

**FCA Toolbox ©  
Building Men of Character**

**Description:** Hourglass  
We only have a certain amount of days. Make each day count!

**Scripture:** Psalm 90:12  
"Teach us to number our days, that we may gain a heart of wisdom."

**Story:** The clock vs. the hourglass  
In total silence turn over your hourglass. Ponder the lesson that the hourglass is teaching. Watch the sand fall, never to return to the top, unless you cheat and reset the hourglass. What did you learn? We tell time by the clock, but in doing so we deceive ourselves. One second is always followed by the next and after 12 hours the clock automatically resets itself back to 1. It gives the illusion that the hours and days will always continue. As an athlete you are NOT promised another play. In life NO ONE is promised another day. Make today count!

Take to heart the following poem, "Yesterday is history, tomorrow is a mystery, but today is a gift...that's why we call it the present." Every day that we are given from the LORD is so precious. Don't take those days for granted. Live life to the fullest! Love others, work hard at work worth doing, maximize fun, and invest in things that will outlive you.

**Toolbox Overtime:**  
James 4:13-14, Job 14:1-5, Luke 12:13-21, Ecclesiastes 3:1-14, John 10:10

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