

## Being Wise with Time and Being a Person After God's Own Heart

Take the survey for yourself and put a number in minutes/hours you spend on each task.

Activities	How Much Time I Spend	How Much Time I'd Like to Spend
Sleeping		
Eating		
Talking on the phone/texting		
Watching TV		
Surfing the Internet		
Doing Homework		
Going to School		
Exercising		
Talking to parents		
Reading the Bible		
Playing Sports		
Praying		
School Activities		
Church Activities		
Spending Time Friends		
Others: (Please Specify)		

What areas would you like to spend less time on?

Why?

What areas would you like to spend more time on?

Why?

How does this relate to being a person that is pleasing to God?

How does this relate to being the best person you can be?

What are you going to do to improve today?

What are you going to do to improve this week?

**\*If you are able read 1 Samuel 18-26 this week.**