



## Message Discussion Guide Week of February 5, 2023

**Message:** Reset, Part 5: Resetting the Clock

**Key Scripture:** [Psalm 90:1-12](#)

**Preacher:** Tom Parkinson

### Message Highlights:

Time is our most valuable, non-replenishable resource. You can make more money, but you cannot make more time.

Many of us struggle with time. We feel that we don't have enough time to do all the things we need to do, and we often don't get around to the things we consider most important.

Moses struggled with how limited his time was. In Psalm 90 he reflect on how God is eternal and stands outside of time, but that we are mortal and our days come and go quickly. He concludes that we need to allow God to "teach us to number our days"

- The time God gives us in this life is a gift, to be treated as precious.
- We should live day-by-day, moment-by-moment, and not trifle away the time.

Four things Jesus teaches us about managing our time well:

- Time with God is non-negotiable.
- Say "no" in order to say "yes" to what matters most.
- Avoid being hurried.
- Invest in rest.

Ultimately, God offers us eternal life in Jesus (John 3:16). The best use of our time is to invest in our relationship with Jesus.

### Discussion Questions:

1. On a scale of 1-10, with 1 being "terrible" and 10 being "excellent," how are you at time management? Why is it so hard to make time for the things we value most?
2. Read [Psalm 90:1-12](#)
  - What does this passage tell us about time? How is time viewed differently from God's perspective?

- This is the only psalm attributed to Moses. What is Moses struggling with in this psalm? Do you ever struggle with the same thing?
  - What does it mean “to number our days?” How can God teach us to do that?
3. Do you have a set time that you spend with God? Have you found that it can be difficult to keep that appointment? Why is it so easy for that time to get subdued by other things?
  4. Pastor Tom said that our problem with time is often not under commitment, but over commitment. Why is it so hard for us to say ‘no?’ In what ways is saying ‘no’ also saying ‘yes?’
  5. What is the difference between being busy and being hurried? How can you avoid hurry and live fully in the present moment?
  6. God created us to rest. Do you sleep enough? Do you take time to rest, relax, and rejuvenate? Why is it so hard to rest?

**Abundant Life Tip:** Time with God was non-negotiable for Jesus. No matter how busy he was, he never neglected to retreat and spend time in prayer. Schedule your time with God...and keep the appointment!