

Welcome Back!

Honor God Make Disciples



EVERY NATION
CHURCH · PENANG



EVERY NATION
CHURCH · PENANG

WHAT

TO DO

WHEN

YOU DO NOT KNOW

WHAT

TO DO



EVERY NATION
CHURCH · PENANG

WHAT

TO DO

WHEN

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WHAT

TO DO

Part 1:

***HOW TO
WISE UP?***

Part 2:

***HOW TO
MASTER MY
TONGUE?***



EVERY NATION
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Part 3:

HOW TO MANAGE MY TIME?

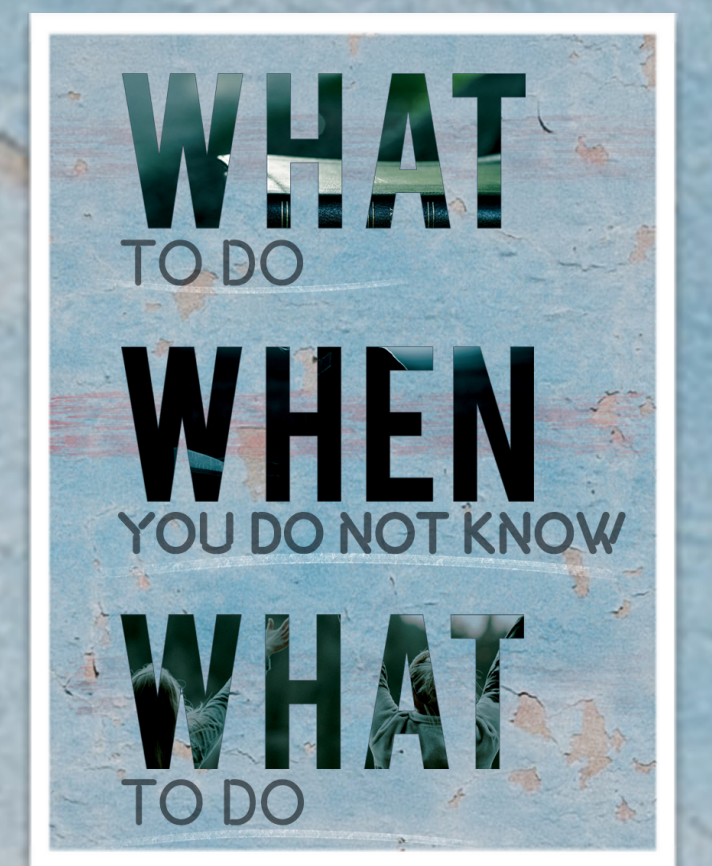
WHAT
TO DO

WHEN
YOU DO NOT KNOW

WHAT
TO DO

WHAT IS WISDOM?

- *The ability **to APPLY** what you know and **to LIVE** how you should in everyday's life (best from God's perspective)*

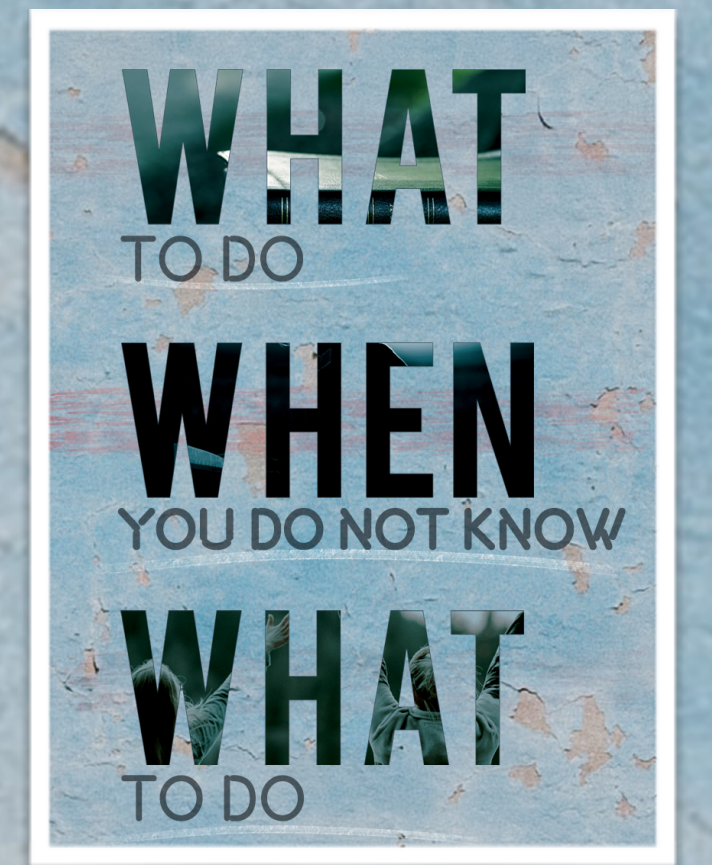


WISDOM *in Hebrew* “**chokmah**”

