

FUTURE YOU.



FUTURE YOU, PART 4: WHY WORK-LIFE BALANCE IS A MYTH

Is work life-balance possible? Maybe. But what if that's not the best way to live? We'll see how the most effective people rarely shoot for balance. They shoot for something radically different. And if you do it could change so much in your work, your family and your life.

BIG IDEA: Passion accomplishes far more than balance.

DISCUSSION QUESTIONS

1. Do you have a hobby or pastime you're passionate about (fitness, food, family, the Leafs, golf, cycling, yoga, photography, your career, horses...)?
2. In the message, Chris said that very few people who do great things with their lives are 'balanced' people; they are passionate people. Have you seen this to be true?
3. *With your Bible or YouVersion, [read Hebrews 12:1-4](#).*

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. ³ Think of all the hostility he endured from sinful people; then you won't become weary and give up. ⁴ After all, you have not yet given your lives in your struggle against sin. [Hebrews 12:1-4 \(NLT\)](#)

4. The verses above suggest that balance is not a main goal of the Christian faith?
5. Do you know any Christians who match this kind of unbalanced, passionate pursuit of the Gospel? If so, how do they inspire you?
6. How would your life be different if you stopped pursuing balance and started pursuing work, family, hobbies and even rest with passion?
7. Imagine yourself at age 75 looking back on your life. At that point, what will you wish you had been more passionate about?

MOVING FORWARD

This week, stop searching for balance and instead pursue the things worth engaging with passion. Be fully engaged with your work, your family, your hobbies and even with your rest. Monitor the difference that passion makes in each area of your life.

CHANGING YOUR MIND

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