

How will you spend your life?

The average American lives 75.37 years. Here's how the average person spends those years.

20 years sleeping

14 years working

8 years in amusement (Videos, TV, Internet, games etc.)

7 Years for bathroom and grooming

6 years eating

4 years waiting

4 years in transportation

4 years in conversation

1 year reading

1 year searching for lost items

1 year in worship

8 months opening up junk mail

Here is what GOD says about our time on the earth:

“Don't let the excitement of youth cause you to forget your creator. Honor him in your youth before you grow old and no longer enjoy living. Yes, remember your Creator now while you are young. Fear God and obey his commands, for this is the duty of every person” Ecc. 12:1 NLT

“Seventy years are given to us! Some may even reach eighty....soon they disappear, and we are gone. Teach us to make the most of our time, so that we may grow in wisdom” Psalm 90:10 NLT

“Those who are wise will find a time and a way to do what is right. Yes, there is a time and a way for everything.” Ecc. 8:5

“So be careful how you live, not as fools but as those who are wise. Make the most of every opportunity for doing good in these evil days. Don't act thoughtlessly but try to understand what the Lord wants you to do” Ephesians 5:15