

My Time

Missional Message: God cares about the way I spend my time.

Missional Challenge:

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity.”
–Ephesians 5:15–16a

What is needed:

- Bible
- current calendar
- marker or pencils
- paper with a simple calendar grid reprinted on it for each child

Making it Real

Who can tell me how many months there are in a year? Who knows how many days there are in a year? A place that you can keep up with all the months and days in a year is on a calendar. (*Show the calendar.*) How many of you have a calendar in your home? Most people use calendars to record important dates and appointments so they will remember them in the future.

If your family is like mine, you may have a full day of things to do every day of the week. I am going to give you a few examples of activities, and I want you to raise your hand if I state something that someone in your family does. (*Add activities that you know the children in your group participate in.*)

- Attend music classes.
- Play a sport.
- Take dance or gymnastic classes.
- Go to school.
- Do homework.
- Attend church.
- Play with neighbors.
- Watch TV.
- Play video games.

Wow! You must be very busy! We all fill each day with lots of activities.

The Bible says in Ephesians 5:15–16a, *“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity.”* So we know God cares about how we spend our time. He wants us to use our time wisely. God wants us to spend time doing things that are good and make Him happy—like learning about Him and sharing His love with others.

Today, make a schedule of when you will spend time learning about God. And make plans to do something special for someone else as a way to show you love Jesus.

Prayer

God, help us fill our time with things that are good and that make You happy and teach others about You.

Making it Stick

Have the children create a calendar page for the current month, using the sample calendar and calendar sheets that give you them. Direct each child to add the dates of the month in the right squares and to fill the calendar with his or her weekly schedule, including time for getting ready for school, attending school, doing homework, playing with friends, participating in extracurricular activities, attending church activities, watching TV, playing sports or video games, and whatever else they do.

Talk together about how the children use their time. Encourage them spend some time during the week to learn about God, to pray, and to do mission action projects.

Encourage children to create their own calendar at the beginning of every month.

Making it Personal

Memorize Ephesians 5:15–16a.

Set aside a few minutes each day this week to read your Bible and pray to God. Also spend some time doing something that reaches out to other people, such as a mission project, that shows the love of God to others.

Making it Home

Make a combined family calendar based on individual family member calendars that each of you has filled out. Evaluate the combined family calendar. Discuss ways you can use the hours in the day more wisely to make more time for learning about God and serving Him. Schedule family time weekly for a family chat or devotional. Consider incorporating a mission action project into the monthly calendar.