

How to Make the Best Use of Our Time
(Ephesians 5:15-17)

Introduction:

1. In these verses Paul recorded instructions for the benefit of Christians.
 - a. (vs.15a) We are to "walk circumspectly" [to live and conduct ourselves in a way that pleases the Lord].
 - b. (vs.15b) Rather than live foolishly, we are to live wisely.
 - c. (vs.16a) We are to redeem the time [make the best use of our time].
 - d. (vs.17) We are to understand the Lord's will.
2. This morning we are especially interested in the admonition to "redeem the time."
3. From vs.16b we learn why we must redeem the time -- "because the days are evil."
4. In our lesson we are concentrating on "how to make the best use of our time."
 - a. We are pointing out 5 activities that waste time.
 - b. We are pointing out 5 helpful activities that involve time well spent.
5. Let us begin with . . .

Discussion:

I. 5 ACTIVITIES THAT WASTE TIME

- A. "Looking back" is a waste of time (Luke 9:62; 17:32).
- B. "Loving the world" is a waste of time (2 Timothy 4:10; 1 John 2:15-17).
- C. "Listening to false teachers" is a waste of time (1 John 4:1; Matthew 7:15-20).
- D. "Worry" is a waste of time (Matthew 6:31-32, 34; Philippians 4:6).
- E. "Murmuring" is a waste of time (Philippians 2:14; 1 Corinthians 10:10).
- F. There are many other activities that waste time, and they are to be avoided if we want to make the best use of our time.
- G. Let us turn our attention to . . .

II. 5 HELPFUL ACTIVITIES THAT INVOLVE TIME WELL SPENT

- A. The time we spend "studying and meditating upon God's Word" is time well spent (Psalm 119:97; 19:7-11).
- B. The time we spend "speaking properly" is time well spent (Proverbs 25:11; Matthew 12:37).
- C. The time we spend "having proper priorities" is time well spent (Matthew 6:33).
- D. The time we spend "maintaining a spirit of optimism" is time well spent (Philippians 4:13).
- E. The time we spend "thinking on proper things" is time well spent (Philippians 4:8; Proverbs 23:7a).

Conclusion:

1. According to Ephesians 5:16b, we must make the best use of our time because "the days are evil."
2. Because we live in a time when evil is widespread, let us "redeem the time."
 - a. Let us avoid activities that waste time.
 - b. Let us pursue activities that involve time well spent.