



STEWARDSHIP *Time*

A Guide to Stewardship of Time

Time is life. Every breath, every moment, every sunrise is a gift from God. And stewardship begins not with treasure or talent—but with how we use our time.

Our time reveals what we love. Do we give time to God in prayer? To our families and neighbors? To service, rest, and worship? Or do we give God the leftovers?

In a world obsessed with productivity, Catholic stewardship reclaims time as sacred. It is not ours to hoard, waste, or control—but to offer back to God with intention and love.

Stewardship of time is the soil where all other stewardship grows. Without time in prayer, service, or formation—we cannot steward our talent or treasure well.

Best Practices

- Keep Sunday truly holy by attending Mass, resting from unnecessary work, and spending quality time with loved ones.
- Set aside intentional moments each day for prayer, Scripture, or spiritual reading—offering God the “first fruits” of your time.
- Create screen-free time for family, listen attentively to those around you, and visit the lonely or homebound with no rush.
- Commit a regular time block (weekly or monthly) for parish involvement, service work, or mentoring others.

TIME OPPORTUNITIES



Time for Yourself

Set aside work and busyness to focus on Mass, rest, and quality time. Attend Mass with reverence, avoid unnecessary labor, and enjoy God's gifts in creation or family.



Time For Family

Strengthen relationships by being fully present with those God has placed in your life. Schedule family meals, game nights, or prayer together with no digital distractions.



Time For Community

Offer your time regularly to serve others through parish life or outreach programs. Lector, catechist, food pantry helper, choir member, or parish event volunteer.



Time For Prayer

Begin or end each day with prayer, Scripture, or quiet time with God. Use a devotional, pray the Rosary, or spend time in Eucharistic Adoration.

We must give God not only our works but our time. - St. Francis de Sales



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Time Audit Worksheet

1. Keep a Time Log for 3–7 Days

Track how you spend your time in 15–30 minute blocks for a few days. Include work, prayer, meals, screen time, commuting, family, and rest.

Ask: Where is my time going? What brings me life? What drains me?

2. Use a Time Stewardship Reflection Tool

Divide your weekly hours into categories:

God (prayer, Mass, Adoration)

Family (meals, conversation, caregiving)

Work/School

Service (volunteering, ministry)

Rest & Recreation

Wasted/Idle time (scrolling, distractions)

Ask: Am I giving God my best or my leftovers?

3. Do a Sunday Evening "Examen of Time"

Inspired by the Ignatian Examen, reflect weekly:

When did I use time well this week?

Where did I waste or misplace time?

How did I spend time with God and others?

Pray: Lord, help me see where You were present and where I can better serve You with my time.

4. Review Your Calendar Monthly

Look at your planner or digital calendar:

Which commitments align with your values and vocation?

What could be simplified, removed, or redirected toward what matters most?

Bonus: Time Audit Questions for Journaling

What 3 things take the most time in my week?

Do I feel rushed, balanced, or scattered?

Am I making time for what I value—or just reacting?

We must not waste time. It is a gift from God. Every moment must be filled with love and service. - Pope St. John Paul II