

RISING GENERATIONS

THE UPPER ROOM

Track Your Time

by Katrina L. Cassel

How do the people in your family use their time? Below is a time chart. Make a copy for each person in your family. (You'll also need colored pencils for this.) During your family time, let each person fill in a chart this way:



- Color the square that shows what time you get up every day yellow.
 - Color in all the squares that show when you are in school (or at work for adults) blue.
 - Color in the squares that show when you are at church red.
- Next, pick colors to represent activities that happen at the same time each day or week. Such as:
- Green for lessons and practice
 - Brown for Scouts or clubs
 - Gray for sports practice

Now block off time to study and do chores. Do you have a time to read your Bible and pray every day? If not, why not color in half a square each day to spend with God?

Talk together about your charts and what they show about each person's priorities. If there aren't many

uncolored squares, you might need to decide which activities are most important and give up some others. Everyone needs time to relax and play!

Finish your time with a prayer asking God to help you remember what's really important. ■

	SUN	MON	TUES	WED	THUR	FRI	SAT
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
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