

Few want their lives wasted on things that do not matter. Unfortunately, we are busy with life and easily distracted by trivial tangents that steal our attention and drain away our time. The following breath prayer of Moses from Psalm 90 is a gift steeped in the story of God that reminds us that our Father in heaven longs to help balance our lives according to His will so that we can fulfill His mission for us as His child. When taken with other passages, like Romans 13:13-15 and Ephesians 5:15-17, we can formulate strategies to help us lean into God's will for us and gain a heart of wisdom by numbering our days appropriately. Though not suggested as a formula, the following seven strategies are spiritual commitments and practices that open our hearts to the work of God.

*Teach us to number our days,  
that we may gain a heart of wisdom.* Psalm 90:12

Gaining a heart of wisdom means recognizing...

- God as the primary allegiance of our hearts.
- The temporary nature of our days on earth.
- The urgency of this moment in our lives.
- The values of this world are twisted.
- The certainty of our eternal future with God.
- The power available to us from the Holy Spirit.
- The grace of prayer to enable this to happen in us.

Courtesy of ToGather.church and Heartlight.org.