



Jordan Raynor: ([00:03](#))

Because it reminds us that even when we're not productive we are still beloved children of the King, right? And by the way, the world keeps spinning even when we are not productive, you know why? Because God is producing results through our work, not us.

Joanna Meyer: ([00:24](#))

You're listening to The Faith & Work Podcast where we explore what it means to serve God, neighbor and society through our daily work. Hello and welcome to The Faith & Work Podcast. I'm Joanna Meyer, Denver Institute's director of public engagement and I'm joined today by Dustin Moody our communications director. Hi Dustin, and it's great to have you join today's conversation.

Dustin Moody: ([00:46](#))

Hi Joanna, thanks for having me.

Joanna Meyer: ([00:48](#))

Yeah. It's going to be a fun conversation, we're talking about biblical principles for time management. And Dustin, when I planned today's topic I knew I wanted you to join me for the conversation because you're someone who really manages your time thoughtfully. I have learned a lot from working alongside you because you set a great example as you structure, not only individual days but your different seasons of work. So I mean, you're phenomenal at it, I'm wondering why time management has become such a priority for you.

Dustin Moody: ([01:14](#))

Well, Joanna thanks, you're very kind. And I feel like there's a couple ways I can answer this question both from a positive spin and a negative spin. One is that by the nature of my work in communications particularly in an organization like Denver Institute the comms function is sort of the intersection between our programming and our organizational goals in a lot of our audience. So many times if something is delayed on the comm side it has an impact on our programming, it has an impact on our fundraising, it has an impact on things that we want to engage with in the wider community, so I think there's a heightened awareness of that on my part.

Dustin Moody: ([01:53](#))

Part of it is also just the wiring that I have, I was in middle school the FranklinCovey planner in sixth or seventh grade, not cool at all but this isn't a new thing of how I obsess over time and planning and productivity. But the negative aspect of that is, getting things done is a source of pride for me and it's something that I've had to wrestle with. And managing time well can be just a way to deal with my own neuroses and have some control over areas of life that I don't feel in control a lot of the time. So there's a positive and negative impact to that but I'm really looking forward to today's discussion.



Joanna Meyer: ([02:31](#))

Yeah. The practical realities of managing our time flow from deeper principles that undergird all of our programming here at Denver Institute, themes like seeing our work from a biblical perspective, thinking critically about what it means to do good God honoring work and even seeking spiritual health in the midst of all of our pressures and callings, which is why I'm so intrigued by our guest today. We're talking to Jordan Raynor, he's the author of a book called Redeeming Your Time: 7 Biblical Principles for Being Purposeful, Present, and Wildly Productive. And Dustin, I'm wondering if you'd tell us a little bit more about Jordan.

Dustin Moody: ([03:04](#))

Sure. In addition to his most recent book which is available now and we'll link to it from our show notes page, Jordan is a serial entrepreneur and best-selling author who has helped millions of Christians around the world connect the gospel to their work through his Call to Mastery Podcast, devotionals and his writing. He also serves as the executive chairman of Threshold 360, a venture backed tech startup that has built the world's largest library of 360 degree virtual experiences of hotels, restaurants, and attractions. Jordan and his books have been featured on many media outlets including CNBC, Fast Company, WIRED magazine, The Gospel Coalition and World. Jordan, welcome to The Faith & Work Podcast.

Jordan Raynor: ([03:41](#))

Hey, thanks for having me Dustin.

Dustin Moody: ([03:43](#))

Yeah. Before we get into talking about your book, Redeeming Your Time, I just want to hear a little bit more about kind of your professional and personal life so our listeners can get to know you a little bit more.

