

**“For everything there is a season,  
and a time for every matter under heaven”**

The way we spend our hours, and days, is the way we spend our life. Given the speed at which life moves and the demands on our time, it is wise, periodically, to review whether the way we allocate our time reflects our deepest values and aspirations. Is what we believe, what we stand for, the person we think we are, actually demonstrated by what we are doing with the 168 hours of each week? Are we spending sufficient time in activities that bring life to ourselves and to others? How does our faith shape our time use? Do we even know where our time is going?

**This is an invitation to spend some time finding the answer to those questions by giving your life a “time audit”.**

**Step One:**

Ask God to help you see your time with his perspective, remembering every hour is God's gift to us.

**Step Two:**

Take some time to reflect on what your priorities in life really are now (this may be different from those of a previous time in your life. Where does your commitment to being a follower of Jesus, a Christian fit? **Can you find times of prayer, worship and seeking God's Kingdom in your life?**

**Step Three:**

*Either* look back over a typical week for you and count up the amount of time you spent on its main activities

*or,* (and this is usually more accurate) commit yourself to keeping of note of all that you do and how long it takes you in the coming week (the chart on the back of this booklet might help).

**Step Four:**

With a clear time map of your week in front of you, ask yourself whether or not there is a good match between your values and your time use. If not, what might

you be able to adjust in future in a fruitful way? The adjustment might be about giving something up or seeing something essential but mundane in a new way.

#### **Step Five:**

Where does time with God and for your life of faith show up on this time mapped week? How much time can you realistically offer as a contribution to the communal life of the church? How might prayer, worship, or seeking and serving God's Kingdom add balance to your life? What might you need to take out?

#### **Step Six:**

Match up the time you have to offer with the church volunteering opportunities listed in the "Life at St Michael and All Angels" booklet. You will find many opportunities to deepen your prayer, contribute to our worship and to seek and serve the Kingdom of God

#### **Step Seven:**

Contact the person who oversees your chosen activity and let them know you want to join in! Then enjoy the experience of being involved in this new way.

It is worth recognising that spending time in the company of those who share our faith and values helps us to live more fully in accordance with them. The communal activity involved in maintaining St Michael's pattern of life is also a support system for our individual growth in faith, hope and love.

Prayer of blessing on our time:

Eternal God,

Bless to us the time you have given, that we may find life-giving balance in the ordering of our lives.

May we give our time generously,

share our time joyfully

and value graciously the time others spend with us.

Through your Son, who in entering into time made it his offering to you,

Jesus Christ our Lord,

Amen.

