

The Best Use of Time

I recently read a Max Lucado devotion about things that take lots of time during the course of our lives. During your lifetime, you will have spent a cumulative six months at stoplights, waiting for the light to turn green. You will have spent eight months opening junk mail and a year-and-a-half searching for things around the house. Here is the kicker: you will have spent five years waiting in lines. None of these require a great deal of thought. It is just time you can never recover and opportunities lost for doing something productive with that time. And how about this: the average American spends 5.4 hours *a day* on their computer and cell phone.



Max Lucado asks the question: “Why don’t you give these moments to God?” These are opportune times to speak to God through prayer. It doesn’t have to be long, drawn-out prayers. It can be simple thoughts like, “Thank you, God, for helping me through that situation,” or “be with me today, Lord.” It could be a quick prayer for someone sick or having a tough time. It could be a simple, one or two-sentence prayer for someone in need. It could be, “Lord, show me what you want me to do in this situation.” The possibilities are endless because our needs are endless. But so are God’s blessings. Not only can you ask for help, but also take the time to thank Him for blessings you have received.

Max Lucado quotes the verse from Psalms 139:23, “*God, examine me and know my heart; test me and know my nervous thoughts.*” Communicate those nervous thoughts through frequent prayer as you sit in traffic or wait in line. Use those moments to be “God moments.”

Consider this: If you were sitting in a car at the stoplight with your best friend in the passenger seat, you would be talking continually. You probably wouldn’t be sitting in silence. You might be sharing thoughts or solving problems that are bothering you. Actually, God *is* in the car with you, and He *is* with you in the line at the grocery store or bank. He is listening. God desires communication with you so that He can be part of your life. Keep the lines of communication open all the time with your Heavenly Father.



Just as you might thank your best friend for helping you through a situation, take the opportunity to thank God for what He has done in your life. Spend as much time thanking God for how He has blessed you as you make your requests known to Him. He may even help you find what you are looking for in the house by placing a thought in your mind. God desires the everyday, frequent interaction so that He can guide you throughout the day.

The Bible tells us to pray without ceasing. *Rejoice always; pray without ceasing; in everything give thanks; for this is God’s will for you in Christ Jesus (1 Thessalonians 5:16-18).* The stoplight is a good place to start as you look for God’s green light.

Question: How can you use your time to communicate more regularly with God?

Prayer: Lord, I pray that I will allow you to be a bigger part of my life through frequent conversation. I need you, Lord. Amen.

