



**NUMBER
OUR DAYS:**

MAKE EVERY DAY COUNT

PICTURE THIS:

Assuming each of us can live up to **100 years old** and these **100 years** are squeezed into **24-hours**.



MIDNIGHT (12AM): You are born.

3:00 AM - You're 12 years old, entering your teenage years with big dreams.

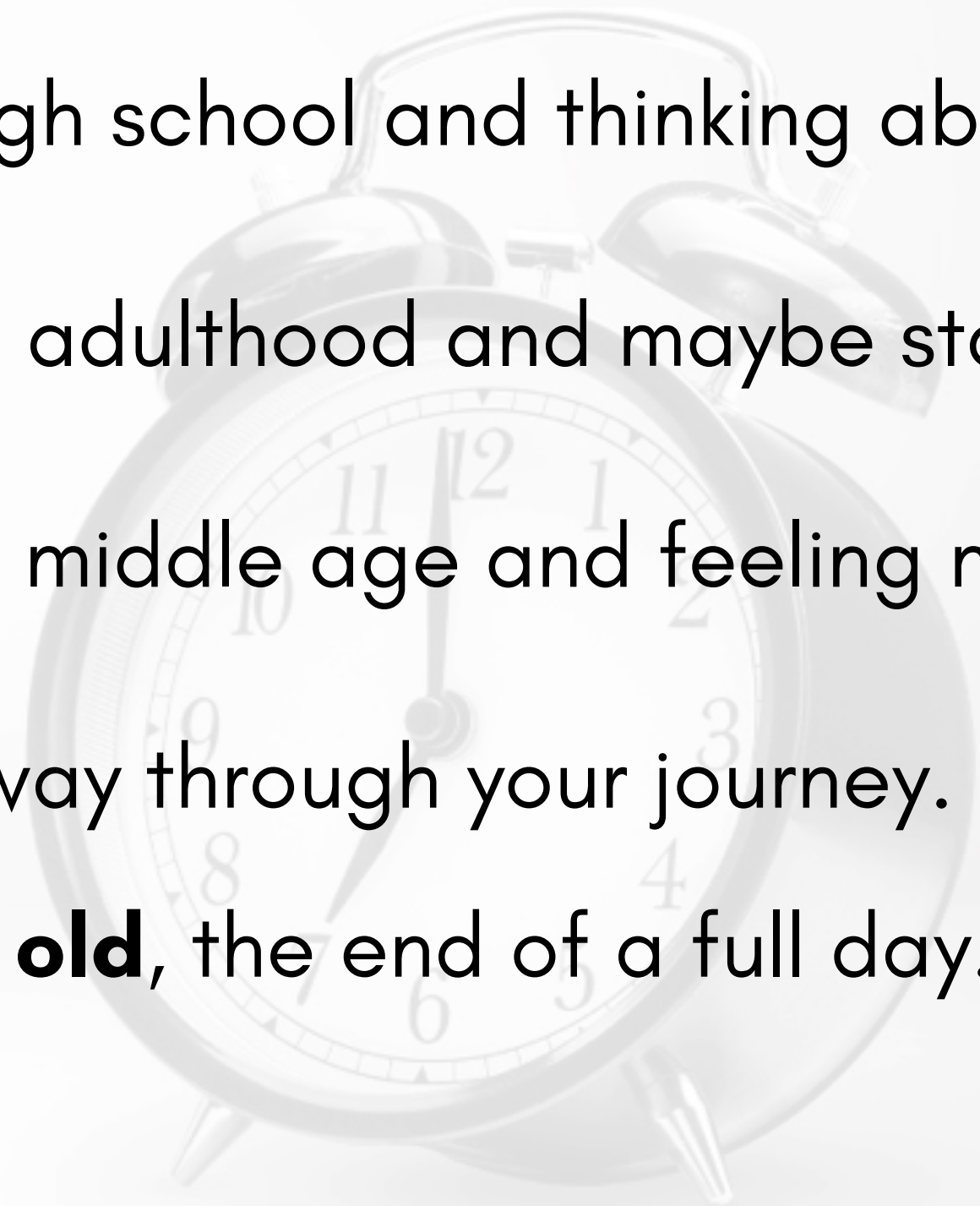
4:00 AM - You're 17 years old, navigating high school and thinking about the future.

5:00 AM - You're 21 years old, stepping into adulthood and maybe starting a career.

9:00 AM - You're 38 years old, approaching middle age and feeling more settled.

Noon (12:00 PM) - You're 50 years old, halfway through your journey.

Midnight (12:00 AM) - You reach **100 years old**, the end of a full day.



A stack of white paper napkins is shown against a light brown background. The word "OPPORTUNITIES" is printed in a large, bold, red serif font across the top of the napkins. The napkins are slightly offset, showing the edges of multiple layers.

