

# DIVINE⊕TIME MANAGEMENT

## Group Study Guide



The Joy of Trusting God's  
Loving Plans for You



ELIZABETH GRACE SAUNDERS

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## MANAGEMENT

### Welcome

Hello friends!

I'm Elizabeth, the author of this book, and I'm delighted that you're not only reading my book but also sharing this experience with others.

My eyes are twinkling at the thought of it.

I designed this small group guide as something that you can use with a traditional small group, with a book club, or with a group of individuals who decided to come together for the purpose of reading and applying Divine Time Management.

In the coming pages, you'll see ideas of how you could structure your group meetings, questions that can stimulate conversation, as well as resources and ideas for next steps.

Please use this as a guide, not a test. You don't "win" when you get through all the questions exactly on time. You get the most out of it when you're in alignment with what God has for you in your time together. Sometimes that may follow the cadence I suggest and other times, it may look completely different.

I pray that you will find this experience of reading through *Divine Time Management: The Joy of Trusting God's Loving Plans for You* transformative in your relationship with God and with time.

God's very best,

*Elizabeth*

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." ~Jeremiah 29:11*



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### Suggested Small Group Format

Here's an idea of how your times of discussing the book could be formatted. Feel free to modify this structure to suit your needs and of course stay open to the Holy Spirit's leading.

#### ● **Grace Period**

10-15 minutes for people to arrive, get their coffee, settle in, and chat.

#### ● **Open in Prayer**

Ask for God's blessing on the time. Here's an idea of what that could sound like:

Dear God-Thank you so much for the opportunity to meet together as a group. We pray for your blessing and protection on this time. May every person here feel at peace in the moment and safe to share. May your will be done in this time. In Jesus' name. Amen.

#### ● **Testimony Time**

Open the floor for people to share about something God has done in their lives since you last met. It could be related to the book or something else God has done. Not everyone needs to share during this time, and in general, the sharings should be short—3-5 minutes or less.

#### ● **Book Study Questions**

These questions are meant to stimulate discussion and encourage application of the material. But feel free to go through just some of these questions or to come up with your own. These are a guide, not a quiz. If someone hasn't read the whole chapter, it's OK to admit that. We don't have to be perfect at execution to have a wonderful discussion.

#### ● **Next Action**

Each person can decide on one action step that they will take between now and the next time the group meets to apply the material to their lives.

#### ● **Closing Prayer and Prayer Requests**

Wrap up the group thanking God for the blessing of the group and for what has happened and what will happen. If desired, you can also offer individuals the opportunity to share prayer requests.

#### ● **Linger and Laugh**



Chapter  
**1**

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## MANAGEMENT

### Control is Not the Goal

#### Scripture:

Then the LORD said to Moses, "Go to Pharaoh and say to him, 'This is what the LORD, the God of the Hebrews, says: 'Let my people go, so that they may worship me.'" **EXODUS 9:1**

#### 4. Next Actions

To apply the material from this chapter to my life I will:

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

In general, have you put trust in God at the center of your time management or trust in self?

Which of the wrong goals for time management stood out to you? Why?

Among the right goals for time management, which one do you think is the most important for you to focus on right now? What would that look like for you?

Did you say any of the returning to God prayers? If so, did you experience any shifts in your thoughts, actions, and/or experience of the fruits of the Spirit after doing so?

Share your thoughts on the "Being Clay" reflection exercise.

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#### 5. Closing Prayer & Prayer Requests



Chapter  
**2**

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## MANAGEMENT

### Learning to Trust God

#### Scripture:

But I trust in your  
unfailing love;  
my heart rejoices in  
your salvation.  
**PSALM 13:5**

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

What did you think of The Trust Cycle (God's Word Style)? Have you ever found yourself doubting that God really can be trusted?

Which one of the trust-strengthening exercises most struck you? Why?

Did you do any of the trust-strengthening exercises? If so, what was the result?

Are there any of the trust-strengthening exercises that you haven't done yet but you think would be valuable for you to do? If so, when will you commit the time to do them?

Do you truly believe that there's enough time? If not, what could it look or sound like if you started to take on this mentality?

#### 4. Next Actions

To apply the material  
from this chapter to  
my life I will:

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#### 5. Closing Prayer & Prayer Requests

# Chapter 3

## DIVINE<sup>+</sup>TIME MANAGEMENT

### Images We Create to Earn Love

#### Scripture:

"Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What kind of deal is it to get everything you want but lose yourself? What could you ever trade your soul for?"  
**MATTHEW 16:24–26**  
**MSG**

#### 4. Next Actions

To apply the material from this chapter to my life I will:

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

Can you relate to Elizabeth's story of feeling like you needed to be a "plastic princess" or "plastic prince" who always does what's right, feels what's right, and is always hopeful and positive? How so?

Was the concept of a false identity new to you? Have you ever thought about the fact that you might be living out of a false identity?

Can you see the value of letting go of false identities? If so, why? If not, why not?

Which of the false identities most stood out to you?

Did the idea of "breaking free" make you feel nervous or uncomfortable? If so, why?

Would you be open to allowing God to take away some of your false identities so that you could embody more of your true identity?

What did you glean from the "Be-You-Tiful" reflection exercise?

#### 5. Closing Prayer & Prayer Requests



Chapter  
**4**

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### Challenging False Beliefs

#### Scripture:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. **ROMANS 12:2**

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

What were your thoughts on the opening story? Did anything touch your heart?

Would you say that you've lived more for identity or from identity?

Which of the essential paradigm shifts do you think could make the biggest impact in your life? Why?

What are you doing or will you do to allow God to create this paradigm shift in your life?

#### 4. Next Actions

To apply the material from this chapter to my life I will:

When you read the reflection exercise, did you realize that there are one or more areas where you are pushing? If so, how could you stop the push?

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#### 5. Closing Prayer & Prayer Requests



Chapter  
**5**

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## MANAGEMENT

### Discovering Your True Identity

#### Scripture:

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

**2 CORINTHIANS 3:18**

#### 4. Next Actions

To apply the material from this chapter to my life I will:

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

Are there any things that you are pretty confident are part of your true identity? If so, what are they?

Have you ever had God speak to you through the Word about who you are? If so, how?

Have you ever heard the Lord's voice speaking to you about who you are in Him? If so, when and what did He say?

Have you ever experienced God speaking through another person to help you understand who you truly are? What did they say?

Have you ever felt "called" to do something? If so, what was it, and how did you know it was your calling at that time?

Do you feel like there's more of your true identity that still needs to be revealed? If so, why?

Do you feel free to love the true you? If not, ask God to give you that freedom.

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#### 5. Closing Prayer & Prayer Requests



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Chapter  
**6**

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### Right Relationship with God

#### Scripture:

Jesus replied: “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.”

**MATTHEW 22:37–38**

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

Do you feel like you’ve lived your life more out of rules or relationship?

Do you have a relationship with God? How do you know?

Do you feel like you need to focus more on growing love between you and God or protecting that love? Why?

Which growing love exercises do you think would be most beneficial to you? How could you incorporate them into your life?

Where do you need to do more to protect the love between you and God? How could you put that into action?

Do you believe that God notices the time that you spend with Him? If so, how would that change how you prioritize that time?

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#### 4. Next Actions

To apply the material from this chapter to my life I will:

#### 5. Closing Prayer & Prayer Requests



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## MANAGEMENT

### Right Relationship with Others

#### Scripture:

“And the second is like it: ‘Love your neighbor as yourself.’”

**MATTHEW 22:39**

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

Are there any ways in which you have control show up in your relationships? If so, how?

Do you tend to prioritize your relationships or to prioritize tasks?

Do you find that you need to spend more time cultivating love or guarding your heart or do you have room to grow in both?

Which one of the cultivating love activities do you believe would be most beneficial to you right now? How could you put it into practice?

#### 4. Next Actions

To apply the material from this chapter to my life I will:

Where are the areas in which you need to guard your heart more? Why do you believe this to be true? What steps can you take now?

What struck you from the reflection exercise? Where do you feel God prompting you to give up control in one or more of your relationships?

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#### 5. Closing Prayer & Prayer Requests



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Chapter  
**8**

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## MANAGEMENT

### Right Relationship with Ourselves

#### Scripture:

For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church.

**EPHESIANS 5:29**  
**NASB**

1. Opening Prayer
2. Testimony Time
3. Chapter Questions:

Do you feel like you love yourself and your story line or is it a struggle?

What are your thoughts on the difference between self-love and self-centeredness?

Which one of the self-acceptance and self-compassion exercises most touched you? Did you experience any breakthrough? How?

Up to this point, have you approached self-care from a place of self-love or from a place of self-control? Can you see the benefit of approaching it from a place of self-love?

Which one of the areas of self-care do you think is most important to you right now? How could you start to practice more self-care in this area?

Do you feel like you've loved your life or tried to control it? Why do you believe that to be true?

Have you been completely open with God about your struggles? If not, how could you begin the process of opening up to Him?

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#### 4. Next Actions

To apply the material from this chapter to my life I will:



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#### 5. Closing Prayer & Prayer Requests



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### What's Next?

**Great job on going through this book and small group study guide! I'm very proud of you.**

I encourage you to really apply what you've learned to your daily life. That's where the transformative power of God can really work.

If you're wanting to engage with more of my material or services, here are a few options for next steps:

My free newsletter is available at: [www.ScheduleMakeover.com](http://www.ScheduleMakeover.com) I encourage you to sign up so that we can stay in touch.

My first book published by McGraw Hill is a comprehensive look at lasting behavioral change and is available on Amazon and wherever books are sold: *[The 3 Secrets to Effective Time Investment: How to Achieve More Success with Less Stress](#)*

My second book published by Harvard Business Review is a deep-dive into how to allocate your time and is available on Amazon and Harvard Business Review's website: *[How to Invest Your Time Like Money](#)*

If you're interested in considering joining my Divine Time Management group coaching program, which gives you the opportunity to connect with me and other Christians through a live, interactive virtual class as well as individual coaching sessions, go to [www.DivineTimeManagement.com](http://www.DivineTimeManagement.com) to learn more about how to apply.

If you're interested in 1-on-1 time management coaching with me, where we can work together on overcoming your time management challenges, go to [www.RealLifeE.com](http://www.RealLifeE.com) and click on "Get 1-on-1 Support" to find out more and apply.

If you're interested in having me come in as a speaker on Divine Time Management, go to [www.RealLifeE.com](http://www.RealLifeE.com) and select "Speaking" from the drop-down menu under "Divine Time."

If you have testimonies about how this book impacted your life, please let me know! This fills my heart with joy. Amazon reviews are always appreciated and you can also contact me through [www.RealLifeE.com](http://www.RealLifeE.com)

May you experience more and more of God's best!

*Elizabeth*



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# DIVINE TIME MANAGEMENT

## Meet Elizabeth



### Elizabeth Grace Saunders

is an internationally recognized expert on effective time management and the founder of Real Life E Time Coaching and Speaking. Her company partners with individuals on the journey from feeling guilty, overwhelmed and frustrated to feeling peaceful, confident and accomplished.

She has been featured on CBS, ABC, NBC, and FOX. She contributes to Forbes, Harvard Business Review, Huffington Post, and Fast Company. Elizabeth is a member of the Young Entrepreneur Council and the Forbes Coaches Council.

McGraw Hill published her first book *The 3 Secrets to Effective Time Investment: How to Achieve More Success with Less Stress*. Harvard Business Review published her second book *How to Invest Your Time Like Money*. FaithWords published her third book on *Divine Time Management: The Joy of Trusting God's Loving Plans for You*.

Most importantly, Elizabeth accepted Jesus when she was a little girl and has desired to live life walking hand-in-hand with God ever since. The Divine Time Management division of Real Life E encourages Christians to join in the journey of aligning themselves with God's heart through her book and group coaching program.

Find out more at [www.RealLifeE.com](http://www.RealLifeE.com), [www.DivineTimeManagement.com](http://www.DivineTimeManagement.com), and [www.DivineTimeBook.com](http://www.DivineTimeBook.com)



## Time Coaching & Training

*FaithWords*

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## Notes

# Small Group Study Guide

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