



Halftime: Time and a Half

Remember January? You probably had some changes you wanted to make this year, plans to make progress towards goals, which— if you're like most of us— have probably not been perfectly implemented over the past six months. But just because your plan hasn't gone perfectly, doesn't mean the game is over. If we look at the calendar, it's actually only halftime; it's not too late to finish strong. But to do so, it's important to spend some time reflecting, refueling, assessing, and adjusting. It's important to critically re-evaluate how we spend our time.

Start Talking

When it comes to projects and tasks, are you a stronger starter or finisher? Do you prefer to get a head start, or procrastinate and push through at the last minute?

What would you rather live without for the rest of your life: appetizers or dessert?

Would you rather find yourself with more time than you need, or more money than you need?

Looking Back

1. Did you make any progress on breaking bad habits last week? How?
2. If not, what do you think caused the disconnect between intention and action?
3. Were you able to conquer any of the thought patterns that tend to entangle you?
4. If you *were* able to make progress conquering thoughts or breaking bad habits, tell us what effect this had on your joy during the week.

What About You?

5. Why do you think the concept of time is so fascinating to human beings?
6. What makes time such an inordinately valuable resource?
7. What do you think constitutes a "bad" use of time for the average person?
8. How would you define "good" uses of time?
9. How does the inherent uncertainty of the future affect your behavior?
10. Do you think your life would look different if you truly operated out of an understanding that you are never promised tomorrow? How?



Look It Up

Read the Following Passages: *Ephesians 5: 15–16. Colossians 4:5. Psalm 90:12. Genesis 1:3–5. Mark 1:15.*

1. What do you think Paul means by the phrase, “because the days are evil?” What does this have to do with wisdom?
2. Why would the limited nature of time lead Paul to conclude that Christ-followers should, “walk in wisdom toward outsiders?”
3. What does the phrase, “number our days” mean to you? Why would this be a process or piece of knowledge the Psalmist desires?
4. The ancient Hebrew people understood the “day” as beginning the night before. How could this paradigm change the way you view time and success?
5. In Mark, Jesus is recorded as saying that, “the time is fulfilled, and the kingdom of God is at hand.” What is he talking about?

Putting It All Together

1. Assuming we’re given the 163 remaining days of this year, how would you like to be able to look back on these final months of 2019. What would you hope to change? What would you like to stay the same?
2. What can you do tomorrow to help you make the most of the time you have?
3. What practices can you implement in order to better understand that a successful day begins the night before?
4. What three tangible goals for finishing the year off strong would you like to set right now?
5. Who can you share these with in order to keep you accountable and on track?