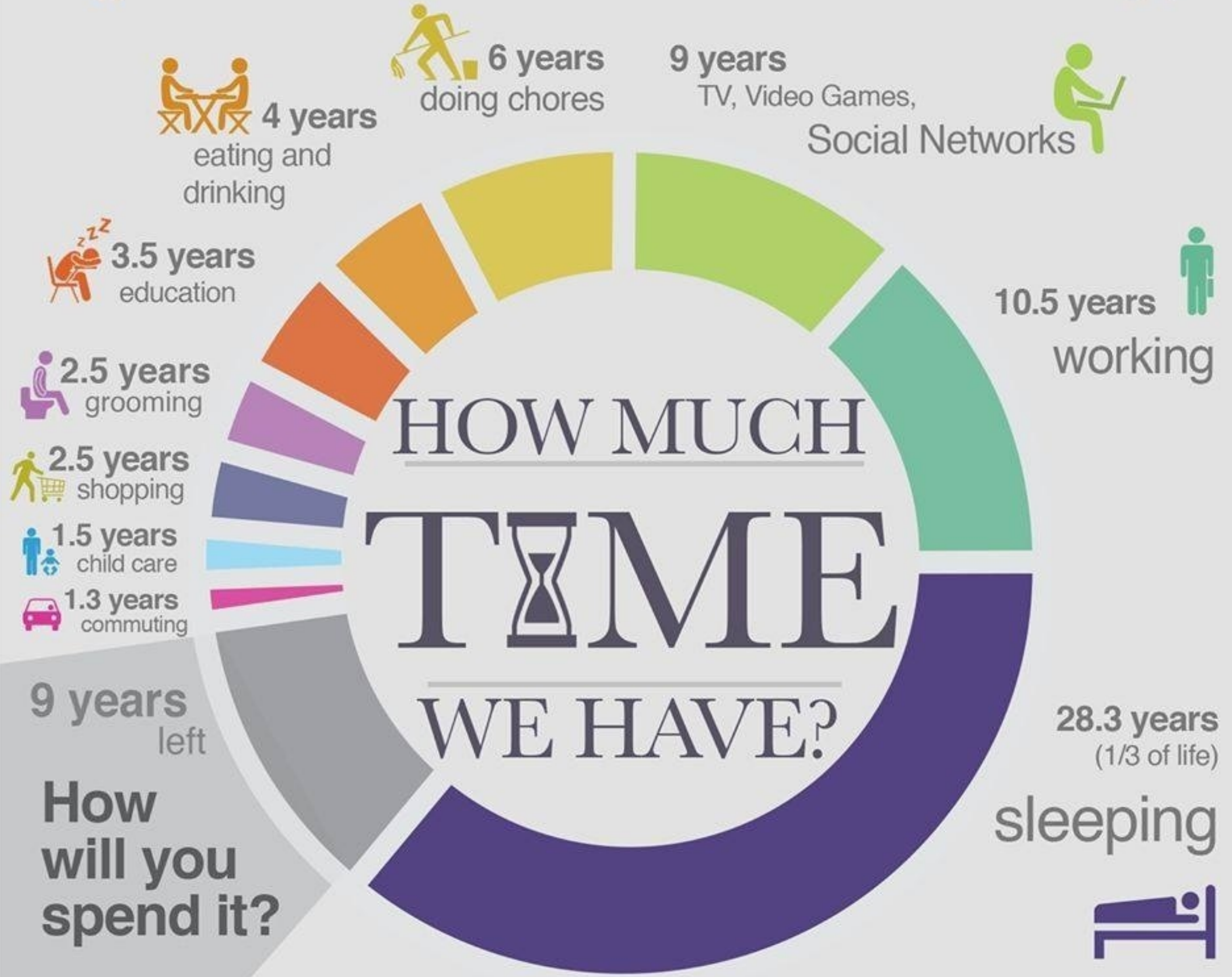
- *The art of skilful living;*



“Where in the world has MY TIME gone?”



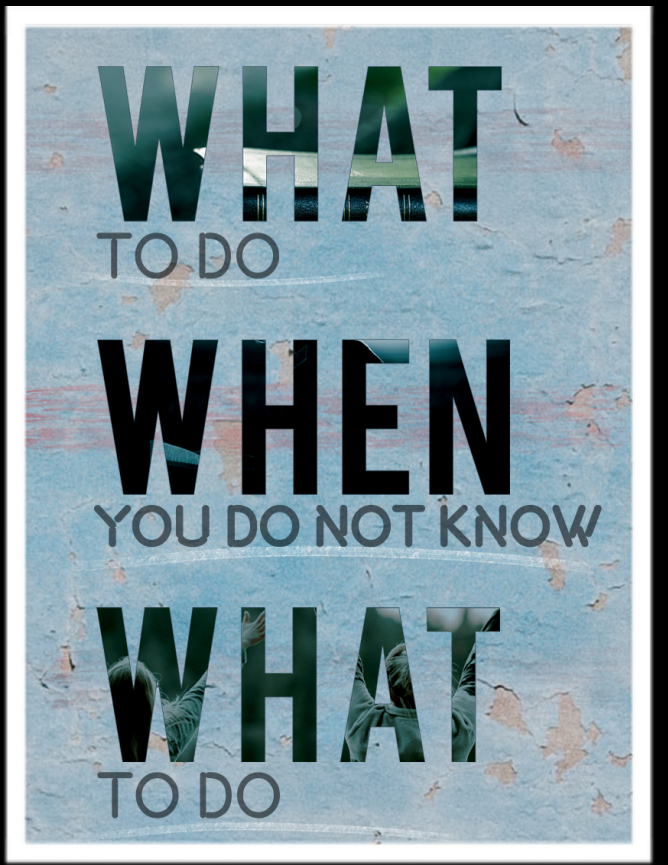
we live 78 years



How will you spend it?

HOW MUCH TIME WE HAVE?

data from World Bank. Bureau of Labor Statistics. based on U.S. population



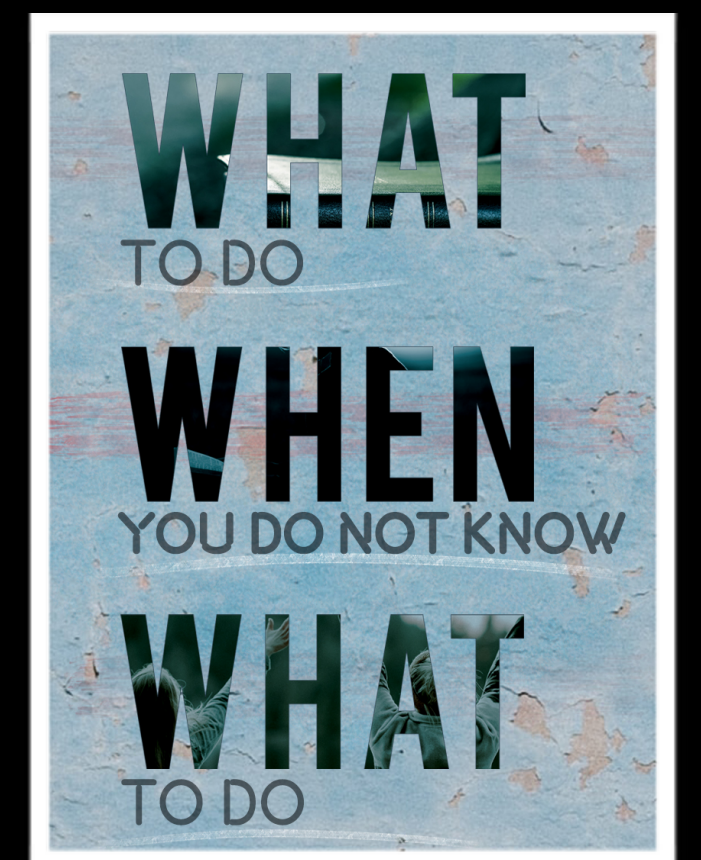
This is my **stress level**



It is unusually high



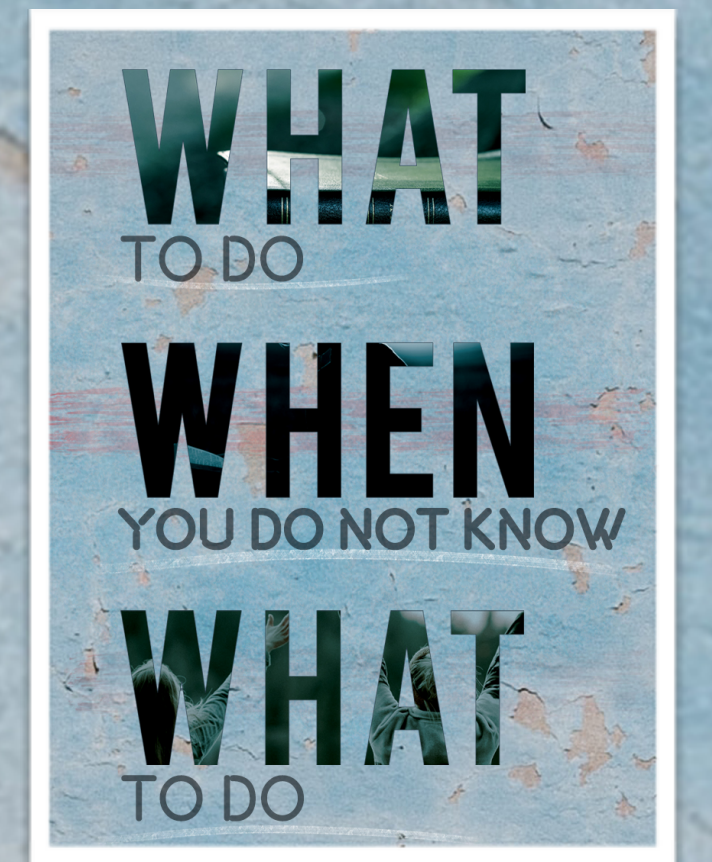
Is there even an **antidote** to such **stress**?