Jordan Raynor: ([03:51](#))

Yeah. So I spent the first 10 years of my career as a tech entrepreneur, I started and sold a couple of different software companies. And about two and a half years ago I made the transition to do the work I'm doing now which I really honestly view as content entrepreneurship of sorts, right? I spent 100% of my time creating books and podcasts and other content that help Christians connect the gospel of Jesus Christ to their work, to why they work, which I know is a big part of the podcast here, to what work they do and how we should work in light of the gospel. And really this new book that we're talking about today, Redeeming Your Time, is just one expression of that mission, right? Helping us connect the gospel to our perennial struggles with time management.

Joanna Meyer: ([04:38](#))

I want to know a little bit more about that. So the core premise of the book is that Jesus is the solution to time management challenges but what do you mean by that?



Jordan Raynor: ([04:48](#))

It's not the obvious answer to this question, right? Listen, this is the most cluttered category of books in the world. There are 60,000 time management books on Amazon and I knew if I was going to write a book on this topic I wanted to say something unique and something that was more gospel centric than the world had seen before. And so really I was trying to solve two big problems with this book, first is what you just said, that Jesus offers us a different approach to productivity, right? Every other time management book for the most part that I've read, is what I would call workspace productivity, says that the path to peace is in implementing a system. So you're feeling swamped, do exercises X, Y, and Z and then you will find peace. Yeah, as Christ followers we already have peace, Paul says, "We have ultimate peace with God," in Romans 5:1, so we don't do time management exercises to get peace we do it in response to the ultimate peace that Christ has given us. So that's the first way Jesus is the solution to our time management problems.

Jordan Raynor: ([05:50](#))

The second way is that he shows us how God would manage his time. My friend John Mark Comer wrote a lot about this in *The Ruthless Elimination of Hurry*, this idea that we read the gospels exclusively for their theology and their ethics and we forget that Matthew, Mark, Luke and John are also biographies of the life of Christ. And listen, Christian or not very hard to argue with the idea that Jesus was the most productive person to ever walk the earth. How arrogant of us to think that we can't find something in the gospels about how to steward our time. So that's what this book is, it's seven timeless time management principles that I think we can see clearly in the gospels in Jesus's life mapped to more than 30 hyper hyper practical practices to help us be purposeful, present and productive in the model of our Redeemer.

Dustin Moody: ([06:45](#))

We were talking before we started recording, you mentioned 60,000 productivity books on Amazon, I've probably read a large chunk of them, it's my jam, but I've never considered that as an aspect or a response to faith in the gospel so break that down a little bit for us.

Jordan Raynor: ([06:59](#))

We talk a lot about Ephesians 2:8-9 in the church that we are saved by faith not by works, but oftentimes we leave off Ephesians 2:10, maybe not your audience but the broader church. That sure, we're not saved by works but the very purpose of our salvation is for good works, right? And I'm sure you guys have unpacked this in the podcast before but that word that Paul uses, that Greek word *ergon* that we translate to good works that Jesus used when he talked about the good works that we would do connotes according to my Bible's concordance, quote, work, task and employment. So yes, good works means evangelism and giving money to the poor but it also means going to your office every day and doing your work with excellence and genuine love of your neighbor above yourself, right? And so how does the gospel provide rest in it? Basically we talk so much about how it provides the rest, that's



Ephesians 2:8-9, but it also makes us wildly ambitious because there are still good works to do to bring and reveal the kingdom here on earth as it is in heaven.

Jordan Raynor: ([08:05](#))

I've got three really young daughters I'm trying to get them to grasp this at an early age, so they're seven, five and two, every single night when I put them to bed last thing I tell them is, hey kids, you know daddy loves you no matter how many bad things you do? And they say, yeah, so do you know I also love you no matter how many good things you do? And they say, yes, I say, who else loves you like that? And they say, Jesus, right? We've got to hear the same thing spoken over our productivity, right? If you can believe that the God of the universe died for you when you were his enemy, certainly we can believe that he loves us regardless of how productive or unproductive we are. That's how the gospel enables us to rest but that's also the source of ambition because working for somebody's favor is exhausting but when you're working in response to unmerited favor that's intoxicating, you want to do good works in order to make his name famous throughout the earth just as an act of worship.

