

Budgeting our Time and Energy for the Lord: A Sample Schedule

Redeeming the time, because the days are evil (Eph. 5:16); Present your bodies a living sacrifice, holy, well-pleasing to God, which is your reasonable service (Rom. 12:2); Teach us then to number our days (Psa. 90:12)

	Lord's Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
6:30 AM		MR	MR	MR	MR	MR					
7:00 AM	MR	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	MR				
7:30 AM	Breakfast	Commute	Commute	Commute	Commute	Commute	Breakfast				
8:00 AM		Work	Work	Work	Work	Work	Bible & Ministry Reading				
8:30 AM											
9:00 AM											
9:30 AM	Commute										Commute
10:00 AM	Lord's Table Meeting										Practical Service
10:30 AM	Prophesying Meeting										
11:00 AM	Prophesying Meeting										
11:30 AM											
12:00 PM		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch				
12:30 PM	Lunch	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer				
1:00 PM	Prayer	Work	Work	Work	Work	Work					
1:30 PM	Commute										Bible & Ministry Reading
2:00 PM	Gospel / Shepherding										
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM		Commute	Commute	Commute	Commute	Commute					
5:30 PM		Bible & Ministry Reading	Bible & Ministry Reading	Bible & Ministry Reading	Bible & Ministry Reading	Bible & Ministry Reading	Commute				
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner				
6:30 PM						Home Meeting					
7:00 PM											
7:30 PM				Prayer Meeting							
8:00 PM		Companion Prayer & Fellowship			Gospel / Shepherding						
8:30 PM											
9:00 PM	Bible & Ministry Reading										
9:30 PM											
10:00 PM											
10:30 PM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep				
11:00 PM											

	# hrs / day	days / wk	tot hrs / wk		
0. Sleep	8	7	56		Total Waking Hours: 112
1. Work	8	5	40		% Working: 36%
2. Meals Breakfast (.5); Lunch (.75); & Dinner (1)	2.25	7	15.75		% Eating: 14%
3. Commute	1	7	7		% Commuting 6%
4. Consecrated to the Lord			21		% Consecrated 19%
- Morning Revival	0.5	7	3.5		
- Personal Prayer	0.25	7	1.75		
- Bible & Ministry Reading	0.75	7	5.25		
- Companion Prayer & Fellowship		1 or 2	1		
- Gospel / Shepherding		1 or 2	2		
- Church Meetings Lord's Table (1); Prophesying (1) Prayer Mtg (1); & Home Meeting (3)		3	6		
- Practical Service		1	1.5		
5. Free Time			28.25		% Free Time 25%