

American Time Use Survey – statistics by state

1. Sleep

8 hrs 25 – Wisconsin

9 hrs 08 – Alabama and Mississippi

2. Personal grooming:

28 mins Vermont

45 mins Alabama, Georgia

3. Commute if working

29 mins Oregon, Alaska

63 mins New York, New Jersey

4. Work if employed (as

9 hrs 40 mins Maine

11 hrs 34 mins North Dakota

5. Housework

26 mins Hawaii

45 mins North Dakota

6. Religious activity

2 mins Rhode Island

16 mins Louisiana, Mississippi

7. Leisure activity

4 hrs 27 Utah

6. Religious activity

2 mins Rhode Island

16 mins Louisiana, Mississippi

10 mins Colorado

30 mins Louisiana

Source: The Telegraph, 22 June 2014

THE MOST COMMON DAY

This is how different groups of Americans spend their days. Activities sort by the time of day most people engage in each.



Source: Flowingdata.com

**Do Not Be
Average!!**

The Example Of God

Psalm 68:19

**Blessed be the Lord, who daily loadeth us with benefits,
even the God of our salvation. Selah.**

The Example Of The Early Church

Acts 2:46-47

**46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,
47 Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.**

Acts 5:42

And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.

Daily Things In The Christian's Life

I. Daily Renewing Of The Inner Man

2 Corinthians 4:16

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

Our inner man *defines* us

Colossians 3:10

And have put on the new man, which is renewed in knowledge after the image of him that created him:

II. Daily Reading Of The Word

Nehemiah 8:18

Also day by day, from the first day unto the last day, he read in the book of the law of God. And they kept the feast seven days; and on the eighth day was a solemn assembly, according unto the manner.

We should be *dedicated* to the Word of God

Acts 17:11

These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.

II. Daily Reading Of The Word

Psalm 119:11

**Thy word have I hid in mine heart, that I might not sin
against thee.**

III. Daily Prayer To The Lord

Psalm 86:3

Be merciful unto me, O Lord: for I cry unto thee daily.

We need to be *dependent* upon God

A. For God's will

Luke 11:2

And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.

B. For provision

Luke 11:3

Give us day by day our daily bread.

III. Daily Prayer To The Lord

C. For our spiritual walk

Luke 11:4

And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

D. For protection

Psalm 56:2

Mine enemies would daily swallow me up: for they be many that fight against me, O thou most High.

III. Daily Prayer To The Lord

E. For others

1 Timothy 2:1

I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;

IV. Daily Praising To The Lord

Psalm 72:15

And he shall live, and to him shall be given of the gold of Sheba: prayer also shall be made for him continually; and daily shall he be praised.

Do we daily *delight* in the Lord?

Psalm 37:23

The steps of a good man are ordered by the Lord: and he delighteth in his way.

Psalm 40:8

I delight to do thy will, O my God: yea, thy law is within my heart.

V. Daily Exhortation Of One Another

Hebrews 3:13

**But exhort one another daily, while it is called To day;
lest any of you be hardened through the deceitfulness of
sin.**

We need to *disciple* one another

1 Timothy 4:13

**Till I come, give attendance to reading, to exhortation, to
doctrine.**

Titus 1:9

**Holding fast the faithful word as he hath been taught,
that he may be able by sound doctrine both to exhort
and to convince the gainsayers.**

VI. Daily Cross To Bear

Luke 9:23

And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

A decision we must daily make

Dare to Be a Daniel

DAVID L. B.
P. P. B., 1873

Philp P. Bliss, 1873

1. Stand - ing by a pur - pose true, Head - ing God's com - man,
2. Man - y might - y men are lost, Dar - ing not to stand,
3. Man - y gi - ants, great and tall, Stalk - ing through the land,
4. Hold the Gos - pel ban - ner high! On to vic - t'ry grand!

Hon - or them, the faith - ful few! All hail to Dan - iel's band!
Who for God had been a host By join - ing Dan - iel's band,
Head - long to the earth would fall, If met by Dan - iel's band,
Sa - tan and his hosts de - fy, And shout for Dan - iel's band.

Refrain

Dare to be a Dan - iel, Dare to stand a - lone!

Dare to have a pur - pose firm! Dare to make it known.

**Are We An
Example?**