

# Hebrew *Day* Planner



## **Welcome to The Hebrew Day Planner Sampler**

*The Hebrew Day Planner* is an ancient approach to *Making Room for Life* and offers great help for the harried American. The Hebrew people of the Bible applied a time management system that is simple and flows with the rhythms of creation. Twelve hours (6:00 am-6:00 pm) are allocated for production or work. Four hours (6:00 pm-10:00 pm) are allocated for relationships always centered around the sharing of a meal. Eight hours (10:00 pm-6:00 am) are allocated for sleep. This is the flow of life for six days. On the seventh day, the Hebrew would allocate the entire day to relationships and rest. One more thing: the Hebrew understood from God's Word that a day actually begins at 6:00 pm the day before! Because it is first, it meant that it was the most important. We were designed to work but we were created for relationships - with God and others. As you look at the pages that follow, the layout may throw you off a little at first, but it will greatly aid in fixing the importance of the idea in your head.

This little booklet is designed for you to try it out for yourself for a week. Start on a Sunday night at 6:00 pm and finish on the next Sunday night at 6:00 pm. Be intentional about planning your day to fit into this schedule. In the far right column, evaluate how you did. If you think the idea has merit, give it a try for another week. Just maybe it will become a way of life for you -a way of making more room for life!

*For more information on The Hebrew Day Planner, please read chapter 5 of Making Room for Life, by Randy Frazee - published by Zondervan.*







# Schedule for Wednesday Date

RELATIONSHIPS	6:00 pm <i>Tuesday</i>
	7:00 pm <i>Tuesday</i>
	8:00 pm <i>Tuesday</i>
	9:00 pm <i>Tuesday</i>
SLEEP	10:00 pm <i>Tuesday</i>
PRODUCTION	6:00 am
	7:00 am
	8:00 am
	9:00 am
	10:00 am
	11:00 am
	12:00 pm
	1:00 pm
	2:00 pm
	3:00 pm
	4:00 pm
	5:00 pm

## To-Do list

RELATIONSHIPS		
SLEEP	get rest	
PRODUCTION		

## Evaluation

# Schedule for Thursday Date

RELATIONSHIPS	6:00 pm <i>Wednesday</i>
	7:00 pm <i>Wednesday</i>
	8:00 pm <i>Wednesday</i>
	9:00 pm <i>Wednesday</i>
SLEEP	10:00 pm <i>Wednesday</i>
PRODUCTION	6:00 am
	7:00 am
	8:00 am
	9:00 am
	10:00 am
	11:00 am
	12:00 pm
	1:00 pm
	2:00 pm
	3:00 pm
	4:00 pm
	5:00 pm

## To-Do list

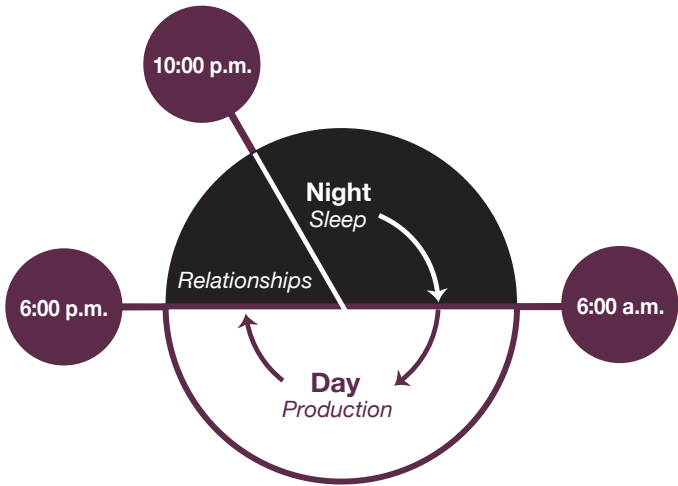
RELATIONSHIPS		
SLEEP	get rest	
PRODUCTION		

## Evaluation









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