

Acknowledgement

First and foremost, I return all glory, honor, and praise to Almighty God, my Father and the giver of life and time, for the wisdom, strength, and inspiration that made this work possible.

I sincerely acknowledge my father, Elder Monday Dickson Akpan, whose guidance, prayers, and unwavering support have been a foundation in my journey. His life and example continue to remind me of the value of discipline, integrity, and perseverance.

I also express my heartfelt gratitude to my mentor, Dr. Apostle David, for his mentorship, encouragement, and spiritual covering. His teachings, counsel, and dedication to God's work have greatly shaped my path and inspired me to pursue purpose with passion.

To all who contributed in one way or another, I remain deeply grateful.

Prologue

Life begins with a breath, and time begins with a tick. From that very first moment, both walk beside us—silent companions shaping every step of our journey. Life gives us dreams, possibilities, and choices, while time quietly measures what we do with them.

To some, life and time become tools of greatness, leading to success, fulfillment, and legacy. To others, they slip away unnoticed, wasted in hesitation, fear, or neglect. Yet the truth remains the same: life is the gift we all share, and time is the test we all must take.

This work is a reflection on that sacred partnership—how life and time influence success and failure, imagination and reality, decision and destiny. It is a call to live fully, to spend time wisely, and to embrace the truth that every moment is an opportunity, every choice a seed, and every day a chance to write the story of who we become.

For in the end, it is not how long we lived that will matter, but how well we used the time we were given.

Foreword

The subject of Life and Time is one that touches every human being, regardless of background, status, or belief. Life is the divine gift that God has entrusted to us, and time is the sacred measure that determines how that gift is expressed. Together, they form the foundation of purpose, growth, and destiny.

This work is more than just reflections on existence—it is a guide, a reminder, and a call to intentional living. Within its pages, the reader will discover that success is not accidental, failure is not mysterious, and destiny is not random. They are the inevitable results of how we use our life and spend our time.

I believe this piece will inspire readers to see every moment as an opportunity, every decision as a seed, and every day as a chance to create meaning. It challenges us to rise above mediocrity, to treasure the life we have been given, and to master the art of managing time with discipline and wisdom.

I commend this work for its clarity, depth, and spiritual insight. May it awaken in you the courage to live fully, the wisdom to choose rightly, and the urgency to use your time purposefully. For indeed, life is the gift, time is the test, and destiny is the result.

Introduction

Life and time are the two equal gifts given to every human being. Yet, their use produces unequal results. One person uses life and time to create wealth, impact, and legacy, while another wastes both and sinks into lack and regret. Success and riches are not accidents, and failure and poverty are not mysteries—they are the natural harvest of how life and time are managed. Life and Time – Imagination and Reality

Life is a canvas where imagination paints and time brings the picture into reality. Imagination shows us possibilities, while time tests whether those possibilities can become achievements. Without imagination, life has no vision; without time, imagination has no structure. Together, they transform dreams into reality and make life meaningful.

Every life is shaped by decisions, and every decision is measured by time. Life gives us choices, and time delivers the consequences. To hesitate is to let time choose for us, and to choose wrongly is to plant seeds of regret. But when life and time are honored through wise decision making, they open the path to success, growth, and fulfillment. Life is the gift, and time is the test. Life gives us breath and opportunity; time gives us boundaries and urgency. One without the other is meaningless, but together they shape destiny. To understand the value of life, we must respect the power of time. And to live fully, we must embrace their relationship—using life with purpose and time with discipline.

Chapter One: The Value of Life

Life is the greatest gift ever entrusted to man. Every breath we take is evidence that God has given us yet another chance to live, to grow, and to impact the world. Unlike money, property, or titles, life cannot be bought, borrowed, or replaced. It is rare, fragile, and sacred.

Yet, many treat life as though it is common. People waste years chasing shadows, living in bitterness, or waiting for “tomorrow” without realizing that life is happening now. The tragedy of many lives is not that they died too early, but that they never truly lived.

1. Life as an Opportunity

Life is an open door to purpose. Each day comes like a blank page, waiting for us to write our story. The poor man and the rich man wake up with the same twenty-four hours of life in their hands. What separates them is not who they are at birth, but how they choose to live.

Consider a farmer: the seed in his hand has potential, but unless he plants it, waters it, and tends to it, that potential dies. Life is that seed. It must be nurtured with learning, discipline, and purpose to yield greatness.

2. Life as a Responsibility

Life is not given to us for selfishness. It is entrusted to us for impact. Every man or woman who ever became great lived with the awareness that life is not just about personal gain, but about serving others. A life lived for self dies with self; a life lived for others lives on in eternity.

