



Having appropriate priorities in our life is important for the health of our body, soul and spirit as well as for the health of our marriage, family, other relationships and ministries. If an area of your priorities is not healthy or receiving the adequate attention, every other area after will suffer. The health of each priority affects the health of the other priorities.

If I should organize my life and use my time and money according to my priorities, how should I prioritize my time and energy?

1st Priority -

I AM A SPIRIT; I have a SOUL and live in a BODY. Therefore, if I am a spirit, the attention and care of my spirit should be the first priority in my life. I need to assure myself that I am spending time in the presence of God, receiving peace, love, direction, etc. from Him. Spending time talking with God about my life, receiving power and life from Him to be able to live FROM HIM as my fountain of life instead of in my own strength. If I do not have peace in my own spirit, if I am not aligned with God, nothing else in my life will be significant or healthy. **How many hours do you weekly or daily spend caring for your spirit and relationship with God? Putting God first in our lives should not compete with other relationships or activities, it protects other relationships.**

2nd Priority -

We have a SOUL that lives in a BODY. When our body is weak or sick, or our soul is anxious, worried, depressed or confused, we are not a place where the power, life and fruit of the Kingdom of God can most effectively manifest on earth. When our tabernacle (body and soul) is not clean, stable, physically and emotionally healthy, it affects our ability to relate to our spouse, children, work well, serve God and His Kingdom. Therefore, our second priority should be to care for our body and soul.

What are some things that we can do to take care of our body and soul?

Rest, exercise, eat healthy, play, grow, train the mind, body and relationship, not be lazy or stay in a comfort zone, study, develop abilities and gifts, etc.

How much time do you spend each day or weekly caring for your body and soul?

3rd Priority - Your Spouse

If your Marriage isn't healthy you cannot have a healthy family and the relationships with your children will suffer. If you are not married, the only person who can fulfill that place is Jesus or perhaps a mentor (someone who is mature, of the same sex as you are, who challenges you and encourages you to grow spiritually and personally.)

4th Priority – Children

Your first ministry is your family. If you are not stewarding well the God given calling of being a pastor and priest of your family discipling them then you cannot effectively minister to others.

How much time do you spend discipling your kids weekly, teaching them relational abilities and giving life so they can succeed in life?

5th Priority - Work or School

Work is something that takes much of our time and energy, and if we are not careful we can believe the lie that our work is what provides for us instead of understanding the truth that God is our Provider. Ultimately it is God who provides ALL that we have, even the job we have. If we commit the error of placing work before all the other priorities it is because we are trusting in work more than we trust in God to provide our needs and then work turns into an idol in our life. We need to choose to put work in its proper place in our life. God promises us that if we seek Him first, all else will be added. **Does your work take priority over other important priorities in your life?**

6th Priority – Be active in a Christian family, or church and serve God with your time and energy.

As a disciple of Jesus Christ, it is very important to spend time learning to be like Jesus, equipping yourself to use the gifts that He has given you for His Kingdom. Matthew 6:33. Regular church attendance is included in Priority #1 as it is a part of caring for your spirit, but serving in a church or ministry is Priority #6. **Do you make serving in the Kingdom a priority each week?**

7th Priority – Friends, Family, Extracurricular Activities Priority

After you have tended the first six priorities with energy and the time that is left with the 168 hours you have each week, you can use the time left for friends, relatives and activities. If you have friends or family who arrive unannounced when it is time for bed, to attend church or do your family devotional, and you permit that they change your priorities or if you are spending too much time with friends, family and activities and then you do not have time for what is priority in your life, sooner or later this will negatively affect the quality of your life, it might even take you to destruction. The same way if we don't pay our rent, electric bill etc. and we spend it on other things then we could be left on the street. Improperly stewarding our time and energy and not putting our priorities in order can cause a great damage that is much more difficult to repair than a problem that comes from not stewarding our money well.

How much time do you spend with friends, family, and other extracurricular activities?

Investing our time and energy, according to these priorities, will help us be healthy individuals, have healthy marriages and families and have healthy ministries and lives. If we do not steward our priorities and maintain a healthy balance, we cannot be healthy and this will have a negative effect on our marriage, family, work ministry and life. If our spirit is not healthy, this will negatively influence the health of our body and soul. If my spirit, soul and body are not healthy, then this will negatively affect my marriage. If my marriage is not healthy, this will have a negative influence in my ability to raise my children and be an example to them and relate in a healthy manner to them. If my family is not healthy, this will negatively influence my work, ministry and other relationships. Each one is important and organizing my life according to each priority determines how I manage my time and energy so that I can be all that God has created me to be and fulfill the purpose that He has created me for. Having healthy relationships requires that you continually self-evaluate and maintain your priorities in order and seek health in your personal and relational life.

We cannot give what we do not have! Establishing adequate priorities in our life leads to health in every area and influences the success or failure of fulfilling the great commandment to love one another the way that He has loved us.