

## Godly Work and Rest; living a balanced life in an always-on world

*“For many ages to come the old Adam will be so strong in us that everybody will need to do some work if he is to be contented... we shall endeavour to spread the bread thin on the butter-to make what work there is still to be done to be as widely shared as possible. Three-hour shifts or a fifteen-hour week may put off the problem for a great while. For three hours a day is quite enough to satisfy the old Adam in most of us!”*

- John Maynard Keynes, “Economic Possibilities for our Grandchildren,” 1930

- ***What words and ideas come up when you think of “work” and “rest?”***

- ***What are the things that are/might be currently stopping you keeping them in balance?***

### **1. Work and rest as gift and goal**

*Work as a gift of Creation - Genesis 1:26-28, 2:15*

*Rest as the goal of Creation - Genesis 2:1-3*

### **2. Work and rest as toil and troubled**

*Work as toil - Genesis 3:17-19*

*Rest as troubled - Genesis 3:8-10; Psalm 95:7-11*

### 3. Work and rest in Christ as arenas for the love of God and neighbour

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”

- Mark 12:29-31

#### *Work in Christ - Colossians 3:22-4:1*

“Bondservants, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. For the wrongdoer will be paid back for the wrong he has done, and there is no partiality. Masters, treat your bondservants justly and fairly, knowing that you also have a Master in heaven.”

#### *Rest in Christ*

- Eternal rest, *Hebrews 4:9-10*

- Weekly rest

### **Questions to consider**

#### **Generally**

Am I self-centred or Christ centred (and so God and neighbour centred) in my approach to work and rest?

Do I tend towards overwork or laziness?

Whose approval do I most crave?

How can I learn from others in this area? How can I serve others in this area?

#### **Work**

What work has God placed in front of me to do at this point in life?

What will it look like in those areas to work “as for the Lord?”

How can I love my neighbours in that work?

Are there changes in attitude or action that I need to pray for and apply?

#### **Rest**

Am I carving out time to rest?

Am I, in my rest, considering how I can love God and my neighbour, or am I too focussed on myself?

Am I enjoying the gift of God’s rest in Christ as I rest *from my day to day work*?

Are there changes in attitude or action that I need to pray for an apply?