Think of people like Nelson Mandela, Mother Teresa, or Martin Luther King Jr. Their lives were not measured by comfort but by contribution. That is the true value of life—it becomes meaningful when used for something greater than ourselves.

3. Life as a Temporary Gift

Life on earth is not forever. Whether one lives sixty years or one hundred years, life is but a vapor. This should not frighten us, but remind us to use it wisely. The value of life is multiplied when we recognize its shortness. For when we realize that every sunrise brings us closer to the sunset of our existence, we stop wasting time on trivialities and start focusing on what truly matters.

4. Living with Awareness of Life's Value

To live well is to live intentionally. It is to wake up each day knowing that today will never come again. It is to forgive quickly, love deeply, work diligently, and serve faithfully. The richest man is not the one who has the most possessions, but the one who has lived life with the greatest sense of purpose.

Life is the breath of God in man. Time is the measure by which that breath is expressed. Without life, time has no meaning. Without time, life has no direction.

As Ecclesiastes 3:1 declares: “To everything there is a season, and a time to every purpose under the heaven.” Life carries purpose, and time unfolds that purpose in seasons.

Philosopher Aristotle defined time as “the measure of change.” Indeed, life is constantly changing, and time is the silent witness. Every man is given both, but not every man understands their value.

Those who treasure life but ignore time waste destiny. Those who treasure time but despise life lose meaning. But those who balance both—living intentionally and respecting time—become masters of destiny.

Chapter Two: The Power of Time

Time is the most powerful, yet most underestimated force in human existence. Unlike wealth, status, or fame, time cannot be bought, paused, stored, or recovered. It moves silently, with unstoppable authority, shaping destinies without asking permission. Time is the equalizer of humanity: both the king and the beggar are given twenty-four hours each day. How those hours are spent determines the outcome of life.

1. Time as the Silent Teacher

Time speaks without words. It teaches patience by making us wait. It teaches urgency by reminding us that tomorrow is not guaranteed. It teaches growth by showing us that the small child of today becomes the adult of tomorrow.

The student who spends hours studying will see success when examination day comes. The athlete who trains daily will reap strength when competition arrives. The one who wastes time in idleness will reap regret. Time never lies; it only reveals.

2. Time as the Currency of Destiny

Money is not the true currency of success—time is. Every successful person has simply learned how to invest time wisely. Just as a farmer sows seeds into the soil, every human sows hours into activities. Some sow their time into learning, discipline, and creativity, and reap excellence. Others sow into laziness, procrastination, and distraction, and reap mediocrity.

What you do with your time is what you do with your life. To waste time is to waste destiny.

3. The Irreversibility of Time

One of the greatest powers of time is its irreversibility. A wasted hour can never be regained, a wasted day can never be relived, and a wasted season can never be restored. This truth should not breed fear but responsibility.

Consider a farmer who ignores the planting season. When harvest time arrives, regret cannot produce crops. In the same way, those who waste the seasons of learning, opportunity, and growth cannot manufacture success when the window of time has passed.

4. Time as a Leveler of Humanity

Every human being, regardless of race, class, or religion, is given the same 24 hours daily. A billionaire cannot buy an extra hour; a beggar cannot sell his. Time is the fairest gift of God.

This truth destroys excuses. The difference between success and failure, progress and stagnation, is not in how much time we have, but in how we use it.

5. Redeeming the Power of Time

To harness the power of time, one must live with discipline. Time must be budgeted like money, guarded like treasure, and invested like seed. This requires:

Prioritization: Choosing what matters most.

Focus: Refusing to be distracted by what is urgent but unimportant.

Consistency: Turning small daily habits into lifelong achievements.

The man who respects time rises; the man who abuses time falls.

Benjamin Franklin wisely said: “Do you love life? Then do not squander time, for that is the stuff life is made of.” Seneca warned, “It is not that we have a short time to live, but that we waste much of it.”

Even scripture testifies: “Go to the ant, you sluggard; consider its ways and be wise! It stores its provisions in summer and gathers its food at harvest” (Proverbs 6:6–8). Time rewards the wise who prepare, but punishes the lazy who delay.

History proves this: nations that valued time advanced; individuals who wasted time perished in regret. Time is invisible, yet it builds empires and destroys kingdoms.

Lesson of Chapter Two:

Time is the most valuable asset you will ever own. You can recover lost money, rebuild lost relationships, and even regain lost health—but lost time is gone forever. To master time is to master destiny, for time is the foundation upon which greatness is built.

