Dear Parents,

 Most families today will tell you they’re overextended, too busy, and stressed out. If you’re like me you’ve often wondered why in the world God only put 24 hours in a day! Each of us has the same amount of time each day, but we choose how to use it. In this class we want to help you discover HOW to manage your family’s time well. Take a moment to watch the following video to see how to manage the time monster:

<http://vimeo.com/parentministry/review/92234304/2643c29f03>

 We encourage you to take the time and really evaluate the 24 hours God has given your family. How exactly are you using the time given to you? Take a few minutes to write your thoughts down; then we’ll take a look at some steps your family can take to tame the time monster.

 A ton of research associated with time management emphasizes setting goals so that you know where to invest your time most. When we know what is most important to us it helps guide the use of our time. Check out this amazing resource that will help you discover the priorities of your family!

<https://www.tablegroup.com/imo/media/doc/Frantic%20Family%20Model.pdf>

Here are some very practical tools to help your family move from frantic hurriedness to calm predictability:

* Learn the power of NO. We all want our children to be great, and often it’s at the expense of family time. In an effort to make our children the BEST at something, we often overinvest our time toward that goal. Bring the balance by learning to say NO to some things, in order to say YES to others.
* Determine your family’s priorities. If eating family dinners together 3 nights per week is a goal, put parameters in place to ensure that happens.
* Be very intentional with the time you do have. Steer clear of cruising social media without setting some time constraints on yourself.
* Give up on the idea of perfectionism and the idea that you can do it all. No one can do it all, and those who look like they do on social media are likely suffering in other areas. Social media isn’t real life.
* Think ahead and plan well/organize your family time. Halfway through the weekend isn’t the time to figure out the priorities. Make sure you have thought about family time and planned accordingly.

 The Bible has a lot to say about our use of time. There are many verses that lead me to believe God desperately wants us to understand how BREIF life is. Psalm 39:4-5 says, “O Lord, make me know my end
and what is the measure of my days; let me know how fleeting I am! Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath!”

 Each moment of our families’ lives are measured out, and God alone knows the number of them. We each have the ability to choose how we use the ones we have by living in the present, being intentional with the time we do have, and loyally following through with the goals we set as a family.

Building Young Disciples,

Pastor Sarah