Wisdom in the Wise Use of Time



Explore God's wisdom on living intentionally and valuing time with an eternal perspective in this 7-day Bible study plan.





Table of contents

<u>Introduction</u>	3
<u>Day 1: ▼ Counting Our Days Wisely</u>	4
Day 2: O Living with Purpose and Focus	10
Day 3: Prioritizing What Lasts	16
Day 4: TRedeeming the Time	22
Day 5: Trowing in Wisdom Through Reflection	28
Day 6: Guarding Time Against Distractions	34
<u>Day 7: Living Intentionally Every Day</u>	40







Introduction

Time is one of the most precious resources God has given us, yet it often slips away unnoticed. **Effective wisdom is not just about knowledge but applying God's truth to make wise choices, especially in how we use our time.** In this 7-day journey, we'll explore Scripture that challenges us to live intentionally, making every moment count with an eternal mindset.

Living intentionally means aligning our daily actions with God's purposes, recognizing that our earthly days are limited and that our eternal destiny depends on how we steward what we've been given. As the Bible reminds us, "Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12). This study invites you to reflect, evaluate, and adopt a lifestyle where wisdom shapes your use of time — embracing God's timing, prioritizing what lasts, and resisting distractions that obscure your eternal focus.

Each day will focus on a Scripture passage supplemented by additional verses, guiding devotional thoughts, reflective questions, journaling prompts, and a prayer to help you embed wisdom deep within your heart. Embrace this time with God as a catalyst for transformation, so your life reflects His eternal purposes.









Day 1: Counting Our Days Wisely









Day 1:
☐ Counting Our Days Wisely

Your Verse

Psalm 90:12 - "Teach us to number our days, that we may gain a heart of wisdom."

Supporting Scriptures

- Ephesians 5:15–16 "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity."
- James 4:14 "You are a mist that appears for a little while and then vanishes."







Day 1:
☐ Counting Our Days Wisely

Devotional: Recognizing Life's Brevity Sparks Wisdom

Wisdom begins with awareness. Psalm 90:12 invites us to count our days, meaning to understand that our time is limited and precious. When we truly recognize how fleeting life is, we become motivated to live wisely with our time. This isn't about rushing but about intentionality—choosing to invest moments in what matters most.

Paul echoes this in Ephesians, urging believers to be careful and intentional in how they live. Time is a gift to be stewarded; making the most of every chance means prioritizing meaningful, God-honoring activities. James reminds us of life's brevity, emphasizing the urgency of living intentionally.

Today, reflect on how you view your time. Do you treat it as an endless resource or a sacred gift? Wisdom comes when we adopt an eternal mindset, aware that how we use our days impacts our heart and legacy.







Day 1: ∑ Counting Our Days Wisely

Reflect and Apply

1.	How often do I think about the limited nature of my time on earth?
	In what ways can I live more intentionally today with an eternal perspective?
3.	What distractions keep me from making the most of each moment?







Day 1:
☐ Counting Our Days Wisely

Journaling Prompts

	List three ways you currently spend your time and evaluate their eternal value.
2.	Write about a day you lived intentionally and how it impacted you.
	Record thoughts on how awareness of life's brevity changes your priorities.







Day 1: ☐ Counting Our Days Wisely

Prayer for Today

Dear Lord, thank You for the gift of time. Help me to see each day as a treasure and to use my moments wisely. Teach me to live intentionally and with Your eternal perspective, so I might grow in wisdom and honor You with my life. Guard me against distractions and guide my heart to focus on what truly matters. *In Jesus' name, amen.* Σ







Day 2: 6 Living with Purpose and Focus









Day 2: O Living with Purpose and Focus

Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Colossians 3:2 "Set your minds on things above, not on earthly things."
- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."







Day 2: O Living with Purpose and Focus

Devotional: Trusting God Clarifies Our Purpose

Purpose fuels intentional living. Proverbs reminds us to trust God completely rather than our limited understanding. When we submit to His guidance, our path becomes clear and straight, avoiding wasted time on distractions or wrong choices.

Colossians calls us to keep our focus on heavenly realities instead of being consumed by earthly distractions. This shift in perspective ensures that our decisions and daily rhythms glorify God and align with His kingdom.

Jesus teaches us to prioritize God's kingdom above all else. When our main goal is to seek Him, everything else falls into place in due time. Living with a purpose rooted in God's will transforms how we use our time—it becomes intentional, meaningful, and eternal in impact.

Today, consider your driving purpose and how fully you trust God's plan over your own.







