

Coach House Church BEACONS

TIME WASTING

27TH JULY 2020

Ephesians 5:15-17 says "So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do"

Ephesians was written to a new church in Ephesus by the apostle Paul to give them advice as to how to live. It is packed full of great guidance as to how to go about our lives, whether we've been Christians 2 minutes or 200 years.

This verse is talking about how we should live with wisdom. We should make the most of our time on this earth, not wasting our time with things that aren't going to profit anybody. The world has so many distractions, especially nowadays. There are so many ways we can waste our time and feel like we're doing something. There are so many apps and games and TV programs and social media sites that we can waste our time away with. The devil has distracted us so much from what we are meant to be doing.

Now this is a tricky balance because, as I've talked about in an earlier beacon, rest is so very important. We need to take time to rejuvenate ourselves and make sure we are not burning out. We also need to make sure we stay relevant to the world. We need to make sure we can relate to those around us in the world by understanding what they are into. The problem is that in trying to rest or trying to relate to others we might be doing the opposite. All this stuff can stop us from finding proper rest or sleep and this is affecting the mental health of young people today. It can also pull us away from relationships because we are investing our time elsewhere. All I'm saying is that we need to be careful with what we are spending our time and energy on.

Our purpose on this earth is to do whatever God has called us to. This might be caring for others, or helping them find what they are worth, or helping them find Jesus or any number of things. God will put good things to do on your heart if you ask Him. He knows what His plan for your life is. Ephesians 2:10 says "For we are God's handiwork, created in Christ Jesus to do the good works, which God prepared in advance for us to do." God has made us to do good and has planned in your life good things for you to do. These will be scattered along your path and will be obvious if you are looking for them, but you need to be looking for the good that God has called you to.

It might be that we're waiting on God for something, so you think that doing something that isn't worthwhile is ok for now. This might be an answer to prayer, or it might be that you're waiting for guidance on where to go or what to do, but you can still do the basics of what God has asked. You can be preparing for whatever the next step God calls you to take is. God has given us the bible to show us what he wants us to do and at the centre of that is a relationship with Him. He wants us to know Him. He wants us to spend time with Him and act out of the knowledge we have of Him. Make your waiting time a productive time.

How we spend our time is like the food we eat. We all know which food is best for us to eat. We all know the food that will ultimately give us satisfaction and will keep our bodies working properly and sometimes these are even the foods that taste best. But we get distracted by the fatty, salty, sugary foods that have all the glitz and glam about them. The first hit from a food that's bad for us is good, and the food looks and smells delicious, so we get distracted. But what's best for us in the long term is the fruits and vegetables. The everyday vitamin filled foods that aren't necessarily so shiny on the outside but will do us the world of good. We need to spend our time in the right way. Not in the way that seems fun for a moment but has nothing deeper. We need to put our focus and our attention in the right place.

Jesus did this every day of His life. He wasn't always working, He took rests as He should and withdrew with God, but He knew what He was here for and where He was going. He knew who was king of His life and we need to know who is king of ours. We need to defer to God's plans and what He wants us to do with our time.

As a family we were reminded of the fact that life is short this week. Someone we dearly love died way too soon. It was very sudden and unexpected and very hard to deal with, but it reminded me that our days on this earth are short and

sometimes shorter than we think they're going to be. We never know how much time we have or when God plans to take us home into His loving arms. So let's use every moment we have to do what we are made to do. Let's live out the plan that God has for us.

This beacon is a real challenge for me too and as I write it, I think God is also speaking to me through it. This is so essential for our everyday lives. We don't want to be spending our time on something fruitless and get to the end of our lives having achieved not much for the glory of God. We want to get to the end of our lives and have God say "Well done good and faithful servant". We want to be able to see all that we have done and be pleased with what we have done for God throughout our lives.

Matthew 6:21 reminds us that we invest in what is important to us. It says, "For where your treasure is, there your heart will be also."

This is talking about physical possessions, but it is also talking about all our resources. One of our most important resources is time. So, where we spend our time and our effort and our money will be what is valuable to us. Let's show what is valuable to us by spending our time on it. Let's spend our time on our relationship with our father and creator and do what He would have us do.



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