

*Every Hour is Holy*



The image features a hand holding a cluster of colorful, translucent gemstones. Each gemstone is inscribed with a different life activity. The background is a dark, starry space. On the left, a portion of a clock with a stained glass face is visible. The text 'A week is 168 hours — each one a gift.' is written in a white serif font across the upper middle. At the bottom, the question 'How do you spend yours?' is written in a white cursive font.

A week is 168 hours — each one a gift.

*How do you spend yours?*





45 hrs.

Work/  
School

A quarter of our week is spent in work or study —  
sacred spaces where God's calling meets the world's need.





Sleep/  
Rest

We spend a third of our lives asleep — not lost time, but trust.  
Each night we rest in God's care, letting Him renew what we  
cannot control



## Home/ Household Care

Ordinary tasks, sacred love — Jesus broke bread, swept floors, and repaired what was broken too. Stewardship in the small things.





## Family/ Relationships


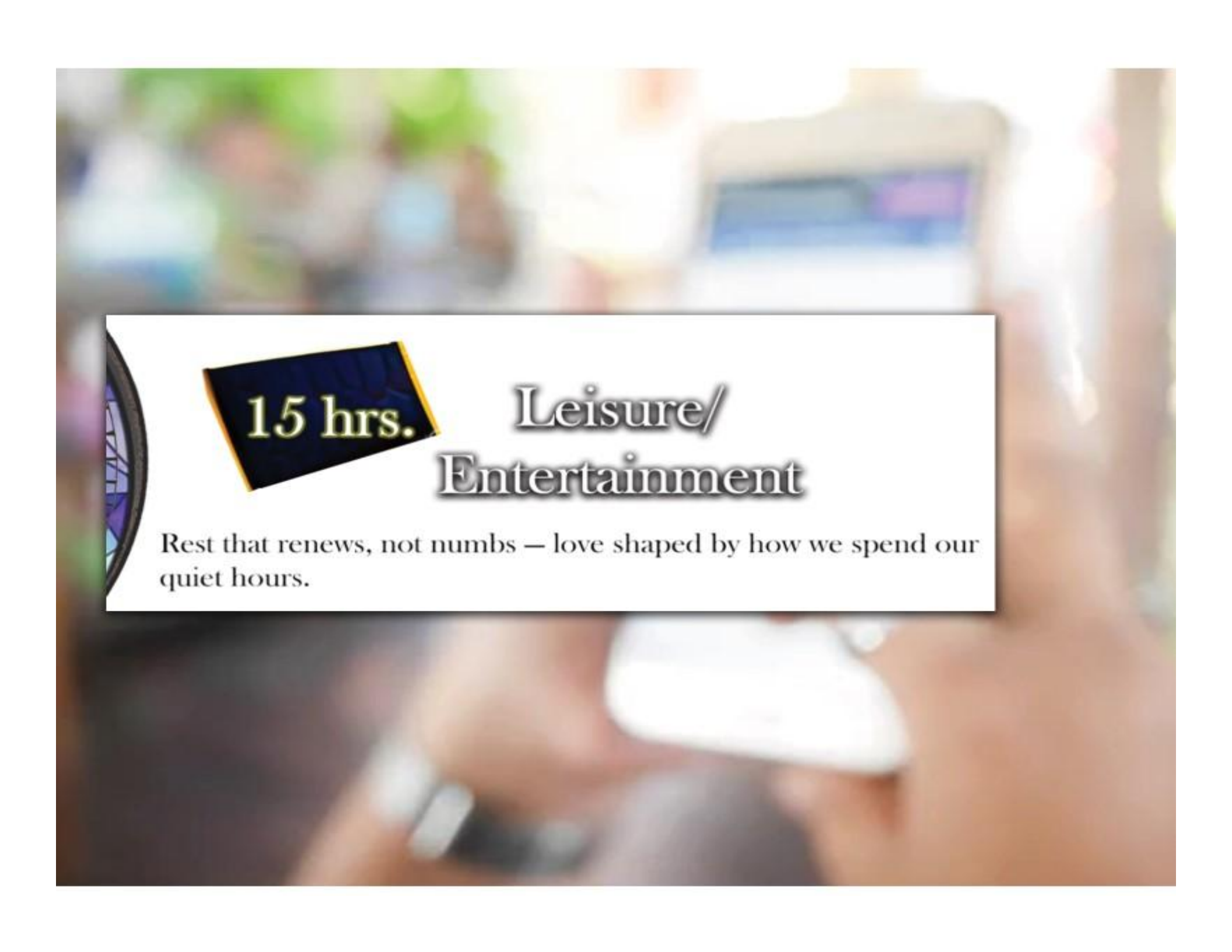
Time with others is holy work — listening, forgiving, and showing up with love, even when we're tired.



14 hrs.

## Eating/ Mealtime

Every table can echo the Lord's table — a place of gratitude, blessing, and belonging.



15 hrs.

## Leisure/ Entertainment

Rest that renews, not numbs — love shaped by how we spend our quiet hours.





# Unplanned/ Interruptions

Interruptions become holy when we welcome them as invitations.



8 hrs.

# Faith/ Worship/ Prayer

Not hours counted, but rhythm lived –  
faith woven through all we do



All time belongs to God