

Day Two — The Myth of “No Time”

Scripture: “*There is a time for everything, and a season for every activity under the heavens.*” — Ecclesiastes 3:1

“I just don’t have time.”

It’s one of the most honest—and revealing—statements we make. Not because it’s true, but because it feels true. Our days are full. Our schedules are packed. Our minds are exhausted before our feet ever hit the floor.

Yet somehow, we find time for what matters most to us.

We find time to scroll through social media, even if we’re already tired. We find time to binge one more episode, answer one more message, replay one more conversation in our heads. Time shows up when something captures our attention.

So when we say we don’t have time for God, what we’re really saying is that He’s competing with everything else—and losing.

The problem isn’t a lack of time. It’s a lack of intention.

God doesn’t need a perfect morning routine or an uninterrupted hour. He isn’t waiting for us to rearrange our entire lives. He is asking us to invite Him into the life we’re already living.

We often push God to the edges of our day—early mornings we don’t wake up for, late nights when we’re too tired to focus. But God was

never meant to be an appointment we squeeze in. He is meant to be the foundation everything else is built on.

When God is first, time has a way of reorganizing itself.

This doesn't mean life slows down. It means our hearts do.

Choosing God may look like less scrolling and more stillness. Fewer excuses and more honesty. It may feel small—five minutes here, a whispered prayer there—but small choices, made consistently, change the direction of our lives.

Reflection Questions:

- Where does your time naturally go without effort?
- What would it look like to give God your best moments instead of what's left?

Prayer:

God, forgive me for saying I don't have time when I've simply filled it with other things. Teach me to be intentional with the moments You've given me. Help me place You first—not perfectly, but faithfully. In Jesus name we pray, Amen.