

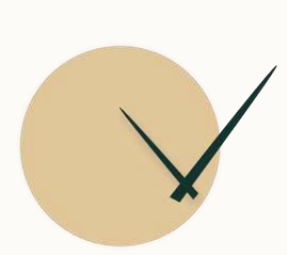
WORK-LIFE WELLBEING FOR THE 21ST CENTURY



WITH:

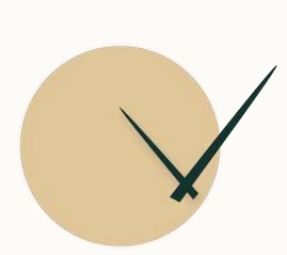
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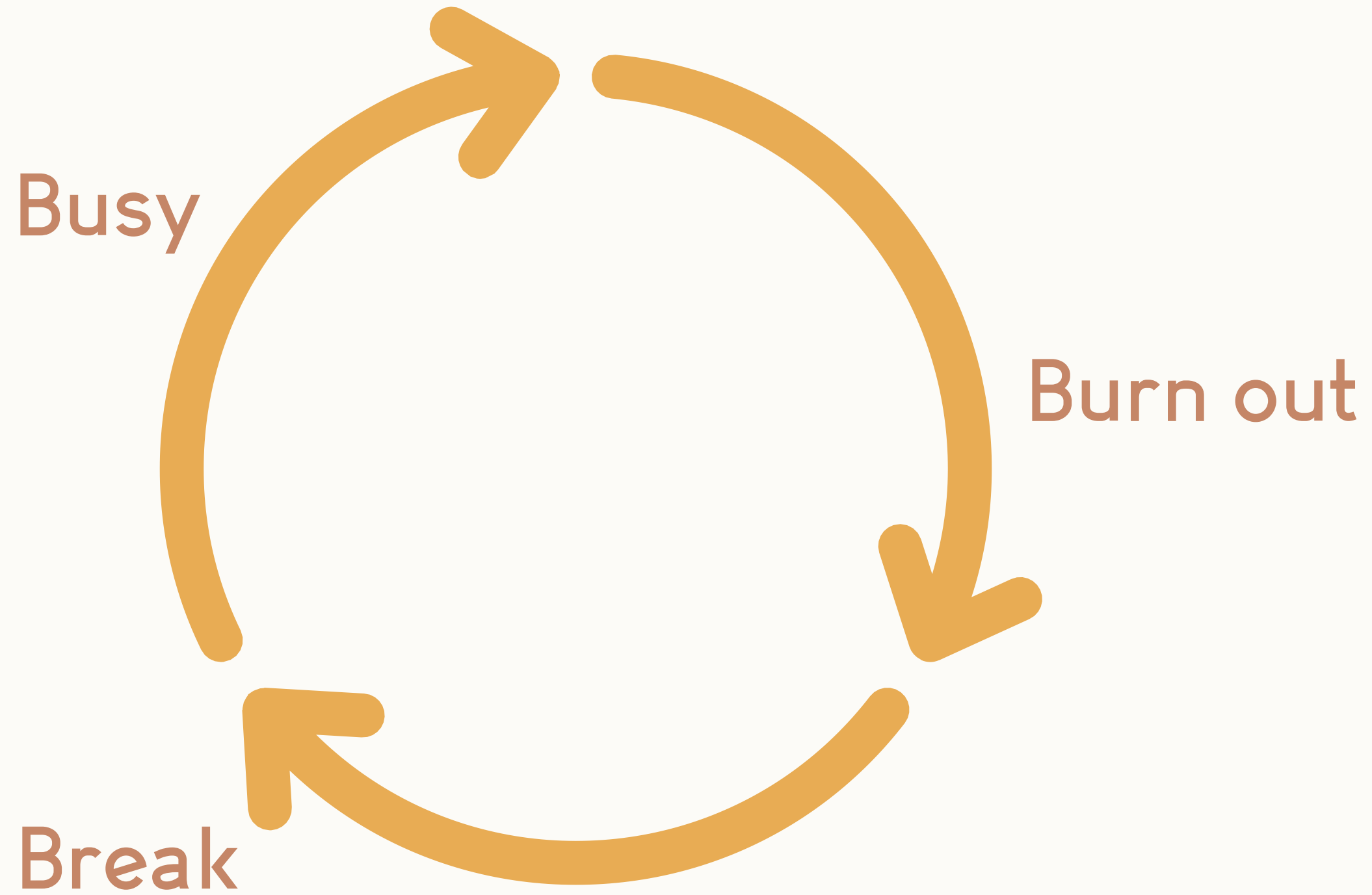


