

Recalibrating Your Calendar

Women's Equipping Forum | October 23, 2025

"So teach us to number our days that we may get a heart of wisdom. ... Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!"

Psalm 90:12, 17

FORUM OBJECTIVES

1. How can we **make progress** in aligning each of our current calendars with Christ's priorities for us, including his desire for our rest and renewal?

Modest goal: for each to leave this forum with a clear (perhaps revised) response to **g in our Preparation Work: "One Calendar-Recalibration Goal."*

2. How can we **make progress** in helping others do the same?

Modest goal: for each to leave this forum with a clear response to these questions: **What is something helpful I gleaned tonight that I could share with someone who isn't here? And who is the person with whom I will share it?*

Some (Not All!) Preliminary Principles for Faith-Full Calendar Stewardship

To What Extent Is Your Calendar Intentionally Shaped by These Principles?

1. **We Belong, Body and Soul, to the Lord Jesus Christ.** So, your life is not your own.

- a. By virtue of his creating us

Colossians 1:16 *For by him [i.e., the Lord Jesus] all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷And he is before all things, and in him all things hold together.*

- b. By virtue of his redeeming us

1 Corinthians 6:19b-20 *You are not your own, for you were bought with a price. So glorify God in your body.*

2. **We Are Created to Flourish according to God's Good Design.** So, you will flourish only as you find your identity, meaning, and satisfaction in him—and your guidance for everyday living in his Word. God tells you in his Word how he wants you to live.

Proverbs 1:7 *The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.*

3. **Our Life Has a Simple Purpose: to Glorify God as We Grow in Holiness.** So, growth in everyday Christlikeness is your most vital mission. Faithfulness matters more than "success."

Romans 11:36 *For from him and through him and to him are all things. To him be glory forever. Amen.*

1 Thessalonians 3:3a *For this is the will of God, your sanctification ...*

Matthew 22:37 *And [Jesus] said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment. ³⁹And a second is like it: You shall love your neighbor as yourself. ⁴⁰On these two commandments depend all the Law and the Prophets."*

Westminster Shorter Catechism: 1. What is the chief end of man? Man's chief end is to glorify God, and to enjoy Him forever.

4. We Have God-Ordained Limitations. So, wisdom involves humbly honoring these limitations with honesty and contentment.

a. We are **not in control**. (God sovereignly governs all things.)

Proverbs 16:3 *Commit your work to the LORD,
and your plans will be established. ...*

*9The heart of man plans his way,
but the LORD establishes his steps.*

b. We are **finite** (God is eternal.)

Isaiah 55:8 *For my thoughts are not your thoughts,
neither are your ways my ways, declares the LORD.*

*9For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.*

Psalm 103:13 *As a father shows compassion to his children,
so the LORD shows compassion to those who fear him.*

*14For he knows our frame;
he remembers that we are dust.*

*15As for man, his days are like grass;
he flourishes like a flower of the field;
16for the wind passes over it, and it is gone,
and its place knows it no more.*

c. We are **dependent on God for all good things**. (God is eternally self-sufficient.)

Psalm 16 *A Miktam of David. 1Preserve me, O God, for in you I take refuge.*

*2I say to the LORD, “You are my Lord;
I have no good apart from you.”*

James 1:17 *Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.*

d. We are **localized** (spatially bound). (God is eternally transcendent.)

Psalm 139:7 *Where shall I go from your Spirit?
Or where shall I flee from your presence?
8If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
9If I take the wings of the morning
and dwell in the uttermost parts of the sea,
10even there your hand shall lead me,
and your right hand shall hold me.
11If I say, “Surely the darkness shall cover me,
and the light about me be night,”
12even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.*

Our spiritual and physical “creaturely” weakness includes our need for rest and renewal. For example, we need to breathe, eat, sleep, exercise, relate with other humans, and so on. There are universal needs that we all have, and there also are particular needs that each of us has individually. These particular needs are tied to our background, personality, life stage, capacity, health, and other circumstances.

e. We are **weak and often afflicted**. (God is eternally mighty.)

2 Corinthians 12:8 *Three times I pleaded with the Lord about this [i.e., “a thorn in the flesh”], that it should leave me. 9But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*

5. We Aren't Saved by Our Good Works. But We **Have** Been Redeemed for Them. So, making the best use of "the time" (until Christ comes) means diligently and joyfully working hard for the gospel's advance in you, through you, and around you.

Matthew 28:18 *And Jesus came and said to them, "All authority in heaven and on earth has been given to me.*

19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

SLW: To what extent is your life your **best answer** to the Great Commission?

Ephesians 2:8 *For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

1 Peter 4:10 *As each has received a gift, use it to serve one another, as good stewards of God's varied grace: 11 whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.*

Ephesians 5:15 *Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is.*

6. We Have Been Given Everything We Need to Walk in Those Good Works. So, rely on his strength, not yours. And get after it together.

2 Peter 1:3 *His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. 5 For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, 6 and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, 7 and godliness with brotherly/sisterly affection, and brotherly/sisterly affection with love. 8 For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. 9 For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. 10 Therefore, brothers and sisters, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall. 11 For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.*

Acts 2:42 *And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. 43 And awe came upon every soul, and many wonders and signs were being done through the apostles. 44 And all who believed were together and had all things in common. 45 And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. 46 And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, 47 praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.*

Philippians 2:12 *Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, 13 for it is God who works in you, both to will and to work for his good pleasure.*

John 5:17 *But Jesus answered them, "My Father is working until now, and I am working."*

7. We Will Give an Account to God for Our Works on Judgment Day. So, *each* day seek the Spirit's wisdom to steward his gifts in every area of life according to his Word, in view of *that* day.

1 Corinthians 3:11 *For no one can lay a foundation other than that which is laid, which is Jesus Christ. ¹²Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw— ¹³each one's work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done. ¹⁴If the work that anyone has built on the foundation survives, he will receive a reward. ¹⁵If anyone's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire.*

2 Corinthians 5:10 *[... we make it our aim to please him.] For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.*

2 Timothy 2:3 *Share in suffering as a good soldier of Christ Jesus. ⁴No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. ⁵An athlete is not crowned unless he competes according to the rules. ⁶It is the hard-working farmer who ought to have the first share of the crops.*

8. Our Justification and Future Glory in Christ and with Christ Is Sure and Soon. So, labor in Christ, for Christ with confident joy. And get ready to party.

Philippians 1:6 *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*

Colossians 3:4 *When Christ who is your life appears, then you also will appear with him in glory.*

Revelation 22:20 *He who testifies to these things says, “Surely I am coming soon.” Amen. Come, Lord Jesus!*

2 Peter 3:8 *But do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day. ⁹The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance. ¹⁰But the day of the Lord will come like a thief, and then the heavens will pass away with a roar, and the heavenly bodies will be burned up and dissolved, and the earth and the works that are done on it will be exposed. ¹¹Since all these things are thus to be dissolved, what sort of people ought you to be in lives of holiness and godliness, ¹²waiting for and hastening the coming of the day of God, because of which the heavens will be set on fire and dissolved, and the heavenly bodies will melt as they burn! ¹³But according to his promise we are waiting for new heavens and a new earth in which righteousness dwells.*

1 Corinthians 15:58 *Therefore, my beloved brothers and sisters, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.*

Beginning to Apply These Preliminary Principles to Our Calendar

At Your Table, in Groups of Three

First, share your name with your two neighbors. Then:

1. **“Us” Application** (*about 3 minutes per person*): Each of you select a different “preliminary principle” reproduced below and respond to the following question about your selected principle:

What are one or two implications of this specific principle for the way every believer ought to think about and/or shape her calendar?

2. **“Me” Application** (*about 2 minutes per person*): Review your response to “a” in your Preparation Work and respond to the following question:

What are one or two ways that your life’s mission statement reflects the “preliminary principles” reproduced below?

***If your triad completes these two questions early, respond together to the following question:

Which preliminary principle listed above do you find most countercultural among your non-Christian peers? How so?

Some (Not All) Preliminary Principles for Believers’ Calendar Stewardship

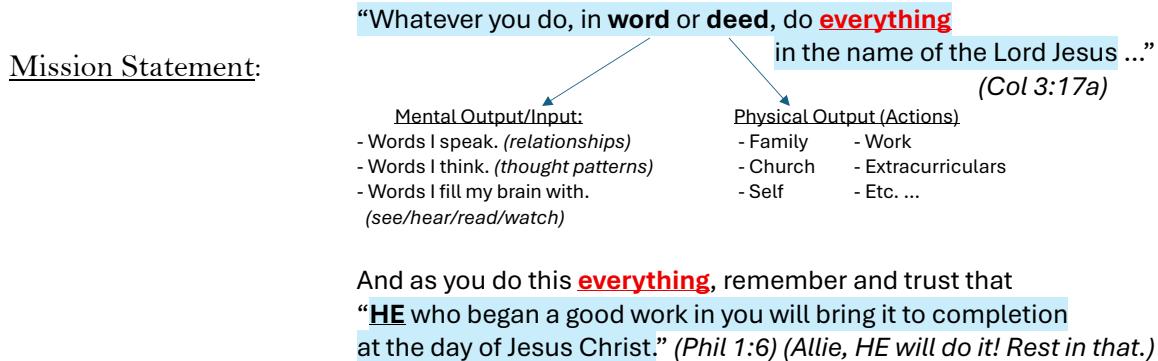
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2. We Are Created to Flourish according to God’s Good Design.
3. Our Life Has a Simple Purpose: to Glorify God as We Grow in Holiness.
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5. We Aren’t Saved by Our Good Works. But We *Have* Been Redeemed for Them.
6. We Have Been Given Everything We Need to Walk in Those Good Works.
7. We Will Give an Account to God for Our Works on Judgment Day.
8. Our Justification and Future Glory in Christ and with Christ Is Sure and Soon.

Illustrating How to Apply the Preliminary Principles

Two among Us Who Are Aiming (Imperfectly, but Truly!) to Keep Their Calendars Calibrated

Allie Eick

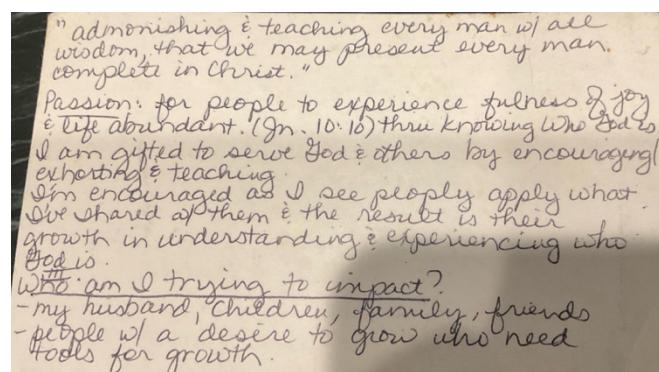
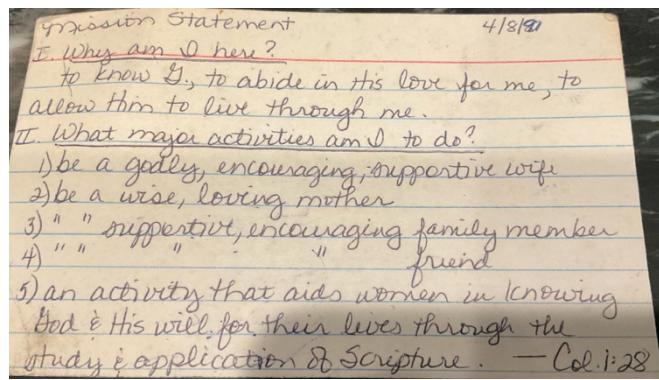
*Some elements of current life stage: husband; four young children; demanding part-time job; full local-church engagement; and so on ...



Leesa Jensen

*Some elements of current life stage: husband; three children and in-law children; ten grandchildren; aging mother; demanding volunteer work; full local-church engagement; and so on ...

Mission Statement (written in 1991):
To know God, to abide in His love for me, to allow Him to live through me.



Helpful tools for coming alongside Others for Christ-Centered Calendar Calibration:

The Analogy of “Putting Your Big Rocks in First” (Or: “Don’t Start with the Sand!”)

- Glass (your definite limitations of time and energy)
- Big Rocks (your top priorities)
 - Biggest Rock (your absolute top priority)
- Small Rocks (your timely tasks and goals)
- Sand (everything else)

Priority Selection: Which element should you select to put in the jar first?



The Least Calibrated Way: The least effective way to steward your calendar is to start with the things that least advance your core priorities, the “sand.” And if you don’t plan intentionally to avoid this, most likely your calendar will end up filling up with less important things and crowding out most important things. You will cease controlling your calendar; it will control you.



The Most Calibrated Way: The most effective way to steward your calendar is to start with the things that most advance your core priorities, the “big rocks.” In fact, start planning your schedule with the “biggest rock,” namely, those routines and rhythms for communing with God. That includes corporate worship. Then, begin adding more “rocks” to the “jar” from biggest to smallest. You’ll be amazed at how much “sand” can still fit!



