

**200 BC** – Plautus wrote in response to the invention of the sundial: “The gods confound the man who first found out how to distinguish hours! Confound him, too, who in this place set up a sun-dial to cut and hack my days so wretchedly into small portions.” Have you ever considered the day being cut into portions rather than just one large unit? How would the day be without hours?

**1370** – This year was the turning point in Western civilization’s relationship with time when the first public clock tower was erected in Cologne, Germany. Before that, time was natural with the rising and setting of the sun. We became more like machine than natural. Have you ever thought about being under the control and watch of the time machine called a clock?

**1879** – This is the year that Thomas Edison invented the lightbulb. This allowed people to stay up beyond sunset. Before this, people on average got 11 hours of sleep. How much sleep do you average per night? Is that healthy? In America, the median hours of sleep is seven hours. A century ago, it was 9.5 hours. Why are we getting less sleep? With all of the modern-day conveniences we have today, why do many feel like they do not have enough time in the day? Today, the average American works four more weeks per year than they did in 1979. Why is busyness a sign of wealth today? What does this pace of life do to our souls? Why do we find it difficult to let Sunday be a day of rest, a time to spend resting and worshipping the God we all love?

**2007** – This is the year Steve Jobs released the iPhone into the world. Facebook, Twitter, and the App Store came alive. Can you recall what it was like not having these things? Can you imagine not having them today? How did we come to rely on them?

How is the internet decreasing our IQ?

Nicholas Carr wrote in “The Shallows: What the Internet is Doing to Our Brains” -

“What the Net seems to be doing is chipping away my capacity for concentration and contemplation. Whether I’m online or not, my mind now expects to take in information the way the Net distributes it: in a swiftly moving stream of particles. Once I was a scuba diver in the sea of words. Now I zip along the surface like a guy on a Jet Ski.” Can you relate? How can you see change in the how you acquire information in life?

Like slot machines are addictive, are we addicted to our phones?

In **2000**, the average attention span was 12 seconds. Since then, it has dropped to 8 seconds. Goldfish have an attention span of 9 seconds. What does this tell you?

Can you turn off your phone for 24 hours?

Technology has allowed us access to information instantly, at our fingertips. This has programmed us in a sense to expect things faster. But what is speed? Does increasing the pace of life increase our quality of life?

Gandhi said – “There is more to life than increasing its speed.”

“What is all this distraction, addiction, and pace of life doing to our souls?”

**Ecclesiastes 3:1** – King Solomon wrote: “There is a time for everything, and a season for every activity under heaven:”

**Ecclesiastes 8:6** – “For there is a proper time and procedure for every matter, though a man’s misery weighs heavily upon him.”

What is God telling us about time?

How should we respond?