

Work-Life Balance and Rest

Finding Rhythm in a 24/7 World

Key Scripture

Exodus 20:8-10

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.

Introduction

In our always-connected, global work environment, boundaries between work and personal life often blur. This study examines God's design for work and rest, and how we can honor both in modern professional contexts.

Discussion Questions

Discuss these questions as a group, allowing space for personal reflection and honest sharing:

- How does the concept of Sabbath rest challenge or support your current work patterns?
- What makes setting work-life boundaries difficult in your specific job or industry?
- How do cultural expectations about work hours and availability affect your ability to rest?
- In what ways does remote work help or hinder your work-life balance?
- What would practicing Sabbath rest look like practically in your life right now?

Personal Reflection

Examine your past week. How much time did you truly rest and disconnect from work? What drove you to work during times you could have rested—necessity, habit, or fear? God commanded rest not as a luxury but as essential for our well-being. What would change if you trusted Him enough to truly rest?

Reflection Space

Use this space to write your personal thoughts and reflections:

This Week's Application

Choose one or more practical steps to apply this study in your workplace this week:

- Set specific work hours this week and communicate them to your team
- Identify one evening or day to completely disconnect from work communications
- Create a shutdown ritual to transition from work mode to personal time
- Discuss work-life boundaries with your supervisor or team members

Prayer Points

Close your study time by praying for these areas:

- For trust in God's provision when you step away from work to rest
- For wisdom to establish and maintain healthy boundaries
- For workplace cultures that respect rest and personal time
- For freedom from the need to prove your worth through overwork

May God's presence guide you in your workplace this week.