



"And this is the commandment we have from Him, that the one who loves God should love his brother also." 1 John 4: 21

Sunday – August 2, 2026

Heart to Heart...

Jesus put forth the urgency of life when He and His apostles passed by a blind man. "We must work the works of Him who sent Me as long as it is day; night is coming when no one can work." (John 9:4) Jesus was on a mission for God and knew His time was crucial. What about us? Do we see our time as crucial?

What do we take from the word when we read Ephesians 5:15-17? **"Therefore, be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is."**

We have all been given a portion of time. We have 24 hours in the day and 365 days in a year. Let's compare and see if we really are walking wisely, making the most of our time. Are we really set on understanding the will of the Lord?

Let's say we live an average life span of 70 years. In those 70 years we will sleep 23 years of our lives away based on sleeping 8 hours each night. Over that same 70-year span you will spend approximately 14 years working, 6 years eating and 5 years traveling. Let's take it a little further. Let's add in watching television since it has become such a great central in the lives of many. It is said (for whatever the polls mean) that the average American watches 6 hours of television each day. Let's adjust that to 4 hours per day since 6 seemed a little high to me. That amounts to 28 hours per week, 1460 hours per year and over a 50-year period that would be 72,000 hours of television watching. In just 50 years that is more than 8 years of television. I gave us a break at 50 instead of 70 to help us see.

Let's compare the above with our spiritual lives. If we were to begin at birth spending five minutes each morning and evening in prayer (which is more than most people spend) and three hours per week in worship/Bible study (which is more than some), by the age of 70 we would have invested a total of just over 20 months of our lives! Let's add an additional three hours per week reading our Bibles at home as some do. That would make our total amount of spiritual food in our 70 year span a total of 3.6 years. That's the time we devote ourselves to the service of the Lord in our growth. That's rather eye opening.

Today our children are being raised on a steady diet of self with an increased time spent on pleasure. How careful are we being with our lives and children's lives regarding God? How serious are we about our eternal destiny? Are we really concerned about our spiritual growth? We need to be careful about our time and use it wisely. I heard someone say once, *"There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another gets a full year's value out of each week!"* The days are evil and understanding the will of the Lord is the greatest eternal blessing we could grasp. Why do so many miss truth in their seeking? Let's be wise and not foolish! Think about it!!!

-Brent