

Everyone look at your watch or your phone. What time is it? Tell me when it is the next minute. You'll never get that minute back. It's gone. Did you make the most of that minute? Do you feel like you used that time wisely?

One of my favorite movies back in the day was *Dead Poets Society*. Do you remember that movie? Robin Williams played an edgy English teacher who was unlike the other teachers at a boys' boarding school. He went against the traditional ways of teaching and taught the boys *Carpe Diem*, Seize the Day. Make the most out of the present moment. Go against the status quo. These boys were so worried about making wise choices for their future and were feeling pressure from their parents to fulfill their family's legacy at an Ivy League school. These boys were pulled in by the charisma of their teacher, who encouraged them to seize the day, to make the most out of every opportunity.

This isn't bad advice. Paul gives similar instructions in this passage but adds a little to it. Instead of living wisely for yourself and going against the status quo for your own desires, *Carpe Diem* for Christ! Don't live foolishly by partying all the time or focusing on the wrong things or things that don't last, if those are your desires. Use the time that God gives us wisely by being the body of Christ and building up the body of Christ.

Let's take a mental inventory of our daily activities. Or, you can jot them down in the Notes section of your bulletin. Call to mind an average day. What does your calendar or To-Do list look like? How do you spend your time? Take a moment.

Here's a chart that shows how Americans spend their time.

<https://www.weforum.org/agenda/2015/06/how-americans-spend-their-time/>

Let's see how we fair on this chart.

Here's a follow-up question: Are these activities that we're spending our time on building up the body of Christ? We may think of some of our mundane or required activities like work, appointments, cooking or cleaning the house, etc., as not building up the body, but I ask you, what is your attitude when you are doing those things? Are we being the body of Christ in our attitude? Are we doing the work in love? Are we drinking in the Holy Spirit all the time? If not, Paul says that we're wasting the time that God gives us.

Time wasters – what are some? What are things we do that waste our time? According to the chart, perhaps watching TV is a big time-waster. I'm a big Netflix binger, I confess. Sometimes, I need to watch something funny or interesting as a way to take my mind off "adulting," but it's too easy for me to get sucked in to a show. How about social media? "The average person spends 118 minutes a day on social media." Some people are addicted to scrolling on Facebook and playing video games. It's easy to blame technology as a time waster, but what about these:

- Senseless arguments
- Gossiping about others
- Complaining
- Blaming others
- Staying in a broken relationship
- Pursuing a career you hate

We don't know how much time we have here on this earth. But, time is valuable and God-given. Paul tells us to live wisely by using the time God has given us wisely – not foolishly – on things like this that do not build up ourselves or others, that do not build up the body of Christ.

Make the most of every opportunity – even in our singing. Verses 18-20: "Drink the Spirit of God, huge draughts of him. Sing hymns instead of drinking songs.

[Drinking songs may be fun, but they are surface-level and the joy from them don't last.] Sing songs from your heart to Christ." Music stirs the soul. There are certain songs that bring me to tears every time I hear them or sing them. Music just speaks to the soul, and we often respond through song on a soul level. We may never be able to bring ourselves to speak the words, but our soul can sing them. When we sing songs of praise we are worshiping with our whole being. That's the kind of worship that Paul says is living wisely and making the most of the time we have. We spend that time worshiping our God with our whole being.

When we spend our time worshiping God with our lives and building up the body of Christ, we won't live in regret of missed or wasted opportunities. We won't live a life of "Shoulda, woulda, coulda." "I shoulda helped that person, but...I was afraid." "I coulda done something, but... I was too busy." "I woulda helped, but...no one asked me." Live wisely by seizing every day to build up the body of Christ. Make the most of every opportunity to love and be the body of Christ. Carpe Diem for Christ!

There are 1,440 minutes in a day. I made you waste one of them at the beginning of this sermon to prove a point. Don't waste any more time today. Let us sing songs from our heart to Christ right now and all day!