Joanna Meyer: ([09:04](#))

I'd like to explore this concept of redeeming time a little bit more. In one of the scripture references that you draw that phrase from is in Ephesians 5:16 which talks about making the most of every opportunity because the days are evil, why is that particular phrase so meaningful to you?

Jordan Raynor: ([09:22](#))

Yeah. And I love that translation, the translation where this title comes from, is the New King James version where Paul says, he says, "Walk circumspectly not as fools but as wise redeeming the time because the days are evil." Here's why it's so meaningful to me, because I think this is part of our response to the gospel, right? Paul spends the first four chapters of Ephesians expounding upon the core tenants of the gospel, we already talked about Ephesians 2:8-10, Ephesians 5:1, he reminds his readers of their status as, quote, dearly loved children. And then as Paul always does he's anticipating the questions from his audience, this question is, okay Paul, what do I do with my status as a dearly loved child of God? And he says, "Redeem the time because the days are evil," right? We are running out of time to do the work the Father has given us to do in this world we'll call the buy-up time.

Jordan Raynor: ([10:13](#))

Tim Keller commenting on this passage said, "Time stewardship is a command," I think a lot of times we think that reading great books like Deep Work by my friend Cal Newport and Getting Things Done by David Allen is secular somehow less eternally significant than reading a book by the great Tim Keller or whoever yet time stewardship is a command, it is a part of the response to the gospel because we believe there are still good works to do that bring glory to the Father. That's why we care about redeeming our time and buying up as much time as we can to do as many good works as we can for God's great glory.



Dustin Moody: ([10:52](#))

Jordan, I'm wondering if you can give us kind of a very brief overview of the seven themes from your book and then we're going to dive into a couple of them a little more deeply.

Jordan Raynor: ([11:00](#))

Yeah. Great. So I'll give a quick fly overview of the seven biblical principles that I think we can see in the life of Christ. First and foremost, start with the word. Jesus prioritize time with the Father above sleep, above food, above time with his disciples, we've got to do the same if we care about managing our time for the purposes of the Father, if we don't, who cares about starting with the word, but if that's our aim we got to start with the word. Principle number two, let your yes be yes. Man, so much of time management is about setting bigger goals and doing more things, I think we got to be honest that we don't obey Jesus command or our yes be yes with the small stuff, with the stuff we've already committed to and that's what this whole second chapter is about, collecting all the commitments we've already made and ensuring our yes is yes more times than not.

Jordan Raynor: ([11:49](#))

Principle number three, dissent from the kingdom of noise. The number of times the gospels showed Jesus in a lonely or a solitary place is mind boggling, right? And I would argue just stands in stark contrast to us today, right? If Jesus needed time of solitude we need so much more to think, to be creative, to prioritize our to-do list, and most importantly, to listen to the Holy Spirit's urging inside of us as to where we should be investing our time. Principle four, prioritize your yeses. I don't think we need to say any more about that, right? Jesus didn't say yes to everything neither can we. Principle five, accept your unipresence, I guess we're allowed to make up that word. I just think it's wild that omnipresent God for 33 years in the person of Jesus Christ was 100% God and 100% man confined himself to one place at a time and just consistently showed this ability to be fully present on one important task or person at a time, we got to do the same.

Jordan Raynor: ([12:55](#))

Principle six, embrace productive rest. Our view in sleep and Sabbath and breaks throughout our day is one of the most productive things we could do for our goals and our souls. And then finally, eliminate all hurry. Obviously I'm not a Dallas Willard and John Ortberg and John Mark Comer but I wanted to spend some time in this chapter pointing out that, yes, Jesus was ruthless about eliminating hurry but he was also insanely busy, right? And the distinction between those ideas I think deserves more attention from the church. We should embrace productive busyness while at the same time ruthlessly eliminate hurry from our lives. So those are the seven principles at a high level Dustin.