Chapter Three: The Relationship Between Life and Time

Life and time are inseparable companions. One cannot exist without the other. Life is the stage, and time is the script. Life is the gift, and time is the measure. While life gives us existence, time gives that existence meaning. To live without valuing time is to have life without direction; to measure time without appreciating life is to miss its purpose.

1. Life is Defined by Time

A person's life is not counted by their possessions but by their years—the time they lived. Birthdays, anniversaries, and memorials are all reminders that life is marked and measured by time. Without time, life would be endless motion without memory; without life, time would be an empty clock ticking in silence.

It is not how long we live, but what we do with the time we are given that defines the value of life. A man who lives forty purposeful years may have lived better than one who lived a hundred years in waste.

2. Life and Time as Partners of Destiny

Imagine life as a traveler and time as the road. Without the road, the traveler cannot move forward. Without the traveler, the road has no journey. Together, they determine how far one goes, how fast one grows, and how much one achieves.

When life is spent without regard for time, dreams remain dreams. When time is respected but life is wasted on wrong pursuits, effort becomes meaningless. Success, therefore, is found when life and time walk in harmony toward purpose.

3. The Danger of Separating Life from Time

Many people misuse life by thinking they have “more time.” Youths waste their strength believing old age is far away. Adults delay their dreams, imagining tomorrow is guaranteed. But time waits for no one. Every wasted second subtracts from life's account.

Others misuse time by forgetting the fragility of life. They chase money, possessions, and fame, while neglecting relationships, health, and spiritual growth. When life ends, they realize too late that they spent their time on shadows.

4. The Balance of Life and Time

To live wisely, one must learn to balance life and time:

Live fully, but not recklessly. Enjoy life's moments, but never waste them.

Work diligently, but not blindly. Use time to build, but always for a meaningful purpose.

Value people, not just progress. For when life ends, time will not remember how much you owned, but how much love and impact you gave.

5. The Secret of Fulfillment

True fulfillment is not in simply having life, or simply counting time. It is in aligning life and time with purpose. When life gives you a gift, and time gives you a chance, what you do with both becomes your destiny.

Lesson of Chapter Three:

Life and time are not separate—they are two sides of the same coin. To waste time is to waste life; to waste life is to dishonor time. But to respect both is to live fully and die fulfilled.

Chapter Four: Life and Time in Success and Failure

Every human being is born with the same two assets: life and time. These are the raw materials of destiny. How they are used determines whether a person ends in success or failure, riches or poverty, greatness or insignificance.

Success is not accidental. Neither is poverty. Both are the results of how life and time are managed. A man who values his life and invests his time wisely builds riches—not only financial riches, but riches of wisdom, influence, and legacy. But a man who wastes his life in laziness and spends his time on trivialities will surely reap poverty.

Success and failure are not accidents; they are outcomes of how we handle life and time.

Proverbs 10:4 teaches: “Lazy hands make a man poor, but diligent hands bring wealth.” Poverty and riches are both fruits, not mysteries. The soil that grows them is the use of life and time.

John Maxwell reminds us that leadership is measured in how one manages time and priorities. Thomas Edison failed over 1,000 times while attempting to invent the light bulb. But his persistence turned failure into success. He respected time as a tool of experimentation and growth.

On the other hand, many dreams have died because of wasted time. Opportunity delayed becomes opportunity denied. Life and time are equal to all men, but what separates them is how each one is used.

1. The Life–Time Investment Principle

Think of life as capital, and time as currency. If capital is invested wisely, it multiplies. If wasted, it diminishes. In the same way, life invested in purposeful use of time grows into success, while life wasted in careless spending of time leads to failure.

The rich invest their time in planning, learning, building, and growing.

The poor spend their time in complaining, procrastinating, and chasing comfort.

The truth is simple: your time is either working for you or against you.

2. The Discipline of Time Creates Wealth

Behind every successful man is a disciplined use of time. The entrepreneur who wakes early to build his vision eventually rises above the one who sleeps away opportunities. The student who sacrifices hours for study eventually leads the one who wasted time on distractions. The farmer who plants in season will always have a harvest, while the idle will have excuses.

Wealth is rarely the product of luck—it is the harvest of discipline with time.

3. Poverty: The Child of Wasted Time

Poverty is not only a lack of money. It is a lack of results, a lack of growth, and a lack of progress. At its root, poverty is the child of wasted time. When hours are wasted on pleasure without purpose, days become wasted opportunities, and years become wasted destinies.

The man who says, “I will do it tomorrow” often finds that tomorrow never comes. But the man who says, “I will use today” always finds a way forward.

