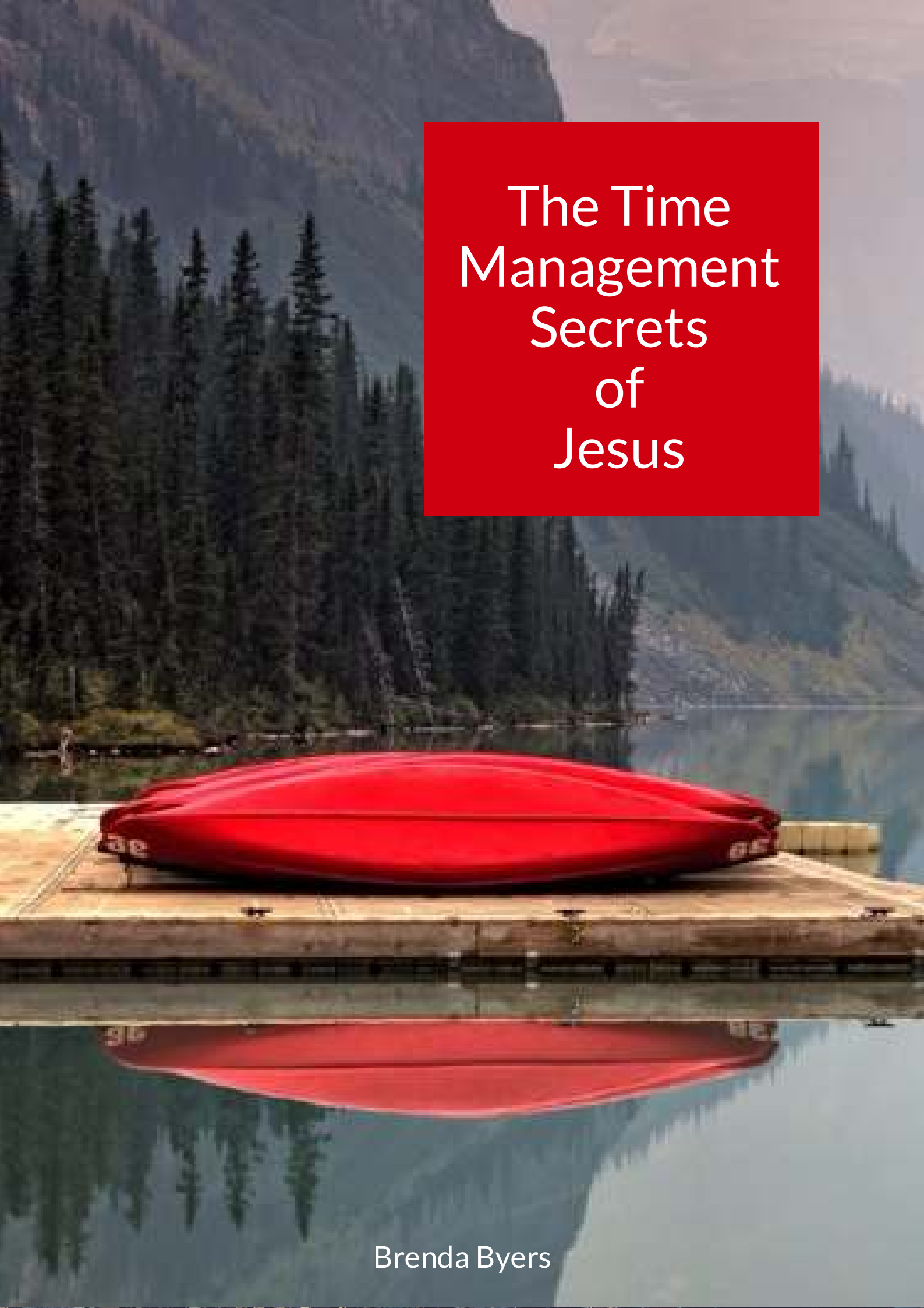


A red canoe is positioned on a wooden dock, with its reflection visible in the calm water below. The background features a dense forest of evergreen trees and a mountain range under a hazy sky. A red rectangular box is overlaid on the upper right portion of the image, containing the title text in white.

