

# KNOW LIMITS

## Our Time Is Limited

**AUGUST 27, 2023**

Sometimes, we can't enjoy anything because we're so busy trying to do everything. What if there was a better way to approach how we spend our time?

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### MESSAGE NOTES AND HIGHLIGHTS

- Life is better when you know your limits and build in some room to breathe.
  - In Psalm 90:1-10, we're reminded that life is short.
  - "Teach us to number our days, that we may gain a heart of wisdom." | Psalm 90:12
  - Knowing that your time is limited will give you the wisdom to know how to spend your limited time.
  - Time is your most valuable commodity, and it's limited.
  - Because of fear, we may think...I'll never make it, I'll fall behind, I'll be poor, I won't be accepted, I won't measure up.
  - What do you need to add to your schedule that's not there?
  - What do you need to subtract from your schedule that's already there?
  - What do I need more of?
  - What do I need less of?
  - When you begin to live life as if your days are numbered, you'll gain a heart of wisdom.
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### DISCUSSION QUESTIONS

1. How would you describe your time management recently? Great, poor? Hectic, slow?
2. In Psalm 90:12, the psalmist prays that God would "teach us to number our days, that we may gain a heart of wisdom." How do you think learning to number our days can lead to wisdom?
3. Answer these questions to help you assess your time:  
What do you need to add to your schedule that's not there?  
What do you need to subtract from your schedule that's already there?  
What do I need more of?  
What do I need less of?