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# Time to Reset



<sup>15</sup> So then, be careful how you walk, not as unwise people but as wise, <sup>16</sup> making the most of your time, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, in which there is debauchery, but be filled with the Spirit, <sup>19</sup> speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord; <sup>20</sup> always giving thanks for all things in the name of our Lord Jesus Christ to *our* God and Father;

- Ephesians 5:15-20(NASB)

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# Time to Reset



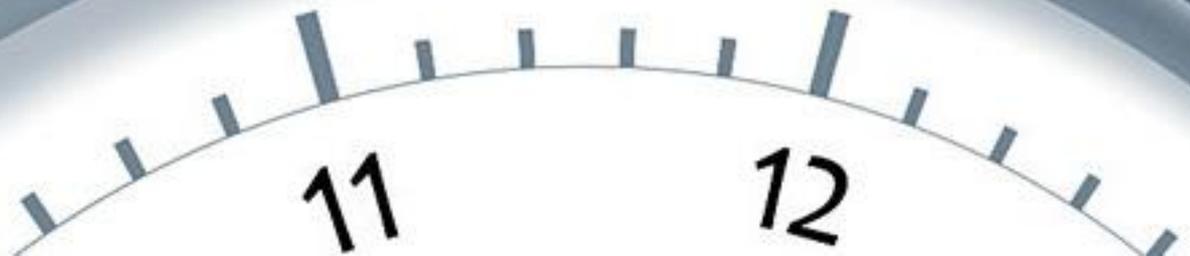


# **Chronos** **time**

# Rest Comes Before Work

- Matthew 11:27-30 (Jesus offers rest)
- Psalm 23:1-3 (rest before guidance)
- Genesis 1:5,13,19,23,31 (evening comes before morning)
- Act 20:7, 1 Corinthians 16:2 (1<sup>st</sup> day of the week is a day of rest )

# **Kairos** **time**



**<sup>15</sup> So then, be careful how you walk, not as unwise people but as wise, <sup>16</sup> making the most of your time, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, in which there is debauchery, but be filled with the Spirit,**

**- Ephesians 5:15-18(NASB)**



**Live as  
wise people.**

**Be filled with  
the Spirit.**

**But do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day**

**- 2 Peter 3:8(NASB)**

**Blessed is the person who does not walk in the counsel of  
the wicked,**

**Nor stand in the path of sinners,**

**Nor sit in the seat of scoffers!**

**<sup>2</sup> But his delight is in the Law of the LORD,**

**And on His Law he meditates day and night.**

**<sup>3</sup> He will be like a tree planted by streams of water,**

**Which yields its fruit in its season,**

**And its leaf does not wither;**

**And in whatever he does, he prospers.**

**Psalms 1:1-3(NASB)**

# The Promise of Kairos Time

**<sup>28</sup> And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. —**

**Romans 8:28(NASB)**



**Use  
chronos  
to help  
focus on  
kairos.**