

KNOW LIMITS

Work-Life Balance?

SEPTEMBER 03, 2023

So often, we dream of having that perfect work-life balance. But what if it doesn't exist? And if doesn't exist, what should matter the most?

MESSAGE NOTES AND HIGHLIGHTS

- Perfect work/life balance is a myth.
 - We often ask our friends and family to carry the weight of our work.
 - We can end up cheating our families out of the best version of us.
 - If we want to build strong families and communities, we need to set work boundaries.
 - Someone can, and eventually will, do your job. No one can be the spouse, parent, or friend you are.
 - Imitate God, therefore, in everything you do, because you are his dear children. | Ephesians 5:1
 - Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. | Ephesians 5:2
 - Read Ephesians 5:21-26.
 - And further, submit to one another out of reverence for Christ. | Ephesians 5:21
 - You can't give yourselves to each other if you've already given yourself away to work.
 - God, start taking care of things at work, while I take care of things at home.
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DISCUSSION QUESTIONS

1. How much do you feel that work creeps into or interferes with your home, your family, and your relationships?
2. What is the real job that no one else but you can do? Is it a role at work, or a role you have with your loved ones?
3. When you place your day, your week, your tasks, and your roles in the perspective of following the example of Christ, and submitting ourselves to one another, what specific things no longer seem like a top priority?
4. How can you balance doing a good job, but setting strong boundaries so that you can give your best self to your family?