

# The 168 Principle

## Let's Add It Up

24 hours in a day X 7 days = 168

8 hours sleeping x 7 days = 56

4 hours in a church bldg. = 4

Sleeping & church bldg. = 60

Subtract 60 from total hours = 168

168

-60

108

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Most of our lives are busy, or rather spent, in other activities outside of a church building; getting ready for the day, working, eating, exercise, lawn work, traveling to and fro, with friends or family, having fun, in a class, or (you fill in the blank).

The point is, this is where you spend most of your life. If the program you've chosen for discipleship isn't working in the 108 hrs where you spend most of your time.....**you will not succeed.**

If the program you've chosen doesn't address or tailor itself to this space in a profoundly practical way, you are wasting moments when you have hours. Activity on Sunday does not equal Christian growth. (kh)