Joanna Meyer: ([13:41](#))

Yeah. So cool. I pulled out a few that were favorites of mine to learn a little bit more from you. In the topic of dissenting from the kingdom of noise felt particularly relevant to me because I'm probably one of the most curious people you'll ever meet. I just have an ongoing stream of content and knowledge



both trivial and heavy flowing through my life all the time, no kidding, and so if I'm not thoughtful about it I cross over the line between really being true to my personality and taking in good content and being wildly read to really being swamped by a bunch of information that's just completely unthoughtful and killing my life. And so I wanted to know a little bit more about that, what do you think that phrase means and what does it mean for us in the 21st century? Because I know I'm not alone in this.

Jordan Raynor: ([14:32](#))

You're not alone at all, right? I think we all struggle with this. And listen, as you pointed out Joanna, information is a gift, right? It's not good or bad, it is agnostic, the problem is when the information never stops, and I think that's where we're heading in this cultural moment. Kevin DeYoung once said, "We are always engaged with our thumbs and never engage with our minds," spot on, right? The problem is not that we have access to information, information is great, it's when we never make time to think about that information and make creative connections. There's a reason why most of us have our best ideas in the shower it's because the only place left on earth where there's no noise, where we're not consuming content, this is crazy, right? And so, again, just going back to the gospels, this just stands in stark contrast to the way of Christ.

Jordan Raynor: ([15:22](#))

Think about the baptism, John the Baptist baptizes Jesus, he comes out of the water, he audibly hears the heavenly Father's voice saying, "This is my son in whom I am well-pleased." If there was ever a moment in which you thought Jesus was going to kick off his preaching ministry that was it but instead the spirit led Jesus to the wilderness for 40 days of quiet and it was only after those 40 days of solitude that he was at the height of his spiritual powers to come back to battle against the devil and kick off his public ministry, right? So yeah, I think we got to embrace information as a gift. We also got to recognize that the kingdom of noise is something that we can exit from time to time in order to think and be creative and listen to God's voice.

Dustin Moody: ([16:09](#))

So Jordan, what are some ways that you exit that kingdom? What are some of the strategies that you actually personally employ or recommended in the book for having that separation?

Jordan Raynor: ([16:17](#))

Yeah. So again, the book are these seven principles mapped to 32 practices to help us live out those principles in our modern context, nine of those practices are in this chapter because I think we need a lot of practical tools at our disposal to do this.

Joanna Meyer: ([16:32](#))

Amen to that.

Jordan Raynor: ([16:33](#))



I've taken a pretty extreme approach to this, six years ago I stopped consuming all news 100%, no news podcasts, no news websites, just 100%. And what I found was, and Tim Ferriss talks a little bit about this in *The 4-Hour Workweek*, my friends started curating the news for me, right? I hear about everything that matters to my life in my work. I live in Florida, hurricanes are a big deal, I hear about every hurricane, I hear about pandemics, I hear about race riots, I'm a closet Taylor Swift fan so I hear about every Taylor Swift rumor album, right? And I hear about all these things without having to spend one second waiting through the 99% of content on news websites, that's number one, totally meaningless to my life and work, and number two, anxiety inducing, right? There's loads of data that's showing that the news is making us anxious but we're doing it to ourselves, this is insane.

Jordan Raynor: ([17:33](#))

So listen, I know a lot of listeners aren't ready to jump with me on my virtually no information diet but here's a much more reasonable practice I share in the book, just stop swimming in infinity pools of content, right? Infinity pools being Instagram Stories or news websites which beautifully and seamlessly scroll from one meaningless story to the next. Confine yourself to finite pools of content, right? A daily or weekly news round-up, podcast, or email newsletter, or at the risk of making myself sound like I'm 90 years old, a physical newspaper, right? The beauty of physical news.

Dustin Moody: ([18:16](#))

You still have those?

