

The background of the image features a person in the upper right corner with their hands clasped in prayer. In the upper left, a glowing cross is visible. At the bottom, two open Bibles are laid out. The entire scene is bathed in a blue light, creating a solemn and spiritual atmosphere.

STEWARDSHIP MONTH

Growing as Disciples of Jesus

SURRENDERED STEWARDSHIP of Treasure • Time • Talent

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.”



- ◆ **[Psa 90:10-12 NASB20]** 10 As for the days of our life,
they contain seventy years, Or if due to strength, eighty
years, Yet their pride is [only] trouble and tragedy; For it
quickly passes, and we disappear.
- ◆ 11 Who understands the power of Your anger And Your
fury, according to the fear that is due You?
- ◆ 12 So teach [us] to number our days, That we may
present [to You] a heart of wisdom.

Declaration

Now to the King eternal,
immortal, invisible, the only
God, [be] honor and glory
forever and ever. Amen.

1 Timothy 1:17

The background of the entire image is a dark, moody blue. In the upper right, a person's hands are clasped in prayer. In the upper left, a glowing cross is visible. In the lower half, two open Bibles are laid out. The text is overlaid on this background.

STEWARDSHIP — MONTH —

Growing as Disciples of Jesus

SURRENDERED STEWARDSHIP of Treasure • Time • Talent

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.”



ALWAYS ON

MEDIA CONSUMPTION EXCEEDS 10 HOURS A DAY

Average daily media use (Adults 18+)

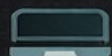
DIGITAL & MOBILE



SMARTPHONE
– 2h 19m



TABLET / WEB
– 43m



PC / INTERNET
– 32m



GAMING /
CONNECTED DEVICES
– 39m



PASSIVE MEDIA



LIVE TV – 3h 49m



TIMESHIFTED TV
– 32m



RADIO – 1h 45m



DVD / BLU-RAY – 5m

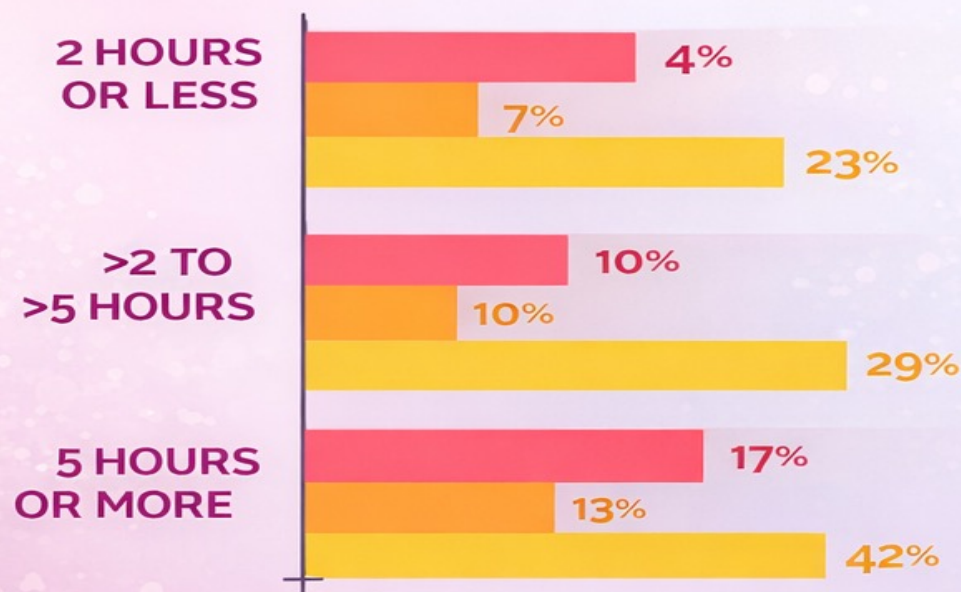
What we give our time to quietly shapes who we become.

Ephesians 5:16 – “Make the most of your time...”

