



First Mt. Olive Freewill Baptist Church

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Rehoboth Campus - 618 N. Hammonds Ferry Rd., Linthicum, MD 21090

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Mid-Week Worship & Study
Handout Website #4

Date: May 8-9 2018
Focus: **Quality Time**

THE LANGUAGES OF LOVE

TEXT: I Corinthians 13

Language is a method of communication, either spoken, written or displayed through symbols or expressions/gestures that convey an idea.

Languages:

1. **Words of Affirmation**
2. **Quality Time**
3. **Receiving Gifts**
4. **Acts of Service**
5. **Physical Touch**
6. **Forgiveness**
7. **Listening**

FOCUS: Quality Time

We are losing two precious commodities, quality and time.

1. **Quality** – the standard of something as measured against other things of a similar kind; the degree of excellence of something; a high level of value or excellence.
2. **Time** – the conditions of life during a particular period; the rhythmic pattern or tempo in which something happens.

Many people do not desire quality and many more people abuse time. The spirit of complacency and living with irregular patterns have become a way of life for many people.



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Dr. Benjamin E. Mays wrote:

*"I have only just a minute,
Only sixty seconds in it.
Forced upon me, can't refuse it.
Didn't seek it, didn't choose it.
But it's up to me
to use it.
I must suffer if I lose it.
Give account if I abuse it.
Just a tiny little minute,
But eternity is in it."*

This was Dr. Mays' interpretation of time. What is your interpretation of time?

In Ecclesiastes 3:1-11, Solomon, the preacher, wrote,

*"¹To every thing there is a season, and a time to every purpose under the heaven:
²A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;
³A time to kill, and a time to heal; a time to break down, and a time to build up;
⁴A time to weep, and a time to laugh; a time to mourn, and a time to dance;
⁵A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;
⁶A time to get, and a time to lose; a time to keep, and a time to cast away;
⁷A time to rend, and a time to sew; a time to keep silence, and a time to speak;*



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⁸ A time to love, and a time to hate; a time of war, and a time of peace.

⁹ What profit hath he that worketh in that wherein he laboureth?

¹⁰ I have seen the travail, which God hath given to the sons of men to be exercised in it.

¹¹ He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end. "

This was Solomon's interpretation of time.

What is your interpretation of time?

Jesus, the Son of God said,

"I must work the works of him that sent me, while it is day: the night cometh, when no man can work." (John 9:4 KJV)

This was Jesus' interpretation of time. What is your interpretation of time?

The question, 'What is your interpretation of time?' is important because your interpretation of time determines your investment into time.

For Dr. Mays, time meant usage...

For Solomon, time meant opportunity...

For Jesus, time meant productivity...

Again, What is your interpretation of time?



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Your ability to give quality time is based upon your own understanding of time. Jesus said, "*Love your neighbor as you love yourself. There is none other commandment greater than these.*" (Mark 12:31 KJV).

If you abuse time in your own space, then you are going to abuse time in the space of others.

How are you investing quality time in your life?

– Focused Attention (focused elimination)

– Focused Activities (focused agenda)

– Focused Awareness (focused knowledge)

As you invest quality time into your life you become equipped to invest quality time in other relationships.

1 Corinthians 13:4 KJV

"Love suffers long and is kind..."

Long is a reference to time. Quality time is not just fun and good times. Love also means to labor with someone without losing the ability to be kind. Quality time requires patience. Quality time is not locked into sharing nice words, but quality time must rest in the truth (1 Cor. 13:6 KVJ) "*... but rejoice in the truth.*")

Quality time with others is:

- Shared not forced (chemistry)
- Fulfilling not an amount (scripted list)
- Empowering not an examination (liberty)



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Some suggest that the average person will spend 1/3 of their life sleeping.

- 75 years living
- 25 years sleeping
- 50 years of awake living
- _____ years of quality living (sleeping time and investing time)

What is your take-away?