

THE HANGOVER

Turn last year's mess into a year of meaning



Part Three: How Do I Find More Meaning In My Time? // Jeff Brodie // January 24, 2021

2020 has caused all of us to reflect more on the importance of how we spend our time. There are things that we may not spend as much time on in the future, and others that we will invest more time into. If we want to spend our time in a way that's meaningful, we have to invest it in the activities and relationships that matter most. Let's look at what King Solomon discovered about how we spend our time and how diligence is the key to time well spent.

Scripture: [Proverbs 24:30-34 NLI](#); [Proverbs 13:4 NIV](#); [John 10:10 NLI](#); [John 6:35 NLI](#)

Bottom Line: Diligence over distraction builds meaning over time.

Getting Started:

As you begin, remember that the goal isn't to get through all the questions, but to use them as a tool for good discussion.

1. If you could have an extra day in your week, what would you spend time doing? (Now or post-pandemic--it's up to you!)
2. Looking back on 2020, even 2019, what did you spend your time doing that you miss? What did you spend time doing that may not be as important to you any longer?

Jumping In:

3. How do you think the pandemic has changed the way you see your time?
4. It would be rare in our culture to describe ourselves as lazy, but it does seem that our culture is more distracted. Have you seen this to be true for you? How so?

Discuss:

5. Read [Proverbs 24:30-34](#). King Solomon uses the vineyard as a metaphor for a lesson learned. The owner's vineyard didn't fall apart in a moment but over time. He missed out on being satisfied because of a lack of diligence. Where have you seen this principle play out in your own life?

6. Read [Proverbs 13:4](#). Jeff argued that in today's culture, distraction is the new laziness. We miss out on the meaningful things in life due to our distractions. What would you say are the main distractions in your own life? Be specific.
7. One of the ways to find the critical distractions that are wasting our time is to look at where you are substituting a distraction for meaning (meaning replacements). Jeff shared four examples: escape over engagement, connection over conversations, busy over productive, perfection over present. Which of these meaning replacements did you resonate with the most? Why?
8. What are some other distractions that keep you from being diligent about investing your time in meaningful things or moments?
9. Read [John 10:10](#) and [John 6:35](#). The ultimate source of meaning is a relationship with Jesus. He promises to satisfy us. Why do you think we let the things in our lives distract us from connecting with Jesus? How can we prioritize a deeper, more meaningful connection with Jesus?

Moving Forward:

This week, consider how you spend your time and ask yourself these two questions about the things you do:

1. Jesus, how does this line up with what you value for me?
2. Does this leave me satisfied or leave me feeling empty (or neutral)?

Next week, Jeff will be talking about how to find more meaning in suffering and success. Think about who you could share this series with or invite to join you online next Sunday.