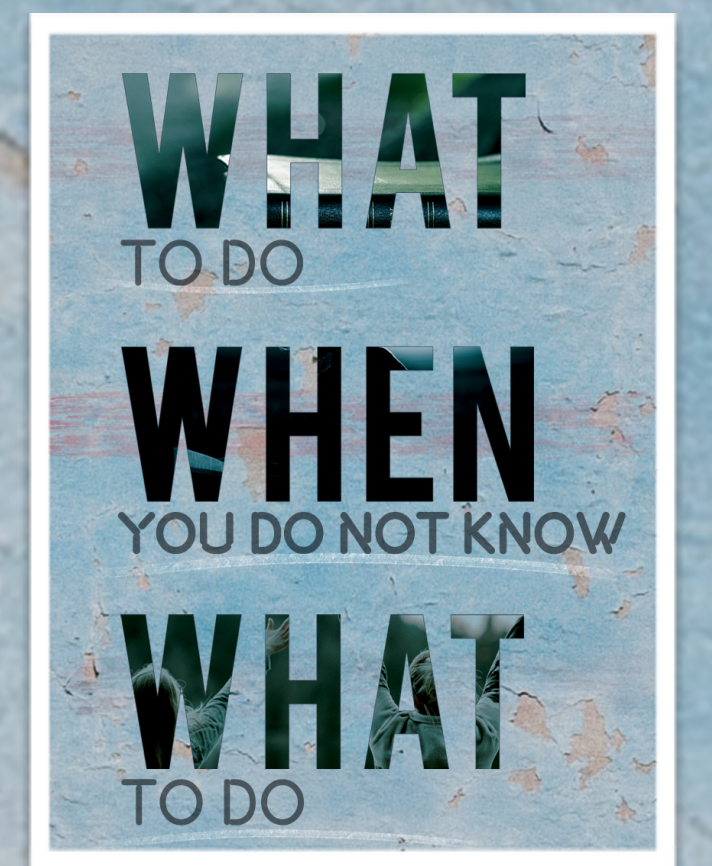
Part 3 :

HOW TO MANAGE MY TIME?

3 WISDOM



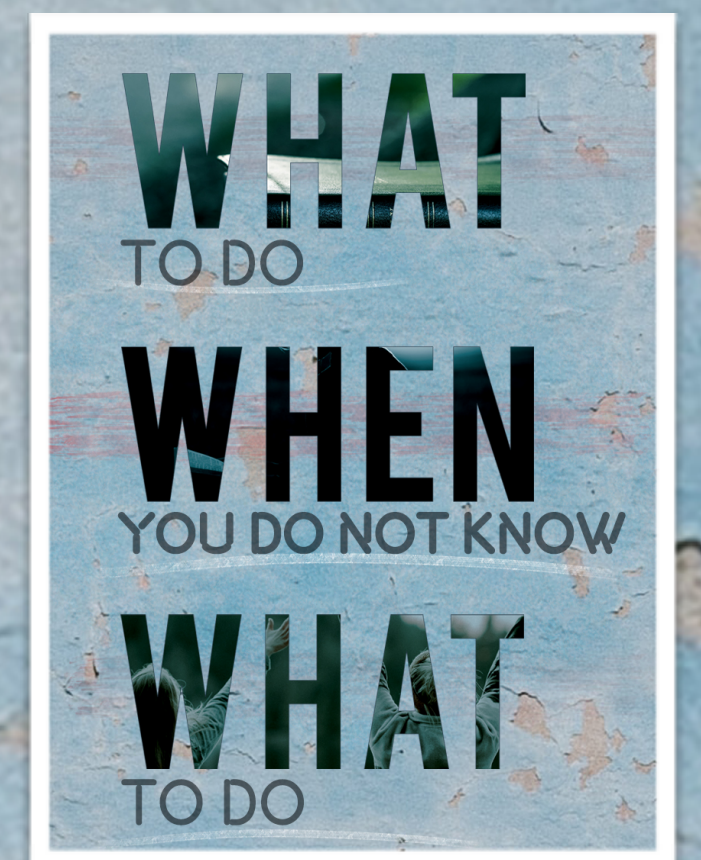
I. LINE UP Your Priorities



Proverbs 17:24 GNT

“An intelligent person aims at wise actions, but a fool starts off in many directions.”

NCV : “The person with understanding is always looking for wisdom, but the mind of a fool wanders everywhere.”







Proverbs 12:11 ESV

“Whoever works his land will have plenty of bread, but he who follows worthless pursuits lacks sense.”

GNT : *“... it is stupid to waste time on useless projects.”*



IMPORTANT

URGENT

NOT URGENT

I
**URGENT
IMPORTANT**

**NOT URGENT
IMPORTANT** **II**

EXAMPLES

Project deadline tomorrow
Tax pmt. due in 3 days

EXAMPLES

Planning, Setting up Systems
Strategy & Goal-Setting

RESULTS

Stress, burnout
Feel out of control

RESULTS

Long-Term Perspective
Few crises, Control, Growth

NOT IMPORTANT

**URGENT
NOT IMPORTANT**

**NOT URGENT
NOT IMPORTANT**

EXAMPLES

Unimportant requests
Social phone calls

EXAMPLES

Playing games at work
Purely social Facebook

RESULTS

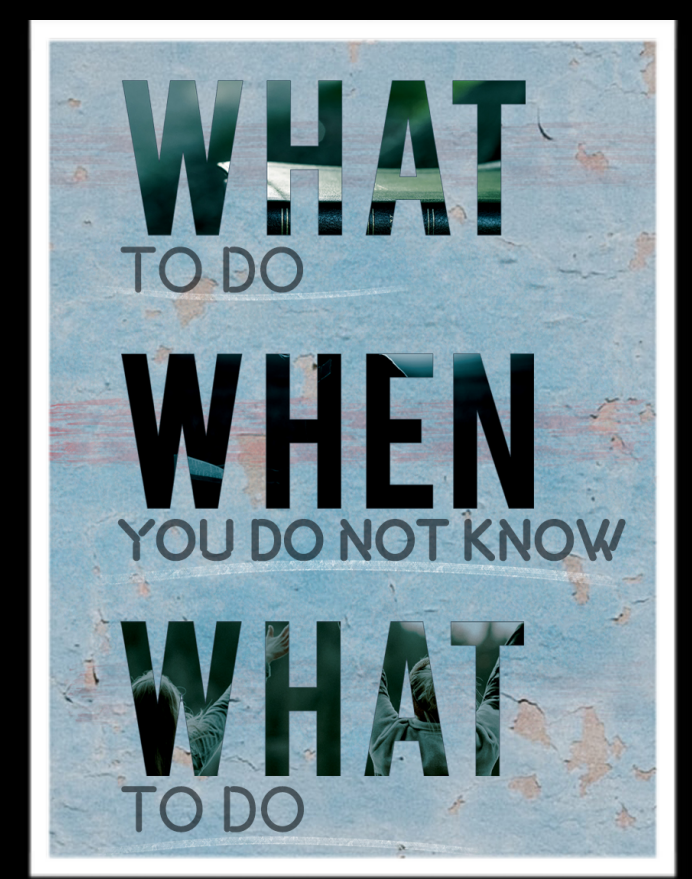
Progress is delayed.
Deadlines jeopardized

