

**Well-Spent Series**  
**Part 1 – Managing Our Time and Body**  
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We're starting a mini-series called WELL-SPENT

Every person on planet earth possesses God-given resources to fulfill God's design for your life, to express your unique creativity in ways that bring joy to Father and gives glory back to Father.

- **Next Week: Possessions** - Your material possessions, including money, is a resource.

Next week we're going to look at a Biblical view of money. You'll be able to sign up for our Financial Peace University group.

- **Time** - Your time is a resource. We have a limited quantity. How you spend it expresses what's important to you (i.e. spending 2 hours a day playing Minecraft.)
- **Body**- Your body is the first resource you possess. Without it you don't exist in the world.

**Psalms 139:13-18**

You formed my innermost being, shaping my delicate inside  
and my intricate outside,  
and wove them all together in my mother's womb.

I thank you, God, for making me so mysteriously complex!

Everything you do is marvelously breathtaking.

It simply amazes me to think about it!

How thoroughly you know me, Lord!

You even formed every bone in my body

when you created me in the secret place,  
carefully, skillfully shaping me from nothing to something.

You saw who you created me to be before I became me!

Before I'd ever seen the light of day,  
the number of days you planned for me  
were already recorded in your book.

Every single moment you are thinking of me!

How precious and wonderful to consider  
that you cherish me constantly in your every thought!

O God, your desires toward me are more  
than the grains of sand on every shore!

When I awake each morning, you're still with me...

**"Let us make mankind in our image."**

**1. God made mankind His image bearers to carry his image to creation.**

- Confusing. God is Spirit. He doesn't have a body. You can't see him.
- So, it's not your physical body that is the image of God.
- Your body ties you to creation, not to creator. Adam was scooped out of the earth.

- Psalm 139:15b-16a “When I was woven together in the depths of the earth, your eyes saw my unformed body.”
- I’m not downplaying our physical body. It’s a piece of artwork by the creator.
- It is a stunningly intricate biological machine, with enormously sophisticated systems—highest of all the human brain.
- So, your body is practically a walking miracle, yet it is not the image of God.

## Room

- The Apostle Paul helps us understand here. “He who unites himself with the Lord is one with him in spirit...Your body is a temple of the Holy Spirit” 1 Cor 6:17,19
- Corinthians who sinned in the body thinking it wouldn’t affect the spirit.
- Your physical body is the room. Your spirit, and God’s Spirit are the occupants.
- God designed a place where His mind and spirit, and your mind and spirit can meet any time you want, anywhere you want...
- And nobody can take that from you. Your body is the doorway into your spirit. What you let into your eyes and ears fill your spirit.
- Everywhere you go, your physical body is expressing the spiritual truths that you have filled it with.
- **God made you an image bearer to carry his image to creation.**
- It was designed to pour out, as a container, the goodness, joy, creativity, love of life.
- That’s why, when we worship, it’s important that we dance, clap, shout, stomp, bow, sing. Your body is an instrument that expresses His radiant life inside of you.
- That’s why Jesus didn’t just die on a cross for your sins (as important as that is). He healed physical bodies because physical bodies are integral to your purpose.

**Honor God with your body.** It’s his temple. Don’t fill it with filth.

## 2. Do what you can to take care of what you have. (your physical body)

- I’m not saying you need to have a 6 pack and a beach body. That’s a worldly mindset.
- Each person’s care for their body will reflect the differences in their life purpose.
- And all of our bodies have inherited flaws and brokenness.
- I.e. I’ve worn hearing aids from the time I was 4 yrs. old.

## Self-care

- On the proactive side, as much as you can, exercise your body, exercise your mind, sleep well, labor and rest well.
- Eat well. Some of you have talked about how eliminating processed sugars or gluten have transformed your energy level. You feel more alive.  
Has removed a cloud of depression – your physical body helps creates an emotional spiritual reality.
- Get rid of sin. Sin is an acid. It destroys everything it touches.
- Psalm 139:16 “All the days ordained for me were written in your book before one of them came to be.”
- Psalms 31:15 “My times are in your hands”

- Ephesians 1:11 we have “been predestined according to the plan of him who works out everything in conformity with the purpose of his will.”

