



I like to think about weird things. You know what's weird to me? Time. Think about time for a second. Sometimes time feels like it moves fast, like when you're hanging out with your friends, where an hour can go by and seem like five minutes. But that same five minutes when you're waiting for the bell to ring to get out of class can feel like hours!

It's also weird that we use time to measure distance. If someone asks you how far away you live from the movie theater, some of you would answer, "About fifteen minutes." That's how long it takes you to cover the distance, but it's not the distance! It's weird that we do that!

The weirdest thing about time is that it's the only thing that everyone has the same amount of. You have the same number of minutes in your day as a professional basketball player, a famous actor, or an overrated YouTube star. You and the richest person in the world have the same amount of time. And even way back when Jesus and His disciples were walking around, they had 1,440 minutes in their day just like you do today!

So how did our time get so out of hand? How did it get away from us? How many of you feel like you have control over your schedule? Or how many of you feel like your schedule has control over you? Let's see a few things that God's Word says about your time and how you should spend it.

But first, breathe.

Actually, take a real deep breathe. Fill your lungs with some fresh air. Do you realize how rarely we take deep breaths? I mean who has the time!? Our time is short, and that can make our breath short. Just breathe for a little bit tonight and let me tell you three weird things you need to know about your time.

1. You have enough time to do everything God wants you to do.

You don't need more time to accomplish all the things God wants you to accomplish. God was aware of how much time you have when He set the tasks in front of you! You have all the time you're going to have, so don't

tell yourself you need more time. Rather, it's time to start looking at where your time is going.

Psalm 31:14-15 (MSG)

*Desperate, I throw myself on you:
you are my God!*

*Hour by hour I place my days in your hand,
safe from the hands out to get me.*

What if the reason your time seems to run out so fast is because you're trying to be in charge of it all. You're giving so many hours to school, several to activities, some to friends and family, and then you try and throw a few God's way too! When you stay in the driver's seat of your time, you don't manage it well. None of us do! Psalm 31 encourages us to give God all our hours! Let Him guide how you spend your time at school, home, work, practice, and rehearsal.

I want to be honest about something I've noticed. As I talk with teenagers about time and stress, commitments and fears, anxiety and depression, there's something that stands out to me. The happiest young people are the ones that aren't doing quite as much. The young people who are content and excited to start another week each Monday have learned how to say "no" to a few things. The ones of you who have overcommitted, however, are typically stressed and stretched beyond your capabilities.

You shouldn't leave here tonight and stop doing everything you're involved in. That would be unwise, and I would get tons of calls from your parents, and I don't have that kind of time. But you should go home and consider where your time is going. And if you find that you don't have enough time, then you're wrong. You just need to find something to cut back on.

Take another deep breath. Feels good, right? Let's look at the second weird thing about your time.

2. Saying "NO" gives you the ability to say "YES."

There is a time for everything, but not all of your time is meant for everything. You will always have more opportunities than you have time. So don't feel the pressure of all these opportunities. Understand that you're

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