

**NEW WINE DISCIPLESHIP**  
**PROGRAM**

**Finding your Voice**

**Practical Series**

# Today's session

- Teaching – 25 mins
- Breakout session – 35 mins
- General Q&A – 20 mins

# The Call

## Disciple

- Christ-possessed
- Christ-patterned
- Christ-propagating

## Called to be

- Salt and light - Matt 5:13-16
- Ambassadors - 2 Corinthians 5:20
- Finding your voice is about **identity** and **assignment**

## The Reality

**90,000**

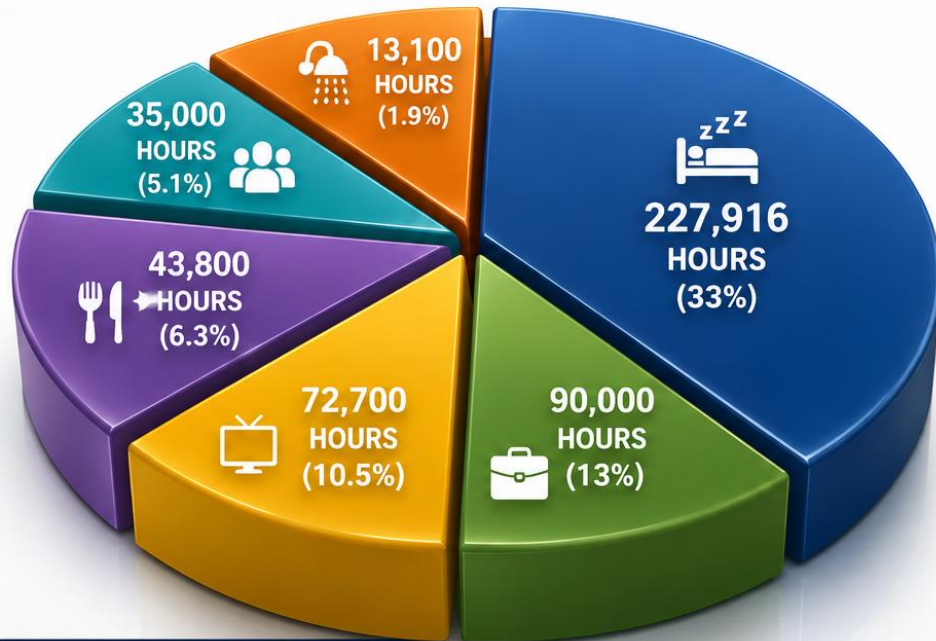
**Hours of work**

# The Reality

## THE 692,000 HOURS OF A LIFETIME

### How We Spend Our Time

Based on an average 79-year lifespan (692,000 total hours)



**TOTAL: 692,000 HOURS**  
≈ 79 YEARS OF LIFE



#### SLEEPING

227,916 hours  
(26 years)

**33%**

We spend about one-third to nearly 42% of our lives in bed.



#### WORKING

90,000 hours  
(10–13 years)

**13%**

Assuming a 35–40 hour workweek, a large portion of adult life.



#### WATCHING TV & ENTERTAINMENT

72,700 hours

**10.5%**

The largest leisure activity for most adults across their lifetime.



#### EATING & DRINKING

43,800 hours  
(5 years)

**6.3%**



#### SOCIALIZING

35,000 hours  
(4 years)

**5.1%**



#### HEALTH & HYGIENE

13,100 hours  
(1.5 years)

**1.9%**



Time is our most valuable asset.  
*How we spend it shapes who we become.*

Source: [1] Various life time allocation studies [2] BLS, OECD, Statista

# The Assignment



# The Assignment

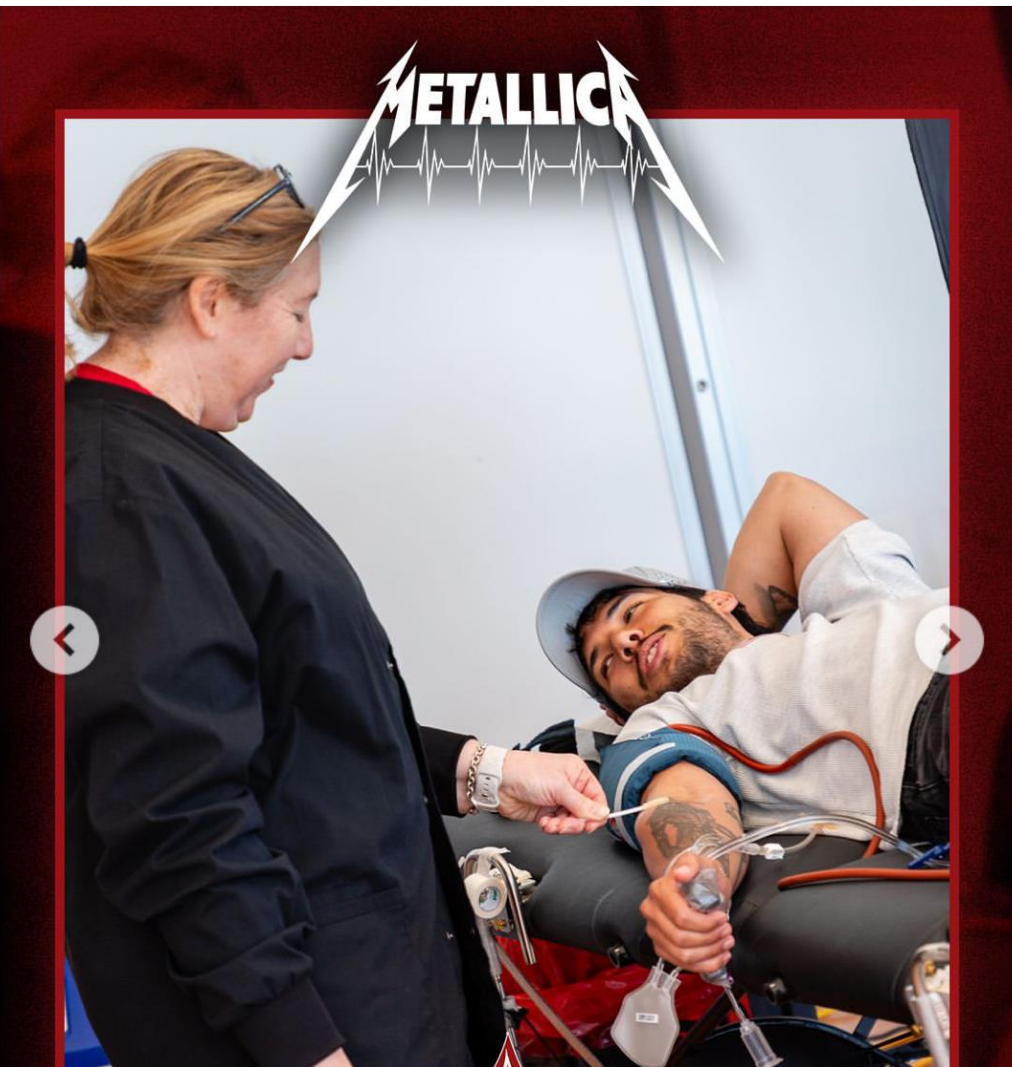
- Matt 12:33-37
- Proverbs 27:19
- Romans 10:14-15
- **Christ in us should be visible through us**



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82.3K followers

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# The Stewardship

➤ Proverbs 18:21

➤ Ephesians 4:29

➤ James 3:9-12

Our words must

➤ Bring life

➤ Give grace

➤ Reflect the Kingdom

# The Response

What is a pen for?

- To communicate



What is your voice for?

- To communicate  
Christ