



# Live Wisely

**Main idea** Your time is limited. Make every second count.

**Warm-up** You may think of an activity- puzzle that needs to be solved in two minutes.

## introduction

Since we only have a limited time, resources, space, manpower, among others, these often push us to become more creative and wise as we face various challenges and situations.

### [Examples]

- Travel - we tend to fit all our stuff even though our bag or luggage is small
- Money - Allowance, salary, budget  
(a 1-day allowance of P80 which you could stretch up to one week)
- Time - deadlines, loads, assignments, projects  
(Thesis completed overnight)

Sometimes scarcity is good because it forces us to think, be creative and wise with what we have. Abundance sometimes causes us to be wasteful and lax. We have a tendency that unless there is pressure or deadline, we won't really take things seriously.

But Why do we have to learn to live wisely and make every moment count? Why do i need to be here for the next three weeks?

**Answer:** We need to learn to live wisely because our time is limited.

## Message

*"Teach us to number our days aright, that we may gain a heart of wisdom."  
Psalm 90:12*

According to this verse, our days are numbered (*bilang na ang araw mo*). I came across the following statistics showing the life expectancy of people in different parts of the world.  
Uganda – 43 yrs old; Zimbabwe – 38; Botswana – 37. I'm glad we're Filipinos! Statisticians tell us that the average life span is now around 75 years (males) and 80 or 85 (females).

### [Sample Illustration]

#### Average Person's Lifetime

- 20 years of sleeping (for some of us, I'm sure it's more)
- 14 years of working
- 12 years – amusing ourselves - watching TV, movies, malling, fishing, etc
- 7 years of eating
- 5 years riding cars, jeepney or other mode of transport
- 5 years of dressing and shaving
- 4 years of internet
- 3 years acquiring solid education (grade, hs, college)
- 3 years reading books, magazines and newspaper
- 3 years on the telephone
- 1 year of texting
- 4 months of tying shoes

That totals up to a little over 75 years - Researchers say, on the average, that's what most of us would be doing with our lives.

Are you making every moment count? What are you doing with your time? How are you living your life?

**Quotation:** "Life is like a coin, you can spend it in anyway you want but you can spend it only once." You only have one life to live, make it count.

## Application Question

Are you making every moment count? What are you doing with your time? How are you living your life?