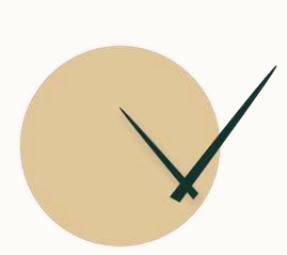
Lysa Terkeurst:

“A woman who lives with the stress of an overwhelmed schedule will often ache with the sadness of an underwhelmed soul.”



Sound familiar?



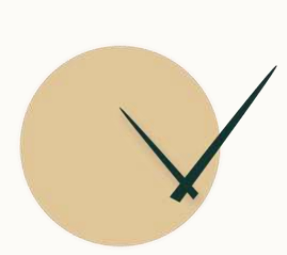


Running on empty?

Mark 12:31



"The second is this: 'You shall love your neighbor **as yourself.**' There is no other commandment greater than these."



1. BELIEF

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." - 1 Peter 2:9





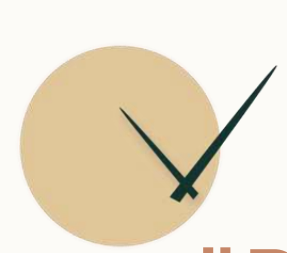
“It’s alright for her because she’s got/not got _____.”



“I’d never be able to make more time for myself because _____.”

“I don’t even have a chance to think!”

1. BELIEF



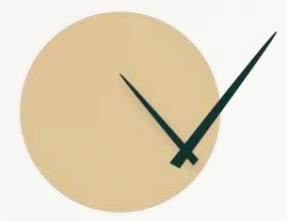
1. BELIEF

"But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

(Luke 10:40-42)





Some practical ways to reinforce your **belief** that switching off is important:

- End your work day when it's meant to end more often than you don't. If it was just God watching (not God and your boss), would you still be racking up hours to try and prove yourself? Remember, you have nothing to prove!
- Take a lunch break as opposed to working through it. Start with 20 minutes for lunch if an hour feels uncomfortable at first.
- Think about what a 'me moment' for yourself looks like every day. Whether you have 5 minutes or 5 hours on any given day, getting into the practice of taking one will reinforce your belief that time out to do something just for you is important.

1. BELIEF



"While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean."

Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him.

Then Jesus ordered him, "Don't tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them."

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed."

- Luke 5:12-16



2. BOUNDARIES

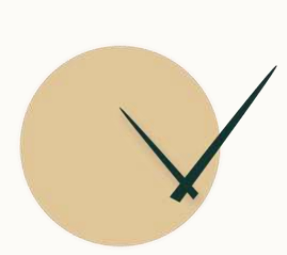


People Pleaser?

- What boundaries do you currently have in place around your time and access to you?
- What do we find difficult about boundaries?



2. BOUNDARIES



Let what you say be simply 'Yes' or 'No';..."

