



# Weekly Devotion

“Make the effort to make every moment count”

One thing that separates a wise man from a fool is this: A wise man understands the difference between time wasted and time well spent.

A wise man doesn't waste his time on foolish pursuits; instead, he works hard to make the most of the limited amount of time God has given him on this earth.

Making the most of your time is a godly principle, one that the apostle Paul taught to the church at Ephesus: “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil” (Ephesians 5:15-16).

If we want to follow Paul's instruction and use our time wisely—to pursue things that are good for us, that make us happy—then we must first understand the fundamental difference between real and lasting happiness and temporary amusement.

Happiness is the deep and enduring sense of fulfillment that comes about through meaningful and creative work: building a successful family, completing a project at work, playing a musical instrument, teaching your child a sport, developing good relationships, etc.

Amusement, on the flipside, is that fickle and short-term feeling of shallow gratification that stems from any intellectually-passive activity that serves no real purpose—that accomplishes no real goal. Today that would include basically any activity that involves staring at a screen with

the zoned-out eyes of an idiot. Or wasting time stirring up unnecessary drama with other people just to have something to do.

These kinds of meaningless time-killers provide no real challenge and require little to no creative effort. The sole purpose is not to accomplish anything meaningful, but just to numb the dull ache of boredom.

Amusement is like an emotional vapor: it's here one second then it's gone the next. Happiness, however, is not some fleeting feeling—it's a state of being that demands an active mind that produces actual accomplishments.

Don't misunderstand what I'm saying, though. I'm not saying you have to be a workaholic to make the most of life. You can be at leisure, at rest, and still use your time wisely.

Let's discuss the concept of productive leisure for a moment. The purpose of leisure is to take a step back from the daily grind of life. Not to dawdle or goof off, but to think—to recharge, reflect, self-assess, learn, and plan. Productive leisure is engaging in any constructive hobby or activity that stimulates your mind and raises your energy level and increases your overall well-being.

For example: Me, I love a good story. In my spare time, read a variety of books and watch a lot of movies. One of the main purposes of artistic entertainment is to inspire personal growth, to help the reader or viewer advance

on a spiritual, intellectual, and emotional level. So whether I'm reading a book or watching a movie or enjoying some other leisurely entertainment, I only engage with those works that highlight the sublime in human nature, as author Ayn Rand once said.

My time is far too valuable to waste amusing myself to death on intellectual trash. And so is yours. When it comes to using your time wisely, even in your leisure time, I encourage you to be discerning with your attention. When it comes to your leisure activities, only engage with those works of art or other forms of relaxation or entertainment that act as a source of insight and inspiration—those that are good for you—and ignore those that peddle meaningless amusements that serve no purpose (or worse, promote a harmful message).

My point is this If we want to live fulfilling and happy lives, then we must learn to use our time wisely. Time is a non-renewable commodity. We only have a certain amount to work with; and once you spend it, you can never get it back.

So make the effort to make every moment count. Use every moment—even those moments of leisure—to interact only with those things that lead to real and lasting accomplishments.

**Bro. Colin Trisler**

*Pleasant Grove Baptist Church, Pastor*

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