



emphasis

The Uchee Pines Institute health and news letter



The Value of Time

Better three hours too soon, than one minute too late.” -William Shakespeare

How are you with punctuality? Are you on time, or frequently late? And what does your tardiness say about you?

Punctuality simply means being on time. To be punctual is to show respect for other people. Conversely, a lack of timeliness can easily come across as disrespectful and even offensive. If you keep six people waiting for only ten minutes, you have taken a collective hour of their time. How will you replace it? Sadly, you cannot. Almost anything else in life that we lose can be regained: money, health, possessions, even friendships. Time is the one thing that, once it's gone, it can never be retrieved.

God is the author of time. He established the year as the time it takes for the earth to revolve around the sun; the month for the duration of the orbit of the moon around the earth; the week as a period of seven days, culminating with the Sabbath day as the capstone of Creation (Gen 2:2, 3); and the 24-hour day when He divided the light from the darkness (Gen 1:4). These various periods of time also instituted the seasons of the year and the seasons of life, the day for work and the night for rest.

And, most significantly, God considered punctuality in regard to the plan of redemption: “But when the fulness of the time was come, God sent forth his Son.” (Gal 4:4)

So, in light of all these things, what are your time habits like? And

if they're lacking, how can they be improved? To begin with, ask yourself the following questions:

Do you go to bed at a reasonable time so that you can get up early and be refreshed for the day's duties? Do you meet God punctually each day for prayer and Bible study? Do you arrive for personal appointments and work assignments early so that you are ready to be engaged and offer your best? Do you pay your bills promptly? Do you return borrowed items in a timely fashion?

If you answered 'no' to many or all of these questions, here are some insights to aid you in building this most important character trait. Credibility hangs more upon our actions

than our words, and one who is perpetually tardy may earn little more than disrespect and resentment from others. How do we turn it around?

1. Admission – Many people think they are already punctual enough. They often say that punctuality is relative, and that you should extend them grace because of the “5-minute rule.” If you have always thought that 10-15 minutes of tardiness was well within the limits of punctuality, you simply are wrong. An imperative to growth in this area is to admit that fact, and to acknowledge that you need to make timeliness a priority in your life (1 John 1:9).

2. Respect – Tardiness is disrespectful and we must recognize it for what it is: an insult. Frankly, it’s a slap in the face. A lack of punctuality declares that you and your own private schedule matter more than anyone or anything else. In other words, “I am more important than you!” It is a deception. Use the worth and value of the other person to assist you as an incentive to punctuality (Phil 2:3).

3. Responsibility – Most tasks and duties have a deadline. If your homework is due at the beginning of class, if a report is due on your boss’ desk prior to a 9:00 am meeting, if your flight leaves at 6:00 pm, and you have failed to meet any of those deadlines, then you have not exercised responsibility. In these cases, the consequences can vary from failing a class, to losing your job, to sitting in an

airport for several hours waiting for the next flight. Responsibility requires punctuality. An easy practice to get into is to write down your various responsibilities and their deadlines, and refer to this list throughout the day (Gal 6:5).

4. Discipline – Do you have power over yourself? Can you crack the whip over your own head? Or do you put off preparation? Do you sleep just a few more minutes? Do you talk to that friend just a little bit longer? Do you do just one more thing before leaving for that appointment? A lack of self-control is really nothing more than a failure to properly assess choices and to choose the best option in order to exhibit punctuality (Prov 14:12).

5. Be Realistic – While there are occasionally accidental causes to a lack of timeliness, most tardiness results from willful decisions. To put it bluntly, we’re late because we made wrong choices. We decided to stay up late, watch television for several hours, stop for breakfast when we were already running late, or we chose to work on something we enjoy

rather than on the project that was due. We can’t drive from New York to California in two hours, nor can we shower, get dressed, and eat a nourishing meal in five minutes. Being realistic about the constraints of time is necessary to strengthening punctuality (1 Cor 14:40).

Tardiness is often a hindrance to academic achievement, a compromise to economic prosperity, and contradictory to a mature character. It can also lead to sin. One of the Ten Commandments says, “Thou shalt not steal.” (Exodus 20:15)

To lack punctuality is to steal time from another person. Also, one sin can lead to another. When confronted with our own tardiness, we are sometimes tempted to be untruthful about why we were late. We make excuses; it was the traffic, or a broken watch, or even the dog! Yes, some things are simply beyond our control; however, in reality, much more often than not, we are late because our wrong choices ensured that we would be.