### **God knows his purposes for your life. He has a schedule.**

*I.e. Family Calendar – I get myself in trouble when I’m not in synch with my wife.*

God has a schedule. For human history:

- Galatians 4:4 says “In the fullness of time God sent his son.”
- Hebrews 10:12 Jesus the High Priest, “offered for all time, one sacrifice for sins”
- Acts 17:31 “He has set a day when he will judge the world with justice by the man he has appointed.”

He also has a schedule for you and your family. He has set times for this church. He has appointments for our nation. But we can be out of sync with his schedule and his seasons:

- Luke 19:42 “If you...had only known on this day what would bring you peace—but now it is hidden from your eyes...you did not recognize the time of God’s coming to you.”
- If God is saying “Wait! Be still and know that I’m God” and we try to push through the intersection.
- If in a season of success and abundance God is saying “Joseph--store up for later...”
- If in a season of success and abundance God is saying “pour out—give away--generous”
- If you’re in a season of plowing (hard work, hitch up the plow, Am I ever going to be done? Season of sacrifice, faithfulness. – Lord I’m bored. I’m tired!)
- Ephesians 1:10 says God is bringing “all things in heaven and on earth together under one (leader), even Christ...” He’s doing it in the fullness of time(s).
- Every increment of time is being filled with his glory. He’s revealing another facet of his personality. Are we watching for it? In this season of time I experienced the Lord’s Mercy. Power. Discipline. Intimacy. Goodness.

### **3. All of God’s seasons reveal his son Jesus Christ.**

- In every season he is conforming us to the image of his son so that we could become his glory bearers.
- Colossians 3:10 You are being “renewed in knowledge in the image of (your) Creator.”

Application Questions:

- *Jesus, what are you revealing about yourself in this season of my life?*
- *Jesus, what part of my life are you conforming me into your image?*

### **Remain in Me**

- What is the key to being in synch with the Father’s family schedule and unlocking the revelations of God’s image in his son comes from John 15-- “Remain in me. And I will remain in you.”

### **4. The key to being in synch with god’s seasons for your life it to: “Abide in the Vine.”**

- I.e. Time = Loaf of Bread (slices)
- Not JUST learning to spend time in the vine. I’m learning how to waste no time outside of the vine.
- As a branch draws its life out of the trunk. In my 9-5. Baptize it in a spirit of prayer.
- All of my life is sacred conversation. Every casual relationship and mental task are jammed full of the presence of God. I just have to draw it out.

- What does it mean to abide in the vine in my seasons of warfare; brokenness; resting?

God has given you the resource of time to discover him for yourself and display him in the earth. You are his image bearer.

### **Busyness is at War with the Kingdom**

- There's a demonic empowerment in our culture that doesn't let people rest and enter into the stillness of God's abundant presence.
- If the enemy can keep you from eating from Bread of Life, you'll grow weak.
- The Israelites were pressed ganged by the Egyptians. Too busy to worship. God set them free, so they could worship.
- Jesus said my kingdom is like seed, some fall among the weeds; "all the concerns about this world strangle your abiding in Father..."
- We live in the freest nation on earth and we live in bondage to busyness and distraction.
- There's demonic empowerment in our thinking that says we need to get busy and do something. That says we're important when we're productive.
- *I.e. Testimony of Mom slapping her across the head and saying, "get out and work."*

**Pastor Mark** – "You've strayed away from your first love. Don't let the fire go out.

- Prune back the activities. Get less busy to seek the Lord.
- And get back to a lifestyle of prayer. That's where your power is. Your life.
- Are we too busy to do the very thing God created us for – to come into union with him in a lifestyle of worship and prayer?

### **Ministry Time**

- *Is your busyness bringing you into a deeper connection with the Lord, or is it distracting you?*
- *Jesus, what are you revealing about yourself in this season of my life?*
- *Jesus, what part of my life are you conforming me into your image?*