



**"No believer can cope with adversity unless Christ fills his horizons, sharpens his priorities, and dominates his experience."**

**Raymond Brown**



# 1. THE "WHIRLPOOL" CHECK-IN



REDEEM THE TIME 30

BRITISH UNION CONFERENCE | STEWARDSHIP DEPARTMENT



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Look at the list of global crises mentioned in today's session (Pandemic, War, Economic shifts, Loss of trust).

- Which of these "billows" feels most threatening to your personal peace right now?

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- On a scale of 1–10, how much of your "mental time" is spent on the news/alerts vs. spiritual anchoring?

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# 2. THE DOLL VS. THE WRAPPING PAPER



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Prophetic Charts: Help us know the times.

- **Christlike Hearts:** Help us know the Giver of time.
- **Reflect on your faith journey.** Have you ever found yourself "playing with the wrapping paper" (obsessing over the details of the end times) while neglecting the "Gift" (a personal relationship with Jesus)?

# 3. THE HEBREWS 4:15-16 RESOURCE

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Read the text: "We have a high priest who is [able] to empathise with our weaknesses... let us then approach the throne of grace with confidence.

- In your current "permacrisis," what specific weakness or fear do you need to bring to the High Priest today?

# 4. ADRENALINE FOR THE SOUL

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Read Hebrews 12:2-3 (The Message): "Keep your eyes on Jesus... study how he did it... go over that story again, item by item."

1. When you find your faith "flagging," which "item" from the story of Jesus (His life, His sacrifice, His resurrection) gives you the most courage to keep going?

# 5. PERSONAL APPLICATION: FIXING THE GAZE



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# PERSONAL APPLICATION: FIXING THE GAZE

Redeeming the time starts with what we look at. Identify one "digital habit" (e.g., doom-scrolling before bed) that you will replace with "fixing your eyes on Jesus" (e.g., reading a chapter of Hebrews or the Gospels).

- **The Habit to Stop:**

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- **The Anchor to Start:**

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