Jordan Raynor: ([18:17](#))

We still have these, they still exist, I promise. It's all the news that's fit to print in the words of *The New York Times* masthead. And there's a lot of beauty to that in this world where these infinity pools of content are just all consuming, right? So those are a couple of the practices that I use. I'll give one more, it's super practical, you can start doing it today. Just stop filling the crevices of your day with noise. What do I mean by crevices? The five minutes you're waiting for your coffee at Starbucks be the one person in line not looking at your phone, when you are running a seven minute errand in your car, just don't play the podcast, no offense guys, not this one, not my podcast, just sit there and listen to the holy spirit, listen to your own thoughts, listen to your own ability to be creative, just sit and get comfortable in those crevices of your day.

Joanna Meyer: ([19:16](#))

It'll make people uncomfortable what you're suggesting, I mean, it's convicting Jordan, because I'm like, the amount of celebrity gossip I can take into my life that has no redeeming value or filling those crevices, like I'll walk into the bathroom and I'm going to be in there for five minutes I have to have the radio on and I think, no, I really don't, the holy spirit might speak to me more clearly if I didn't have the radio on.

Jordan Raynor: ([19:36](#))



I think it's because we're afraid of what we're going to hear in the silence, right? This is a form of acedia, right? We, to quote Aaron Sorkin's first great movie, *A Few Good Men*, we can't handle the truth, we can't handle the silence in our lives, right? Because we're just afraid of what we're going to hear in that, we're going to be afraid we're going to be convicted of sin, we're going to be afraid we're going to realize we're not stewarding this vapor of life as wisely as redemptively as we should but those are good things to be awakened to and we can't be awakened to them without great silence and solitude.

Jeff Haanen: ([20:13](#))

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Dustin Moody: ([20:59](#))

Jordan, you talk about rest and productivity together and I think you've used the term productive rest and that often sounds like an oxymoron particularly when we look at past content that we've talked about on *The Faith & Work Podcast* things like Sabbath and taking a rest from what we're doing. Tell us a little bit more about what you mean by productive rest.

Jordan Raynor: ([21:19](#))

In the 1800s when everybody was heading out west to California for the gold rush, there was this great little book published, it was called *The Emigrants' Guide to California*, it was published I think in 1849, and it contained this great little statistic, it said that the gold rushers who reached California first on average 20 days sooner than others were those who observed the Sabbath, who rested one day in seven, what do we see? Let's look at a modern example, Chick-fil-A, great example, when Chick-fil-A started they were only in malls, some of us can remember this, right? Mall landlords hated Chick-fil-A because they could not imagine that they could generate as much sales as everybody else in six days, guess what? They outperformed every other store three to one now it's a mall, landlords are begging them.

Jordan Raynor: ([22:11](#))

Sabbath is productive for our goals, it makes us more productive, it gives us time to think and be creative and just rest. But more importantly than it being productive towards our goals, if I could be a good Southern Baptist and rhyme, it's productive for our souls, right? Because it reminds us that even when we're not productive we are still beloved children of the King, right? And by the way, the world keeps spinning even when we are not productive, you know why? Because God is producing results through our work, not us, right? So Sabbath is kind of a double-edged sword both being productive for our goals



and our souls. And yeah, I've just done a 180 on Sabbath, I grew up just thinking Sabbath was this legalistic life sucking shore and I've just come to see what God says it is, it's his life-giving gift, it's this gift he's given us to enjoy, to cease and feast on the good things he's doing in our lives and has provided us through our work.

Joanna Meyer: ([23:19](#))

Yeah. Practically speaking, what does Sabbath look like for your household?

Jordan Raynor: ([23:22](#))

So I've got three young kids, John Mark Comer and I talked about this a while back, how do you do this with young kids? Like I said, a seven year old, a five-year-old, almost two year old. And so for us Sabbath starts with work, right? Hebrew says that we have to make effort to enter into the rest of God so that looks like Saturday afternoons cleaning up around the house. We do all of our laundry for the week on Saturdays, we do dishes, we pick up everything in the house so that there's nothing distracting us from rest and just enjoying each other and God's word. Saturday night we get take out from one of our favorite spots in town and some sort of epic dessert.

