

# TIME

## WELL SPENT

---

## Week 1: Meeting Request

Life is too precious to just sit around. Every day we have a decision to make about how we are going to spend our time. For many of us, time never seems to slow down. We have no idea how we'll fit it all in. What if there was one thing you could do every morning that would affect everything else? What if there was one thing you could do that would be time well-spent?

## Discussion Questions

1. Describe an ideal morning. Now, contrast it with reality.
2. What part of your morning routine is setting you up well for the day? What part may be hindering a great start to your day?
3. Read John 21:1–14. What stands out to you from the story?
4. What “demands of life” tend to keep you from important opportunities?
5. Jeff mentioned that Jesus is our provision. What does that look like practically?
6. How do you hope starting the day with Jesus will affect you?
7. What is something we can do to encourage one another over the next 21 days?

## Moving Forward

We all want to be intentional. We all want our lives to matter. One simple thing we can do is to change how we start our day. “The best way to start our day is to hear what Jesus has to say.” When we start there, it will change how we see things. It will change how we do things. It will bring out the best in us for those around us. And that, my friend, is time well-spent.