

Stewardship Sabbath – April 2018  
Children’s Story/Object Lesson  
By Jackie Bishop

**TIME**

**Spending Time and Money**

Supplies: Bring 168 dollar-bills as a visual

Can you guess how many dollars I have in my mind. (Allow time for answers.) I have 168 dollars in my stack, and that is exactly the number of hours of time God gives us each week.

Time is interesting because we can “spend” it like money, but we can’t make more of it. We can’t do chores and earn more. We all get the exact same amount every single day, every single week.

There are 168 golden hours in each week. (As you explain how the time is spent, count off the dollar bills.)

The average kid will spend about 56 of those hours sleeping. (Put 56 dollars aside.)

He or she spends 24 of those hours in eating and bathing or other self-care. (Put 24 dollars aside.)

About 50 of those hours are spent in school or doing homework or traveling to and from school. (Put 50 dollars aside.)

That leaves about 35 hours a week of other time left over. (Show the remaining bills.) That’s about five hours per day. What are you doing with those hours? Well, on Sabbath we spend about three hours learning about God in Sabbath School and church. (Set three more dollars aside.)

If anyone were to follow you, me, or your parents around for those five hours each day, after about 10 days, it would be very clear what is most important in our life. How we choose to spend the time that God gives us tells a lot about what is

important to us. How do you spend your time? What things do you spend your gift of time on? Do you spend those five hours a day wisely??

Here are some ideas for how to spend your “five dollars of time” of time each day with Jesus. (You might want to print this list—or a portion of it—and give it to the kids. It could be fun if it were placed on clock stationary or had an image of a clock attached somehow.)

- Before you get up each morning, take one minute to thank Jesus for one thing He’s done for you.
- While getting ready for school, take one minute to pray for your parents and siblings.
- While going to school, take one minute to pray for your bus driver or for a friend who doesn’t know Jesus.
- Before your first class, take one minute to pray for your teacher and for God to help you listen well in class.
- Before lunch, or while in the lunch line, take one minute to thank God for something he has done for you this morning.
- Before your first class after lunch, take one minute to pray for your teacher or classmates and ask God to help you be a blessing to others.
- On your way home from school, take one minute to thank God for what you learned this day and pray for the person driving you home.
- Before starting your homework, take one minute to ask God to help you do your best.
- When you are getting ready for bed, take one minute to pray that God will help you to keep learning more about Him and becoming more like Him.
- When you get into bed, thank God for taking good care of you and being with you through your day. And ask for His protection as you sleep.

When you pray 10 times per day, you’ll have another hour each week spent with God! See how quickly time adds up?

If you take time each day to listen to your parents read your Sabbath School lesson, or have worship, that adds another 30 minutes each day or 3-4 hours per week. (Show the dollars.)

It’s all comes down to choices. We can spend time ‘dollars’ on anything: TV, computer games, toys, movies, music. But let’s make sure to budget enough time with Jesus that our lives show how important He is to us.

When we choose to spend time with God, we have this wonderful promise in Proverbs 3:6. It promises that He will guide us and show us what to do. That's what I call spending time wisely!