RESULTS

Never get ahead OR
Complete Failure

III

IV



URGENT

NOT URGENT

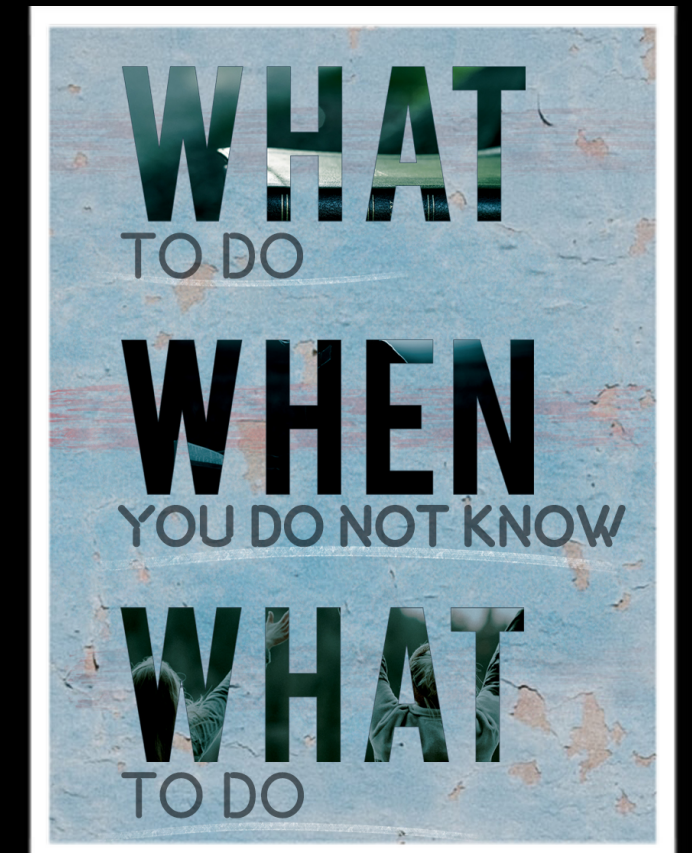
IMPORTANT
NOT IMPORTANT

1
DO

2
PLAN

3
DELEGATE

4
ELIMINATE



**URGENT
IMPORTANT**

deadlines
exams
"real" crises / emergencies
last-minute preparations
meaningful appointments

MANAGE

**NOT URGENT
IMPORTANT**

planning
problem prevention
self-development
healthy, quality relaxation
relationship building

FOCUS

**URGENT
NOT IMPORTANT**

some calls, emails
reporting
somebody else's problems and needs
shallow relationships
some meetings


AVOID

**NOT URGENT
NOT IMPORTANT**

social media
watching tv
nonsense movies
gossiping
shopping

LIMIT



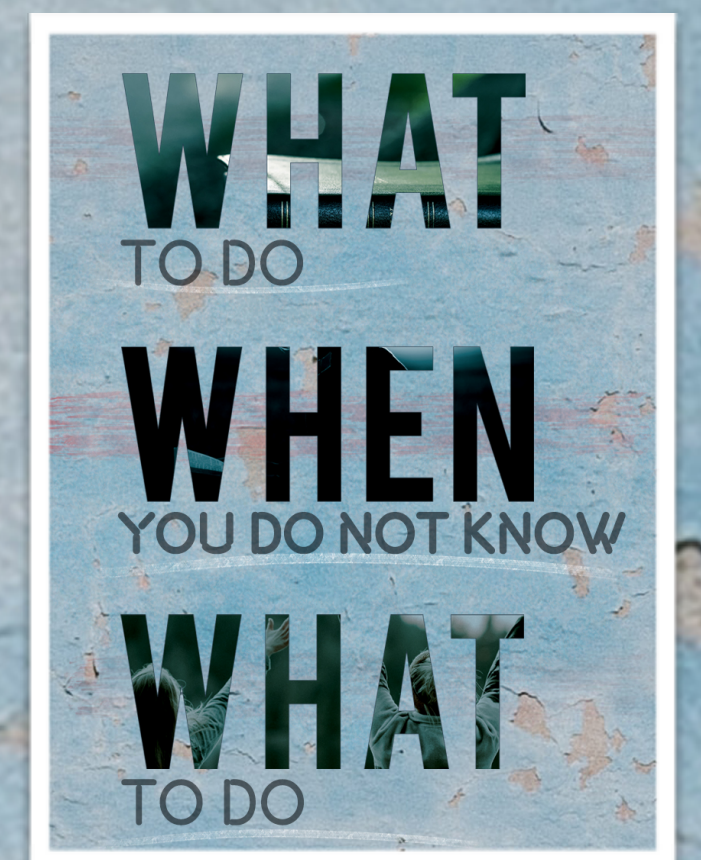
A close-up, low-angle shot of a person's legs and feet as they walk down a set of wooden stairs. The person is wearing bright green pants and brown leather shoes with white soles. The stairs are made of light-colored wood with dark grey treads. The lighting is warm and directional, coming from the side, creating strong highlights and shadows.

Proverbs 16:9 TLB
***“We should make plans—
counting on God to direct us.”***

Proverbs 16:9 ESV
***The heart of man plans his way, but
the Lord establishes his steps.***

Mark 1:35-39 ESV

³⁵ *And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and **there he prayed.** 36 And Simon and those who were with him searched for him, and they found him and said to him,*
³⁷ ***“Everyone is looking for you.”***



Mark 1:38-39 ESV

³⁸ *And he said to them, “**Let us go on to the next towns, that I may preach there also, for that is why I came out.**”*

³⁹ *And **he went** throughout all Galilee, **preaching** in their synagogues and casting out demons.*



Rate yourself :
“How CLEAR is my PRIORITIES?”