The Time Management Secrets of Jesus

Brenda Byers

Introduction

Does the thought of adding one more thing, including time management, make you want to scream? Are you exhausted by the volume of information and promising to fix your business and life? Do they promise you 5 easy steps to improve your relationships, organize your life and grow your income? Are you overwhelmed by the time and effort it takes to implement these tools and systems ?



woman overwhelmed stuck frustrated time management

As a woman who has endeavored to squeeze twenty lifetimes into one I understand! If you are looking for another tool, system or strategy this is not for you. **If your soul longs for more peace, ease and grace then read on.**

More than just making lists!

I used to think time management meant making a long list. I became a master list maker! The problem was no matter how hard I worked to cross off all the items on my list, I barely made a dent. In fact the lists kept getting longer! I now know it would take many people to accomplish everything on my list.

I confused “you can *have* it all” with “you can *do* it all”!

A Leaky Balloon

Believe me I tried. I gave it my best shot! For over two decades I ran the nutritional network marketing corporation I had co-founded while home educating my three children. On top of that I led a weekly community Bible study and a high school speech club. That was in addition to going to the gym every day, keeping a morning personal development routine and managing my home. My schedule also included nightly speaking engagements and business networking events.

Perhaps YOUR story is similar. I don't give up easily but after two decades of my best effort I came to the brilliant conclusion that I cannot do it all! I prayed and I studied with the best. From attending Brian Tracy's advanced management courses to listening to everything Tony Robbins and Jim Rohn produced. I read Stephen Covey's books. I spent thousands on seminars. I bought planners and calendars. I accounted for every minute. But still, **I felt like this leaky balloon.**



time management leaky balloon

I would patch one hole (sales were dropping) and another would spring up (the house was a mess). I would plug those and two more would spring up (kids lagging in school work, husband not happy). **No matter how many holes I patched more leaks sprung up!**

I prayed and asked God to help me. I believe He did. Over time I developed skill sets, strategies and the ability to **Delete, Delegate** and **Automate** many tasks. I have also gleaned some powerful time management strategies from the life of Jesus.

The Time Management Secrets of Jesus

Perhaps no one had more pressures and demands placed on his time than Jesus. The sick went to drastic measures to receive his healing touch. The hungry and the spiritually famished pressed in for nourishment. The crowds attempted to keep him from resting. Even His disciples fought for his time and undivided attention. Jesus lived to be only 33 years old. His public ministry began when He was 30. He had to squeeze a lifetime of ministry, including raising up and equipping leaders to carry on the vision, into three short years.

The life of Jesus holds time management secrets that transcend time and culture. **They contain the keys to living a life of purpose, peace and freedom.**

What Jesus Knew About Time Management

1. He knew how to stay in the present.

In His famous sermon on the mount Jesus said,

*"So do not worry about tomorrow; for tomorrow will worry about itself. **Each day** has enough trouble of its own."* (Matt. 6:34).

I have found that focusing on tomorrow causes anxiety and frustration. It creates suffering. Eckhart Tolle, author of The Power of Now, says, "As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. " It is not that I do not have a vision or plan for the future. It is that each day I dedicate my energy and focus on the most important tasks I can do today.

Every morning, I ask myself this question:

"What is the single most important action I can take TODAY to advance in the direction of my goals, dreams and desires?"

and then I DO THAT THING! Great companies and great lives are built one day and one action at a time. In coaching I have found this question to be of great tool for helping clients focus. Every morning (or the evening before) instead of feeling overwhelmed by a long to-do list, they simply focus on accomplishing one thing.

Scripture tells us whatever our hand finds to do we should do with all our might. I agree. I believe, however, the key is to guide our hands to do the RIGHT thing. When our hands find many things to do. It is important that we do the thing that is most in alignment with our goals and will produce the greatest results.

Purpose

2. He knew His purpose.

In Luke we read that the crowds tried to keep Jesus from leaving.

*“When daybreak came, Jesus went to a secluded place; and the crowds were searching for Him, and [they] came to Him and **tried to keep Him from leaving them.**” (Luke 4:42)*

Jesus *priority* was to prepare for an on-purpose day by spending time with the Father. His *purpose* was to preach the Kingdom. Look at His response:

*“... but He said to them, “I **must** preach the kingdom of God to the other cities also, because **for this purpose I have been sent.**” (Luke 4:43)*

Knowing our purpose gives clarity. It fuels passion. It gives us the stay power to go the distance.

