

# Balance: Faith. Family. Work.

Living from God's Peace, Not Pressure

## Goal of Today:

1. Understand God's **biblical design** for work and rest
2. Identify **personal imbalance triggers** (overwork, guilt, comparison, burnout)
3. Learn how to set **healthy boundaries without shame**
4. Create a **personal Rule of Life** that honors God, family, and calling
5. Leave with **actionable steps** they can apply immediately

## SESSION 1: God's Design for Work & Rest [Pastor Lee]

Key Truth: God created both work and rest—and called them good.

Scripture: Genesis 2:2–3 | Matthew 11:28 | Colossians 3:23

**Reflection Question:** Where do I feel most exhausted right now?

Takeaway: Rest is not a reward—it's a rhythm.

## SESSION 2: Why We're Out of Balance [Pastor Luke Casagrande]

Common Struggles

1. Overcommitment
2. Guilt for saying no
3. Trying to do everything well

Scripture: Psalm 127:2 | Luke 10:41–42

**Quick Self-Check [Group Discussion]: Which area is most out of balance?  
[Circle one in each area]**

Faith: 1 2 3 4 5 6 7 8 9 10

Family: 1 2 3 4 5 6 7 8 9 10

Work: 1 2 3 4 5 6 7 8 9 10

Rest/Health: 1 2 3 4 5 6 7 8 9 10

Takeaway: Busyness is not the same as faithfulness.

## SESSION 3: Jesus 'Model of Balance [Chris Washington]

What Jesus Modeled

- Stepping away to pray
- Not rushing
- Saying no to demands

Scripture: Luke 5:16 | Mark 1:35–38

**Reflection Question:** What would change if I lived at Jesus 'pace?

Takeaway: You can follow Jesus closely without living hurried.

## SESSION 4: Boundaries Without Guilt [Pastor Lee]

*Because. People Matter.*

Scripture: Galatians 1:10

### **Boundaries protect**

Say NO to say YES to God

Boundaries are NOT selfish they ARE stewardship

### **3 Questions Before Saying Yes**

1. Did God ask me to do this?
2. Do I have margin for this?
3. What will this cost me (or my family/spiritual life)?

Takeaway: Boundaries protect what matters most.

### **SESSION 5: Creating a Personal Rule of Life [Pastor Lee]**

*A Rule of Life = a simple framework for living intentionally with God*

Our rhythm is: Do more → Burn out → Crash → Repeat

God's Better Rhythm: Be with God → Do what matters most → Rest on purpose

Daily: \_\_\_\_\_

Weekly: \_\_\_\_\_

Monthly: \_\_\_\_\_

#### **Daily Time with God (even if short)**

**Daily:** prayer, Scripture, rest

**Weekly:** Sabbath, family time

**Monthly:** reflection, fun, retreat

**Work:** start/stop times, email limits

**Church:** service without burnout

Your Personal Reset

1. One thing I need to STOP \_\_\_\_\_
2. One habit I will START (faith, rest, or family) \_\_\_\_\_
3. One boundary I need to SET: \_\_\_\_\_

### **Build the Rule [Exercise]**

- 3 nonnegotiable
- 2 boundaries they need to set
- 1 habit they need to stop
- 1 habit they will start

Takeaway: Small rhythms create lasting change.

Simple Weekly Rhythm (Session 5)

### **SESSION 6: Living from Rest, Not for Rest [Pastor Marshall Barnes]**

*Because. People Matter.*



---

---

---

---

---

---

*Because. People Matter.*