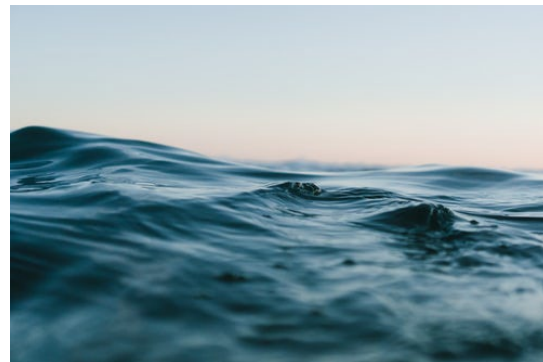


# Time, Rhythm, & Energy

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At creation, God's first real interplay with the world, God consistently set time and rhythm into motion. The Hebrew people would have seen the narrative as a powerful picture on the ordering of life, as well as the need for boundaries and time.



## What does Scripture say?

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Read Genesis 1-2:3. As you looked through the text, what did you observe? Note any kind of rhythm or understanding of time throughout the passages. Rhythm and good use of time is key to energy management.

Other readings: [Psalm 90:12](#); [Eccl. 3:1-8](#); [1 Chr. 12:32](#); [Gal. 4:4](#); [Eph. 5:16](#)

## Discussion

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Throughout the passage mentioned above, “day” is mentioned 14 times—focusing on how we should mark our days. Morning and evening are the natural rhythms of the day, and seven days gives us the natural rhythm of one week. Time and rhythm are foundational to our lives as Christians. Beyond Genesis, these rhythms appear throughout the Scriptures. Jewish life was lived on a rhythm of a Sabbath each week; Daniel practiced the rhythm of prayer three times a day; and in Acts 2 and 4 we see the daily life of Christians gathering for faith and community. Time and rhythm are ubiquitous: the planets spin on a rhythm and orbit the sun on a timeframe; your body pumps blood, blinks eyes, walks on a rhythm; and a biological clock is even present without thinking about it. We base our work on hours per week, and even classes are counted in hours (e.g., 3-hr class; 12 hours a semester, etc.).

## Personal Scheduling

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Like our money, if we consider time and energy as a finite and scarce resource, we can and should “bank our time.” Banking your time and energy happens with a lot of intentionality in creating and following rhythms (see [attachment](#)).

- Prior to the start of your week, outline your entire week. Make a list of all the assignments, their due dates, and an estimate of how much time each will take to complete.
- Mark on your schedule everything that is immovable: work hours, class times, meals, devotional time, and bedtime. This creates a rhythm that will help you work well. Eating and sleeping at the same time each day sets you up. Next, place the assignments and tasks within the free hours that you have.
- The goal is to work to complete the task ahead of the time you believe it will take you. If you think an assignment will take 3 hours and you work hard and do it in 2 hours, then you “bank that time” and start on the next assignment. Once time is banked, you can “use” the time for whatever you would like.
- If you worked hard for 4 hours on homework, and you banked 2 hours earlier, then use the banked hours to do something enjoyable. Each week the goal would be to finish your work for the week before the weekend arrives so that your banked time gives you the Sabbath that you need each week.