

REDLINED • Week 1: Too Much, Too Fast, Too Long

Daily Briefing • Day 5 of 5 • Numbered Days

WEEKLY MEMORY VERSE

Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.

Matthew 11:28-30

Sunday we saw that we cannot cram eternity into a life that the Bible calls a mist. Today we ask what it looks like to spend the days we actually have on what God actually asked of us. You can watch or listen to the sermon at 1mso.church or on the One Missoula app.

OPENING PRAYER

Heavenly Father, teach me to number my days. Show me what I need to subtract and what I need to hand off, and help me clearly define what You have actually asked of me. Give me the humility to live inside those limits that focus my energy and attention. Thank You that my days are short but Your steadfast love is not. I commit my hours, my days, my weeks, my months, and my years to You in the name of Jesus. Amen.

TODAY'S TEACHING

At a 2022 benefit concert for Montana flood victims, musician John Mayer explained why the clock on the cover of his album *Born and Raised* is set to 10:38. He pictured an average man's life as a single 24-hour day, and when he made that record, it was 10:38 in the morning of his life. Try it yourself. If an 80-year life were one day, every year would be worth about 18 minutes. Thirty years old is 9:00 in the morning. Forty is noon. Fifty is 3:00 in the afternoon. Sixty is 6:00 in the evening, and so on.

Psalms 90 is titled "A Prayer of Moses, the man of God." This is the same Moses, the deliverer from slavery, we met yesterday. He wrote, "The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away" (Psalm 90:10). Then he asked God for the one thing a short life needs most: "So teach us to number our days that we may get a heart of wisdom" (Psalm 90:12).

Moses knew what it was to be overrun. At one point he was settling disputes for the entire nation from morning until evening, until his father-in-law, Jethro, told him, "What you are doing is not good" (Exodus 18:13-18), and taught him to delegate. Moses left a remarkable mark on history, and not by doing everything himself. He stayed focused, added and subtracted carefully, and walked humbly before God.

Numbering your days is not morbid. It is focus. David prayed, "let me know how fleeting I am!" (Psalm 39:4), not to scare himself, but so he would stop wasting what he had. And a short life is not a hopeless one. Our days are like grass, "But the steadfast love of the LORD is from everlasting to everlasting on those who fear him" (Psalm 103:17). What you are really longing for when you wish for more time is eternal life with the One you were made for (John 3:16).

So what time is it in your life? The question is not how much more you can cram into the hours you have left. It is whether those hours are focused on what God actually asked of you.

READ & MEDITATE

Psalm 90:10-12

The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. ¹¹ Who considers the power of your anger, and your wrath according to the fear of you? ¹² So teach us to number our days that we may get a heart of wisdom.

Psalm 39:4-5

O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am! ⁵ Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! Selah

Psalm 103:15-17

As for man, his days are like grass; he flourishes like a flower of the field; ¹⁶ for the wind passes over it, and it is gone, and its place knows it no more. ¹⁷ But the steadfast love of the LORD is from everlasting to everlasting on those who fear him ...

Read Psalm 90:10-12 and notice what Moses asks God to teach him. Then read Psalm 39:4-5 (Selah is a Hebrew word that likely marks a pause in the music) and Psalm 103:15-17, and notice what lasts when our days do not.

REFLECT

Reminder: honest introspection and Scripture-informed self-assessment are far more beneficial than self-delusion and wishful thinking.

Picture your life as one 24-hour day, with each year worth about 18 minutes.

Multiply your age by 18 minutes, starting from midnight. What time is it in your life right now?

How does seeing it that way change what you want to do with the hours you have left?

Fill in the blank from Psalm 90:12:

"So teach us to _____ our days that we may get a heart of wisdom." (Psalm 90:12)

*These fill-in-the-blank questions use the ESV text. Your Bible may use different words for the same idea.

What would it look like to actually count your days instead of assuming you have plenty?

Remember, this isn't about sitting around doing nothing. It's about focus: subtracting whatever pulls you away from the calling God fitted to you. Nice-to-haves that became have-to-haves usually do more harm than good.

What is one thing you need to subtract this month so your remaining hours go to what God has actually asked of you?

Moses did not do everything himself. He learned to delegate, and he stayed focused.

What could you hand off, share, or say no to so you can do your part well?

Looking back over this week's Daily Briefings: Would You Rather?, Enough, The Two-Talent Life, Slaves Don't Get Days Off, and Numbered Days.

Which one hit you hardest, and why?

What is the one thing from this week you are actually going to do something about? Do some honest introspective self-assessment before moving on.

MY "I WILL" STATEMENT

Sample: *Before Sunday, I will cancel or hand off one commitment God has not asked of me, block one rest window on next week's calendar, and tell one person in my Life Group both decisions.*

This week, because of what God has shown me in His Word, I will:

PRAYER

Write your prayer or pray out loud. God's ear is not dull. Talk to Him like He is listening and wants to hear from you.

MEMORY VERSE

Write or recite Matthew 11:28-30 from memory:
