

WHEN YOUR WORK DOESN'T WORK
From Burnout To Balance – Part 3
April 17, 2016

Genesis 2:15 (NIV) *“The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”*

Genesis 3:17b-19a (NIV) *“Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. ¹⁸ It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹ By the sweat of your brow you will eat your food until you return to the ground.”*

Ecclesiastes 2:17-18, & 20 (NIV) *“So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. ¹⁸ I hated all the things I had toiled for under the sun, because I must leave them to the one who comes after me. ²⁰ So my heart began to despair over all my toilsome labor under the sun.”*

SETTING LIMITS FOR YOUR WORK WORLD

1. Get in touch with the REASONS for overwork.

- **We want more STUFF.**

James 4:1-3 (NIV) *“What causes fights and quarrels among you? Don't they come from your desires that battle within you? ² You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”*

- **We have a sense of INSECURITY.**
- **We are trying to earn the LOVE and APPROVAL of others.**

2. Beware of the CONSEQUENCES of overwork.

- **Your PRODUCTIVITY suffers.**
- **Your RELATIONSHIPS suffer.**
- **Your HEALTH suffers.**

3. Learn to let your JOB work for you.

- Avoid EXTREMES in your work.

2 Thessalonians 3:10-12 (NIV) *“For even when we were with you, we gave you this rule: ‘The one who is unwilling to work shall not eat.’¹¹ We hear that some among you are idle and disruptive. They are not busy; they are busybodies.¹² Such people we command and urge in the Lord Jesus Christ to settle down and earn the food they eat.”*

- DEFINE yourself differently.

**You are not defined by WHAT you do.
You are defined by WHO you are.**

Matthew 22:37 (NIV) *“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ ”*

Philippians 3:7-8 (NIV) *“But whatever were gains to me I now consider loss for the sake of Christ.⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage that I may gain Christ.”*

- Consider a CAREER change.
- Go to your old job as a new PERSON.

Colossians 3:23 (NIV) *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”*

1 Peter 1:18-19 (NIV) *“For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors,¹⁹ but with the precious blood of Christ, a lamb without blemish or defect.”*

1 Peter 4:10 (NIV) *“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”*

Luke 10:41-42 (NIV) *“ ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things,⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’ ”*