

MAKE THE MOST OF EVERY MOMENT



Psalm 90:12: "Teach us to number our days, that we may gain a heart of wisdom."

When one is healthy, you are pressed for time to do all you have to do.

When being ill, you have too much time on hand.

The hours drag along.

Sometimes minutes become unbearably long when you have to wait for the next painkiller.

Thus you count down the minutes of your life.

You possibly regard the time you have to spend here as time that has been lost.

In fact it provides an opportunity to reflect on how you utilise your time:

- what you pass your days with;
- what the quality of your life is.

The illness has forced you to come to rest with the realisation of how very transitory life is:

"We finish our years with a moan" (vs. 9).

Therefore you have to utilise each opportunity to the best.

Life passes quickly.

You will then not be able to rectify what has gone wrong.

You will then have to appear before the Lord to tell how you have utilised your time.

Therefore the counting down of your days of life is not a meaningful activity.

The intention is that you have to obtain wisdom.

Wisdom can only be obtained when you serve the Lord.

Psalm 111:10: "The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding"

Only when you serve the Lord in all your activities, your life will become meaningful.

Otherwise you may work yourself to rack and ruin while still being unsatisfied and frustrated.

Ephesians 5:15: "Be very careful, then, how you live ... not as unwise but as wise, making the most of every opportunity ... understand what the Lord's will is"

The long hours in hospital can be precious time if you can learn to reflect on:

- The way you are living before the Lord;
- The quality of your relationship with the Lord;
- The quality of your relationship with your wife/husband/children;
- The time you spend with the Bible;
- The time you spend praying.
- Do not waste time.



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