ADOLESCENT MENTAL HEALTH BY DAILY SCREEN TIME

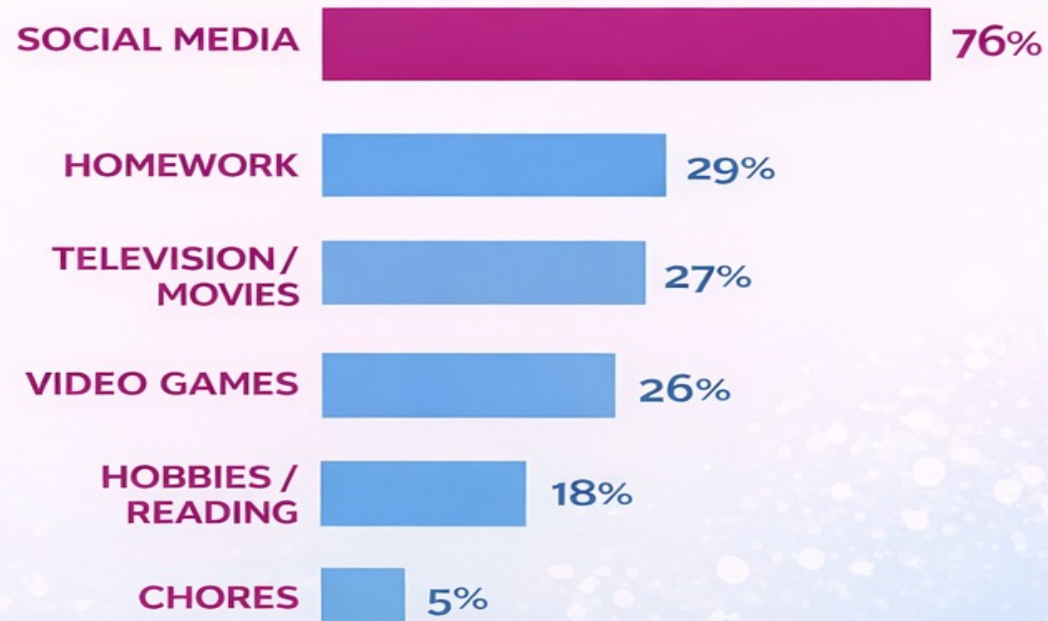
Adolescents (ages 11–17)

- Suicidal thoughts or self-harmed in the past year
- Experienced frequent sadness
- Poor body image
- Poor/very poor mental health



TOP DAILY ACTIVITIES FOR U.S. TEENS

Percentage spending 2 or more hours



Based on Gallup Familial Adolescent Health Survey
conducted in June–July 2023

Time is a Battlefield

- ◆ **[Eph 5:15-16 NASB20]** 15 So then, be careful how you walk, not as unwise people but as wise,
- ◆ 16 **making the most of your time**, because the days are evil.

INTENTIONAL TIME WITH GOD

- ◇ **[Mar 1:35 NASB20]** 35 And in the early morning, while it was still dark, Jesus got up, left [the house,] and went away to a secluded place, and prayed there [for a time.]
- ◇ **[Luk 5:15-16 NASB20]** 15 But the news about Him was spreading [even] farther, and large crowds were gathering to hear [Him] and to be healed of their sicknesses. 16 But [Jesus] Himself would [often] slip away to the wilderness and pray.
- ◇ **[Luk 4:16 NASB20]** 16 And He came to Nazareth, where He had been brought up; and as was His custom, He entered the **synagogue on the Sabbath**, and stood up to read.

ADDING BUT NOT ENDING

- ◆ **[Mat 6:33 NASB20]** 33 "But seek first His kingdom and His righteousness, and all these things will be provided to you.
- ◆ **[Luk 10:40-41 NASB20]** 40 But Martha was distracted with all her preparations; and she came up [to Him] and said, "Lord, do You not care that my sister has left me to do the serving by myself? Then tell her to help me." 41 But the Lord answered and said to her, "Martha, Martha, you are worried and distracted by many things;
- ◆ **[Pro 16:3 NASB20]** 3 Commit your works to the LORD, And your plans will be established.

GETTING TO THE NEXT LEVEL ALWAYS REQUIRES
ENDING SOMETHING, LEAVING IT BEHIND, AND
MOVING ON. GROWTH DEMANDS THAT WE MOVE ON.
WITHOUT THE ABILITY TO END THINGS, PEOPLE STAY
STUCK, NEVER BECOMING WHO THEY ARE MEANT TO
BE, NEVER ACCOMPLISHING ALL THAT THEIR TALENTS
AND ABILITIES SHOULD AFFORD THEM.