Continuing to Apply These Preliminary Principles to Our Calendars

At Your Table, in the Same Groups of Three

1. Your Most and Least Aligned Spheres (*about 4 minutes per person*): Each of you share elements of your response to “e” and “f” in your Preparation Work.
2. One Calendar-Recalibration Goal (*about 2 minutes per person*):
 - a. Each of you share elements of your response to “g” in your Preparation Work.
Feel free to revise what you've written based on something you heard or thought of this evening.
 - b. What do you think will be the biggest challenge you'll face in reaching this calendar-recalibration goal?
3. Main Takeaway about Your Own Calendar (*about 2 minutes per person*):
What is your main takeaway from tonight's forum about wisely stewarding your time and energy? And how will that takeaway affect the way you think about and/or shape your calendar this coming week?
4. Main Takeaway about Helping Others with Their Calendar (*about 2 minutes per person*):
What is something helpful you gleaned tonight that you could share with someone who isn't here? And who is the person with whom you will share that juicy tidbit?

Some Conclusions

FORUM FOLLOW-UP ACTION STEPS:

1. **Refine Your Responses in the Preparation Work:** (a) Articulate a mission statement for your life that will help govern your calendar choices; (b) Define your four or five (no more!) main spheres of responsibility; (c) Articulate your top priorities for each sphere. (d) It would be helpful also to articulate your goals and key tasks for each sphere.
2. **Shape Your “Ideal Week”:** Use one of the formats for weekly planning given on the next two pages (or a different one you prefer) to develop an “ideal” week that expresses your core priorities for your various spheres, with proper weight given to what is generally most important for you to do. But even though this is an “ideal” week, be realistic about how much time each element requires.
3. **Track Your “Actual Week”:** Take inventory of your routines and rhythms for a week to give you a sense for your current “actual calendar,” at least in its generalities. You can use the 30-minute-interval weekly planner to get detailed. This exercise will give a baseline to compare with your “ideal calendar.” *Remember: each week has 168 hours: 56 asleep; 50 regular work week; 62 beyond that ...*
4. **Compare Your “Actual Week” to Your “Ideal Week” and Recalibrate as Needed**

More Practical Tips (in no certain order)

- **Aim for Progress, Not Perfection:** Baby steps are still steps. Go get ‘em, tiger.
- **Ask for Help:** Seek God’s guidance and strength as you aim for progress. Consider asking a trusted Christian friend for prayer, encouragement, and accountability about specific ways you are desiring to make progress. What other help might you need, and who might you be willing to ask?
- **Meditate on the Bible’s Wisdom Literature**
- **Start Today Setting Your Priorities:** Most likely, your life always will feel full.
- **Plan for Recalibration:** Schedule regular blocks of “recalibration.” Perhaps: *Daily (5–10 minutes); weekly (30 minutes); monthly (1 hour); annually (day retreat)*
- **Expect Curveballs:** Prepare to be flexible and receive with open hands God’s providential ordering of your path. Usually, it’s not what we expect!
- **Evaluate Energy Sustainability:** Identify which elements of your “actual week” involve the greatest energy expenditure and which involve the greatest energy replenishment. To what extent is this configuration sustainable? What might help bring harmony to your current expenditure-replenishment equilibrium?
- **Let Your “Yes” Be “Yes”:** Among the many good ways you could invest time and energy in your various spheres, unapologetically select those that most reflect your top priorities in that sphere. Then, stick to those commitments unless providentially hindered.
- **Let Your “No” Be “No”:** Learn to say “no” as an act of humble worship: “God, you are God, and I am not.”
- **Plan for Renewal:** Scheduling some “unscheduled time” can help you incorporate needed and enjoyable leisure, rest, play, and creativity. Carving out margins fosters freedom and spontaneity.
- **Watch Yourself:** Beware of the precarious pitfalls in this stewardship journey of self-righteousness, self-sufficiency, self-belittling, and ... well, really just most things “self-”. See preliminary principle #1.

Various Formats for Weekly Planning

MONDAY						
	TOP PRIORITIES					
	VARIOUS TO DO					
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

MONDAY	MY GOALS					
	1.					
	2.					
	3.					
	4.					
	5.					
FRIDAY	TO DO LIST					
SATURDAY	NEXT WEEK					
SUNDAY						

	MON Priority	TUES Priority	WED Priority	THURS Priority	FRI Priority	SAT Priority	SUN Priority
MORNING							
AFTERNOON							
EVENING							

	SUN	MON	TUES	WED	THURS	FRI	SAT
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