

# CHILL: At Work

Jim Woolums

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So I came to hate life because everything done here under the sun is so troubling. Everything is meaningless—like chasing the wind. I came to hate all my hard work here on earth, for I must leave to others everything I have earned. And who can tell whether my successors will be wise or foolish? Yet they will control everything I have gained by my skill and hard work under the sun. How meaningless! So I gave up in despair, questioning the value of all my hard work in this world. (Ecclesiastes 2:17-20, NLT)

Get In Touch With The \_\_\_\_\_  
Reasons For Work

- \_\_\_\_\_  
“What is causing the quarrels and fights among you? Don’t they come from the evil desires at war within you? You want what you don’t have, so you scheme and kill to get it. You are jealous of what others have, but you can’t get it, so you fight and wage war to take it away from them. Yet you don’t have what you want because you don’t ask God for it. And even when you ask, you don’t get it because your motives are all wrong—you want only what will give you pleasure.” James 4:1-3 (NLT)
- \_\_\_\_\_
- Trying to earn the \_\_\_\_\_  
of others.

Beware Of The \_\_\_\_\_  
Of Overwork

Create A \_\_\_\_\_ That \_\_\_\_\_ For You.

First: Avoid \_\_\_\_\_ in your work.

Leisure Without Work = Burn \_\_\_\_

Work without Leisure = Burn \_\_\_\_

Balance = Burn \_\_\_\_

Second: \_\_\_\_\_ yourself differently.

A genuine relationship with Jesus Christ is the heartfelt knowledge that He is not only reliable, but that He's desirable.

"I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ." Phil. 3:7-8 (NLT)

Third: Consider a \_\_\_\_\_

Fourth: Go to your old job as a \_\_\_\_\_  
\_\_\_\_\_.

"Whatever you do, work at it with all your heart, as working for the Lord, not for men," Col. 3:23 (NIV)

"For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And the ransom he paid was not mere gold or silver. It was the precious blood of Christ, the sinless, spotless Lamb of God." 1 Peter 1:18-19 (NLT)

### My Next Steps:

Memorize: Colossians 3:23

Read & Meditate On: Luke 12:16-21

Create A Life That Works

## Digging Deeper

Read Life@Work: Marketplace Success for People of Faith by John C. Maxwell, Stephen Graves and Thomas Addington. Nashville: Thomas Nelson, 2005.

Joy at Work: A Revolutionary Approach to Fun on the Job by Dennis W. Bakke. Seattle: PVG, 2005.

More Leadership Lessons of Jesus: A Timeless Model for Today's Leaders. Nashville: Broadman & Holman Publishers, 1998.

When The Game Is Over It All Goes Back In The Box by John Ortberg. Grand Rapids: Zondervan Publishing, 2007.

Crazy Love by Frances Chan. Colorado Springs: David C. Cook Publishing, 2008.

Luke 12:16-21, 14:31-35, Psalm 63:1-5, Exodus 29:45-46, and Matthew 22:37-40.

## Personal Refection

Ask yourself and journal on these questions

- 1) Why do you tend to overwork? Who are you trying to please? Have you created a lifestyle that you now have to feed because of consumption?
- 2) Are my relationships stressed because of my work schedule? Are my credit cards maxed out? What steps do I need to take to remedy my habits of consumption?
- 3) Do you create margin in your schedule to spend time in exercise? Is your health threatened because of the way you am currently spending your time? (On blood pressure medicine, overweight, acid reflux, sleeplessness?)
- 4) How can you define yourself differently?
- 5) Are you taking the opportunities to minister at work that God is giving you?
- 6) Are you replacing a relationship with Jesus Christ with your busyness? Are you letting intimacy with God fade while you're filling that spot with activity?