Jordan Raynor: ([23:59](#))

We're all in on Crumbl Cookies right now which is the greatest thing ever invented, four new cookies a week and they deliver them to my door, God bless America, it's incredible. And yeah, so we chow down on some cookies and some takeout, light a candle to visually mark our transition into a time of rest and go to bed. Sunday morning we wake up, my wife feasts on sleep, I spend a little bit more time in the word than I typically do, my kids love Sabbath because it's the one day a week they get to watch a full length movie and drink a hot cup of coffee, please don't judge me, and then yeah, we're off to church.

Jordan Raynor: ([24:33](#))

We feast with our church family on the word, we're in church for, I don't know, three, four hours on Sundays, come back and Sunday afternoons are pretty low key, right? It's nothing fancy, in the words of my friend Jeff Heck, "Sometimes Sabbath is as simple as a kitty pool and a beer," you guys in Colorado can appreciate that, so yeah, Sunday afternoons are pretty low key. But we end Sabbath with our souls filled, with our bellies filled, it's just a great date or remind ourselves that Sabbath isn't about what we eat, it's not about what we do, it's about remembering that Jesus is our ultimate Sabbath, that he's the one that loves us, as I said before, regardless of how productive we are, regardless of how unproductive we are, sabbath is one way we observe and reflect on that truth.

Joanna Meyer: ([25:22](#))

I still couldn't believe you give elementary school aged girls coffee, that seems like the least restful thing you could introduce into your household.

Jordan Raynor: ([25:28](#))



It backfire sometimes I'm not going to lie. Don't try this at home. Yeah.

Joanna Meyer: ([25:35](#))

Yeah. I appreciated something you described in the book on Sabbath that if you work with your mind try doing something with your hands and if you work with your hands try doing something restful that involves your mind and just the exercise of the difference can really feel like a wonderful refreshing break.

Jordan Raynor: ([25:49](#))

Yeah. As an author I work with my mind, right? So my most restful breaks throughout my day and on Sabbath and throughout the weekend is not necessarily when I'm reading a book, right? It's when I'm doing dishes or I'm going for a run, right? Or I'm doing laundry, whatever it is. Winston Churchill got this and actually wrote a lot about this, Churchill of course worked as a prolific writer and statesman, he was fond of saying that a great day is 2000 words and 200 bricks. He would lay bricks, that was his hobby, he would lay 200 bricks a day, he also painted, he was famous for painting some 500 paintings throughout his life and he has a great essay on this, on why, and it's all about working out different parts of your body, different parts of your brain that you do when you're doing the core work, the core craft, that's what enables us to rest most deeply.

Dustin Moody: ([26:41](#))

Jordan you've mentioned your kids a few times and you've mentioned the prioritization of sleep a few times, why is this important for you and what does it look like? How do you do it?

Jordan Raynor: ([26:50](#))

Yeah, it's important for me because the science here could not be more overwhelming and I think a lot of us are familiar with the negative side effects of not getting enough sleep, right? It doubles your risk of some forms of cancer according to Dr. Matthew Walker at Berkeley. But for me what I'm more motivated by are the positive effects of an eight hour sleep opportunity, right? Sleep helps us make creative connections as we sleep as we slumber, sleep is a way of communicating my trust in the Lord that he's going to keep the world spinning when I'm not and I'm sleeping, right? So for me and my wife we just agreed a while back that eight hours of sleep was going to be our goal for both of us every single night. And listen, again, I have three young kids, I am in the fight of my life for sleep but this is really important to us.