3. He decided in advance where He would spend His time

From the age of 12 Jesus began to choose where he would spend his time. We read the story of their annual trip to Jerusalem to celebrate the Holy Days. A day into their return travel, the distraught parents of Jesus discovered he was not in the caravan. They turned around and went back. Three days later they found him in the temple seated with the teachers listening and asking them questions. Like any parent who has found a lost child, they were overcome with emotion!

*“When they saw Him, they were overwhelmed; and His mother said to Him, “Son, why have You treated us like this? Listen, Your father and I have been [greatly distressed and] anxiously looking for You.” ⁴⁹ And He answered, “**Why did you have to look for Me? Did you not know that I had to be in My Father’s house?**” (Luke 4:48)*

Values and Priorities

Decades later we read that Jesus knew He must return to Jerusalem. This time to die. He set out to go there. Nothing could or would stop him.

“Now when the time was approaching for Him to be taken up [to heaven], **He was determined to go to Jerusalem** [to fulfill His purpose].” (Luke 9:51)

4. He didn't allow others to impose their values or priorities.

The classic story of Martha and Mary found in the bible gives us a glimpse into two women's lives. Two sisters. Two different values and priorities. Martha's priorities were cleaning the house and making sandwiches for the guests. Mary on the other hand, was focused on spending as much time as possible sitting at the feet of Jesus. Infinite love and infinite wisdom was in her house and she didn't want to miss a single moment of it. The **problem came when Martha sought to impose her priorities on Mary.** Jesus did not judge Martha for her priorities but would not let her impose them on Mary.

“...Mary, who seated herself at the Lord's feet and was *continually* listening to His teaching. But Martha was very busy *and* distracted with all of her serving responsibilities; and she approached Him and said, “Lord, is it of no concern to You that my sister has left me to do the serving alone? Tell her to help me *and* do her part.” But the Lord replied to her, “Martha, Martha, you are worried and bothered *and* anxious about so many things; but *only* one thing is necessary, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her.”** (Luke 10:39-42)**

When we allow email or Facebook notifications to determine our schedule we will not accomplish what needs to be done. Like the bumper sticker reads, "A lack of planning on your part doesn't constitute an emergency on mine"

Getting Things Done With Peace

My favorite tips for getting things done with peace :

- **Plan for the Unexpected**

Stephen Covey described the constant interruptions that take us off course as the "tyranny of the urgent". To avoid this tyranny allocate a couple hours each week or month for addressing these "emergencies". That way when you get a request for help or a project takes longer than you expected there is a time slot available to handle it. Much stress can be eliminated by adding this margin into our life.

- **Tackle the email monster.** Set times each day to check your emails. Inform others that you do not check emails constantly. Remember **we teach others how to treat us**. If you teach your relatives or customers that they can interrupt you at will and expect an instant response, they will!

- **Keep social media under control.** Like television, social media news feeds can be a giant time sucker! If finances allow, hire a Virtual Assistant to do your social media posting. Otherwise, set times for social media. 30 minutes a day is ample time. If you post regularly for business write many posts at once and then schedule them to appear at the best times. During your time scheduled for doing social media, jump on respond to any comments or posts you are tagged in, "like" or comment on a few posts, and then jump back off! Unless it is your time of recreation do not get caught up reading the news feeds. Also, be sure to turn off chimes and sounds of instant messenger, posts, emails, etc.

5. Jesus understood that everything has a time and a season

The timeless quote by King Solomon shares the truth that everything has a time and a season.

“There is a season (a time appointed) for everything and a time for every delight *and* event *or* purpose under heaven—” (Eccl. 3:1)

Know Your Season

Spring is a season to plant our garden. A time follows the sowing when we must cultivate and water. We wait, watch and pray. Imagine planting a seed and then impatiently digging it up because it didn't grow fast enough.



spout, season, time
management

Yet this is what we often do. Impatient with the lack of results, we change companies. We start and stop marketing strategies before giving them enough time to accomplish the results.

There are **seasons where we must take bold action**. Getting a plane off the runway for example requires greater force than what is required at cruising altitude. There are also seasons when we must rest or study. **The key is knowing our season.**

It is said in the Bible that the sons of Issachar “understood the times and season”. We must too.

