



WORK LIFE IN BALANCE

Family Devotional/Adult & Teen Discussion Guide

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MAY 21, 2017

1. PRIMARY STATEMENT: Work is a blessing from God that can become a boat anchor around your neck if it grows out of balance. Your body and mind were designed for regular intervals of rest - without that, work can suck the life out of you and steal your joy.

2. BIBLE VERSE

Exodus 20:9-10 [NLT]

"You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work."

Q. When you have a "day off," how much rest do you actually get?

Q. Running your life without rest isn't just stupid - it's a sin. Do you agree or disagree?

Q. Do you think God is pleased with the way you observe His command to take a break? If not, how can you change your routine?

Ecclesiastes 4:6 [NLT]

"Better to have one handful with quietness than two handfuls with hard work and chasing the wind."

3. APPLICATION

Luke 12:15 [ESV] *"And he (Jesus)*

said to them, 'Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions.'"

Q. God warns us to fight against the pursuit of "more." In which area is "more" most tempting for you? (work, money, success, hobbies, etc.)



Q. What is the thing/activity in your life that is most out-of-balance? What would happen if you did it less or took more frequent breaks from it?

Q. Sometimes we feel like we can't take a break, because we're on our own and things depend on us. Who could you call that would be willing to help you from time to time so you could get some rest?



4. PRAYER FOCUS

Take a few minutes as a family and thank God for the good things He's put in your life. Ask Him to help you keep things in balance and make time to rest.



LIFE IN BALANCE

Family Devotional/Overflow Kids Discussion Guide

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1. ACTIVITY: Prep: Gather some small candies / cereal pieces / marbles / etc. and put them in a bowl. Also get a coloring book and crayons (or notepad and pencil).

Instructions: Ask your child to grab a handful of items from the bowl and hold them in one hand while coloring/sketching something simple with the other. Then, have them repeat the process, only with two handfuls of items. When they're finished, compare the quality of the 2 colorings / sketches.

2. BIBLE VERSE

Ecclesiastes 4:6 [NLT]

"Better to have one handful with quietness than two handfuls with hard work and chasing the wind."



God warns us in the Bible about having too much of anything - even something good. Just like it's hard to color when both of your hands are full, it's hard to live a healthy life when you're trying to do too much of everything. Things like schoolwork, sports, cartoons and video games are all great... but we also need to take time to rest. God told adults to take a break from work once a week, and kids need rest, too.

3. APPLICATION

Q. What's your favorite thing to spend time doing?
Is it a good thing or a bad thing?

Q. If you spent literally (parents, define this word if needed) all your time doing it, what would happen to you? (example: no bathroom break, no food, no sleep).



Q. Even good things can become unhealthy when we do them too much. What's one thing you need a parent to remind you to take a break from this week?



4. PRAYER FOCUS

Take a few minutes as a family and thank God for the good things He's put in your life. Ask Him to help you keep things in balance and make time to rest.