Jordan Raynor: ([27:41](#))

And in the book I share a bunch of practices for how we do it, how we get roughly eight hours of sleep at night, but I'll tell you what, by far the most impactful habit for us was setting a bedtime. I know it sounds crazy, right? But all of my friends have a set time that they wake up every morning, very few of them have a set time they go to bed. If we want to get eight hours of sleep this is simple math, we can't go to bed at varying hours every single night, right? So this is a game changer for me. I recently had a sleep



scientist named Dr. Benjamin Long on my podcast and he talked a lot about this, he's like, I see patients all day long, number one thing I tell them, set a bedtime, that's it, right? Just count back eight hours, get an eight hours sleep opportunity and that's a game changer. Now I know that's easier said than done but I could just personally attest to the incredible value of eight hours of sleep every night.

Dustin Moody: ([28:42](#))

And I'll insert a quick editorial comment for parents listening. I've got an 18 month old, you've mentioned you have several kids a little bit older than mine, desiring sleep for your family, desiring sleep for your young ones is not a selfish act. I know there's controversy around how we get there and how we teach that to our kids. But yeah, that was one of the most freeing things that my wife and I could come to agreement on when we had our younger one, yeah, so I would just encourage anyone listening it's not selfish to want sleep for yourself and for your sanity and your family.

Jordan Raynor: ([29:15](#))

I'm reminded of this DA Carson quote, co-founder of The Gospel Coalition, he said, "Sometimes the Godliest thing you could do is not stay up all night and pray," Godliest thing you could do is sleep, right? Because Carson understands we have a moral obligation to sleep if we care about doing our most exceptional work for the glory of God and the good of others.

Joanna Meyer: ([29:38](#))

Okay. So this built on that comment about learning to say no to things so that you can prioritize the good things like sleep or rest. That's a big theme of the book is learning how to say no and saying yes to the right things. So you argue that Christ followers need a unique approach to the word no, tell us how should a Christian's no be different?

Jordan Raynor: ([29:58](#))

I'm so sick of conventional wisdom on this topic, if I hear another person say, unless you could say absolutely, oh my gosh, this is amazing, say no, I'm going to throw up. It's just totally out of line with Jesus's example, right? There's a TED talk out there that's been really popular over the years that summarizes modern thinking on this topic. He says, "When deciding whether to do something if you feel anything less than, wow, that would be amazing, absolutely, then say no." I would just point you to Matthew 14, Jesus just heard that his cousin John the Baptist has been beheaded and another time where he would truce to a solitary place by boat, he goes on a boat last thing he wants to do is be with people but the crowds followed Jesus along the shore and were waving him in because they wanted him to heal people.

Jordan Raynor: ([30:51](#))

If there was ever a moment in which we say Jesus was justified in saying no, this was it and yet, it says, he had compassion on them and healed their sick, he came in, last thing you want to do is say no. So we have just got to have a unique relationship with this word recognizing that it's not black and white. There



are some times in which the Holy Spirit leads us to say yes sacrificially and there are other times he leads us to say no so that we could focus on the work we believe the Father has given us to do, but it's not as simple as that would be amazing, absolutely, or you say no, that's crazy.

Dustin Moody: ([31:27](#))

It feels like sometimes the filter is too high for that yes or no and what we hear from some of that conventional wisdom, when we think about serving our neighbors, loving our neighbors well, it can't be an all or nothing yes or no. So in the book you lay out a couple of questions to help us think through what that yes or no could be and I'm wondering if you could just summarize a couple of them before we move on.

Jordan Raynor: ([31:49](#))

Sure. Yeah. So yeah, let's face it, Christians do have a harder time saying no than saying yes. So I do offer a bunch of questions I find helpful with this. The first one I unashamedly borrowed from Pastor Kevin DeYoung, he asks the question, am I trying to do good or make myself look good by saying yes to this request for my time? Because a lot of times I think if we're honest, we're just trying to look good, we don't actually believe that we are serving others by saying yes to that request. Another question I love to ask is, would I say yes to 100 similar requests for my time? Right? Because a lot of times we evaluate these decisions of, okay, am I going to say yes to having coffee with this person? Well, whether you say yes or no you are in a small way contributing to the habit of saying yes or no to meetings with the exact same profile in the future.