1

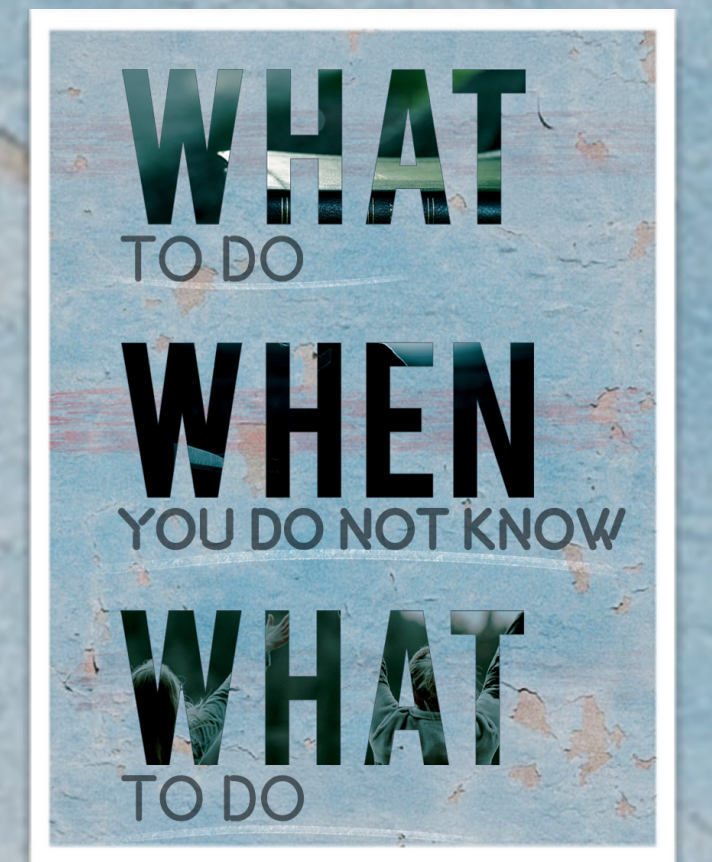
*No clear plans
and going in
different directions*

5

10

*Written out clear
plans and goals.
Make ‘do list’
And “don’t do list”*

2. *LIGHTHEN UP* ***Your*** ***Attitude***



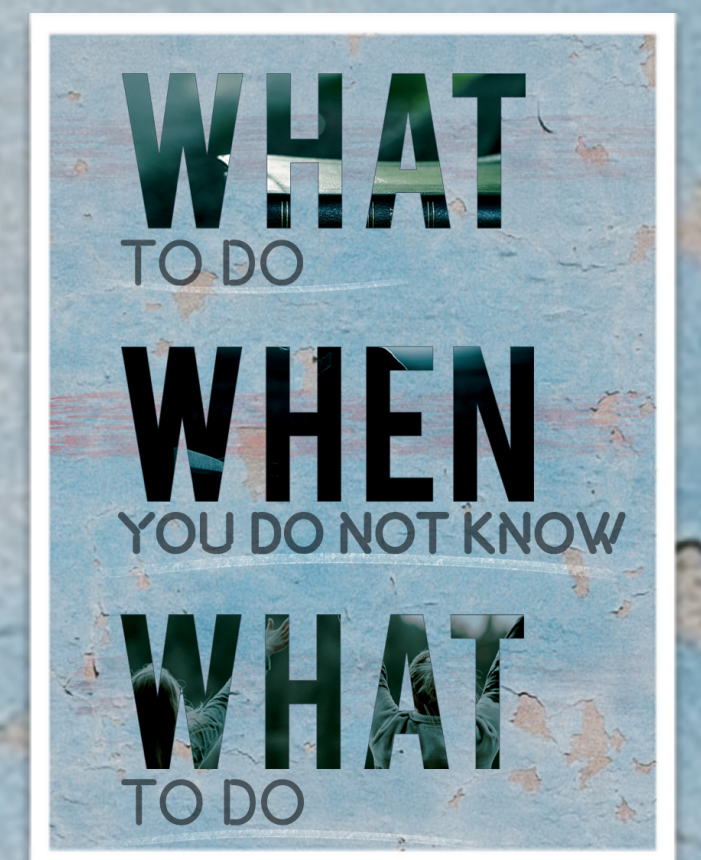


**STRESS is an
Attitude!**

Proverbs 12:25 GNT

*“**Anxiety** in a man's heart weighs him down, but a good word makes him glad.”*

***Anxiety** = apprehensive uneasiness or nervousness; medically means an abnormal and overwhelming sense of apprehension and fear often marked by physical signs*



Take
your
time
for the rhythm
of *living.*





**A day without laughter is
a day wasted.**

Charlie Chaplin

**IF SOMETHING IS
WRONG,
FIX IT. BUT TRAIN
YOURSELF NOT TO
WORRY,
WORRY FIXES NOTHING**

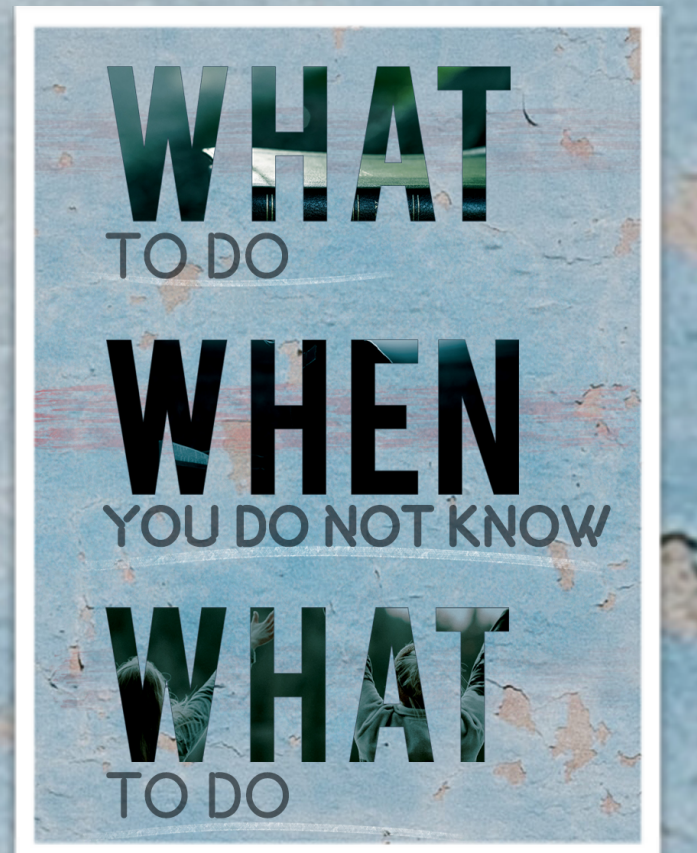


Ernest Hemingway Quotes via Gecko&Fly

Proverbs 14:30 ESV

“A *tranquil heart* gives life to the flesh, but envy makes the bones rot.”