- HENRY CLOUD -

HABITS THAT HONOR GOD

◇ Prayer:

- ◇ **[Mat 6:6 NASB20]** 6 "But as for you, when you pray, go into your inner room, close your door, and pray to your Father who is in secret; and your Father who sees [what is done] in secret will reward you.
- ◇ **[Luk 11:1 NASB20]** 1 It happened that while Jesus was praying in a certain place, when He had finished, one of His disciples said to Him, "Lord, teach us to pray, just as John also taught his disciples."
- ◇ **[1Th 5:17 NASB20]** 17 pray without ceasing,

◇ Bible Study:

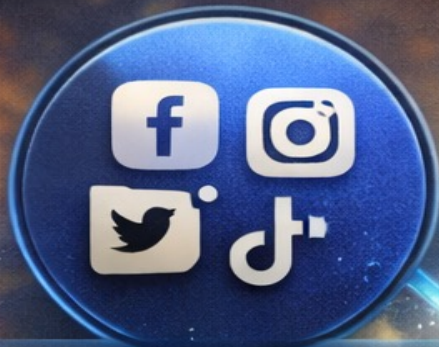
- ◇ **[Mat 4:4 NASB20]** 4 But He answered and said, "It is written: 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT COMES OUT OF THE MOUTH OF GOD.'"
- ◇ **[Psa 1:1-3 NASB20]** 1 Blessed is the person who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2 But his delight is in the Law of the LORD, And on His Law he meditates day and night. 3 He will be like a tree planted by streams of water, Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.
- ◇ **[2Ti 3:16-17 NASB20]** 16 All Scripture is inspired by God and beneficial for teaching, for rebuke, for correction, for training in righteousness; 17 so that the man [or woman] of God may be fully capable, equipped for every good work.

◆ Fasting:

- ◆ **[Mat 6:16-18 NASB20]** 16 "Now whenever you fast, do not make a gloomy face as the hypocrites [do,] for they distort their faces so that they will be noticed by people when they are fasting. Truly I say to you, they have their reward in full. 17 "But as for you, when you fast, anoint your head and wash your face, 18 so that your fasting will not be noticed by people but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you.
- ◆ **[Mat 4:2 NASB20]** 2 And after He had fasted for forty days and forty nights, He then became hungry.
- ◆ **[Joel 2:12 NASB20]** 12 "Yet even now," declares the LORD, "Return to Me with all your heart, And with fasting, weeping, and mourning;

◆ Serving:

- ◆ **[Mar 10:45 NASB20]** 45 "For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."
- ◆ **[Jhn 13:14-15 NASB20]** 14 "So if I, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet.
15 "For I gave you an example, so that you also would do just as I did for you.
- ◆ **[Gal 5:13 NASB20]** 13 For you were called to freedom, brothers [and sisters;] only [do] not [turn] your freedom into an opportunity for the flesh, but serve one another through love.



SOCIAL MEDIA



TELEVISION



RECREATION



HOBBIES



RECREATION

**COMPETING
FOR YOUR TIME**



OBLIGATIONS



Reclaim Your Time

- ◆ **[Rom 12:1-2 NASB20]** 1 Therefore I urge you, brothers [and sisters,] by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, [which is] your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.
- ◆ **[Heb 12:1 NASB20]** 1 Therefore, since we also have such a great cloud of witnesses surrounding us, let's rid ourselves of every obstacle and the sin which so easily entangles us, and let's run with endurance the race that is set before us,
- ◆ **[Jos 24:15 NASB20]** 15 "But if it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served, which were beyond the [Euphrates] River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD."

• 12:30 PM



Mid-Day Reconnect (Prayer)

Pause for a short, 5-minute break to pray.

Tip: Set a midday alarm as a "check-in" with God.

• 5:30 PM



Return Home & Transition

"Leave work at work." Reconnect with family or friends.

6:30 PM



Dinner & Recreation *(hobbies, exercise, conversation)*

Enjoy a meal and engaging, restorative activities.

8:30 PM



Evening Review (Bible Study/Prayer)

Spend time in a short evening devotion.

• 9:30 PM



Wind Down & Prayer

Pray before bed, giving thanks for the day.

10:00 PM



Sleep (Sleep)

Aim for 8 hours of sleep to fully recharge.



NEW HOPE
— CHURCH OF GOD —