Day 2: **(3)** Living with Purpose and Focus

Reflect and Apply

1.	What priorities dominate my time and attention currently?
2.	How can trusting God more help me refocus on what truly matters?
3.	What steps can I take to submit daily choices to God's guidance?







Day 2: O Living with Purpose and Focus

Journaling Prompts

1.	Describe your understanding of God's purpose for your life right now.
2.	Write about a time when trusting God led you to the right path.
2	
3.	Identify areas where you struggle to fully depend on God and pray about them.







Day 2: O Living with Purpose and Focus

Prayer for Today

Father God, lead me to trust You fully each day. Help me to submit every plan and moment to Your perfect will. Open my eyes to see the purpose You have for my time, and guide me to live with intentional focus on Your kingdom. May I seek You above all else and find wisdom as I do. *In Jesus' name, Amen.*











Day 3: Prioritizing What Lasts









Your Verse

Matthew 6:19–21 – "Do not store up for yourselves treasures on earth... But store up for yourselves treasures in heaven... For where your treasure is, there your heart will be also."

Supporting Scriptures

- 2 Corinthians 4:18 "So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."
- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."







Devotional: Investing Time in Eternal Treasures

Wise use of time means investing in what lasts forever. Jesus warns against chasing fleeting earthly treasures, which can consume our time and hearts. Instead, He encourages us to focus on heavenly treasures that hold eternal value.

Paul reminds us that what we see is temporary, but the unseen eternal realities are our true focus. Understanding this transforms our priorities and how we allocate our time.

Ecclesiastes offers perspective that there is a right time for every activity, encouraging us to prioritize seasons of life rightly while keeping eternity in view.

Today, reflect on where your treasure lies and how your time investments reflect your heart's focus.







Reflect and Apply

1.	Which activities consume most of my time but have little eternal impact?
2.	How can I practically shift my focus toward eternal priorities today?
	Do I recognize the different seasons God has placed in my life for intentional time use?







Journaling Prompts

	List things you treasure most and consider if they align with eternal values.
2.	Write about a time when focusing on eternal priorities changed your perspective.
3.	Plan a daily routine or habit that emphasizes storing treasures in heaven.







Prayer for Today

Lord Jesus, help me to store up treasures in heaven rather than on earth. Show me how I can prioritize time with things and people that matter eternally. Teach me to recognize the seasons You've appointed and live intentionally for Your glory. May my heart be aligned with Your kingdom's values every day. *In Your holy name, Amen.*

















Your Verse

Ephesians 5:15-16 - "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."

Supporting Scriptures

- Psalm 39:4-5 "Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is."
- Proverbs 16:3 "Commit to the Lord whatever you do, and He will establish your plans."







Devotional: Making Every Moment Count

Time is precious and opportunities are finite. Paul implores believers to live wisely, redeeming each moment because the world around us is full of distractions and challenges that can steal our time.

Psalmist cries out for perspective on life's fleeting nature, supporting the urgency Paul discusses. When we understand the brevity, we become more diligent in how we use moments.

Proverbs encourages committing our efforts to the Lord to see our plans succeed. Redeeming the time means embracing intentionality and surrendering our schedules to God's leadership.

Today, evaluate how you can 'buy back' lost time by focusing on wise opportunities.







Reflect and Apply

	What opportunities have I overlooked because of poor time management?
2.	In what ways is the world's influence challenging my wise use of time?
3.	How can committing daily plans to God renew my perspective on time?







Journaling Prompts

1.	Write a list of distractions that hinder your intentional living.
2.	Describe a plan or project you want to commit to God this week.
3.	Record steps you can take to better redeem your time each day.







Prayer for Today

Gracious God, guide me to live wisely and make the most of the time you've given me. Help me to discern opportunities You provide and the distractions I need to avoid. Teach me to commit my plans to You and trust Your guidance in redeeming each day. Renew my heart to value every moment for Your glory. *Amen.*







Day 5: F Growing in Wisdom Through Reflection









Day 5: F Growing in Wisdom Through Reflection

Your Verse

Proverbs 2:6 - "For the Lord gives wisdom; from his mouth come knowledge and understanding."

Supporting Scriptures

- Psalm 119:59 "I have considered my ways and have turned my steps to your statutes."
- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."







Day 5: F Growing in Wisdom Through Reflection

Devotional: Seeking God's Wisdom Through Reflection

Growth in wisdom requires intentional reflection and dependence on God.

Proverbs reminds us that true wisdom is a gift from the Lord, who imparts knowledge and understanding beyond human capability.

Psalm 119 encourages us to consider our ways, evaluating life's direction and adjusting course according to God's truth. This reflection helps us correct our use of time and align it with God's statutes.

