

Entrusted 2

Stewarding Your Days

The secret to greatness is hidden in your daily routine. When you have a revelation that God loves you and that you belong to Him, it changes everything. It's the starting point of relinquishment from ownership to stewardship. You realise that He looks after that which is His, so you worry less and in the process save a lot of time. This is simply because worrying is one of the biggest time wasters. When you worry less you become more productive and ultimately a better steward of each day. When we talk about stewarding your day we are not just focused on the what but the how, the quality of life you live.

Matthew 6:25-34 ²⁵ *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"*

Be careful that you don't focus on stewarding the wrong thing. Some people are better stewards of their clothes than their bodies. Others are better stewards of their food than their lives. What you value will determine what you steward.

*Look at the birds of the air; they do not sow or reap or store away in barns, **and yet your heavenly Father feeds them.** Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life^[a]?*

This statement has profound implications. When we understand how valuable we are to God we grow in belief that He will look after that which He values. This is because we belong to Him. In helping people to overcome burnout and work from a place of rest, these truths are of paramount importance. What you worry about and the degree to which you worry determines your use of time.

²⁸ *"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Anxiety is reduced when we understand that we are His and He cares about us.

Worrying about the things that pagans run after causes us to miss out on the primary stewardship we are called to; the Kingdom priority.

When we steward the kingdom agenda and assignment He has given us, He grants us all the other things.

Colossians 4:5 *"Be wise in the way you act toward outsiders; make the most of every opportunity."*

This reinforces that stewardship is about recognizing opportunities, not merely scheduling activities.

Stewards don't simply manage time; they recognize divine opportunities hidden within time.

Ephesians 5:15 – 17 (NKJV) *See then that you walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.*

NIV Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is

By implication, understanding what God's will is involves understanding purpose. In essence it is more accurate to talk about purpose management than time management. Redeem your time means to reclaim, recover, retrieve, rescue and regain it. Elizabeth George, speaking of how we have to make the most of our time says **"We cannot manage time. We can only manage ourselves."** People often ask me about my productivity. They wonder whether I sleep at all. My answer is, "Yes I do sleep very well." I also tell them that the key to my productivity is MY USE OF TIME. We have all been given 24 hours in a day, the difference between us is how we use that time. **Many of us are good at keeping appointments with others, few of us are good at keeping appointments with ourselves.** When one is able to practise self-respect by keeping appointments with oneself, then one is on their way to a highly productive life. This will be seen in all aspects of your life including your rules of engagement when it comes to social gatherings.

Each person meets each second, minute and hour twice. He meets it the first time when it comes upon him. He will meet it the second time at the Judgment Seat of Christ to give account for it. ZT Fomum.

James 4:13-15 "Now listen, you who say, 'Today or tomorrow we will go to this or that city.... Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'"

Excellent when discussing calendars. **Our diary should be submitted to God if we are true stewards.**

Life is not lived in years; it is lived in moments. Steward the moments and God will take care of the years.

As we consider the importance of stewarding our time it is necessary to answer the question:

"Do you really want to live out God's plan?" Does your tombstone read died at 21 buried at 70 – Are you living or merely existing? **We cannot separate the discussion of stewarding our time from the discussion on stewarding our purpose.**

A lighthouse keeper, who worked on a rocky stretch of coastline, received his new supply of oil once a month to keep the light burning. Not being far from shore, he had frequent guests.

One night, a woman from the village begged him for some oil to keep her family warm. Another time, a father asked for some oil for his lamp to light his way back home. Another friend needed some oil to lubricate a squeaky wheel. Since all the requests seemed legitimate, the lighthouse keeper tried to please everyone and to grant all the requests that came across his path.

By the end of the month, he noticed that his supply of oil was very low.

Soon, it was all gone and the beacon went out. That night several ships were wrecked and lives were lost. When the authorities investigated, the lighthouse keeper was very repentant. To his excuses and pleading, their reply was, "You were given oil for one purpose, to keep the light burning!"

You've been given enough oil for a 24-hour day to fulfill God's purpose in your life. How much oil are you giving away to others trying to please them? If you don't focus your priorities and use your oil wisely, you may run out before you have completed your assigned tasks. It may be the difference between life and death for those divine appointments God has for you.

