



**Time**  
**Psalm 90**  
**Message from Pastor Martin Hawley**  
**September 25, 2016**

**The Bottom Line:** Breathing room in our schedule begins by recognizing that time is limited. Use it wisely.

**Introduction:** It's one thing to fill up your house or closet, but it's another thing when your life, schedule, and budget are so full that you can't breathe.

Somewhere, there is a *breaking point* – a limit.  
Life is better with *breathing room*.

**Breathing Room: the space between our current pace and our limits.**

This lesson is about your time. Most of our schedules are like a stuffed closet. We add and add and add ... and never subtract. We feel the pressure and stress and don't enjoy anything because we are doing everything.

How do you create breathing room?

**Your time is a gift from God, and it's limited.**

If we could see God as He is, we would give Him the reverence He is due.

If we could see God as He is, we would be more intentional with the time we have been allotted.

Remembering our time is **limited** provides us with wisdom to know how to spend our **limited** time.

**From Bronnie Ware's Book:**

*The Top Five Regrets of the Dying*

**Regret #2:**

**I wish I hadn't worked so hard.**

**Regret #1:**

**I wish I'd had the courage to live a life true to myself – not the life others expected of me.**

"It's remarkable how small things that don't actually matter can dominate our days."  
-- Justin Zoradi

**If I don't do as much as I possibly can ...**

- I will never make it.
- I will fall **behind**.
- I will be **poor**.
- I won't be **accepted**.
- I won't **measure up**.

**Conclusion:** When we begin to number our days, and when we begin to embrace the wisdom that comes with that, we will begin to declutter our schedules. Then, we will have *breathing room* in our time.

Your time is a *limited* and *valuable* asset.

**NEXT STEPS:**

- Memorize: Psalm 90:12.**
- Pray: Teach me to number my days that I may gain a heart for wisdom.**
- Make a list of what you should eliminate from your schedule.**
- Make a list of what you should increase in your schedule.**
- Make a list of what you should decrease in your schedule.**
- Attend all four weeks of *Breathing Room*.**