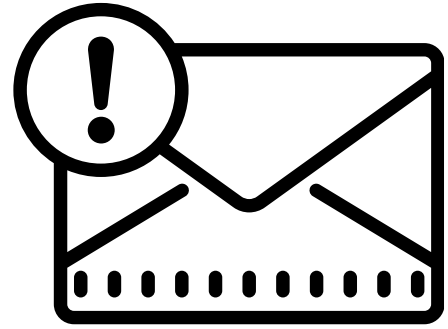




Equip



# TYRANNY OF THE URGENT

How we use our time reveals our true priorities and what we believe about God. We may say that we prioritize God, His Word and His people, but do our actions show that? Spend time either together or own your own reading through the article [Tyranny of the Urgent](https://tinyurl.com/navigators-tyranny) by Charles E. Hummel (link below, or scan the QR code). Stop after every few sections to discuss your observations and thoughts, then answer the questions below.



<https://tinyurl.com/navigators-tyranny>

## Questions for Reflection and Evaluation:

1. What things are important in your life? What things are urgent? Take time to write down a goal for each important activity and estimate the time it will take.
2. What things tend to excite you and bring satisfaction? How can you make room in your schedule for those?
3. What areas are you needing to rest in but aren't? What can it look like for you to rest? (*Matt 11:28-30*)
4. When you aren't resting, what areas and burdens are easy for you to take on?
5. Skip Gray says that "Not every bag that comes through baggage claim has your name on it." What are some bags that you've picked up that God hasn't asked you to pick up?
6. What things tend to cause stress and are scary to you? What has God spoken? What are His promises?
7. What things are you avoiding that would serve you by having on your weekly calendar? (*James 4:17*)
8. How much time are you wasting on checking e-mail, texting, and social media? What hours during the day should your phone be turned off to create boundaries?
9. Create a schedule for the next week based on your priorities. Keep a time log to see how you actually spend your time and compare it to the schedule. What went well? What didn't go well? Are there adjustments that need to be made for the next week?