March 6/7, 2010

Your Work Matters: Work and Life in Rhythm

Exodus 18:13-27

Your Work Matters

Pastor Mark Kremer

We've been talking about our work life these last weeks, talking about the fact that God created us to work because we are made in His image and He is a worker. We've been talking about the fact that that's a good thing and then, that God has given us a work to do. He has called us to do something with our talents and our life and our experience that is meaningful and significant. But the question we face this morning is: How much of a good thing is too much? When is enough enough? When is life out-of-balance, out-of-rhythm, out-of-step with the way God wants us to live? One of the challenges we all face is the *balancing*, or finding the *rhythm,* to the different areas of our life—the major portions of our life—the commitments and responsibilities we have. And I think they kind of fall into four basic categories.

Now first of all there is *our work*, both our paid work—the vocation that God has called us to—but also in that would be our unpaid work—our service that is beyond what we get paid to do: the kinds of things we're looking at out in the foyer today, trying to determine where we can live out our talents and calling *outside* of the paid work we do. So first *our work*—that needs to be, obviously, a significant part of our life.

The second area is *relationships*: relationship with God, relationship with our family, relationship with other people. God designed us as relational people and we have to have those relationships to be healthy—to be on mission with God.

And then we have the area of *rest*. God created rest. Remember back in Genesis, Chapter 1—God rested. The untiring, all-sufficient God rested and He built into everything that He made the need for rest, for down-time, for quiet, for sleep.

And finally there's the fourth area which I call *re-creation*. You might say recreation but sometimes we get too narrow a view when we say recreation. But re-creation are those things that we do—those hobbies and things we engage in—that refresh us and energize us so that we can do those other three things. And the challenge for us is to find the balance among those four things: *work, rest, relationship,* and *re-creation*. It is a challenge for all of us to continually be in balance in those areas of our life. Every season of life is a little bit different and we continually have to work through that.

I don't know how many of you here this morning who, when you drive, pay close attention to the dashboard and how many of you just totally ignore the dashboard in your car. I'm guessing there are some here who have ruined cars because you didn't watch the dashboard—that red light was flashing; you've run out of gas because the yellow light was on and you just didn't pay attention. You have probably experienced some of that but one of the reasons why the dashboard is built into the car is to give us some warning signs that things are maybe not right. Pay attention. Stop. Check the engine. Fill up the tank. If we ignore those warning signs, we can have some serious problems on our hands.

So this morning as we talk about this issue of balance, I want to give you some diagnostic questions that can be kind of warning indicators in your life. I'm sure there are many other questions that we could come up with but I just want you to think about each one of these and you determine, as we go through them, whether or not this would be an indicator of something out of balance in your life.

One is: Are you preoccupied, when you're with your family or with your friends, with something else? Has your family ever been at the dinner table with you and somebody has been trying to talk to you—this has happened to me—and somebody says, "Hello! Anybody home? Are you listening?" Is there a growing resentment, perhaps from those who are closest to you, about the balance of your life—feeling that it's out of balance—that they are being ignored? Do you have a hard time putting down your work, stopping? You know we live in a world where there are lots of self-employed people. We have a very high percentage of people here who are self-employed, run a business, a small business. And sometimes it's hard just to put it down—to stop. Are you one of those people? Can you remember the last time you had a date with your spouse or took your kids out and did something special with them? Are you always tired and don't have enough energy to do your work well? You can't sleep at night perhaps. Do you regularly fail to meet expectations at work and you really don't care? Have you read a book, opened your Bible, spent time with God this week? Have you ever used the, "I'm too busy" excuse for not pursuing God, for not being in church, for not having balance in those areas of your life? Do you find yourself at this point in your life without close friends...or the relationships you do have are distant and strained? Do you worry more about pleasing your clients or your boss than you do about pleasing your family? Do you just worry that you're going to let people down at work and so you let other things slide? And finally a question is: Do you get angered easily? Do you lash out at people?

