

## Sermon Questions: Quality Time

Ephesians 5:8-17, Psalm 90:12

1. There is an old expression, “Love is spelled T-I-M-E.” In what ways is this true?
2. We all have 24 hours per day, 168 hours per week. That sounds like a lot of time, but research indicates that the average American family spends 37 minutes per day together, and the average married couple spends 4 minutes per day together in quality time. Why is it so difficult to invest quality time in our most important relationships?
3. One of the personal disciplines we must develop in order to love others with quality time is the discipline of setting priorities. Pastor Mark suggests that priorities are not primarily a calendar issue, but a heart issue. Do you agree or disagree? Why or why not?
4. Jose Ortega once wrote, “show me your weekly schedule and I can tell you what you love.” Do you agree or disagree? Why or why not?
5. Read Ephesians 5:15-17. How might these words of instruction apply to loving others with quality time?
6. Jesus prioritized time with his Heavenly Father. He had an early morning quiet time and he gathered each Sabbath Day with a Hebrew congregation. How do you demonstrate your love for God with quality time?
7. Pastor Mark points out research indicating that most people have enough time, energy and emotional bandwidth for 8-12 significant relationships. Why is it important to get clear on what relationships will be most important to you, and how you will invest time in those relationships?
8. A second discipline for investing quality time is planning. Why would it be helpful for married couples to plan a weekly date night?
9. What sort of fun activities do you like to enjoy with your most important relationships?
10. Dr. Gary Chapman warns against always using television and movies as the fun activity for spending time together. Why is this a helpful word of caution?
11. How are televisions, video games, smartphones, and other “screen” activities impacting human relationships today?

12. While it is great to engage in spontaneous fun activities with people we love, why do you think it is also important to intentionally plan fun activities?
13. In what ways do you need to be more intentional about prioritizing and planning so that you can invest quality time in the relationships that matter most?
14. Read Psalm 90:12. What do you think those words are trying to communicate?