

TALK 3: WORK AND REST BALANCE

LIFE BALANCE: FAMILY, FRIENDSHIPS, REST AND YOUR SOUL

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Work. Rest. Stress.

1. God's Word on Work and Rest

God has embedded rhythms into our lives for good reason (Genesis 1:1-2:3, Genesis 8:22, Exodus 20:8-11, Leviticus 25:1-17, Leviticus 23:4-44)

The Sabbath was made for man (Mark 2:27)

2. Balance Points

a. Opportunities or Priorities?

Matthew 6:33 - what's first in your life?

"Do first things first" (Stephen Covey)

b. Time Out or Time Wasting?

Is your 'rest' strangling your soul?

Proverbs 28:19 and worthless pursuits

c. Rhythms or Rapid Fire?

Jesus had to rest too (Mark 6:31)

d. Comparisons or Contentment?

The real issue is pride!

3. Deep Rest

Jesus offers you deep rest: Matthew 11:28

Put your trust in the finished work of Jesus

MATTHEW 11:25-30 (ESV)

²⁵ At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."