

Red Light Green Light: Schedule

1/12/25

Bible Reference:

Psalm 90

“Remembering that our time is _____ provides us with wisdom to know how to spend our _____ time.”

Wisdom from those who have learned to number their days.

“I wish I hadn’t worked _____...”

“...health brings a _____ very few realize, until they _____ have it.”

Teach us to number our days that we may gain a heart of wisdom.

+ what do I need to add to my schedule?

- What do I need to subtract from my schedule?

> What do I need to do more of?

> what do I need to do less of?

Reflection Questions:

Read Psalm 90

1. How did we describe the concept of eternity Sunday? How difficult or easy is that concept for you?
2. How does Psalm 90 contrast us with God when it comes to the concept of eternity? How does that make you feel?
3. We are told to number our days. Why?
4. What is the average life expectancy in the United States for a men and women? Google it. How many years do you have left if you are average?
5. Answers the following questions:
 - + what do I need to add to my schedule?
 - What do I need to subtract from my schedule?
 - < What do I need to do more of?
 - > what do I need to do less of?