



“PURSUING A HEALTHY WORK-LIFE BALANCE”

Series: “WORK MATTERS”, Part 2 of 4

Sunday, May 4, 2025, at 9:00 & 11:00 AM

Text: Exodus 20:8-11, Proverbs 23:4, Matthew 11:28-30, and other relevant passages

Big Idea: Finding an appropriate work-life balance can help us appreciate both our work, as well as all the other wholesome aspects of life.

I. GET YOUR IDENTITY NOT FROM YOUR WORK BUT FROM YOUR RELATIONSHIP WITH GOD.

Proverbs 23:4, “Do not wear yourself out to get rich; have the wisdom to show restraint.”

Luke 12:15b, “A man’s life does not consist in the abundance of his possessions.”

II. PRACTICE THE SABBATH PRINCIPLE EVERY WEEK.

Genesis 2:2-3, “By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

Exodus 20:9-10a, “Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work.”

III. MAKE THE LORD JESUS AND HIS KINGDOM THE CENTER AROUND WHICH EVERYTHING ELSE REVOLVES.

Matthew 6:33, “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”