



Bethany Lutheran Church
& Early Childhood Ministry
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[Sunday Worship "Falls Back" to 10 am when Daylight Savings "Falls Back" on Nov 6th](#)

Viewpoints

Observing events in our modern world from the viewpoint of our ascended Savior.

When Time Speeds Up - November 5, 2016

Christianity is the ultimate way to slow down the passage of time.

[Online Version & Archive](#)

We're about to set our clocks back an hour (at 2:00 am Sunday morning, November 16th). But do you remember when we set our clocks ahead, to begin Daylight Saving Time? That happened back on March 13th. Which probably seems like a long time ago if you're young, but that may seem like only last week if you're older.

The phenomenon of time passing by more quickly as we get older is a mystery that teases scientists into trying to explain it.

One explanation is based on a person's changing perspective. The starting point for this theory is how a one-year-old child has accumulated one year's worth of life experience, which is 100% of that child's total life experience. But as we grow older, one year becomes a smaller and smaller fraction of our total years of life experience. So by age 18, one year is 5.56% of your total life experience. From this perspective, that dropping percentage creates the impression that time is speeding up. By age 35, one year is only 2.86% of your life experience. And by age 98, a year rockets by because it's only 1% of your life experience.

Another theory explains that as we become more familiar with our world, the passage of time appears to speed up. As evidence to back up this theory, researchers cite how people "tend to remember events between the ages of 15 and 25 most vividly because we experience so many new things in that time." If this theory is correct, there's an interesting application: researchers suggest that we can slow down the impression that time is speeding up by "paying attention to the present moment, what people call mindfulness."

Wow! If people can slow down the speeding up of time by practicing mindfulness—being more aware and alert to what's happening in our lives by employing a "stop and smell the roses" attitude—then we Christians are sitting pretty. Christian mindfulness is the ultimate way to slow down the passage of time.

So what is Christian mindfulness? Well, first off, it does not come from **"the wisdom of this age or of the rulers of this age, who are coming to nothing."**¹ Christian mindfulness comes from God's secret wisdom, **"a wisdom that has been hidden and that God destined for our glory before time began."**² Christian mindfulness is aware and alert to all that God

freely gives through his work of creation and preservation of this world, and is aware and alert to all that God freely gives through Jesus for our salvation and preservation in the world to come. **"No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him"-- but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God... [And] we have received the Spirit who is from God, that we may understand what God has freely given us."**³

If mindfulness is a quality that can slow down the speeding up of time, we Christians are sitting pretty because such mindfulness is a built-in blessing that comes from worshipping Jesus as our Lord and Savior. And more than this, Christian mindfulness enables us to view life from the Lord's perspective, to whom **"a day is like a thousand years, and a thousand years are like a day"** ([2 Peter 3:8](#)).

Source Material (Links may become inactive over time.)

^{1,2,3} [1 Corinthians 2:6-12](#)

Why Half the Life You Experience is Over by Age Seven @ [washingtonpost.com](#)

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Blessings to you and your loved ones, Pastor Mike Nitz