Now that's just a few questions that you can ask to sort of diagnose the problem, but if any of those things are answered *yes,* or several of those are answered *yes,* you need to kind of look at them as idiot lights on your dashboard, okay? Things are not right if you could answer *yes* to a number of those questions. Now we have a tendency to do that when we say, "Wow, you know what? That's true. You know, you can kind of feel"…I saw some elbows going there during that...we looked at each other a little bit maybe and we can immediately go, "You know I've got to gear up. You're absolutely right. I'm out of balance. I've got to work really hard to get my life back into balance." And then you can get out of balance trying to balance your life. I think one of the things we have to do first is to stop and ask a very important question before we do the *fix*. And that is: *Why is my life out of balance*? One of the things we talk about frequently here is the fact that our behaviors—what we do on a day-to-day basis—flow out of what we believe. It flows out of our value system; it flows out of what we believe to be true. And so, in the case where we're frantically running through life out of balance—whether it's working too hard or maybe it's playing too hard, or maybe it's spending so much time with my family, or recreating—that I'm failing in another area. One of the things we need to ask about is whether or not we're really believing the wrong thing and our behavior flows out of a *wrong belief.*

Jesus spoke at length about the fact that there are other gods that we can have besides the one true God. In the Sermon on the Mount He spoke specifically about *money* as a god, and He talked in Matthew, Chapter 6, at some length about the fact that people who have money as their god, or wealth as their god, will frantically run through life trying to get more and more and more, and worrying about whether they're going to have enough. What are we going to eat? What are we going to wear? And Jesus said the people who have money as their god frantically pursue those things. They chase after those things and there's almost this sense of chaos around them, because

you just can't quite get your hands around it and get enough. That certainly is a big god in our culture—money.

But there can be other gods—perhaps the god of *success*. Money can be a part of that, but maybe it's more for you about *being somebody*—having power, having influence, having notoriety, having others admire you. And that's the god that you're pursuing and seeking to have fill up what's missing in your life.

Perhaps it's the god of *pleasure*—that you just want to have fun. You know you're looking for that next adrenalin rush—the next exciting thing. You're so into sports that it's what you think about. Maybe you're even cheating work because you're always on line trying to figure out what games are going on and you're so engaged in making and having fun that you're out of balance. Perhaps your god is the god of pleasure.

For some it may be a god of *beauty or health*—it's all about appearances. It's all about doing everything you can to be physically in shape or keeping your appearance good and that possesses you. You obsess over it. You think that that's what's going to make you happy and fulfill you and so you pursue it to a degree that's out of control.

Perhaps it's *religion*. Perhaps it's trying to be a really good person—to have self-righteousness—so that you can feel superior to others and you can feel like you're okay. You're working real hard to appease God, or other gods, in order to feel good about yourself.

Perhaps it's the god of *intellectualism*—that your god is wanting to know more and be superior in intelligence and expertise than anybody else—and you're frantically running after that.

But all of those gods, all of those false gods—those idols—leave us empty, leave us unsatisfied. And so, when we think that those things are meant to satisfy us, we just run harder, faster, longer after those things. We just keep pursuing them harder and faster and longer and we get this pace around our lives that just is unhealthy. So there's this growing unhealthiness in us that shows up in addictions and broken relationships and we end up being empty and worn out.

Jesus alone offers the one alternative to all of those other gods. He says that He wants to fill up the void within us; He wants to give us value in a relationship with Him. Back in Matthew, Chapter 11, He says—and makes an invitation to all of us who would be pursuing other things and we're out of balance because we're not finding life in those things—He says,

> "**Come unto Me all you who are weary and worn out, and I will give you rest. Take My yoke upon you, and learn from Me for I am gentle and humble…for My yoke is easy, and My burden is light.**" (*NASB, Matthew 11:28-30)

He offers us rest for our soul. We can rest that God wants to be a full partner with us in life, that if we put our faith and trust in Christ, that He's going to walk with us through life. He's going to bear the burden with us in life. He's going to supply the things that we need. He's going to be our provider. It's not that we won't ever work but that God is working along with us to provide for us and to care for us and to help us to live at a pace that is healthy—the way that He designed life to be. He presents the one true alternative to the rat race that Western culture is so caught up in. You can really get a sense of that when you travel to other places around the world—of just the pace of

life that flows out of our belief that somewhere out there, in some of these things, there is something that will satisfy. And yet Jesus says that He alone can satisfy.

