



TIMEWASTERS

Conquer your timewasters.

When you waste time, you never get it back. We complain about having too little time to do what we want to do, then fritter it away on meaningless time-wasters. What can you do to cage these timewasters? How can you beat them under control?

- **Identify** what wastes your time. (Hint: It is much easier to know what wastes other people's time, so if you are struggling with this, ask a family member or friend.)
- **Set an alarm** on your phone or on your stove when you begin the activity. When the alarm goes off, put away the timewaster.
- **Demand equal time.** Every minute you spend wasting time, repay in time well spent. So, for example, if you waste time watching television, repay it by reading your Bible or reading to your children. If you waste time surfing the internet, repay it by writing a letter or practicing your instrument.
- **Don't confuse wasted time with rest.** The stresses of a fast-paced, perhaps over-scheduled life will also be very costly. To rest by still water (or take a walk or play a game with your family) is not a timewaster.
- **Work on some creative interests.** Develop a hobby that produces something in the time you spend on it. You might carve broom handles instead of killing aliens.
- **Wait in line.** Don't take up the timewaster until your other work is finished. Plan your day—don't let the timewaster do it.
- **Brainstorm** with a family member or friend about taming the timewaster. Ask that person to hold you accountable.
- **Ask God for help.** He cares about you every tick of the clock.

Acknowledge that our times are in God's hands (Psalm 31:15), so make the most of every minute, using your time well (Ephesians 5:16, Colossians 4:5).