Your energy is one of God's most valuable daily deposits—invest it, don't leak it.

Every day God deposits 24 hours into your stewardship account. At the end of the day, He is interested not only in what you accomplished, but in who you became.

Psalms 90:12 "Teach us to number our days, that we may gain a heart of wisdom."

Wisdom begins when we realize our days are numbered.

The issue isn't whether we have enough days. The issue is whether we steward the days we've been given.

Wise people don't count their years; they make their years count by stewarding each day.

What is the nature of time?

A. Time is an unseen force.

B. Time is an equally distributed resource to everyone.

C. Time is constant.

D. Our perception of time differs.

1. Sometimes we don't feel we have enough of it.
2. Sometimes we feel bored and have to "kill" time.
3. Are you going to kill time, spend time or invest time? E.g. my time in the car with Daniel

E. We often give power to it.

We do so by believing myths like "time heals all wounds".

F. There are two major ways to look at time management.

1. Conventional time management (CTM)

This consists of scheduling activities (what you do).

2. Inner time management (ITM)

The mistake we've made in the past when we've taught about time management and being stewards of our time as we've emphasized what we do and what we produce but in the process we've forgotten about who we become. This is more to do with inner time management which I'll explain to you. This consists of monitoring one's energy levels, determining how one prioritizes activities (how you feel when you are doing what you do). Many of us do things at the wrong time of day.

I encourage you to conduct emotional logs. This is where you reflect on every hour of your time and monitor your emotional state and the relevant activity at the time. At some point you start to see that life is loved in moments. You thought that your job was draining until you realized that you only started feeling drained after interacting with a specific person.

Your life is the sum of thousands of stewarded moments.

If you don't monitor your inner world, your outer world will eventually control it.

You don't just spend time—you spend yourself. Your calendar reveals your priorities; your emotional patterns reveal your stewardship.

Time management without energy management produces burnout. Every yes costs emotional energy. Steward it wisely.

Jesus Practised Inner Time Management

Mark 6:31 *"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'"*

Jesus did not merely schedule ministry. He scheduled recovery.

Jesus constantly withdrew. Not because He had poor time management but because He understood energy stewardship. He knew when to: withdraw, engage crowds, pray, teach, rest, confront and celebrate. He was never rushed. He was never reactive. He was always present.

Presence is one of the highest forms of stewardship.

You cannot steward what you do not understand.

Many people say: "My job is killing me."

No. Your emotional log may reveal that:

- gossip drains you
- multitasking drains you
- poor sleep drains you
- conflict avoidance drains you
- lack of margin drains you
- saying yes to everything drains you

Suddenly your whole perspective changes.

What is margin?

Margin is the space between your load and your limit.

It's the buffer that allows you to absorb the unexpected without falling apart.

Think of it like this:

- If your phone battery is always on **2%**, every notification feels stressful.
- If your car's fuel tank is always on empty, every traffic jam creates anxiety.
- If your calendar is booked from **8:00 a.m. to 8:00 p.m.**, every interruption feels like a crisis.
- If you only leave home with just enough time to get to your meetings, the trip tends to be stressful. Being in front of a c=slow truck will irritate you and spoil your day.

Margin is emotional, mental, spiritual and physical breathing room.

Margin is a Stewardship Principle

Luke 5:15-16 "...Yet the news about him spread all the more... But Jesus often withdrew to lonely places and prayed."

As the crowds increased, Jesus increased solitude. Most leaders today do the opposite.

Jesus lived with margin. He wasn't lazy. He wasn't unproductive. Yet He always seemed to have enough emotional space for interruptions. Children interrupted Him. Blind people interrupted Him.

The woman with the issue of blood interrupted Him. His disciples interrupted Him. Because Jesus wasn't merely managing His schedule. He was stewarding His soul.

Practical signs you lack margin

- You resent interruptions.
- You feel guilty resting.
- You're always running late.

- You never finish the day with energy left.
 - You can't remember the last time you reflected quietly.
 - Every request feels like "the straw that broke the camel's back."
 - You have no time for spontaneous generosity.
-

Stewardship application

Ask yourself:

- Where have I filled my calendar so tightly that there's no room for God to redirect my day?
- What commitments should I release?
- Where do I need breathing room?
- Am I trying to steward 120% of the capacity God gave me?