

## Day 4: Time

### Starting Point:

How do you spend your time? Are you a get up and go person? Or do you spend time procrastinating? Watch the video. What would you do with the extra 7.5 minutes?

### Quote:

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" William A. Ward

### Bible verse:

Everything on earth has its own time and its own season. Ecclesiastes 3:1 (CEV)

### Inspiration:

7.5 minutes

[http://www.ted.com/talks/lang/en/jane\\_mcgonigal\\_the\\_game\\_that\\_can\\_give\\_you\\_10\\_extra\\_years\\_of\\_life.html](http://www.ted.com/talks/lang/en/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life.html)

### Technique Challenge:

Try stamping with an embossing folder. If you don't have one then stamp using whatever you have.

**god gave you a gift of 86,400 seconds today.**

**have you used one to say "thank you?"**

**william a. ward**

**everything on earth has its own time and its own season.**

**ecclesiastes 3:1 (CEV)**