

Making the Most of our Time

“Be very careful, then, how you live--not as unwise but as wise, making the most of every opportunity, because the days are evil.”
(Ephesians 5:15-16 NIV)

To make the most of our time, let us begin by charting how we currently use our time.
Use this sheet to chart your time use for the next week – *beginning today!*

Write one of the following categories in each block:

God (Devotion, Service, Study) | sleep | cook | eat | work (and drive time) | school (and homework) | chores (cleaning, errands, shopping, repairs)
me (reading, TV, movies, video games, exercise, sports) | social (family, friends, phone) | medical (doctor, rehab) | other

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Noon							
1:00							
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3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

Totals for the Week – Count the blocks with each of these words; then write the total hours (*all hours should equal 168*):

God = ___ | sleep = ___ | cook = ___ | eat = ___ | work = ___ | school = ___
chores = ___ | me = ___ | social = ___ | medical = ___ | other = ___

In response: Read Martin Luther’s Table of Duties (pages 35-39 in Luther’s Small Catechism). Now, regarding your totals, ♦rejoice where you are doing well, ♦repent where you need to change, and ♦be sure of God’s forgiveness through Jesus!

Save this sheet! | Do this exercise once or twice each year! | Compare with other sheets to see your progress!