

Following Jesus
When Life is
Too Full

Sleeping

Working

Work-related
activities

Childcare

Housework

Other
Household
activities

Managing the
household

Food
preparation and
cleaning up
afterwards

Caring for the
lawn and garden

Watching
television

Exercising

Personal care
activities

Eating and
drinking

Buying
consumer goods
i.e. shopping

Time spent on
care services

Other goods and
services

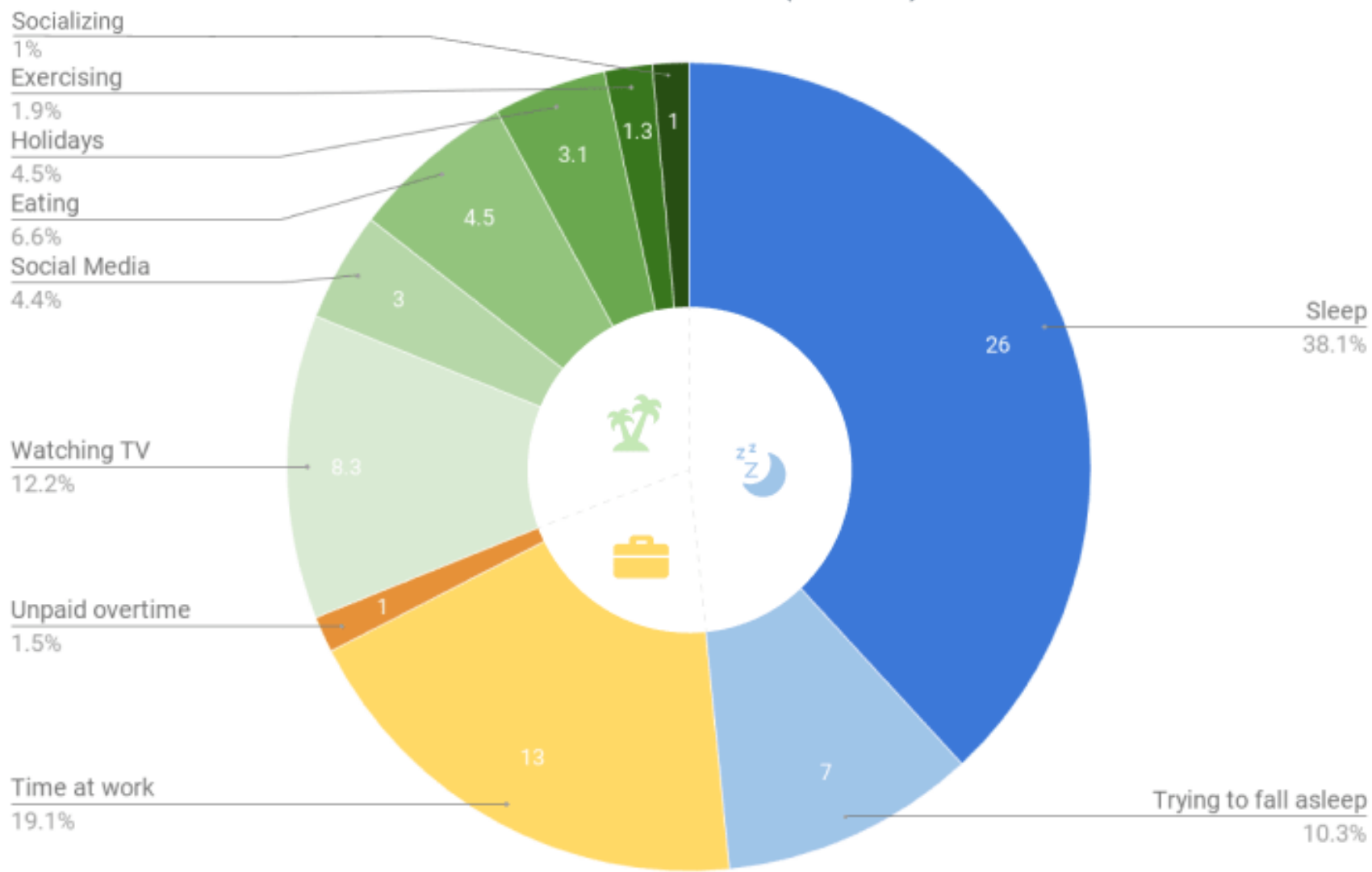
Helping other
household
members

Helping and
caring for non
household
members

Educational
activities

Socialization
and
communication

Telephone calls,
emails and
regular mail



24 hours per day = 168 hours per week

Minus – Work (40) Sleep (56) Childcare (21)
51 hours left

Minus – Media (21) Household (14) Eating (7)
9 hours left in week

~1 hour 29 minutes left per day

Haggai 1:3-5 Then the word of the Lord came by the hand of Haggai the prophet,
4 “Is it a time for you yourselves to dwell in your paneled houses, while this house lies in ruins? 5 Now, therefore, thus says the Lord of hosts: Consider your ways.

Haggai 1:6 You have sown much and harvested little.

You eat, but you never have enough;

you drink, but you never have your fill.

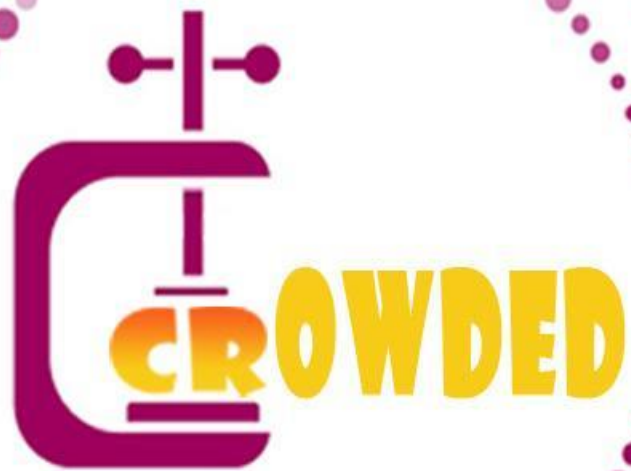
You clothe yourselves, but no one is warm.

And he who earns wages does so to put them into a bag with holes.

Haggai 1:12-15 Then Zerubbabel the son of Shealtiel, and Joshua the son of Jehozadak, the high priest, with all the remnant of the people, *obeyed the voice of the Lord their God, and the words of Haggai the prophet,* as the Lord their God had sent him. And the people feared the Lord. 13 Then Haggai, the messenger of the Lord, spoke to the people with the Lord's message, "I am with you, declares the Lord." 14 And the *Lord stirred up the spirit of Zerubbabel the son of Shealtiel, governor of Judah, and the spirit of Joshua the son of Jehozadak, the high priest, and the spirit of all the remnant of the people. And they came and worked on the house of the Lord of hosts, their God,* 15 on the twenty-fourth day of the month, in the sixth month, in the second year of Darius the king.

1 Corinthians 14:12 So with yourselves, since you are eager for manifestations of the Spirit, *strive to excel in building up the church.*

Ephesians 4:16 from whom the whole body, joined and held together by every joint with which it is equipped, *when each part is working properly, makes the body grow so that it builds itself up in love.*



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