

THE RIGHT BALANCE

The HABITS of Success: Part 3

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"It is senseless for you to work so hard from early morning until late at night... God wants his loved ones to get their proper rest." (Psalm 127:2, TLB)

WHY WE NEED REST

1. Proper rest affects my HEALTH.
2. Proper rest affects my PRODUCTIVITY.
3. Proper rest affects my PERSONALITY.

HOW TO GET REST - B.A.L.A.N.C.E.

BUILD MY LIFE AROUND CHRIST.

"God will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern." (Matthew 6:33, NLT96)

"Love the Lord your God with all your heart... This is the first and greatest commandment. And the second is... Love your neighbor as yourself." (Matthew 22:37-39, NIV)

ACCCEPT MY HUMANITY.

"The fool is so worn out by a hard day's work he cannot even find his way home at night." (Ecclesiastes 10:15 LEB)

"You made my body, Lord; now give me sense to heed your laws." (Psalm 119:73, TLB)

LIMIT MY LABOR.

"You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me." (Exodus 20:9-10, GNB)

"Sabbath" means: A DAY OF REST

"But the Sabbath was made to benefit man, and not man to benefit the Sabbath." (Mark 2:27, TLB)

ADJUST MY VALUES.

"I have also learnt why people work so hard to succeed: it is because they envy their neighbors." (Ecclesiastes 4:4, GNB)

"What good is it for a man to gain the whole world, yet forfeit his soul?" (Mark 8:36, NIV)

"It is better to have only a little, with peace of mind, than be busy all the time..." (Ecclesiastes 4:6, GNB)

NOURISH MY INNER LIFE.

"I had no time to care for myself." (Song of Solomon 1:6b, GNB)

"I will not neglect your Word." (Psalm 119:16b, NIV)

"but Jesus often slipped away to be alone so he could pray." (Luke 5:16, NCV)

COMMIT MY SCHEDULE TO GOD.

"My times are in your hands." (Psalm 31:15, NIV)

"There is a time and a season for everything under Heaven." (Ecclesiastes 3:1, NIV)

ENJOY EACH MOMENT.

"All of us should... enjoy what we have worked for. It's God's gift." (Ecclesiastes 3:13, GNB)

"A relaxed attitude lengthens a man's life." (Proverbs 14:30, TLB)

"Come to me, all of you who are tired and have heavy loads, and I will give you rest... the load I give you to carry is light." (Matthew 11:28-30, NCV)

ACTION STEP:

MAKE A PLAN TO REST