

Time - How Much Do You Have?

The Bank

79	Average Life Span in Years
4,098	Average Life Span in Weeks
28,762	Average Life Span in Days
690,288	Average Life Span in Hours

Debits

-230,096	Sleep (8 hours daily)
-245,856	Edu/Work/Chores (10 hours daily x 6 days)
-43,143	Nutrition (1.5 hours daily)
-14,381	Hygiene (.5 hour daily)
-28,762	Spiritual & physical (1 hour daily)
-28,762	Transition Time (1 hour daily)
-86,286	Waste (3 hours daily)

13,002 Average Life Span "Free Time" Hours

1.5	Average Life Span "Free Time" Years
77	Average Life Span "Free Time" Weeks
542	Average Life Span "Free Time" Days

"Free Time" Remaining Based on Your Age including wasted time**

	16	26	36	46	56
Years	1.2	1.0	0.8	0.7	0.5
Weeks	62	53	44	35	25
Days	437	372	307	242	176
Hours	10,496	8,929	7,363	5,796	4,230

"Free Time" Remaining Based on Your Age excluding wasted time

	16	26	36	46	56
Years	9.2	7.8	6.4	5.1	3.7
Weeks	477	406	335	263	192
Days	3,340	2,841	2,343	1,844	1,346
Hours	80,148	68,186	56,223	44,261	32,299

1. Remembering the shortness of time ought temper our affections for the things of the WORLD.
2. Remembering the shortness of time should be a means to HUMBLE us.
3. Remembering the uncertainty of time ought keep us from putting off REPENTANCE.
4. Remembering the shortness of time will give us a weapon to use against evil TEMPTATIONS
5. Remembering the shortness of time should give us passion for godly LIVING.
6. Remembering the shortness of time ought make us highly value GRACE.
7. Remembering the shortness of time will help comfort grief in the loss of dear RELATIONS.