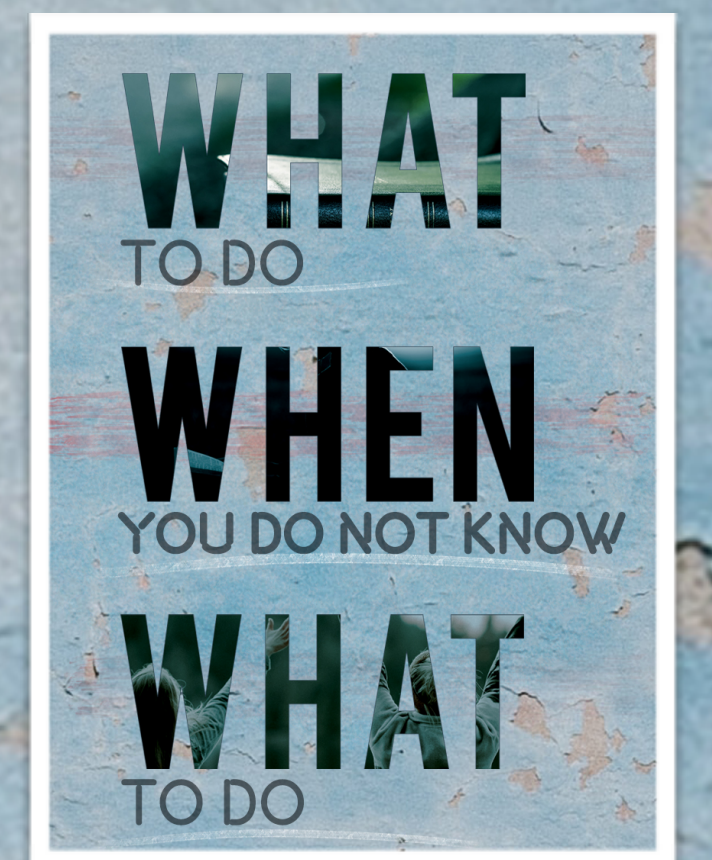
LB : “A *relaxed attitude* lengthens a man’s life.”



Proverbs 17:22 GNT

“Being cheerful keeps you healthy. It is a slow death to be a gloomy all the times.”

NKJV : “A merry heart ^[a] does good, like medicine, But a broken spirit dries the bones.”



Rate yourself :
“How Positive is my Attitude?”

1

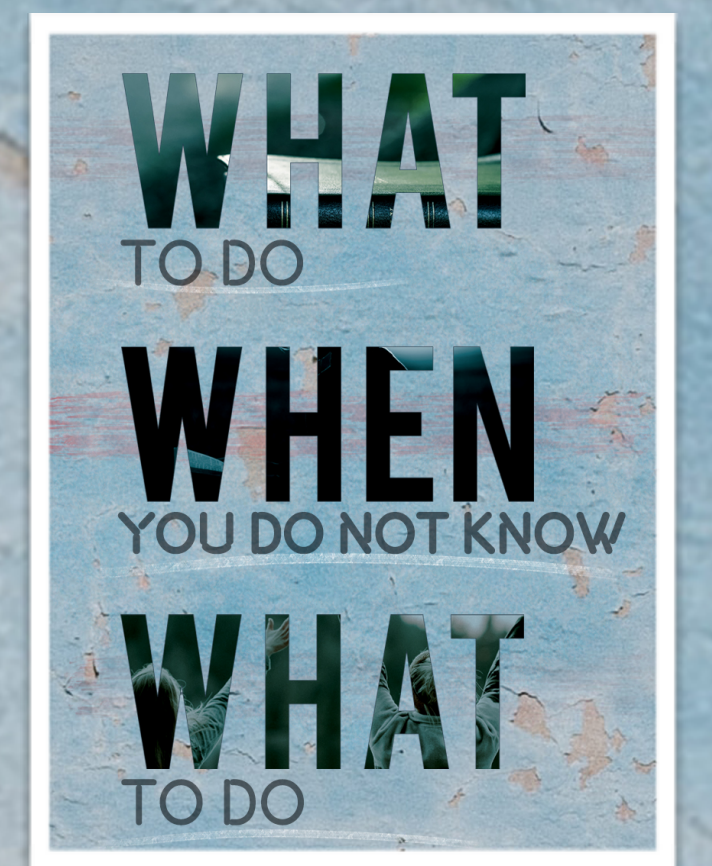
I seldom take any rest and normally too serious at work.

5

10

Even when I'm seriously busy, I knew how to laugh and play.

