

# What Matters Most

All the things on the chart below are good gifts from God. They name ways to use the free time He gives us. Think about the past seven days. How much time have you spent doing each of these? Use a calculator if it will help you, and fill in the right-hand column with the total number of minutes you think you spent in each activity. (Use the two blank lines at the bottom to add other free-time activities you did that aren't on the list.)

#	Free Time Activities	Minutes Last Week
	Texting	
	Online time (computer)	
	Sports	
	Bible reading, church, Sunday School	
	Television and movies	
	Electronic gaming, Wii, etc.	
	Helping others	
	Time with friends face-to-face	
	Time with family	

Now fill in the left-hand column, adding a number to indicate the priority of each activity in your life based on the amount of time you devoted to it. The activity that took most time should be 1, the next most time is 2, and so on.

How do your results compare with those of your friends?

What did you learn from this activity?

Name \_\_\_\_\_

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