> **Seek first the Kingdom of God and His righteousness,** He said**, and all of these other things will be taken care of.** (Matthew 6:33)

Can you just feel the pressure dissipate when you really soak that in and you say, *"Wow, God wants to walk beside me and supply for me, and I can rest in who He is."*

You know Jesus not only taught that, He lived that. I would challenge you this week to open up your Bibles and read through the Gospel of Matthew or Luke or Mark. Read and look at and examine the pace—the rhythm—of Jesus' life. I don't think anyone would argue here this morning that no one had a higher, more significant or demanding call on their life, than Jesus Christ. No one else has ever been called to save humanity and that was the call on Jesus' life. And yet you see—in the midst of the overwhelming nature of that call—this incredible calm and peace and rhythm to Jesus' life. Yes, He was engaged with the crowds. Yes, He would heal. Yes, He would teach. But He took time to get alone by Himself, to go to the mountain, to be with the Father. He walked by the seashore. He slept. He had time for friends. He had time to sit and eat and go to parties. There was a rhythm and a balance to His life. Yes, Jesus even had the audacity to turn away from the needs that were right in front of Him because He needed to pull back and rest and reconnect with the Father. He left people still hungry, still sick. Yet all the while He lives this beautiful rhythm to His life. He's pressing ever-steadily towards the culmination of fulfilling His call, going to the Cross and rising from the dead. He not only said, "I am the way to live," but He modeled for us what it means to live a life connected to God—in rhythm and on pace with the Father—that God the Father wants to speak into our life and order our steps day by day. So there's a rhythm that will help us to endure.

Now I can't answer for you this morning whether or not that's the issue, if you're out of balance—whether it's other gods that you're pursuing—but I would challenge you to think long and hard that if any of those other things are the things that you're counting on to fill you up—that it will be a long and hard road in life for you. And there will be many injuries to others and to yourself as a result. I would challenge you to surrender to Christ, to come to Him to find life, to find peace, to stop trying harder to manage it all, and let Him be the center of your life. He wants to be involved in every single one of those four areas: your work, your rest, your relationships, your re-creation. God wants to be involved in all of that and bring balance to it all.

Well that's one of the reasons why a lot of people around us—perhaps even ourselves—are out of balance, because we're worshipping the wrong god. But here's a question for you this morning: *Is it possible to love God, be on mission with your life, and still find ourselves out of balance and off rhythm?* Is it possible to still be off rhythm and out of balance, even when we love God first and we're seeking to fulfill the calling He has on our life? I think the answer to that is clearly, *"Yes*."

There are a number of examples of people just like that in Scripture. We want to go back and look at one of those today. If you have your Bible, turn to Exodus, Chapter 18. We'll begin in Verse 13. Last week we looked at the life of Moses and the process and journey that God had Moses on—for Moses to be able to identify God's call on his life—the life work that God was calling him to. We noticed that it was quite a process. Some of you I know, just from conversation this week, that you're still in that journey of trying to figure out exactly what God's call on your life is in this next season of your life and we continue to encourage you to pursue that and to look at all the things that

God has prepared you to do—from your past and what He's saying to you now—and that you'd listen to Him. Moses went through that whole journey and clearly understood what God had for him and set off to accomplish that mission—God right with him in the process. He took his wife and his son back to Egypt and, over the next chapters, God did miraculous things and used Moses to deliver the people out of Egypt and bring them on their way to the Promised Land. But we get a hint at the beginning of Chapter 18 that there is a problem. In Verse 2 of Chapter 18 we find out that Moses' wife and two sons are not with Moses. They're back with her father, Jethro, Moses' father-in-law. Somewhere along the way I think Moses got so out of balance doing the call of God on his life that Zipporah, his wife, went back home to Dad and Mom and took the two boys with her. And now Jethro, Moses' father-in-law, sent word that he is going to come and visit with Moses and he's bringing back Moses' wife and sons. And it's always nice when the father-in-law warns you ahead of time that he's coming. (Laughter). In this case he sent word ahead and he shows up and he asks Moses a question. He says, "Moses, how's it going?" And Moses says, "Hey, you wouldn't believe the exciting, amazing thing that God has been doing. I mean this is awesome—the deliverance out of Egypt." And he shared all the stories and all of that, and Jethro got real excited about that and they worshipped God together and they celebrated that success and that victory. And then we come to verse 13:

> **And it came about the next day that Moses sat to judge the people, and the people stood about Moses from morning until evening. Now when Moses' father-in-law saw all that he was doing for the people, he said, "What is this thing that you are doing for the people? Why do you alone sit as judge and all the people stand about you from morning until evening?"** (Exodus 18:13-14)

Jethro says to Moses, "What are you doing? What are you doing! From morning to night this nation of two million-plus people look to you alone and they come to you, wave after wave after wave of people, from morning till night and they look to you for everything. What are you doing?" Well, Moses tells his father-in-law what he's doing.