4. Life and Time as Builders of Legacy

Success is not just about riches in money, but riches in life. A man who invests his time in building character, helping others, and walking in wisdom leaves a legacy that money alone cannot buy. On the other hand, a life wasted on selfish pursuits and careless pleasures leaves behind nothing but regrets.

True success, therefore, is when life and time are joined together in service to purpose.

5. The Choice Between Riches and Poverty

Life and time give every person a choice. Poverty and riches are not merely fate; they are decisions. Every hour we live pushes us closer to one or the other.

Spend your life and time on growth, discipline, and purpose → you reap success.

Spend your life and time on idleness, excuses, and waste you reap failure.

The difference is not in the gift we received—because all were given life and time—but in how we used them.

Lesson of Chapter Four:

Success is not a mystery, and poverty is not an accident. Both are simply the results of how life and time are managed. Use your life and time wisely, and you will create riches—both material and eternal. Waste them, and you will inherit poverty of wealth, wisdom, and legacy.

Chapter Five: Life and Time in Imagination and Reality

Every human carries two worlds: the world of imagination and the world of reality. Imagination is the birthplace of ideas, while reality is the stage where those ideas are tested. Life is the opportunity to dream, and time is the bridge that turns those dreams into truth.

Many die with great imaginations that never entered reality because they misused time. Others shape imagination into invention, art, and change because they respected both life and time. The secret is not just to dream, but to act in time.

Imagination is the seed of destiny; reality is the fruit. Life gives man the power to imagine, and time gives him the chance to turn it into reality.

Hebrews 11:1 says: "Faith is the substance of things hoped for, the evidence of things not seen." Imagination is faith in motion, but without time and work, it remains only a dream.

Walt Disney once said, "If you can dream it, you can do it." His imagination built an empire of joy. Thomas Edison imagined light before the world saw it, and after thousands of attempts, reality was born.

Imagination without time becomes fantasy. Reality without imagination becomes emptiness. Together, they form progress. **1. Imagination: The Seed of Possibility**

Imagination is God's gift to man. It allows the poor man to see wealth before it comes, the sick to see healing before it manifests, the ordinary to see greatness before it is achieved. Without imagination, life becomes routine. Without imagination, time becomes only ticking hours with no new meaning.

Every invention, every book, every business, and every discovery began in someone's imagination. The airplane was once an imagination; today it is reality.

But imagination without action is fantasy.

2. Reality: The Test of Imagination

Reality is the ground where imagination is planted. It demands action, discipline, and consistency. Reality asks: What will you do with the pictures in your mind?

A student may imagine success, but without studying in time, reality will expose failure. A dreamer may imagine a business empire, but without planning, working, and managing time, reality will reveal emptiness.

Reality is not an enemy of imagination; it is the mirror that reveals whether you respected time.

3. Time: The Bridge Between Imagination and Reality

Time is the invisible bridge that connects what you dream to what you live. Every idea needs time to mature into action, and every reality needs time to be proven.

If imagination is ignored, time turns it into regret.

If imagination is embraced with action, time turns it into legacy.

This is why visionaries succeed—they honor time as the carrier of their dreams into reality.

4. Life: The Canvas of Imagination and Reality

Life is the stage where imagination paints and reality confirms. Without imagination, life is boring. Without reality, life is wasted. Together, they make life meaningful:

Imagination gives direction.

Reality gives confirmation.

Time gives transformation.

When life is lived without imagination, it becomes colorless. When life is lived without reality, it becomes empty. But when both are guided by wise use of time, life becomes extraordinary.

5. The Danger of Delay

The graveyard is the wealthiest place on earth—not because of gold, but because of dreams buried alive. Songs never sung, books never written, inventions never built, visions never pursued—all trapped because their owners delayed.

Imagination without timely action creates regret. Reality without timely preparation creates failure.

Lesson of Chapter Five:

Imagination and reality are not enemies; they are partners. But their marriage is impossible without time. Respect your life, guard your time, dream boldly, and act quickly—for imagination must meet reality before life's clock stops ticking.

Chapter Six: Life and Time in Decision Making

Life is a journey, and time is its compass. Every step we take is determined by the decisions we make, and every decision is stamped by the time in which it was made. To live is to decide, and to waste time in indecision is to waste life itself.

The difference between success and failure, joy and sorrow, peace and regret, is often found in a single decision made—or ignored—at the right or wrong time.

Every destiny rises or falls on decisions. Life is the field of choices, and time is the judge of those choices.

Joshua 24:15 commands: “Choose this day whom you will serve...” Choice is not optional—it is inevitable. To refuse to decide is to decide by default.