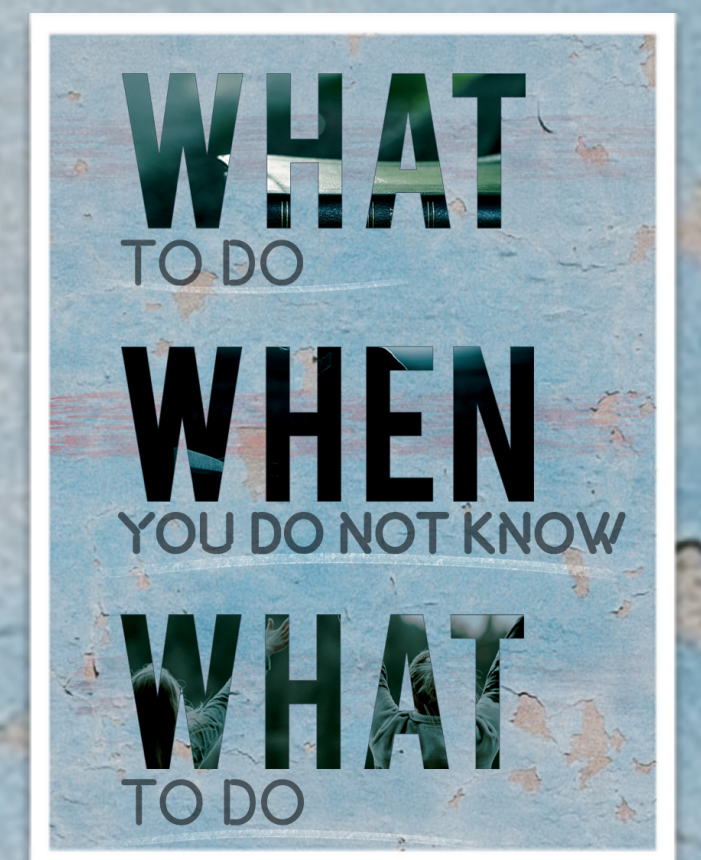
3. *LOOK UP* To GOD



Proverbs 10:27 LB

***“The fear of the Lord
prolongs life, but the years of
the wicked will be short.”***

**LB : *“Reverence for God
adds hours to each day.”***

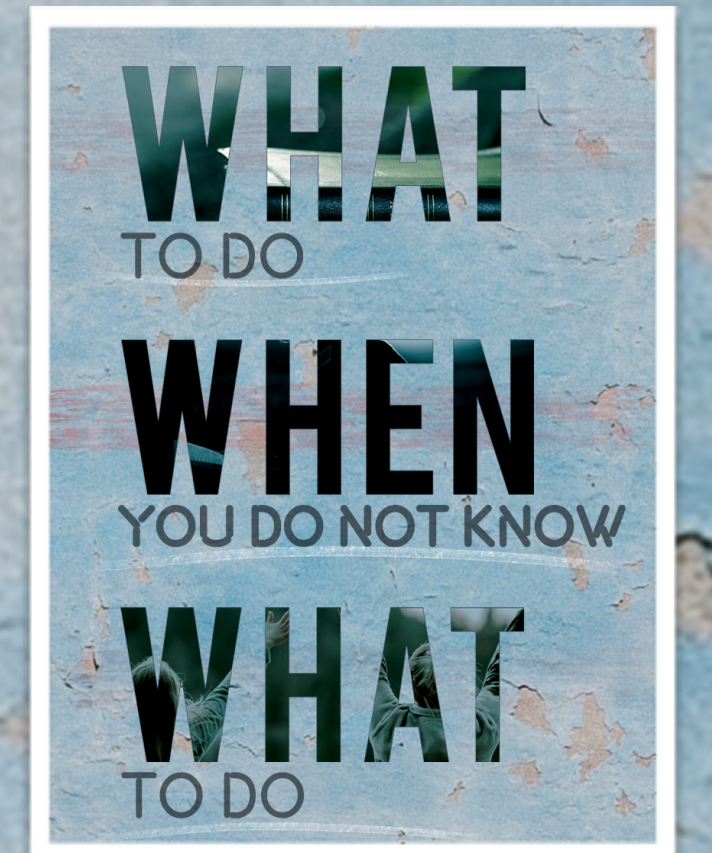


YOUR LIFE = 28,835 DAYS

**WHAT WILL YOU DO
WITH THAT TIME?**

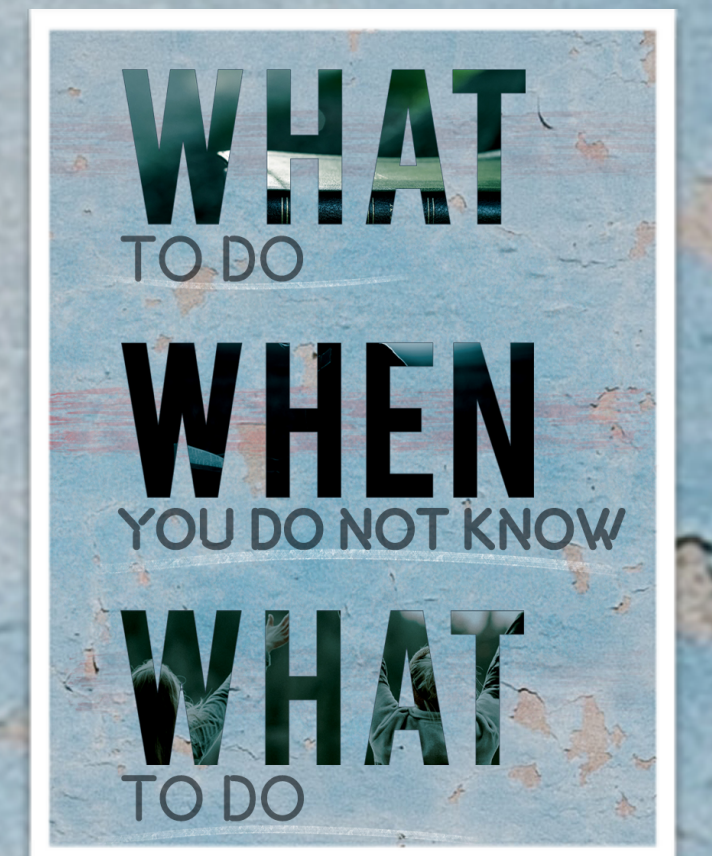
Proverbs 14:26 LB

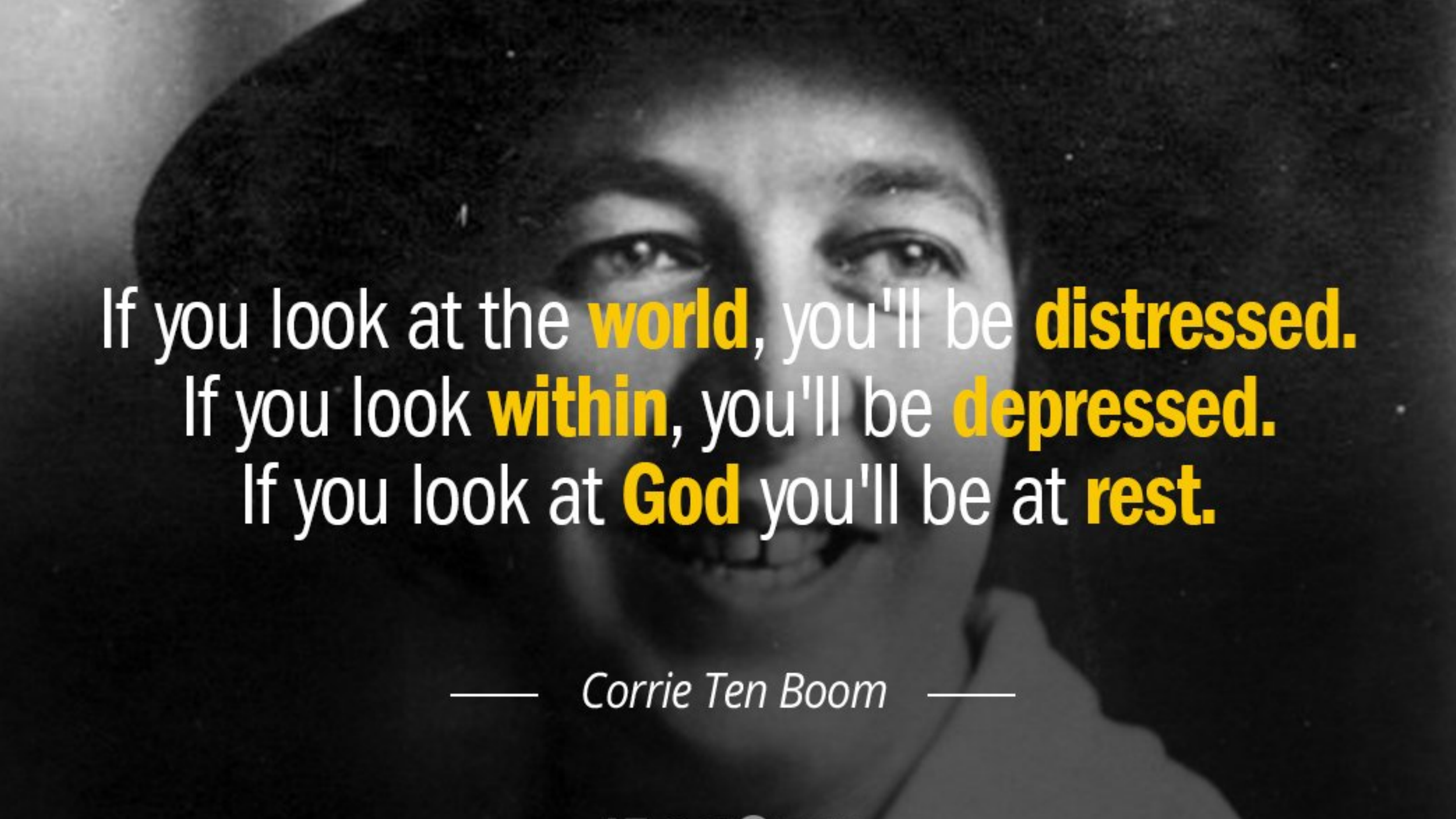
***“Reverence for God
gives a man deep strength.”***



Proverbs 3:5-6 LB

***“Trust the Lord completely,
in everything you do, put God
first, and He will direct you
and crown your efforts with
success.”***





If you look at the **world**, you'll be **distressed**.
If you look **within**, you'll be **depressed**.
If you look at **God** you'll be at **rest**.