Verse 15:

> **And Moses said to his father-in-law, "Because the people come to me to inquire of God. When they have a dispute, it comes to me, and I judge between a man and his neighbor, and make known the statutes of God and His laws.** (Vs. 15-16)

Moses says, "Because there's a demand on my life. Everybody wants to get my opinion. Everybody looks up to me. *I mean, I'm somebody!"* I think Moses is saying, "*Hey, I'm the guy here!* This thing would fall apart if I weren't here. *I mean, I'm the man*! The whole nation depends on me. I'm the one that tells them what God wants them to do. I'm the one that settles disputes. *I'm important! I'm somebody!* I mean, this is a big work God called me to do!!" Well, was that impressive to Jethro?

Verse 17:

> **And Moses' father-in-law said to him, "The thing that you are doing is not good. You will surely wear out, both yourself and these people who are with you, for the task is too heavy for you; you cannot do it alone."** (Vs. 17-18)

"Moses," he says, "*this isn't good. This, Moses, is not the way that you are to live your life, even to fulfill the important calling you have. This is not good. You are going to wear yourself out, first of all.*" Jethro had a legitimate concern about Moses' health—emotionally, spiritually, physically. The demands of his call were significant but if you're going to take the load on and try to do it all yourself, you're going to wear yourself out. And he says, "Not only are you going to wear yourself out, you're going to wear out these people around you." I think he's saying, "Moses, this handful of people that you have that are close to you (and I think he's clearly indicating—Moses your own family), you're going to wear them out and it's going to be destructive to you and it's going to be destructive to the nation of Israel. Something has got to change." And Jethro more than just pointed out the problem; Jethro also offered a solution.

Verse 19:

> **Now listen to me: I shall give you counsel, and God be with you. You be the people's representative before God, and you bring the disputes to God, then teach them the statutes and the laws, and make known to them the way in which they are to walk, and the work they are to do. Furthermore, you shall select out of all the people able men who fear God, men of truth, those who hate dishonest gain; and you shall place these over them, as leaders of thousands, of hundreds, of fifties and of tens. And let them judge the people at all times; and let it be that every major dispute they will bring to you, but every minor dispute they themselves will judge. So it will be easier for you, and they will bear the burden with you.** (Vs. 19-22)

Jethro gives Moses some very practical advice and that is: He ought to split up the load. Appoint leaders over tens, fifties, hundreds and thousands. You let them do the judging of minor things. You have something that only you can do. You focus on that and you let other people fulfill the calling that God has on their life, by letting them help you. You see Moses was not only wearing himself out, but he was denying people in his own nation the opportunity to fulfill their calling because he was taking on their work for them. Jethro says, "No. You do what you can do—what your unique role is—and you let other people handle the rest of the things." Now I don't know how you would respond if your father-in-law came and said, "You know what? Your life is out of balance. You're ruining my daughter; you're ruining the kids; this isn't good." What would you do? Would you welcome that advice? Would you receive it? Would you take it to heart? Well that's what Moses did. Notice in verse 24:

> **So Moses listened to his father-in-law, and did all that he had said. And Moses chose able men out of all Israel, and made them heads over the people, leaders of thousands, of hundreds, of fifties and of tens. And they judged the people at all times; the difficult dispute they would bring to Moses, but every minor dispute they themselves would judge. Then Moses bade his father-in-law farewell, and he went his way into his own land.** (Vs. 24-27)

I think that's also a very important verse: The father-in-law went home. (Laughter) But Moses listened; he responded to that correction and he changed his ways. So the question for us this morning is: *I wonder what would have happened in Moses' life if he hadn't listened*? *What do you think the outcome would have been if Moses had not responded well to that wise counsel?* Well I can guarantee you that Moses' life would have turned out differently than it did. I'm sure it would not have been written of Moses like it is in Deuteronomy 34—**that Moses died at one hundred twenty years old and his eyes were not dim nor his vigor abated.** (Vs. 7) In other words, Moses

was still going strong at one hundred twenty—in large part because he listened to the counsel of his father-in-law and he changed his ways to live a more balanced life.