OPPORTUNITIES

A stack of white paper napkins is shown against a light brown background. The napkins are slightly offset, creating a sense of depth. The word "FRAGILITY" is printed in a bold, red, serif font across the top napkin. The edges of the napkins are slightly frayed, emphasizing their delicate nature.

FRAGILITY

A stack of white paper napkins is shown against a light brown background. The napkins are slightly offset, creating a sense of depth. The word "DISTRACTIONS" is printed in a bold, red, serif font across the top napkin. The text is centered horizontally and spans most of the width of the napkin stack.

DISTRACTIONS

A stack of white paper napkins is shown against a light brown background. The napkins are slightly offset, creating a sense of depth. The text "EXPIRATION DATE" is printed in a bold, red, serif font across the middle of the stack.

**EXPIRATION
DATE**



- Am I using my time in ways that honour God and build His Kingdom?
- Am I nurturing relationships and showing Christ's love to others?
- What kind of spiritual legacy am I leaving behind?

To teach us to **number our days**,
that **we may gain a heart of wisdom.**

Ps 90:12 (NIV)

**“to teach us to number our days to
recognise how few they are; help us to
spend them as we should.”**

Ps 90:12 (Living Bible)

**A person's days are determined;
you have decreed the number of his months
and have set limits he cannot exceed.**

Job 14:5



I. SETTING OUR HEARTS & MINDS ON HEAVENLY THINGS

A wide-angle landscape photograph of a mountain range. The foreground shows dark, rugged terrain with some sparse vegetation. The middle ground is dominated by a series of mountain ridges and valleys, with the mountains in the distance appearing increasingly hazy and blue. The sky is a clear, light blue, filled with soft, white, wispy clouds. The overall mood is serene and majestic.

A. Embrace Our Heavenly Identity

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.”

Col 3:1-2

B. Cultivate a Heavenly Perspective



**“Do not store up for yourselves
treasures on earth... But store up for
yourselves treasures in heavens...”**

Mt 6:19-20

REFLECTION

- Have I embraced my heavenly identity in Christ? Have I lived a God-centred, holy life?
- Have I focused on developing my spiritual disciplines, building my spiritual muscles? Have I regularly spent quality time with the Holy Spirit and reading His Words?
- Have I, as parent, helped my children prioritise building spiritual disciplines?
- Where have I been putting my energy, time, commitments, and thoughts on?
- Have I actively built positive, deeper relationships with my family, church friends, and reached out to the community?