Jordan Raynor: ([32:45](#))

So I love asking, would I say yes to a 100 requests for my time that look and smell and act exactly like this one in the future? And the last one I'll just share is, this is a great opportunity for what? A lot of us get requests for our time and we're like, oh man, it'll be such an amazing opportunity, this is a once in a lifetime opportunity, to what end? It's got to be a great opportunity connected to your goals and the work that you believe that God has called you to do in this life, otherwise, it's just something that's stirring up this frenetic excitement inside of you, it's not an opportunity.

Joanna Meyer: ([33:18](#))

So fascinating. I would commend this book to our readers. I read it and I thought to myself, I'm not a person that naturally dominates my day, I like to be structured and intentional and use my time. But unlike Dustin, I'm not wired to be a life hacker, I don't come alive reading time management books. But I just so appreciate how thoroughly you incorporate biblical principles and just downright practical tips on how to do that, it's really wonderful. Jordan, as we wrap up our interview I'm wondering if you would offer a charge to our listeners, why should they become more intentional about redeeming their time?

Jordan Raynor: ([33:57](#))



Yeah, that's a great question Joanna. I'll just go back to what we said before, because this is part of our response to the gospel, right? The gospel is not just the good news that Jesus came to redeem individual sinners, the gospel is the good news that Jesus came to restore every fallen part of creation. Revelation 21:5, he's making all things new, and guess what? All things aren't new yet, right? There's still work left to do and he is doing that work to quote NT Wright, at least partially through human work he's doing today what he did in Genesis 1, choosing not to create a world on his own but inviting humans to co-labor with him in the garden, not at the first creation pre-fall but at the final creation, the final garden city of the kingdom of heaven. That's why we redeem our time because there's still work left to do in making the kingdom a little bit more visible here on earth.

Joanna Meyer: ([34:56](#))

So fun. Jordan, what a privilege to get to know you and hear more about your work and also your rest and those caffeinated little girls, I want to visit your house and see them in action. But seriously, it's a gift to get to learn with you so thanks, thanks for your time and your insight today.

Jordan Raynor: ([35:11](#))

Thank you guys.

Joanna Meyer: ([35:12](#))

Wow. What a treat to talk to Jordan Raynor. It always is challenging when I talk to someone who excels in an area that isn't necessarily an area of strength for me so I look forward to applying some of the principles in his book. If you're curious about learning about Jordan's book Redeem Your Time, we will link to it on the show notes page for the podcast. We also have a couple of other resources I want to direct your attention to, the first is our free download of an ebook called Sabbath Rest. If you're curious about a fully orbbed biblical vision of living the way God intended you to I would recommend downloading this, it's an amazing look at a more life-giving less legalistic perspective on practicing Sabbath in our lives. And also we will link to an upcoming event that Denver Institute is hosting on November 18th, a couple of weeks after this podcast airs called WONDER: Science's Gift to the Church.

Joanna Meyer: ([36:02](#))

If you've ever been curious about sometimes the tension we feel between faith and the work of the scientists in our midst, this is a wonderful opportunity to explore. We'll be talking to astronomer Jennifer Wiseman, author Philip Yancey and Pastor Joseph Wolyniak, it's going to be a fun conversation so you can link to that there as well. Thanks for your time today you guys, I hope it was redemptive and we'll talk to you soon. If you've enjoyed this episode of The Faith & Work Podcast please subscribe, leave a review or share it with a friend, your support is critical to helping other listeners discover this vital resource. The Faith & Work podcast is produced by Denver Institute for Faith & Work where we believe that work is a way to love God and serve our neighbors. To learn more or to make a financial contribution visit denverinstitute.org.