



Time Flies

Sunday Morning, July 31, 2016

Note: Bring a youth up and give them a dollar.

“A day is like a dollar. It can be spent wisely or foolishly and never be spent again.”

Dr. David Jeremiah

One of the greatest football coaches of all time was Coach Paul “Bear” Bryant at the University of Alabama. When he died, his family found a crumpled, yellowed piece of paper in his wallet. He had obviously carried it with him for years and had folded it and unfolded it and read it many times. It said, “This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. What I do today is very important, because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving something in its place that I have traded for it. I want it to be a gain, not a loss – good not evil. Success, not failure in order that I shall not forget the price I paid for it.”

(Psalm 118:24) tells us to rejoice in each day He gives us.

This is the day the Lord has made;
We will rejoice and be glad in it.

How can we live each day God gives us, rejoicing in them, when circumstances of life are often challenging and stressful?

1. Consider the blessing that God has given us a day of life to live for His purpose.

How do you do this?

- a. Verbally praise God when you get up in the morning.
- b. Ask Him what your purpose is for that day? How can you glorify Him?
- c. Ask Him to give you joy and help you to see life as He sees it.

2. Focus on Him when facing challenges and stressful circumstances in our daily lives.

How do you do this?

- a. Pray. Start your day out with it. Do it when you face a problem or challenge.
- b. Read your Bible each day. Ask God to show you or teach you how to deal with the situation.
- c. Seek godly advice from other Christians.

3. Remember, God tells us that each day His grace is sufficient for us.

How do you do this?

- a. Ask for His grace. He will give it.
- b. Know His promises. Remember and think on them.

(Matthew 6:34) Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

There are three things I want for us to consider that will help us rejoice in the value of each day that God gives us.

First, measuring our days will cause us to rejoice that we have them.

(Psalm 90: 10 & 14)

10 The days of our lives are seventy years;
And if by reason of strength they are eighty years,
Yet their boast is only labor and sorrow;
For it is soon cut off, and we fly away.

14 Oh, satisfy us early with Your mercy,
That we may rejoice and be glad all our days!

Second, treasure our days, because they are limited.

(Psalm 139:16)

Your eyes saw my substance, being yet unformed.
And in Your book they all were written,
The days fashioned for me,
When as yet there were none of them.
“days” (NKJV) or “continuance” (KJV) in Hebrew ≈
“yom”. Sunrise to Sunset or 24 hour day.

A distance or span of time has been made and determined for our lives. Therefore, we should treasure this limited time.

Third, as you many of you have already experienced, remember time flies! Our life no matter how long or short will go quickly!

(James 4: 13 – 14)

13 Come now, you who say, “Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit”;

14 whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.

Michael Altshuler in his book *PCR Troubleshooting* said, “The bad news is time flies. The good news is you're the pilot.”

(Ephesians 5:15-16) reminds us that we indeed are that pilot & need to be careful how we spend our time.

15 See then that you walk circumspectly, not as fools but as wise,

16 redeeming the time, because the days are evil.

Count each day of your life as a valuable gift of God.
Live each day of your life wisely, focusing on the things
God would have you to do as you face each situation.

And, discover the blessings God will give you and your family, as well as, the wisdom you will gain, because you are numbering your days.

(Psalm 90: 16 – 17 & 12)

16 Let Your work appear to Your servants,
And Your glory to their children.

17 And let the beauty of the Lord our God be upon us,
And establish the work of our hands for us;
Yes, establish the work of our hands.

12 So teach us to number our days,
That we may gain a heart of wisdom.