

Being Faithful When We're Tired of the Busy

We can become so busy doing... even good things... that we run out of 'fuel' and burn out. God blesses work. In fact, mankind was designed to work. However, we were also commanded to balance that work with times of rest. When we truly take those times of rest and use them to connect and grow deeper to God, we will find that we never run out of the fuel it takes for us to do what God has called us to do.

Designed to Work

When God created mankind, He gave them a job to do. This shows us that God designed mankind to be productive and not just present. Let's read God's original command to Adam in Genesis 1:28.

What was the original command that God gave to Adam?

What are some ways that we can fulfill this command?

God reiterates this command in Genesis 2:15. Please read this verse.

What was Adam commanded to do here?

How are the two commands similar?

Work is not a theme that is left to creation, however. Producing ‘Good Fruit’ is a popular theme in the New Testament. There are also many verses that talk about how we should work diligently and honorably for the Lord in everything we do. Today, let’s read one example in Titus 2:1-10.

Some of the action words that point out the kind of work we should busy ourselves with in these verses are: teach, train, love, be, show, and try. By looking at what occurs right after these words, we can understand what Paul is telling Titus to pass on concerning our ‘Good Fruits’ or our diligent work. (Your Bible version may have different action words.) Fill in the chart with the action words found in this passage of scripture and the activity they command. This will help give us an idea of some of the things we should be busy doing for the Lord.

ACTION WORD	COMMAND
teach	sound doctrine

Our Work Glorifies God and Encourages Others

We just read some wonderful reactions of our work for the Lord (Titus 2:1-10). Look back over this section of scripture and note the results Paul mentions. (i.e. see verses: 5, 8, and 10)

Also, please read 1 Peter 2:12.

What are we instructed to do?

What does Peter say will be the result of living good lives?

How can the work we commit our lives to bring other people to a point that they praise God?

Jesus also taught about how our life's work bring God glory. Please read Matthew 5:14-16.

How does Jesus describe us?

What are we told to do? (vs 16)

What does Jesus say will be the result of our actions?

The Sabbath was Designed for Our Benefit

As we have just seen, work should not be seen as something to be avoided. It was designed for us and we were designed for it. When we work diligently, we not only bring God glory, but we also bring others to knowledge of God. Is there anything more worthwhile? But work was not created to consume us. We were given, in fact we were commanded to observe, times of Sabbath... rest. Our culture may not embrace the Sabbath the way other cultures do, but I believe that is to our detriment. God gave us this day so that we would never tire from doing His work.

Please read Isaiah 56:1-2.

What work is mentioned in this scripture?

How is the man who keeps the Sabbath described?

How do you think God blesses us when we honor the Sabbath?

For even more understanding of how we can keep the Sabbath holy, let's read Isaiah 58:13-14.

What are we commanded to NOT do on the Sabbath?

What are we commanded TO DO on the Sabbath?

What reward is promised by God for honoring the Sabbath?

Taking time to rest in the Lord is different than taking time to watch your favorite TV show. It is different than making time to unwind by playing your favorite video game. True rest comes, not from pleasurable activities, but from spending time with the Lord. If we want to remain effective in our work for the Lord, we need to seek to maintain and honor an attitude of Sabbath in our lives. We must joyfully seek to spend time recharging by meditating on God's Word, praying, and worshiping. This will look different for all of us. For me, I feel closest to God when I sit by the river in the quiet and reflect on God's goodness. I feel the most energized to continue fighting the good fight after I have spent time battling on my knees. And I am encouraged and strengthened by spending time with fellow believers and talking about the goodness of God.

How about you? How do you honor the Sabbath?

How can you use times of rest to prepare you for God's work?