— *Corrie Ten Boom* —

Rate yourself :
“How deep is my relationship with Christ?”

1

“I would only pray when it is necessary.”

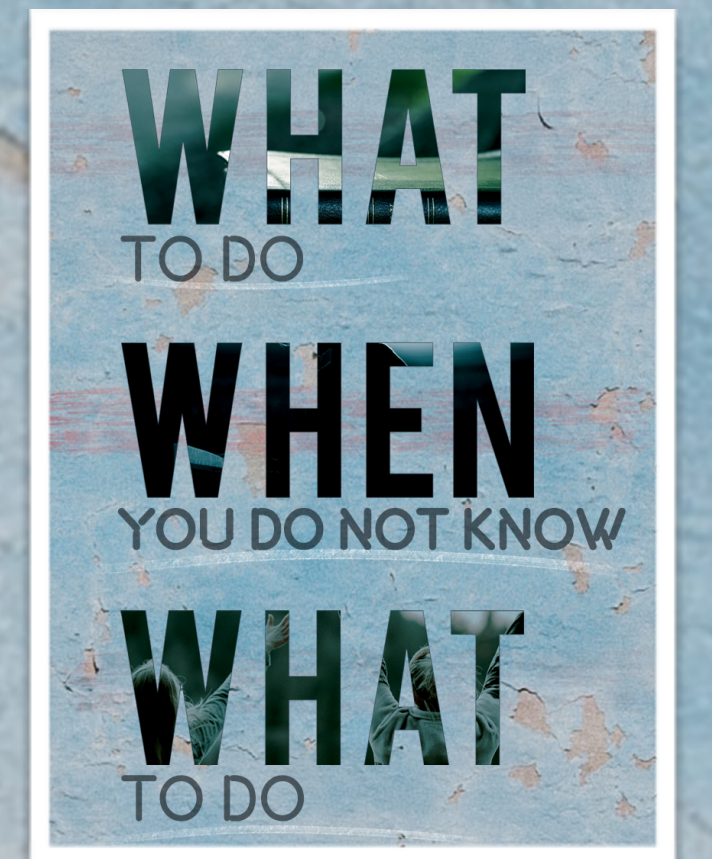
5

10

“I would pray almost everything in my life.”

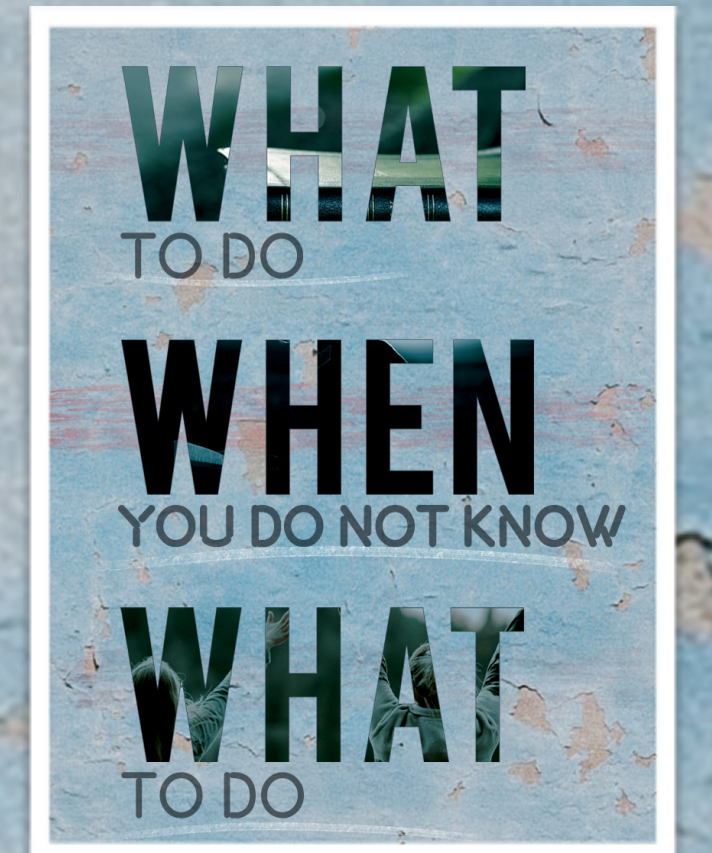
How To Manage My Time?

- 1.**
LINE
UP
My
PRIORITIES
- 2.**
LIGHTEN
UP
My
ATTITUDE
- 3.**
LOOK
UP
TO
GOD



Mark 8:37

“What will a man give in exchange for his soul?”



**TIME IS FREE,
BUT IT'S PRICELESS.**

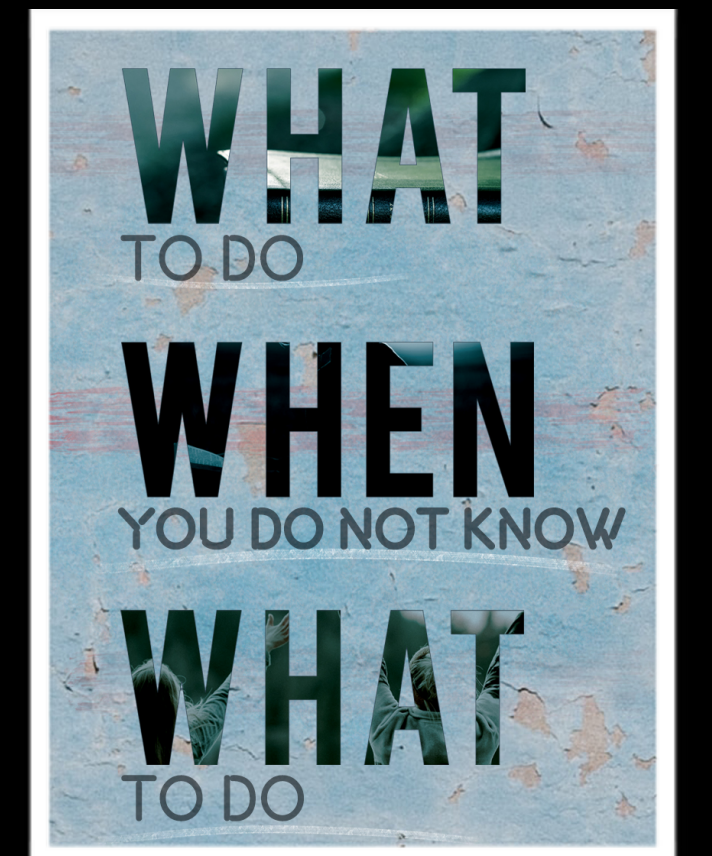
**YOU CAN'T OWN IT,
BUT YOU CAN USE IT.**

**YOU CAN'T KEEP IT,
BUT YOU CAN SPEND IT.**

**ONCE YOU'VE LOST IT
YOU CAN NEVER GET IT BACK.**

-HARVEY MACKAY

**Waste it
Spend it
INVEST IT**





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