act wisely toward outsiders, making the most of the time. (HCSB)

Walk in wisdom toward outsiders, making the best use of the time. (ESV)

ADDITIONAL NOTES:

- 1** What are some activities we do that waste time/live unwisely rather than redeem the time?
- 2** How can we find a proper balance between relaxing and unwinding from the day and wasting the time God has given to us?
- 3** There are two reasons Paul gives about why we must watch how we use are time.
 - **“Because the days are evil” (Ephesians 5:16)**
What does it mean that the days are evil? What is the warning to us about how we use our time?
 - **“Walk in wisdom toward outsiders” (Colossians 4:5)**
Why does it matter how we live toward outsiders? What is the warning to us about how we use our time?
- 4** What are some activities that we need to spend more time in that would be considered “redeeming the time”?
- 5** What are some activities we can cut out of our lives to make more time for the activities listed above?

FATAL DISTRACTIONS

LUKE 10:38-42

38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." (ESV)

ADDITIONAL NOTES:

- 1 Was Martha doing anything sinful in her activities? What was she trying to do for Jesus?
- 2 What is the mistake that Martha makes? Do we make the same mistake? Explain how.
- 3 What is the one necessary thing that needs to be done, according to Jesus? What does that make everything else?
- 4 Everyone has a "full schedule" — a list of things that have to get done in the day. The challenge lies in our ability to distinguish between things that are truly important and things that are urgent but are not truly important. Below, write down things in your life and decide whether it is a responsibility that is important or merely urgent.
- 5 What are the important responsibilities you have as a woman? As a wife? As a mother? As a daughter? As the manager of the home? As an employee?

GROWING IN CHRIST

2 PETER 1:3-11

3 His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. 5 For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, 6 and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, 7 and godliness with brotherly affection, and brotherly affection with love. 8 For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. 9 For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. 10 Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall. 11 For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ. (ESV)

ADDITIONAL NOTES:

- 1** What has God's power given us?
- 2** Why has God given us these things? What is the stated goal at the end of verse 4?
- 3** Peter tells us that we need to spend our time in growing our faith. What can we do to spend more time growing in these qualities? How are doing rearranging your priorities toward the important and away from the urgent?
- 4** Why does Peter say that possessing these qualities is so important (vs. 8)?
- 5** If we lack these qualities, what does that mean about who we are (vs. 9)?
- 6** Peter tells us in verse 10 to practice these qualities. How can we practice these qualities as a woman? A wife? A mother? A daughter? A manager of the home? An employee? Give examples.

TAMING THE TONGUE

JAMES 3:1-12

1 Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. 2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. 3 If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. 4 Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs.

5 So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! 6 And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. 7 For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison. 9 With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. 10 From the same mouth come blessing and cursing. My brothers, these things ought not to be so. 11 Does a spring pour forth from the same opening both fresh and salt water? 12 Can a fig tree, my brothers, bear olives, or a grapevine produce figs? Neither can a salt pond yield fresh water. (ESV)

ADDITIONAL NOTES:

1 One way we redeem the time is using our words in a way that helps people and builds people up, rather than spent in gossip, backbiting, and maliciousness. Why does James say controlling the tongue is so important (vs. 2-4)?

2 What is another improper use of the tongue, according to verse 5? How does this relate to our time on the phone, email, Facebook, Twitter, etc?

3 What do our words tell us about our spirituality (vs. 6)?

4 What do our words tell us about our heart (vs. 10-12)?

5 What are some practical ways we can use our tongues to redeem the time/make the most of the time in the following areas:

Family:

Friends:

Co-workers:

Social media:

PRACTICAL METHODS

COLOSSIANS 3:12-17

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (ESV)

ADDITIONAL NOTES:

- 1 What are we supposed to spend our time actively doing (vs. 12-13)? Explain how we can spend our time improving in each of these areas.
- 2 In a practical way, what does it mean in verse 14, "And above all these put on love." Why is love important? How does love affect how we spend our time?
- 3 Looking at verses 15-16, what are some practical things that Paul gives us to spend our time doing? Give suggestions of what each of you can be doing to fulfill these commands.
- 4 How does verse 17 control how we spend our time? What will be excluded from our lives? How will this change some of the choices we are making now in using our time?

TIME IN GODLINESS

TITUS 2:3-5

3 Older women likewise are to exhibit behavior fitting for those who are holy, not slandering, not slaves to excessive drinking, but teaching what is good. 4 In this way they will train the younger women to love their husbands, to love their children, 5 to be self-controlled, pure, fulfilling their duties at home, kind, being subject to their own husbands, so that the message of God may not be discredited. (NET)

3 Likewise, tell the older women to be reverent in behavior, not to be slanderers or slaves to drink; they are to teach what is good, 4 so that they may encourage the young women to love their husbands, to love their children, 5 to be self-controlled, chaste, good managers of the household, kind, being submissive to their husbands, so that the word of God may not be discredited. (NRSV)

3 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, 4 and so train the young women to love their husbands and children, 5 to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled. (ESV)

ADDITIONAL NOTES:

- 1** Note each characteristic Paul says that women are to be doing with their time. Write down and discuss practical ways to accomplish these godly works.

Holy, reverent behavior:

Not slandering:

Not slaves to drinking:

Teaching what is good:

Training younger women:

Loving your husband:

Loving your children:

Self-controlled:

Pure:

Good managers of the home:

Kind:

Submissive to your husband:

- 2** What is the motivation for living these characteristics and spending your time in these things?