



# Plugged-in Parents

October 2011



WELCOME

# Thankful

- Think about three (3) things that you are most thankful for this week.
- Share at least one of those things you are most thankful for with at least 2 parents around you.

# Matt's Daily Schedule

Monday, Tuesday, Friday	
6:00 AM	Rise (Shower/QT)
7:30 AM	Get Jackson Ready (Prayer)
8:00 AM	Office/Dropoff Jackson
8:00 AM—6:00 PM	Office
6:00—7:30 PM	Family Time/Dinner
7:30 PM	Jackson bath time
8:00 PM	Jackson bed time
8:30—10:00 PM	Home stuff/time with Cassie
10:00 PM—12:00 AM	Bed time

# Matt's Daily Schedule

<b>Thursday, Saturday</b>	<b><i>Days off</i></b>
Morning	Time with Jackson
Afternoon	Family time/yard-house work/grocery shopping
Night	Family devotional (Thursday), Jackson stuff, bed time

# Matt's Daily Schedule

Sunday, Wednesday	
6:00 AM	Rise (Shower/QT)
7:30 AM—1:00 PM	Church
1:00—2:30 PM	Church/Family Time
3:00—6:00 PM	Student Stuff
6:30 PM	College Bible Study
8:30 PM	Home
Wednesday	
9:30 PM	Get home

# A Day in My/Our Life

- Take the sheet that you picked up when you came in and take some time to fill out what a normal day looks like in your life.
- On the other sheet, fill out what a abnormal yet common day looks like in your life (ex. May contain multiple practices, working late, etc.).

# Trivia

- How many hours are in a week? (no calculators)
- Answer: 168 hours
- How many minutes are in a week? (no calculators)
- Answer: 10,080 minutes

# A Week in the Life of a Teen

- School = 40 hours
- Practice
  - Football = 22 hours
  - Dance = 12 hours
  - Band/Drama = 8 hours
- Study = 22 hours
- Eating = 14 hours
- Work = 16 hours
- Sleep = 42 hours
- Travel = 5 hours
- Prep = 10 hours
- Church = 3 hours

Band/Drama-Work	160 hours
Football	158 hours
Dance	148 hours

# Discretionary Hours

- ◉ Band/Drama-Work 8 hours
- ◉ Football 10 hours
- ◉ Dance 20 hours

# What's Missing...

- Time with Family
- Personal time in the Word
- Time with Friends
- Extra church events

# Noise, Hurry, and Crowds

Our adversary majors in three things: noise, hurry, and crowds. If he can keep us engaged in 'muchness' and 'manyness,' he will rest satisfied.

Richard Foster

# Your thoughts?

- We are overcommitted and dangerously tired?
- “The problem is that kids with little time to think, play, pray, and dream are often kids who become robots who can’t do relationships very well when they grow up.”  
Dr. Alvin Rosenfeld

# The Cost

- Loss of Rhythm
  - Is my pace of life sustainable?
- Loss of Spiritual Focus
  - Read Matthew 6:21
- Loss of Health
- Stressed-out and At-risk Kids
- Vulnerable to Sin
  - Addiction to the adrenaline of busyness leads us to lower our defenses.

# What really matters most?

“We have to learn to say NO, even to many of the good things, so we can say YES to what matters most in life.”

Doug Fields

# What Matters Most

- And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. John 17:3
- Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, 'Lord, Lord did we not prophesy in your name, and do many great works in your name?' And then will I declare to them, 'I never knew you; depart from me.' Matthew 7:21-23

# 2-Week Challenge

- Thinning
  - Examine your personal schedule/family schedule. Pray and seek direction from God and your spouse for what things could be 'thinned out.'
  - "We can live by either the pain of discipline or the pain of regret." Dr. Jim Burns
- Start a Sabbath (to cease work)

# Sabbath

- Rest
- Refresh
- Restore
- Recreation