



The following document is a rough copy of Pastor Drost's sermon
notes from October 4th, 2020

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- Let's talk about **TIME**:

According to the latest Oxford dictionary, the word "time" is the most common noun in the English language. When we think of **TIME** we often think of the Tic Tock of seconds... 60 seconds in a minute, we think of minutes... 60 minutes in an hour, we think of hours... 24 hours in a day, we think of days... 7 days in a week... we think of months, we think of years... "He's 10 years old" "She just turned 100".

We ask questions like:

"What time is it?" "Do you have a minute?" "How much time will this take?"

- It has been said by many that **"time is a powerful force"**.
- Harvey Mackay**, a seven-time, New York Times best-selling author said, *"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back."*

So, we say things like:

"You're late!" "Time is money." "Don't waste my time!"

We often value people by how much they're worth an hour!

We say things like: *"I didn't have enough time to finish that."*

We think of time as a linear concept that moves from past to present and present to future.

Like a TRAIN moving on a track.

Sometimes the train seems to be going VERY fast. We feel rushed!

Sometimes the train seems to be moving SLOWER. We're relaxed!

Many scientists disagree that time is linear. They see time as cyclical or rhythmical. Until modern history, humans were governed by the endlessly repeating seasonal cycles: the seasons, the week, the sun by day, the moon by night. That's the idea introduced in the Bible story of creation in Genesis.

- Last September 23rd, I turned 64... What that means is that I circled through 64 cycles in the rhythm of the seasons, or the earth went around the sun 23,376 times. We call that days.
- When we look at "time" in the Bible, you enter an entirely different world than ours.**
 - They did not think in terms of exact measurements of time. There is no mention of "seconds" or "minutes" in the Bible. Nobody talks about a calendar or a clock.
 - The word "hour" did not have the same connotation as it does today (60 sec). It wasn't intended to be exact and often it meant "season" or "moment".
 - They thought more in terms of rhythms and cycles: Night and day marked by the movement of the Sun; seasons and months, defined by the movement of the moon.
- Last week we saw that **all of God's creation functions in RHYTHMS.**
 - The RHYTHM of the planets.
 - The RHYTHM of the waves and the tides.
 - The RHYTHM of our bodies... our heartbeat, our breathing.
 - The RHYTHM of the seasons: Spring turns to summer, summer to fall, and fall to winter... and then the cycle begins again.
 - The RHYTHM of the week... The RHYTHM of the night & the day.

God placed us humans in the middle of a RHYTHM for our overall health and well-being.

When we violate that rhythm, we end up physically, emotionally, mentally or spiritually unhealthy.

- **Illustration:** RESET button on my outside plug... overloaded.
- Last week we talked about two VERY important weekly **RESET** buttons...

1) Keep a weekly **SABBATH**.

Taking one day a week to rest, refresh, refocus & rejuvenate.

It helps RESET your RHYTHM of life! It keeps you physically, mentally and emotionally healthier.

2) Keep a Sunday **SPIRITUAL ROUTINE**.

- Sunday is the FIRST day of the week and when you place God at the **BEGINNING** of your week it makes all the difference in the world... **it becomes a consistent RESET to our spiritual journey!**

- Today I want to leave you with two Biblical PRINCIPLES that have helped me **MAKE THE BEST OF MY DAY:**

1) **Think of your day as starting in the evening not in the morning.** All through Genesis one it says...

5. So the evening and the morning were the first day.
8. So the evening and the morning were the second day.
13. So the evening and the morning were the third day.
19. So the evening and the morning were the fourth day.
23. So the evening and the morning were the fifth day.
31. So the evening and the morning were the sixth day.

The Bible always measures a day from sundown to sundown!

Why does this matter? Why does this make a difference?

I like how **Eugene Peterson** (The Translator of the Message Version of the Bible) says it:

The Hebrew evening/morning sequence conditions us to the rhythms of grace. We go to sleep, and God begins his work. We wake into a world we didn't make; into a salvation we didn't earn.

We start our day with rest, peace, and trust in God so that while we sleep, He guards our lives and He watches over us.

And **when we awake, we awake to a gift... the gift of TODAY!**

- In Jesus' day, little children were taught a bedtime prayer. Every night, in houses all across the countryside, Jewish mothers would teach their little ones to pray the words of **Psalm 31:5: "Into your hands I commit my spirit."**

Before the darkness of night closed in, each child spoke those words of trust in the Lord; trusting that He would take care of them through the night. It's likely that Jesus also was taught that prayer as a child. Thirty years later, it was the last thing he said before he took his last breath. Trusting his future to the Father.

- I often do that...
- I love to say **Psalm 118:24** in the morning...

"This is the day the Lord has made; We will rejoice and be glad in it." Psalm 118:24 (NKJV)

- I recognise that He has given me the gift of this day (by HIS GRACE, His blessings, He gives me this day my daily bread).

- So, two Biblical PRINCIPLES that will help you **MAKE THE BEST OF YOUR DAY:**

1) **Think of your day as starting in the evening, not in the morning** (By the way, that's when you should start your Sabbath day!) ...start by resting and trusting Him.

2) **Think of your day as filled with moments instead of measurements of time.**

Two words for "TIME" in the New Testament Greek:

- **kronos**: a specific space or measurement of time (Chronometer)

Examples:

- “You are 5 minutes late.”
- “Fam Jam starts at 1pm.”

kairos: a moment, an occasion or a season

Examples:

- “It’s harvest time” “It’s Thanksgiving” “Family time”
- “Today’s Swahili service starts at 3pm.”

- We westerners are obsessed with “kronos” time!

In fact, we are at times, prisoners of time.

- We value “promptness” over relationship.
- Other cultures (including the Bible times) valued “relationship” over promptness.

- African story...

“Be careful how you live—not as unwise but as wise, redeeming the time, because the days are evil.” (Ephesians 5:15–16)

This isn’t “kronos” (Not talking about keeping busy). It’s “Kairos” (Taking advantage of the opportunities and the moments).

- At the beginning of this service we had “kronos”. When this service is finished, you will see several examples of “kairos”!

- **Kronos has its value and its place:**

You give *kronos* to your **boss**

– but you give *Kairos* to your **wife (kids, family, friends)**

You use *kronos* to bake a cake in the oven

– but you use *Kairos* to spend time with God

Kronos is helpful in the business world

– but *Kairos* builds relationships – friendships – meaning

If you want your days to be filled with joy, wonder, and memories, then fill your days with more *Kairos* and less *Kronos* (seek those valuable moments)

kronos drains – leaves you feeling empty – tired – unfulfilled

– but *Kairos* builds – makes life fulfilling – energizes

– with *Kairos*, life seems to stand still – **you feel like you touch eternity!**

You remember *Kairos* moments

– you forget *kronos* time!

If you want your relationship with God to be filled with deeper meaning, focus more on *Kairos* God moments and less on doing your *Kronos* devotional duty.

- God doesn’t want a business (professional) relationship with you where you tick off some religious duties. He seeks a family (“Our Father”) relationship where He walks with you, guides you and He whispers His love to you...