



# NUMBER YOUR DAYS

## Warm-up

1. Describe your favorite birthday celebration. Why was it your favorite?  
\_\_\_\_\_
2. When you were younger, what did you want to be when you grew up?  
Why did you want that?  
\_\_\_\_\_
3. If you were given the opportunity to attempt something new or do something different from what you're currently doing, what would it be and why?  
\_\_\_\_\_

## Word

**Teach us to number our days, that we may gain a heart of wisdom.**

Psalms 90:12 (TNIV)

We only have one life to live. A clear grasp of our limited time on this earth gives us the perspective we need to be more deliberate in how we use it. We become wise, choosing to make every moment count and investing every opportunity on what truly matters. Following are four ways we can choose to live.

### 1. LIVE WITH PURPOSE.

Israel's King David understood that God created him for a reason, and he chose to live out God's purpose in his lifetime. We experience the fullness of life when we pursue God's unique purpose for us on the earth. What are some of the benefits to living purposefully?

---

---

*"For when David had served God's purpose in his own generation, he fell asleep; he was buried with his fathers and his body decayed."*

Acts 13:36

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:28

### 2. LIVE WITH PASSION.

When Jesus was asked which commandment was the most important, He responded with a two-fold command: love God, love others. As we learn to love God and love others with all our heart and soul, we will experience everyday charged with passion and enthusiasm. What does it mean to live life with passion?

---

---

<sup>29</sup>*"The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one.*

<sup>30</sup>*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'*

<sup>31</sup>*The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

Mark 12:29-31

*Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

Romans 12:11

### 3. LIVE WITH WISDOM.

Understanding that our days are limited, Apostle Paul exhorts us to use each one wisely. This perspective will enable us to avoid wasting time on foolish pursuits that do not bring lasting and worthwhile value. The more we understand how precious our time is, the more we will invest every moment on what truly matters. What is the key to living with wisdom? How is it practically expressed?

---

---

*<sup>15</sup>Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup>making the most of every opportunity, because the days are evil. <sup>17</sup>Therefore do not be foolish, but understand what the Lord's will is.*

Ephesians 5:15-17

*Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom.*

James 3:13

### 4. LIVE BY FAITH.

Even with purpose, passion, and wisdom, life is incomplete without God. He is the true source of life. Trusting in God results in experiencing a satisfying and fulfilling life as well as the assurance of life after death. How has trusting in God enabled you to truly live?

---

---

*Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."*

John 6:35

*<sup>25</sup>Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; <sup>26</sup>and whoever lives and believes in me will never die. Do you believe this?"*

John 11:25,26

## Personal Application

1. Take a moment and try to "number your days". What conclusions can you draw from this exercise. Pray for a heart of wisdom to know how to spend each moment well.  

---
2. Have there been things that you know you know are important and need to be done but have been putting it off for some other day? Realize that someday may never arrive, and choose to do something about it today.  

---
3. What have you learned from this lesson and how will you put it into practice?  

---

## Prayer

*<sup>14</sup>This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. <sup>15</sup>And if we know that he hears us—whatever we ask—we know that we have what we asked of him.*

1 John 5:14,15