Brian Tracy teaches that decisive people achieve more because they refuse to let time steal their opportunities. The tragedy of the Titanic is proof: ignoring warnings and delaying critical decisions led to disaster.

Nelson Mandela in prison made a different decision. Instead of hatred, he chose preparation. Instead of wasting years, he invested them. Time judged his decision, and he emerged as a global symbol of peace.

Indecision wastes life because it wastes time. Wise decisions made in the right season create destiny; foolish or delayed decisions destroy it.

1. Life: The Field of Choices

Life is not a straight road; it is a field filled with many paths. Each day we wake up, life places before us choices: to rise or to sleep longer, to forgive or to hate, to learn or to remain ignorant, to act or to delay.

The truth is this: you cannot escape decision making. Even refusing to decide is a decision, and it carries consequences.

2. Time: The Judge of Decisions

Time is the silent judge of every decision. Some decisions seem small today but grow heavy with time. For instance:

A student who decides to study now enjoys the reward later; the one who delays faces shame when exams come.

A worker who chooses discipline today may be poor in appearance now but will be rich tomorrow; the one who wastes time in idleness may look free now but will be bound by poverty tomorrow.

Time exposes whether our decisions were wise or foolish.

3. The Power of Timely Decisions

The right decision at the wrong time can become the wrong decision. A farmer who delays planting until harvest season cannot expect results. In the same way, opportunities demand urgency. Life offers doors, but time does not keep them open forever.

Many dreams have died, not because they were impossible, but because their owners delayed. The tragedy of wasted time is wasted opportunity.

4. Indecision: The Silent Killer

One of the greatest enemies of destiny is indecision. Indecision wastes life because it wastes time. A man who says, “I will decide tomorrow,” often finds tomorrow stolen. Time waits for no man, and indecision eats time silently until regret arrives loudly.

History remembers those who decided. Nations were built, revolutions started, inventions birthed, and destinies fulfilled—because someone dared to decide at the right time.

5. Life, Time, and Destiny

Your destiny is the child of your decisions. Life gives you the chance, time gives you the space, but your choices give you the outcome.

Wise decisions turn time into a friend.

Foolish decisions turn time into an enemy.

Delayed decisions turn time into a thief.

If life is a journey, then time is the map, and decision is the step that moves you forward.

Without decisions, you remain still; with the wrong decisions, you walk backward; but with the right decisions at the right time, you advance toward destiny.

Lesson of Chapter Six:

Life offers choices, and time tests them. To delay is to lose, to decide wisely is to grow, and to misuse decision is to waste destiny. Success, therefore, belongs to those who respect life, value time, and act with timely decisions.

Conclusion

Life and time are the two greatest gifts given to man. Life gives opportunity, time gives measurement, and together they produce destiny.

Success is not luck; it is life lived with wisdom and time managed with discipline. Failure is not fate; it is life wasted and time ignored. Imagination becomes reality through time. Decisions become destiny through life.

As the Bible says: "Teach us to number our days, that we may apply our hearts unto wisdom" (Psalm 90:12). Number your days. Value your life. Respect your time. For indeed, life is the gift, time is the test, and destiny is the result. Life and time are the twin forces that shape destiny. Life is the opportunity, and time is the measure. Life provides us with dreams, talents, and choices; time tests those dreams, measures those choices, and reveals their outcomes. Together, they determine whether we rise to success or sink into failure, whether imagination remains fantasy or becomes reality, whether decisions bring progress or regret.

The greatest truth is this: we all receive life and the same amount of time each day. What separates people is not chance, but how they use both. Riches or poverty, joy or sorrow, fulfillment or regret—they are the echoes of how life was lived and how time was spent.

Therefore, honor your life by living with purpose. Honor your time by acting with discipline. Dream boldly, decide wisely, and use your hours as seeds for tomorrow. For at the end of the journey, life will ask how you lived, and time will answer with the story you left behind

References for "Life and Time"

1. Biblical References (Spiritual Anchor)

Ecclesiastes 3:1 – “To everything there is a season, and a time to every purpose under the heaven.”

Psalms 90:12 – “Teach us to number our days, that we may apply our hearts unto wisdom.”

Proverbs 6:6-8 – The ant teaches the value of time and diligence.

John 9:4 – “I must work the works of Him that sent me, while it is day: the night cometh, when no man can work.”

Aristotle – "Time is the . . . measure of change."

Seneca (Roman Philosopher)

"It is not that we have a short time to live, but that we waste much of it."

Benjamin Franklin – "Do you love life? Then do not squander time, for that is the stuff life is made of."