

WHEN YOUR WORK DOESN'T WORK FOR YOU

BREATHING ROOM: PART 3

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“So I hated life, because the work that is done under the sun was grievous to me...I hated all the things I had toiled for under the sun...So my heart began to despair over all my toilsome labor under the sun.” (Ecclesiastes 2:17–20, NIV)

The Causes of Overwork

1. **MATERIALISM.**

“Keep your lives free from the love of money, and be satisfied with what you have. For God has said, “I will never leave you; I will never abandon you.”” (Hebrews 13:5, GNB)

2. **FEAR.**

“Your money can be gone in a flash, as if it had grown wings and flown away like an eagle.” (Proverbs 23:5, GNB)

3. **APPROVAL.**

“Does this sound as if I am trying to win human approval? No indeed! What I want is God’s approval! Am I trying to be popular with people? If I were still trying to do so, I would not be a servant of Christ.” (Galatians 1:10, GNB)

The Consequences of Overwork

1. Productivity **DECREASES.**

“If your axe is blunt and you don’t sharpen it, you have to work harder...” (Ecclesiastes 10:10, GNB)

2. Relationships **DWINDLE.**

“Only someone too stupid to find his way home would wear himself out with work.” (Ecclesiastes 10:15, GNB)

3. Health **DIMINISHES.**

“God has given to some men very great wealth...but he doesn’t give them the health to enjoy it...This is meaningless—a sickening tragedy.” (Ecclesiastes 6:2, The Living Bible/NLT)

How to Make Your Work Work for You

1. Avoid **EXTREMES**.

Lazy

“For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat.” We hear that some among you are idle and disruptive. They are not busy; they are busybodies. Such people we command and urge in the Lord Jesus Christ to settle down and earn the food they eat.” (2 Thessalonians 3:10–12, NIV)

Crazy

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.” (Psalm 127:2, NLT)

2. Define yourself **DIFFERENTLY**.

“All the things I once thought were so important are gone from my life. Compared to the high privilege of knowing Christ Jesus as my Master...” (Philippians 3:8, The Message)

3. Consider a **CAREER CHANGE**.

Integrity

“If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.” (Ephesians 4:28, NLT)

Vitality

“Observe people who are good at their work— skilled workers are always in demand and admired; they don’t take a backseat to anyone.” (Proverbs 22:29, The Message)

“Find a job you enjoy doing, and you will never have to work a day in your life.” — Mark Twain

4. Go to your old job as a **NEW PERSON**.

“Work with a smile on your face, always keeping in mind that no matter who happens to be giving the orders, you’re really serving God.” (Ephesians 6:7, The Message)

ACTION STEPS:

**Financial Peace University
Breathing Room Guide**