Using Time

Life Issues D Summary

Life Issues D Learning Objectives

* The participants will explore the difference between *chronos* and *kairos* and how the Eucharist inspires us to live with a sense of *kairos.*
* The participants will examine their own activities and how they affect the participants’ relationships with God, self, and others.

Content Summary

1. We can think about time in two different ways: *chronos* and *kairos.*

2. In *chronos,* time is just one minute after another. There’s no meaning to it. *Chronos* is about quantity.

3. We can understand *kairos* by thinking of it as “God’s time.” In *kairos,* time is not about what we have or don’t have but about what we do and how we spend our time. *Kairos* is about quality. *Kairos* in Greek means something like “the right moment” or “the perfect opportunity.”

4. In the liturgy we enter into *kairos.* In the Eucharist, God is with us at this perfect time to show us his love. We imitate God and look for the right moments to care for others.

5. All our activities can be *kairos* if we keep our eyes open to God’s constant presence and love as we “live the liturgy.”

6. Our challenge is to choose more of the activities that strengthen our relationships with God, others, and ourselves, and to do less of the things that weaken our relationships.

7. When we do things that strengthen our relationships, we help to accomplish Christ’s mission: to show everyone the Father’s love.