



love God...grow disciples...serve others

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A Word from Pastor Larry “Wasted Time”

One of the most significant tragedies in our lives as followers of Jesus is the misappropriation of time. In simpler terms, we waste a lot of time on things that have little to no eternal value. Before you think the Pastor is being too judgmental, I am writing from a place of conviction. I already know I waste more time than anyone. Sometimes I get sidetracked and lose sight of my goals for the day, week, or year. Then again, I think if we are all honest with ourselves, we are all a little sidetracked from time to time.

I do not intend to imply that you interpret my words as instructing you to “turn off that television,” “put down that phone,” or “get off social media.” While increased discipline in these areas may be warranted, such matters are between you and the Lord. I wish to avoid sounding legalistic or too lax on the issue, but when we stand before the Lord, no one really wants the accusation of “lazy Christian.”

Before the apostle Paul addressed the church in Ephesus on maintaining the household in Christ, he emphasized the importance of using time wisely. Paul advised, “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is” (Eph. 5:15-17). The phrase “making the best use of the time” particularly stands out.

It is always best to understand time as a gift from God. Why? Because God is not constrained by the boundaries of time, nor does He require it.

As He is self-sufficient and needs nothing to improve Himself, time has no impact on God. He has given time to His creation as a measuring tool. I encountered a definition of time described as follows, “Time is a continual over-dropping of moments, which fall down one upon the other, and evaporate.” Perhaps the most appropriate way to perceive time is as a gift from God; if we consider it as such, we may be less inclined to squander it away.

For me, a good way to gauge my use of time, or to at least get on the right track for the day, is to assess the day before me. I might ask, “What can I do today to serve the Kingdom?” I may aspire to serve the Kingdom with something grand for the day, or it may be a small but valuable service to the King. As we see the day of the Lord drawing nearer, our time to serve the King is more and more valued.

I understand that sometimes taking a break and relaxing is beneficial. I encourage everyone to observe a Sabbath rest and enjoy some downtime. Sabbath rest isn’t wasted time; it’s an opportunity to rest and reflect more deeply on the Lord. God did not create us to be mere entertainment seekers, disconnected from reality, but as beings wired to worship. Even during Sabbath rest, we can still worship God.

For our online readers, John Piper has a well-known illustration on wasting time that may be helpful to you. You can find it here: [John Piper Seashell Pdf.pdf](http://JohnPiperSeashellPdf.pdf)

Pastor Larry G. Stephens

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 AM: Bible Study 10:30 AM: Worship	2 10 AM: Kards Ministry	3 GSCC Homeschool 6:30 PM: Deacon Meeting	4 6pm: Foundations 7 PM: Easter Cantata Practice Begins	5 9am: CEC Chapel	6	7 8:30 AM: YAH Breakfast 6pm: Men's Steak Dinner
8 9 AM: Bible Study 10:30 AM: Worship	9 Enrichment Homeschool 1-3pm	10 GSCC Homeschool	11 6pm: Foundations 7 PM: Easter Cantata Practice	12 12 PM: YAH Valentine's Luncheon	13 6:30 PM: Youth Valentines Fundraiser	14 Valentine's Day
15 9 AM: Bible Study 10:30 AM: Worship	16 Enrichment Homeschool	17 GSCC Homeschool	18 6pm: Foundations 7 PM: Easter Cantata Practice	19 5:30 PM: COH 7:30 PM: Missions Meeting	20 6 PM: Game Night	21
22 9 AM: Bible Study 10:30 AM: Worship	23 Enrichment Homeschool	24 GSCC Homeschool	25 6pm: Foundations 7 PM: Easter Cantata Practice	26 9 AM: CEC Doughnuts w/ Grownups	27 Youth Winter Jam	28 9 AM: Women's Bible Study

EAST COAST MEN'S BIBLE CONFERENCE

MARCH 13-14, 2026

1350 S Windstead Ave
Rocky Mount, NC 27803

To Register, See Pastor Larry
Cost: \$60



EAST COAST MEN'S BIBLE CONFERENCE

For hotels, speaker bios, and more information visit ecmbc.org

2026 Bible Reading Challenge

Join Highland as we read through the bible in a year. The reading plan is available on our website.



Come sing in the
Easter Cantata

Practice: Wednesdays at 7pm

Starting February 4



SAVE THE DATE

SATURDAY, MARCH 21

4 PM

Who makes the best
barbeque & cake?

Sign up to join the
competition by 3/1



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