

# BALANCING YOUR CAREER

## What the Bible Says About Work #5

**H**elpful books used in the preparation of today's message: *"The Joy of Working,"* by Denis Waitley and Reni Witt, Ballantine Books. *"The Wisdom of Solomon at Work: Ancient Virtues for Living and Leading Today,"* by Charles Manz, Berrett-Koehler Publishers. *"The Richest Man Who Ever Lived: King Solomon's Secrets to Success, Wealth, and Happiness,"* by Steven Scott, Doubleday Business. *"The Solomon Secrets: 10 Keys to Extraordinary Success from Proverbs,"* by Robert Jeffress, Waterbrook Press.

### **Proverbs 23:4 –**

*"Do not wear yourself out to get rich; have the wisdom to show restraint."*

### **Ecclesiastes 10:15 –**

*"Only someone too stupid to find his way home would wear himself out with work."* (Today's English)

## **THREE REASONS PEOPLE BECOME "WORKAHOLICS"**

1. \_\_\_\_\_

Galatians 1:10 – *"Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ."*

2. \_\_\_\_\_

Psalms 55:2 – *"I am worn out by my worries."* (Today's English)

3. \_\_\_\_\_

Ecclesiastes 4:4 – *“I have also learned why people work so hard to succeed: it is because they envy the things their neighbors have. But it is useless. It is like chasing the wind.”* (Today’s English)

## **GOD’S CURE FOR WORKAHOLISM**

### **1. REALIZE** \_\_\_\_\_

1 John 3:1 – *“See how very much our heavenly Father loves us, for he allows us to be called his children--think of it--and we really are!”* (Living)

**Key Question:** Am I working for the essentials of life or am I trying to prove something to somebody?

### **2. ENJOY** \_\_\_\_\_

Ecclesiastes 3:13 – *“All of us should eat and drink and enjoy what we have worked for. It is God's gift.”* (Today’s English)

1 Timothy 6:6-8 – *“Godliness with contentment is great gain. For we brought nothing into the world and we can take nothing out of it. But if we have food and clothing, we will be content with that.”*

**Key Question:** How much is enough?

### **3. LIMIT** \_\_\_\_\_

Exodus 20:9-10 – *“You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work—neither you, your children, your slaves, your animals, nor the foreigners who live in your country.”* (Today’s English)

Mark 6:31 – *“Because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”*

Psalms 127:2 – *“It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.”* (Living)

**Key Question:** How often do I really relax?

Three things needed: Rest, Recreation, Relationships.

#### 4. ADJUST \_\_\_\_\_

Mark 8:36-37 – “What good is it for a man to gain the whole world, yet forfeit his soul? Or what can a man give in exchange for his soul?”

Ecclesiastes 2:10-11 – “Anything I wanted, I got. I did not deny myself any pleasure. I was proud of everything I had worked for...Then I thought about all that I had done and how hard I had worked doing it, and I realized that it didn't mean a thing.” (Today's English)

**Key Question:** Is it worth it?

#### 5. EXPECT \_\_\_\_\_

Matthew 6:31-32 – “Do not worry, saying, ‘What shall we eat...Or drink...Or wear?’ For the pagans run after all these things, and your Heavenly Father knows you need them.”

Proverbs 14:30 – “A relaxed attitude lengthens a man's life; jealousy rots it away.” (Living)

**Key Question:** Am I really trusting God?

Matthew 11:28-29 – “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me...and you will find rest for your souls.”