

"Look carefully then how you walk not as unwise but as wise, making the best use of the time...."

Ephesians 5:15-16a ESV

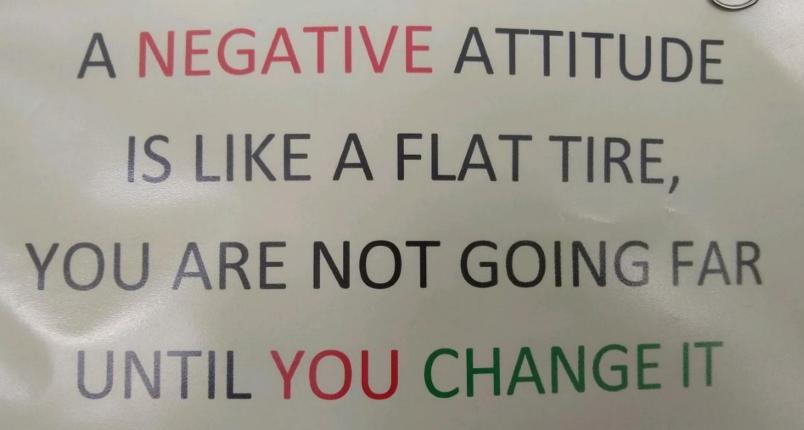
- > <u>unclear values</u>
- > unrealistic expectations
- > <u>Unsustained energy</u>

Define your priorities

"Teach us to number our days, that we may gain a heart of wisdom." Psalm 90:12 "A discerning person keeps wisdom in view, but a fool's eyes wander to the ends of the earth"

Proverbs 17:24





"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones."

Proverbs 14.30 NLT

Acknowledge God

"(Reverence) Fear of the Lord adds length to life..."

Proverbs 10:27

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and he will show you which path to take." Proverbs 3:5-6

"Teach us to number our days, that we may gain a heart of wisdom."

Psalm 90:12