

more to be

*practical ideas for
making the most
of your time*

TIME

One of life's greatest challenges is finding enough time in a given week to accomplish all the tasks on our "to do" list! As a student, pressures of academics demand necessary attention, while the draw of friends and finding opportunities to just chill nip time away here and there.

Is there any way to balance it all, and make time for some fun in the midst of a busy high school schedule?

Yes! You can make time to knock off your "to do" list along with carving out time to relax with friends (or alone), but it will require a weekly commitment toward considering your priorities and setting forth a practical plan for your time.

make time for your relationship with God

You already don't have enough time to study and hang out with friends, so it might seem impossible to squeeze in time for your relationship with God too! But God's economy is not like ours. When we take 15 minutes a day, especially in the morning, to spend a few minutes reading our Bible and praying, God multiplies our time.

Personally, I think it is because that time with God gets our minds and hearts lined up with His plan for the day, which is always better than the one we have in mind. When we give our day to the Lord, our attitude and perspective on everything changes. So even if you are running late in the morning, start your day in prayer, before your feet hit the ground.

Lord, thank you for this day.

Please order it according to your perfect plan for my life. Show me your work, that I may join you in it. God, thank you for meeting me here today. Thank you for your love, mercy, grace, forgiveness, and faithfulness

Do your best to carve out a few minutes in your morning routine to read a short devotional or chapter of Scripture. When you give God 15 morning minutes, He will reshape your time and life! It doesn't mean you won't have problems, but rather you will be equipped by God to face those challenges with His strength and perspective.

be realistic about what you can do in a day

Tyranny of the urgent plagues our lives. We rush from task to task, event to event, person to person. Our "to do" lists often require three times the amount of time we've allotted to get everything done. Instead of trying harder, we need to eliminate and concentrate! We must take time to see if our expectations are realistic, and then adjust how we spend our time.

The way to make that extra time is decide in advance how you are going to use the "unscheduled" blocks, such as free periods, after dinner, or on the weekends. Often, this time is wasted away by not planning or procrastinating. Browsing the internet, emailing, texting, or for some, even rearranging a desk drawer, chews up 15 minutes here and there! Over the course of a week, two hours have been wasted doing nothing! Making the most of small chunks of time will make you feel like you accomplished much. For example, it might be wise to head right to studies after dinner, instead of connecting with friends, knowing that the reward will be less study time on the weekends and a large chunks of time to hang out and relax. If you feel you must connect each night with friends, then limit the amount of time and commit to staying in on Friday night to study.

We encourage you to use our worksheets to evaluate how you use your time, and then make a plan for the week ahead. Feel free to make copies of these worksheets, or create your own, so that you can plan and prioritize each week!

be smart about who has dibs on your time

Often our time is not our own. It actually belongs to the demands of someone or something else. As a child, time is ordered by parents. As a mother, it is ordered by the needs of the family. As an employee, it is ordered by a boss. And as teen and college gal, it is definitely demanded upon by your academics. But what else has dibs on your time? Are your friends draining what precious time you have? Is a boyfriend more of a distraction than a motivator to get focused? Does your phone keep you too busy? Is the computer an obstacle for studying? Is your need to please making you say yes to the needs of others, when you really need to back off? Are you busy filling your time with community service, but not taking care of the body, soul, and mind God gave you?

Be smart about whose got dibs on your time and eliminate distractions and busyness from your life. Ask for help from a good friend or a mentor, and set boundaries on how you'll spend your precious time!