

# Gift of Time

"Doctor, what should I do when I feel a nervous breakdown coming on?"



The doctor rubbed his chin and thought for a moment, then replied, "When you feel a nervous breakdown coming on, get out of bed, get dressed, leave your house, go across town, and do something for somebody."

Good advice. Our gifts of time work both ways: it's good for the one who receives this gift and also for the one who gives.

In one study, folks who volunteered just over half an hour a week lived eight years longer than those who didn't. The reason? Doing a good deed gives you a brighter outlook and even lowers your blood pressure! Scientists say that helping others stimulates satisfaction centers in the brain, making you happier!

How are you using the time God has given you? Whether a king or business tycoon, a truck driver or a store clerk, each of us has the same amount of time.

Many necessities and opportunities demand much of our day – our work, our spouse, our families. With all these tasks competing for our time, how can we balance our responsibilities to fulfill our spiritual duties? How many hours should we set aside for the ministries of the church? caring for the poor? the orphans? the widows? as God commands. (Galations 2;10; James 1:27)

Consider tithing your time (10%). Tithing reflects a thankful, obedient attitude and acknowledges God as the source and owner of all we possess, including our time.

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