

FIRST: FIRST TIME
Pastor Dennis Rouse
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Matthew 11:28-30 MSG

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Top 3 Time Thieves:

1. Internet
2. Television
3. Busy schedules

Average Time People Spend in a Lifetime:

- 70% of our waking lives in front of digital media
- 25 years sleeping
- 10.3 years working
- 4.3 years driving a car
- 5 years waiting in line
- 4 years eating
- 2 years watching commercials
- 2.5 years cooking
- Women spend 17 years of life trying to lose weight
- Women spend 1.5 years of life deciding what to wear
- Women spend 8 years of life shopping
- Women spend 1.5 years of life doing their hair
- Men spend 1 year of life looking at women

Famous Quotes on Time:

- “He who lets time rule will live the life of a slave.” – *John Arthorne*
- “Until we can manage time, we can manage nothing else.” – *Peter Drucker*
- “Until you value yourself, you won’t value your time. Until you

value your time, you will not do anything with it.” – *M. Scott Peck*

- “The bad news is that time flies; the good news is that you’re the pilot!” – *Michael Atwater*
- “The secret of your future is hidden in your daily routine.” – *John Maxwell*

Ephesians 5:15-17 NKJ

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.

Matthew 11:28-30 NKJ

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Principles of First Time:

1. First Day

Exodus 20:8-11 NKJ

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.”

Mark 2:27 NKJ

And He said to them, “The Sabbath was made for man, and not man for the Sabbath.”

- First Day: Takes Faith

2. First Hour

Mark 1:32-38 NKJ

At evening, when the sun had set, they brought to Him all who were sick and those who were demon-possessed. And the whole city was gathered together at the door. Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him.

Psalm 63:1 NKJ

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water.

“The first hour of the day is the rudder of the day.” – Henry Ward Beecher

- First Hour: Takes Discipline

3. First Relationship

Exodus 20:3 NKJ

“You shall have no other gods before Me.”

Mark 12:29-30 NKJ

Jesus answered him, “The first of all the commandments is: ‘Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment.”

Matthew 10:37 NKJ

“He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me.”

- First Relationship: Takes Dedication