When we attempt to do something out of season it leads to frustration. Trying to launch something too early can lead to false starts and stops.. Building, for example, without considering the cost can lead to serious financial problems. Forming partnerships without doing due diligence can be disastrous. Attempting to drag something from an old season such as old marketing strategies will often produce diminished returns. What may have worked in the past is not necessarily the best option for *this* season. Stay current. All we have to do is look at examples such as Blockbuster or Barnes and Noble to see what happens if we don't innovate or attempt to do things the old way too long.

Balance & Margin

6. Jesus had Life-Balance and Margin

Jesus knew there would always be people needing him. He said that the poor would always be with us. He knew when to give it His all and He knew when to pull away and rest. He knew when to sleep and when to be fully awake. The Chinese concept of Yin and Yang describes the balance found in nature. Light and dark, male and female. They are different yet complementary. Incorporating this balance into the design of our home, garden, or business will provide a greater sense of peace and tranquility.



woman life balance margin Prosper in All Things

Another aspect of restoring balance is the concept of margin. A paper that does not have enough white space (margin) will feel busy, stressful and overwhelming to read. A life without margin is the same. It is not uncommon to hear parents pushing their children into their frantic pace of life. "Stop dawdling" they will scream. "Hurry up! We have to get to XYZ" It appears the days of carefree swinging and playing in the sandbox are gone. To learn how to have more margin in your life read [\(click here:\)](#)

A Life Without Regrets

Conclusion

Time cannot be managed. We can, however, **choose how we allocate our time;** where, when and with whom we will spend our time. Like money, allocation must be decided in advance or it slips through our fingers like sand. The key is knowing our purpose, and being true to our goals, dreams and desires. When we allocate our time to align with our divine purpose, gifts, strengths, brain lead, values and priorities we live a life we love. In the end we may not accomplish more but we will accomplish what truly matters. We will have less regrets and have greater peace and joy.

Over time I have learned it is possible to build a life by design and not by default. I have come to understand the concept of balance and of **energy leaks.** I am mindful of what increases my energy and what depletes it. I am now able to stop the leaky balloon syndrome. I pray this book will help you do the same.

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Running Against the Wind?

Overwhelmed?

Do you feel like you are running against the wind?

Are you working hard with less results or satisfaction?

Discover how you can do what you love, earn more, and make a bigger difference with greater peace & joy.

Schedule a FREE break through coaching session Today

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About Brenda Byers & Prosper in All Things

About Brenda

Is it possible to prosper in all areas of your life and maintain good health while cultivating the miraculous potential of your soul at the same time? Brenda Byers thinks so! She lives by this credo and shares it dynamically whether to large groups on-stage or individuals receiving coaching.

Corporate leaders, sales professionals and entrepreneurs mentored by her have increased their income exponentially while learning to enjoy the journey and benefit others en route.

Biblical Wisdom and Cutting Edge Science that Works!

Brenda has built multi-million dollar companies and sales teams. She has mentored leaders from many walks of life ranging from single moms and budding entrepreneurs to founders of large corporations. Her coaching clients **increase their income exponentially while learning to live their bliss and serve their communities**. She believes God is the business partner of choice and shares **cutting edge science** and **spiritual wisdom** that will set you free and your business soaring.

She is the creator of the Prosper by Design Coach Certification Program. A comprehensive and step by step, biblically-based, science-backed program to successfully launch and grow a profitable coaching business with confidence!



Brenda Byers on Brian Tracy
TV Show

About-Brenda Byers & Prosper in All Things

Brenda authored a chapter in legendary success guru **Brian Tracy's** book, "Cracking the Success Code" and has been a featured guest on his television show **aired on ABC, CBS, NBC and Fox**. She has created and hosted her own cutting-edge sales, health and business events and workshops, online events and webinars and weekend training seminars and retreats for twenty-five years. Her unique and practical approach has a proven track record of getting **powerful breakthroughs** and **long-term results**.

She is a highly sought out speaker and has created and hosted her own cutting-edge events, and retreats for over twenty-five years. Her practical approach has a proven track record of getting results. "Success to me is more than simply financial. I empower others to grow their income and impact, know and live their purpose, and prosper spiritually, physically, financially, and relationally (i.e. in all things)."

Learn more at BrendaByers.com

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"Beloved I pray you may prosper in all things, and be in health, even as your soul prospers" 3 John 2

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