

Only One Life – Session One

Making the Most of Your Life

Ephesians 5:15

I. The _____ to a Carefully Lived Life

II. The _____ of a Carefully Lived Life

III. The _____ of a Carefully Lived Life

IV. The _____ for a Carefully Lived Life

V. The _____ from a Carefully Lived Life

Questions for Reflection

1. How does the world wrongly define making the most of one's life? What is a biblical perspective of this?
2. What does it mean to be careful how you walk? How does this look in day to day life?
3. Why is it easy to waste one's life? What often distracts us from living a careful life?
4. What are some key principles of Biblical wisdom that should shape how you live your life?
5. What should motivate you to live a careful life of wisdom?

Only One Life – Session Two
Making the Most of Your Time
Ephesians 5:16-17

I. The _____ about the Use of Time

- A. You have been entrusted with a _____ amount of time

- B. You are responsible to be a good _____ of your limited time

- C. There are _____ requirements for the use of some of your time
 - 1. The _____ of God

 - 2. The _____ of God

- D. There are _____ responsibilities for the use of some of your time
 - 1. Your Particular _____

 - 2. Your Providential _____

II. Your _____ about the Use of Time

- A. The Biblical _____ – “Making the most of your time...”

B. Helpful _____

1. Managing Your _____

- a. Identify the _____ uses of our time
- b. Establish _____ routines
- c. Look _____ at your week/month/year
- d. Plan for divine interruptions – _____
- e. Use a _____

2. Managing Your _____

- a. Establish regular _____
- b. _____ what needs to be done
- c. Prioritize what to do _____
- d. Plan _____ to do what needs to be done

3. Managing Your _____ – 1 Cor 9:24-27; 1 Timothy 4:7-8

Questions for Reflection

- 1. How are you reminded of the limited amount of time you have on a typical day? Why are we often frustrated by our limited time rather than relieved by it?
- 2. What are some clear biblical priorities that should be a regular part of your life? Which are the easiest to neglect? Why?
- 3. What routines do you already have in place that help you fulfill your biblical priorities and make the most of your time? What are some that would be helpful to cultivate in the coming weeks and months?
- 4. What are some helpful tools or practices you use or could use for managing your time and tasks?
- 5. Why should we strive to be self-disciplined? How can you grow in this area?

Only One Life – Session Three

Making the Most of Your Singleness

1 Corinthians 7

I. You are to _____ God in Every Season of Life

II. You are to _____ God in Every Season of Life

III. You are to Carefully _____ this Season of Life

A. The Unique _____ for Devotion to Christ

B. The Clear _____ of Devotion to Christ

1. Intimately _____ Christ

2. Increasingly _____ like Christ

3. Faithfully _____ Christ

a. As a part of His _____ – in the local church

b. As His _____ – in the world

IV. You are to Wisely _____ Future Seasons of Life

- A. Am I _____ for singleness?
- B. Am I _____ in my singleness or consumed with marriage?
- C. Am I _____ for marriage?

V. You are to Intentionally _____ for Future Seasons of Life

- A. Pursue _____ more than you pursue marriage
- B. Develop selfless _____ for and right _____ about others
- C. Practice _____ in your mind and body
- D. Cultivate biblical _____ and _____
- E. Establish patterns of wise _____ stewardship
- F. Invite _____ and _____ from mature believers (including your parents)
- G. Pursue real, godly _____ with other believers

Questions for Reflection

1. How do different seasons of life provide unique opportunities to glorify and serve Christ?
2. Why is it easy to be discontent with our current season of life? How can you cultivate trust in the Lord and contentment?
3. What are some of the unique blessings and opportunities that are yours as a single adult? How can you make the most of this season of life?
4. What is currently distracting you from wholehearted devotion to Christ?
5. How do you balance considering and preparing for future seasons of life (like marriage) while maintaining contentment and faithfulness in your current season of life?