James promises that when we lack wisdom, God generously provides it. Reflection paired with prayer opens our hearts to divine guidance, transforming how we manage our days.

Today, take time to reflect, ask, and listen for God's wisdom in how you use your time.







Day 5: 🍞 Growing in Wisdom Through Reflection

Reflect and Apply

1.	. How regularly do I pause to evaluate my daily habits and priorities?
2.	. In what areas do I need God's wisdom most urgently?
3.	. What practices can I adopt to invite God's guidance more consistently?







Day 5: 🍞 Growing in Wisdom Through Reflection

Journaling Prompts

	Reflect on a recent decision about your time—was it wise? Why or why not?
2.	Write a prayer asking God for wisdom in managing your schedule.
3.	Create an action plan for moments of reflection throughout your week.







Day 5: 🍞 Growing in Wisdom Through Reflection

Prayer for Today

Heavenly Father, I come to You asking for wisdom in every detail of my life. Teach me to reflect honestly and turn my steps toward Your ways. Help me to listen attentively for Your guidance, and apply Your knowledge with courage. Fill me with understanding to live intentionally and honor You with my time. *In Jesus' name, Amen.*

















Day 6: **(**) Guarding Time Against Distractions

Your Verse

Proverbs 4:25–27 – "Let your eyes look straight ahead... Do not turn to the right or the left; keep your foot from evil."

Supporting Scriptures

- 1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."
- Matthew 4:19 "Come, follow me," Jesus said, "and I will send you out to fish for people."







Day 6: ① Guarding Time Against Distractions

Devotional: Protecting Our Focus for God's Mission

Wisdom also involves vigilance—guarding our time and focus from distractions that can derail our eternal purpose. Proverbs encourages us to keep our eyes fixed straight ahead, avoiding detours that lead away from God's plan.

Paul exhorts believers to be alert and strong in faith so distractions or challenges do not weaken our resolve. Remaining courageous protects how we use our time and energy.

Jesus calls His followers to focus on the mission He gives, which requires intentional effort without distraction. Guarding our schedule aligns us with His purpose.

Today, identify common distractions and pray for strength to stay focused on God's calling.







Day 6: **(** Guarding Time Against Distractions

Reflect and Apply

1.	What distractions most often pull me away from wise use of time?
2.	How does vigilance in faith help me guard my daily decisions?
	What practical steps can I take to keep a focused, courageous walk with Jesus?







Day 6: **(** Guarding Time Against Distractions

Journaling Prompts

1.	List your top three distractions and strategies to overcome them.
	Write about a time when staying focused strengthened your faith journey.
3.	Plan a morning or evening routine that helps protect your focus daily.







Day 6: ① Guarding Time Against Distractions

Prayer for Today

Lord God, help me guard my time and attention from distractions. Give me the courage and strength to stand firm in faith and keep my eyes fixed on You. Lead me away from anything that pulls me off Your path and draw me closer to Your mission daily. May my life reflect Your purposeful design. *Amen.* •



















Your Verse

Colossians 3:23–24 – "Whatever you do, work at it with all your heart... knowing that you will receive an inheritance from the Lord as a reward."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
- Philippians 1:21 "For to me, to live is Christ and to die is gain."







Devotional: Wholehearted Commitment to Purpose

Our final reflection centers on wholehearted commitment to living with intention in every moment. Paul encourages us to work heartily in every task, knowing our ultimate reward comes from the Lord. This eternal mindset motivates diligence and zeal.

Galatians reminds us not to grow weary in doing good, promising a harvest in God's perfect timing. Patience and perseverance are key marks of wise time stewardship.

Paul's statement in Philippians summarizes the eternal mindset perfectly: living for Christ gives purpose to every day, transforming all actions into worship and witness.

Today, commit your life anew to intentional living that honors God and embraces eternity.







Reflect and Apply

1.	How can I integrate eternal purpose into daily tasks and routines?
2.	What challenges cause me to grow weary, and how can I overcome them?
3.	In what ways can living for Christ reshape my view of time and effort?







Journaling Prompts

1.	Write a personal mission statement reflecting your eternal mindset.
2.	List practical ways to serve God wholeheartedly each day.
3.	Journal about the rewards and challenges of living intentionally.







Prayer for Today

Almighty God, today I dedicate my life to You with all my heart. Help me to live each day intentionally, remembering my eternal inheritance. Strengthen me when I grow weary and remind me that my labor for You is never in vain. May every moment be an offering of love and faithfulness to You. *In Jesus'* name, Amen.







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



☐ Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.