

## My Life in 24 Hours

### *Week 1: A Biblical Perspective on Time, Purpose, and Urgency*

### Overview

**My Life in 24 Hours** helps you see your entire life through the lens of a single day so you can steward the time God has entrusted to you with clarity and intention.

Scripture reminds us: "Teach us to number our days, that we may gain a heart of wisdom." (Psalm 90:12)

This tool is not about fear or pressure...it's about perspective, accountability, and focus.

### Step 1: Understand the Framework

Assume the average lifespan is **80 years**.

Imagine your entire life lived in **one 24-hour day**. Assume you sleep 8 hours each day... that leaves 16 hours to live.

- Your life begins at **7:00 AM**
- Your life ends at **11:00 PM**
- Every **12 minutes = 1 year**
- Every **1 minute = 1 month**
- Every **2 hours = 1 decade**

### Life-Day Timeline

| Time of Day      | Stage of Life |
|------------------|---------------|
| 7:00–9:00 AM     | Birth–10      |
| 9:00–11:00 AM    | 10–20         |
| 11:00 AM–1:00 PM | 20s           |
| 1:00–3:00 PM     | 30s           |

| Time of Day      | Stage of Life |
|------------------|---------------|
| 3:00–5:00 PM     | 40s           |
| 5:00–7:00 PM     | 50s           |
| 7:00–9:00 PM     | 60s           |
| 9:00–11:00 PM    | 70s           |
| 11:00 PM–1:00 AM | 80s           |
| 1:00–3:00 AM     | 90s           |

## Step 2: Identify Your Time of Day

- My current age: \_\_\_\_\_
- My corresponding “time of day”: \_\_\_\_\_

### Reflection Questions

1. What feels urgent at this stage of my life?
2. What feels unnecessary or distracting?
3. What do I sense God asking me to steward more intentionally?

## Step 3: Accountability Reflection

Complete these statements honestly:

- If my life were one day, I am currently spending most of my time on:  
\_\_\_\_\_
- The activity or responsibility most likely stealing my time is:  
\_\_\_\_\_
- One decision I need to make, given my limited time, is whether to stop, start, or continue:  
\_\_\_\_\_

## **Closing Declaration**

- **My days are numbered by God (Psalm 90:12).**
- **My time belongs to Him. Therefore, I make it my goal to please Him (2 Corinthians 5:9).**
- **I choose to live the rest of my day with purpose, focus, and obedience.**