So do you have a heart to listen when those close to you would see that your life is out of balance and would speak into that? Would you be willing to listen and receive that and make changes to your life? Are there some changes that you need to make today to bring your life more in alignment in those four areas, to the design that God would have for you right now in this season of your life?

Let me just give you a few suggestions as we close today, regarding what a healthy balance might look like in these four areas. And I would ask you to be open to consider whether or not there are some changes that you need to make so that you have endurance, that you don't wear out, that you fulfill the call of God on your life, that you can be in it for the long haul and do everything you can to fulfill all the responsibilities that you have.

You'll notice, as we shared those four areas, that we didn't have a separate piece of the pie for God. We didn't put God as one slice of the pie of life, because God is intimately involved in every single one of these four areas. One of our problems is that we want to put our spiritual life over in a different category and we keep Him out of these other things—which makes life a mess. We're out of balance when we do that because God is an integral part of every single one of these four things.

So what does a work life in balance look like? It means that I'm doing good work, that I'm doing it skillfully, that I'm providing for myself and others, that I'm growing in influence in my workplace. I'm not doing it half-hearted. I'm not showing up late. I'm not giving my least to my work. I'm giving what's good and I'm doing it skillfully and I'm working at it hard. It also means that I'm doing it in such a way that I have time to do my unpaid work, that I'm making space in my life to do those things that are a part of my call, but aren't part of my paycheck, to serve in areas that I can't really fulfill the whole calling of God on my life through my work—that I need to be involved in some things outside of my work—opportunities like those out in the foyer this morning, to use your talents and abilities that are unpaid, but they are still part of your work.

For some of us here this morning, we look for opportunities to work that are very similar to what we do in our paid job. We look for opportunities to serve that kind of use the same talents. I think of Pat, the "big-hand" lady directing traffic out here as you leave this morning. I just want you to know, Pat directs people all week long...so she just does what comes naturally to her. She directs traffic on Sunday morning; I mean it just fits who she is.

Some of us here may feel like what we do in our work just isn't fulfilling—there's some pieces missing—and we want to do something completely different in our service, in our unpaid work. I love the fact that we have people who have been executives in big organizations and companies who come and work with kids on Sunday morning. One of these guys did this for a number of years and he did it because he had a two year old grandson that he was away from. So this was his way—in working with the two's—of connecting with two year olds and kind of being able to know how to relate to his grandson when he connected with him. He poured himself into that ministry because it countered what he does the rest of the week. I would encourage you, if you spend all week working with wealthy people, that somewhere, maybe in your unpaid work, you connect with poor people, just so you don't lose balance. Perhaps if you spend all week with sick people, you ought to spend your time in your unpaid work working with healthy people. If you spend all week with children, maybe you want to spend some time with adults…just defining the balance between

our paid and our unpaid work that fills out that call of God on our life. But we need to do our work in such a way that we have time to do that unpaid work.

Are you going about your work with wisdom at a sustainable pace? Maybe you need to make some adjustments. Maybe you need to negotiate with your boss to do work in a different sort of way so that it's not out of balance, not taking too much of life. Do you surrender your work, your daily work to God and invite Him into how you do your work? Last week we talked about God showing us *what* work we are to do, but God wants to speak into *how* we go about doing the work He has called us to do. Do I work hard and get it done or do I procrastinate and end up having to spend more time with my work because I wasted so much time? Do I have healthy boundaries on my work? Do I know my own limitations and not try to go beyond that? Moses didn't even know his own limitations and got himself in big trouble. Who do you have that you have asked to speak into the work part of your life, to help you assess whether or not it's in balance? Those are important questions for you to consider, to think about, to take to heart so that your work—paid and unpaid—is in balance with the rest of life.

Second of all is the area of relationships. Do you have deep relationships? Are you cultivating a deep relationship with God? Do you make time and space to meet with God, to talk with God, to consult with God, to listen to God, to spend time in His word, because how in the world are you ever going to find the balance if God is not speaking to you? If He's not directing your steps, how will any of the rest of life ever be in balance? He wrote the score of your life. He wrote the music. He designed you as an instrument. He's the conductor of the orchestra. If your eyes aren't on Him, then you're not going to be playing it well. Do you have a growing and deepening relationship with your spouse, with your family, with your children? Are you connected with them? Do you care for them? Do you laugh together? Do you eat together? Do you play together? Relationships are important. We cannot neglect that part of our life.

