

## **Wind the Clock Outline Notes**

### **Ephesians 5:15-17; Matthew 6:25-34**

#### **Introduction:**

About a century ago technology started to change our relationship to time by introducing what were called at that time “labor saving devices.” Because of the rapid growth of technology and devices designed to save us time by the 1960s there were some incredible predictions that were made about the impact of these devices on our lives. In fact, one famous senate subcommittee in 1967 was told that by 1985 the average American would work only 22 hours a week for 27 weeks a year! Everyone thought that the main problem in the future was going to be too much leisure time. Now you and I both know this prediction failed.

In fact, the opposite has happened. One of the studies I was reading this week said that the average American works four more weeks per year than in 1979. You can do the research yourself and you will find this theme: the pace of life for most of us in this country is incredibly fast and I would add unhealthy.

*How can we have a healthy relationship with time? How do we wind the clock?*

#### **I. We have an unhealthy relationship with time**

- winding clock is the perhaps the most crucial or most important habit so far.
- If we do not have a healthy relationship with time, implementing new habits into our daily lives will be impossible
- if you pay close attention to our present culture you are going to find that across all ethnicities, gender, stage of life and even socioeconomic status, busyness appears to be something we all are claiming to be.
- The problem: when we have too much to do and the only way to keep going is to hurry.
- Michael Zigarelli, a professor from the school of business at Charleston Southern university conducted a survey of over 20,000 Christians across the globe in an attempt to pinpoint obstacles to growth. He concluded that busyness is a major distraction from spiritual life.

*In order for us to learn to have a healthy relationship with time we have to learn the habit of winding the clock.*

#### **II. To have a healthy relationship with time we must slow down, abide & live from rest**

- Ephesians 5:15-17
- The commands that we see in this passage center around being intentional in how we structure our daily lives.

- In verse 16 the literal translation when you look at the Greek text is “redeeming the time.”
- Mark Batterson, “A right relationship with times means recognizing, first and foremost, that time is measured in minutes, but life is measured in moments.”
- Mark Batterson’s Sixth habit—wind the clock—Stewards time into ways. It makes the most of every minute, but it also makes the most of every moment. It’s acutely aware of everything that is happening right here, right now. It also keeps a constant eye on eternity. Most importantly, it doesn’t lose faith in the end of the story.”

*How do you practically live winding the clock? How do you practically live every day being fully present to people, to God, and to every opportunity?*

- The answer to how to practically live winding the clock is simple: **“To wind the clock, you must slow down, abide, and live from rest**
- “To catch up to God we must slow down.”
- Mark 6:31
- Mark 6:46
- When you read about the life of Jesus find that he was an incredibly busy man, but he often slowed down to rest, to abide, and his pace of life was unhurried
- This is the goal of slowing down--we slowdown in order to abide in His presence.
- We have to reorder and structure our day where we are living unhurried, making the most of every moment by learning to be fully present to ourselves, God, and others.
- Matthew 6:25-34
- When we learn to anchor all of our fears, desires, and dreams in abiding in Jesus we start to experience the rest that our souls need.
- What happens is we begin to live a life that is less hurried, less full of anxieties, and fears because we live from a place rest.
- John Mark Comer “A way of living with ‘ease, gratitude, appreciation, peace and prayer.’ A way of working from rest, not for rest, with nothing to prove. A way of bearing fruit from abiding, not ambition.”

***To wind the clock we slow down, abide, and live from rest.***

## **QUESTIONS**

1. List some of the best, most memorable “moments” in your life.
2. Do you feel you are too busy or not? Explain your answer.
3. How might you better balance your focus between present challenges and future dreams?
4. Mark Batterson writes, “You have to wind the clock on your dreams every single day.” How might you better apply this advice to your dreams?