**It's not the years in our life that count,
but the life in our years**



II. GUARDING AGAINST DISTRACTIONS & TEMPTATIONS

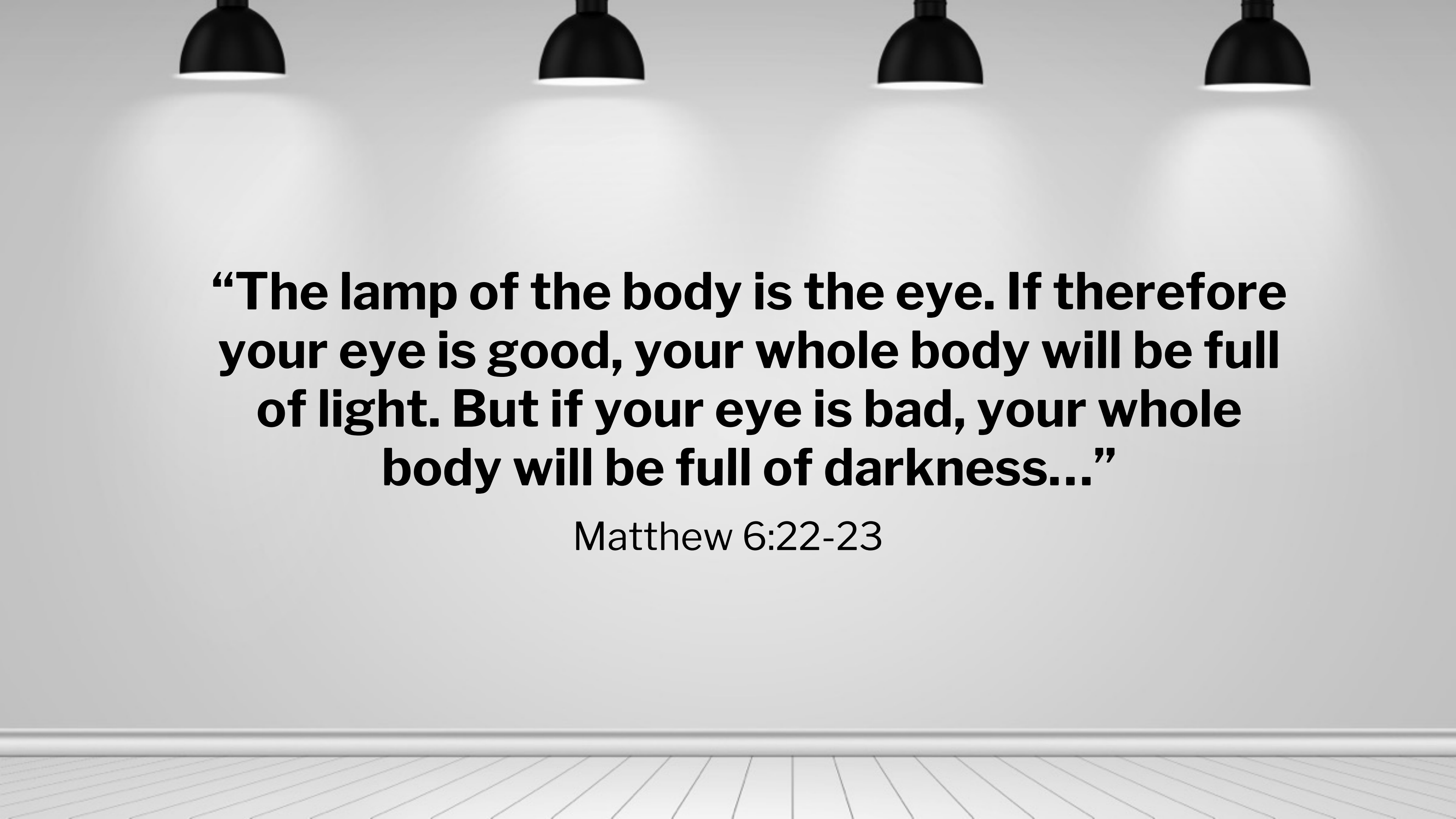


**A. Remain Vigilant Against
Dangers**



“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

1 Peter 5:8



“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness...”

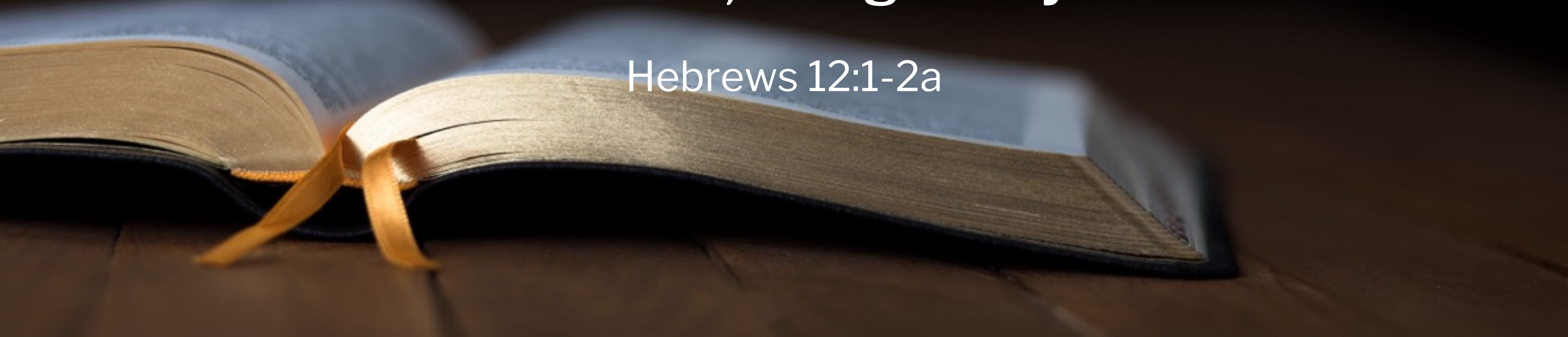
Matthew 6:22-23

II. Remove Obstacles to Spiritual Growth



“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus...”

Hebrews 12:1-2a





**“FEAR SHOULD HAVE NO PLACE IN
OUR PAST, PRESENT, OR FUTURE.”**

CHRISTINE CAINE

“For God did not give us a spirit of fear but a spirit of power, of love, and of a sound mind.”

2 Tim 1:7





**“The best way to live life is
to live an unoffendable life.”**

Three wooden blocks are arranged horizontally, spelling out the word "SIN" in a serif font. The blocks are illuminated from the side, creating a warm, golden glow and casting soft shadows. The background is dark, making the light-colored wood and the black letters stand out.

SIN

Are there any sins or distractions that are hindering your relationship with God?

Personal Vices

Unhealthy Attitudes

Emotional Wounds



NUMBER OUR DAYS:

- Have I made the most of the opportunities that God has given to me?
- Do I cherish the fragile gift of life and nurture my relationships with God?
- Have I focused on what truly matters and guarded myself against distractions?

“Be very careful, then, how you live—not as unwise but as wise,”

Eph 5:15



“God is strong, and he wants you strong. As such, take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no weekend war that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels.”

Eph 6:10-12 (The Message)