Do you have time for rest? Do you make sure you get enough sleep? Do you have times where you stop—you're quiet, you're still? Are you trying to burn the candle at both ends?

And then what do you do to rejuvenate yourself, to refresh and renew your mind, your body, and your spirit? What are those things that you engage in that keep you energized and refreshed and moving in the right direction? Do you have time for exercise? To read? To pray? Do you pay attention to what you eat? Do you have hobbies—ways of connecting and refreshing your soul that really do re-energize you? You know for years I would come home tired and plop down on the couch and spend an evening watching television. That was before I had children. You know you start with *Wheel of Fortune* and you just go on to the next and the next and I'd fall into bed at eleven o'clock and I'd be more exhausted. And I realized that a night in front of the television did absolutely nothing to re-energize me. But exercise re-energized me. Reading a good novel re-energized me. Spending time doing other things—connecting with God in new and fresh ways—those things re-energize me. Where do you go to be refreshed? For me, I love to go to the mountains. Something about the mountains just completely refreshes and renews my spirit and I have to make time to do that several times a year—just to be reconnected in that way to God—and find myself refreshed. What are the daily habits, the weekly habits, the monthly habits, that you have that re-create, re-energize you? Those things need to be in balance.

I want you to know that I believe this is so critically important if you are going to fulfill your call. Our desire would be that no one would burn out or be unable to fulfill the call of God in their life because they are just out of sync, out of step, out of rhythm. So I would encourage all of us to pay

very close attention to the balance and rhythm of our life, to invite God to speak into it. And if you need help with that, I would really encourage you to stop by our WorkLife booth on both levels this morning. While you're looking at all the other booths, pick up some information about how you can engage, how you can take advantage of the resources there that can help you find rhythm and balance in your life —as God designed it to be.

Our Father, we thank You this morning that You have designed life to be lived with a rhythm and a balance. All of nature has a rhythm to it and our lives should have that rhythm to it too and I pray, God, You would speak to us and make clear to us where we are out of alignment, where we are not playing the music the way You intended it to be played. I pray that before this day is over we would take some steps to adjust our life so it can be lived the way You designed it to be lived. We ask for Your help in doing that. In Jesus' name, Amen.

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Lincoln Berean Church, 6400 S. 70th, Lincoln, NE 68516 (402) 483-6512
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WorkLIFE
your work matters

YOUR WORK MATTERS:
Work and Life in Rhythm

Exodus 18:1-27
Pastor Mark Kremer
March 6/7, 2010

REVIEW
Discovering our purpose or calling is one of life's most important tasks. Last week we talked about the process God uses to lead us to our life's work. Here are a couple of important questions to ask yourself:

- Do I know my purpose/calling in life?
- Have I written it down and shared it with those who are closest to me?
- Am I living it out daily in this season of my life?

If you are still trying to discover your calling, are you paying attention to the key elements?

Sovereign Foundations (What have my experiences, talents, interests prepared me to do?)
Brokenness (Have I faced my failures and laid aside my plans?)
Waiting on God (Am I watching and listening for His direction?)
Submitting to His Plan (Have I dealt with my fears and excuses?)
Live the Call (Am I following God's lead daily?)

ENGAGE
Do you have a healthy rhythm to your life? What evidence is there to support your answer?

If you are out of balance (worn out, anxious, ignoring important commitments, addicted, friendless, etc.) why?

Trying to find meaning, significance, value outside of God takes a toll on people. Have you experienced this? How?

Read Exodus 18. Moses' calling was demanding and at times overwhelming. He was out of balance and he was unaware. How did God get Moses' attention on this matter?

What are the demands on your life as a result of your calling? Do you regularly assess the balance or rhythm of your life? How do you do that?

If you were to be out of rhythm where would that most likely show up? Why?

Who are the people you have invited to speak into your life regarding the rhythm (pace) of your life?

How did Jesus life reflect a healthy rhythm and how did that keep Him in alignment to fulfill His calling?

What does a healthy rhythm look like in this season of your life as it relates to each of the major commitments/responsibilities that are a part of your call?

What time have you set aside for rest, recreation, relationships and service? How do you make time for these things and balance them with your work? Assess the rhythm of your life this week with someone who knows you well. Repeat every 6 months.

MEMORIZE COLOSSIANS 3:23 "Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."