If we are Christians, we should be pursuing a higher standard in all areas of life. If we are habitually late, our witness may be muted, our influence can be lessened, and our light will dim.

But we can take heart. For the person who is habitually late, there is hope. The pattern of tardiness can be broken. We can learn to make better choices. For many, it is simply a matter of overcoming bad habits built up over time. Sometimes it’s just a matter of changing those habits to be more aware of time, planning ahead, considering others



before ourselves, and leaving ample time for the unexpected.

There's an old military saying: "If you're early, you're on time; and if you're on time, you're late." Very few people enjoy waiting. And truthfully, every one of us, at some point in our life, has been late. However, recognizing the impact of disappointment, frustration, and even resentment that our tardiness has had upon others is a valuable step in understanding the importance of reversing this bad habit. Beginning today, moment by moment, let's make punctuality a priority.

"For He says: 'In an acceptable time I have heard you, and in the day of salvation I have helped you.' Behold, now is the accepted time; behold, now is the day of salvation.'" (2 Cor 6:2, NKJV)

From our Lifestyle Center WHAT OUR GUESTS ARE SAYING

"I've had a tremendously powerful experience at Uchee Pines. I came here extremely overweight, fatigued, and experiencing lots of pain in all of my joints due to a number of autoimmune disorders. I trusted in the Lord and allowed Him to use everyone here to His honor and glory to bring about my healing. Today, I have a closer relationship with the Lord and know how much He loves me. I am able to walk 2-3 miles per day, eat a completely vegan diet and trust Him with my life completely. Thank you, Uchee Pines for allowing the Lord to use each and every one of you to make a physical, emotional—but above all—spiritual difference in my life." -Judy

"When I came to Uchee Pines, I knew that my diet would change and that I would begin a new exercise protocol to try to recover from stage 4 breast cancer. I never knew that I would discover the source of the disease as well as the source of the cure. I am forever grateful for all that I have learned. I am also appreciative of the godly young people that were my counselors. What I have learned and experience has changed my life forever." -Sharon

Baked Home-style Fries

- 5 medium potatoes
- 4 Tbsp sesame tahini
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1-2 tsp salt to taste



In a large mixing bowl, stir together tahini, paprika, garlic powder, onion powder, and salt, until creamy. Scrub potatoes well with a brush. Leaving the skins on, slice potatoes into home-style fry slices. Add sliced potatoes to the tahini mixture and toss until potatoes are evenly coated. Spread potatoes onto a parchment paper covered cookie sheet, evenly. Bake at 400 degrees for 35-45 minutes or until potatoes are tender on the inside and crispy brown on the outside. Serve hot out of the oven.

Maca Root for Good Health

Maca is a type of cruciferous vegetable similar in size and appearance to turnip root, with color that varies from brown, to red, and black. This pleasant-tasting root has a well-deserved status as a superfood due to the following benefits:

- Promotes energy and athletic performance
- Rich in antioxidants
- Enhances mood and memory
- Balances estrogen levels
- Relieves menopause symptoms
- Boosts libido and fertility
- High in protein, fiber, Vitamin-C
- Contains all 8 essential amino acids



YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **February 13, March 6, March 27**
Visit: ucheepines.org/lifestyle-center

Upcoming Lifestyle Educator Block Classes:

- **Block 3** – February 28-March 26 – Ministry of Healing Christian Standard: Relationships—Friendship/Courtship/Marriage; History of Self-Supporting Work; Public Speaking; Hydrotherapy and Home Remedies; Lifestyle Intervention With Natural Remedy Therapies Conference
- **Block 4** – March 28-April 22 – How to Study the Bible; Steps to Christ; The Science of Peace-Making; Hydrotherapy and Home Remedies; Massage; Natural/Herbal Remedies; Nutrition/Cooking Schools
Visit: ucheepines.org/education/masters-program-lifestyle-educator

Lifestyle Medicine and Natural Remedies Conference – March 23-27, 2022 – **Featured Speaker: Randy Skeete.**
Visit: ucheepines.org/seminars/spring-seminar

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Visit: countrylifeonline.com

Staff Volunteer opportunities: Farm Help, Kitchen Supervisor, Cooks, Kitchen Assistants, Store Clerk, Maintenance
Visit: ucheepines.org/about/human-resources

Current needs of the Institute: Funds for new housing, refurbishing of existing housing, upgrading lifestyle center, road paving, new education building
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