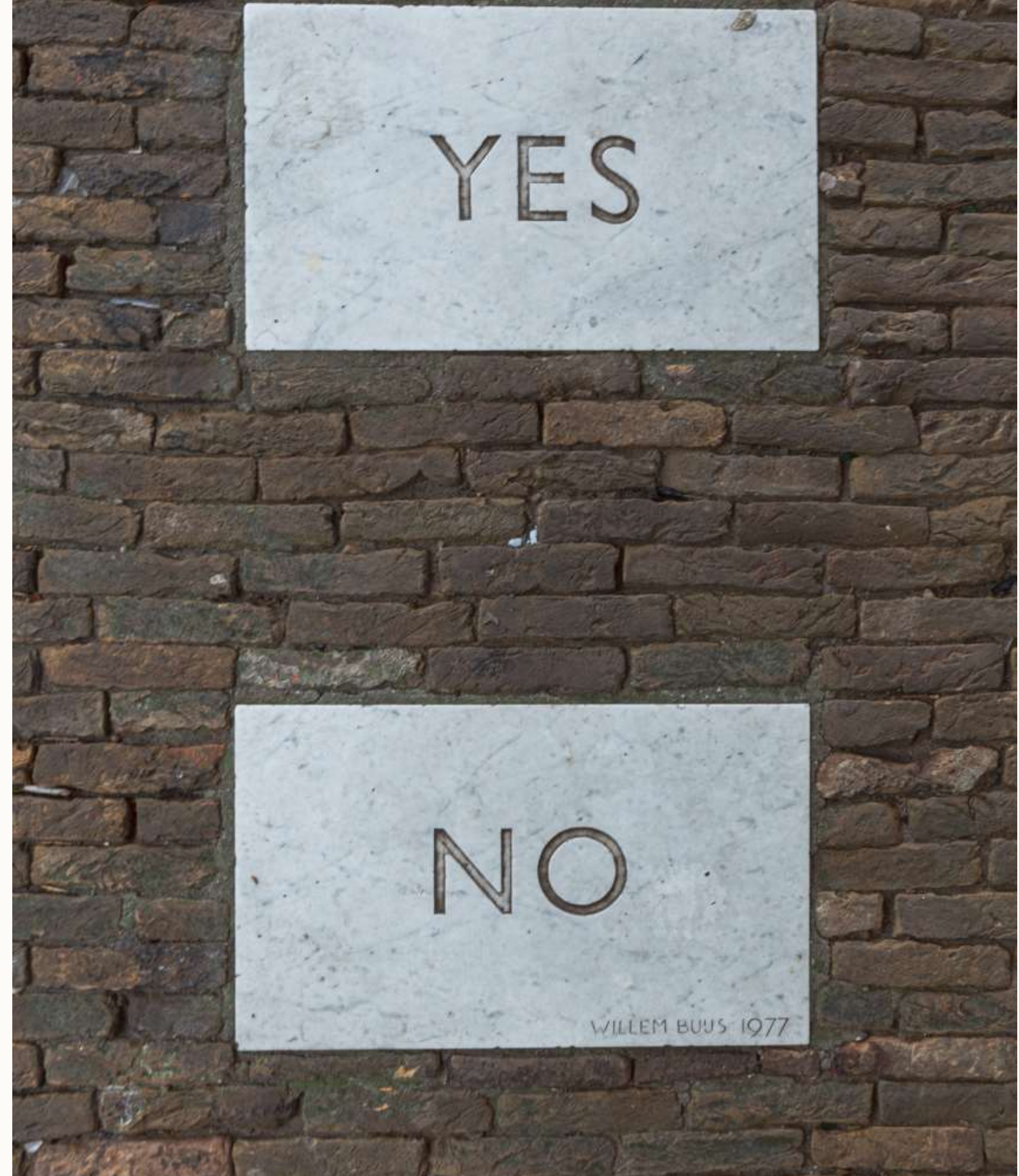
(Matthew 5:37a)

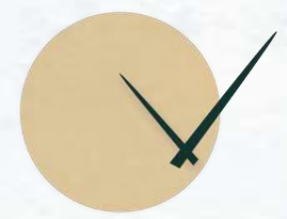
What does delay actually achieve?

(When we really want to say no)

- It builds people's hopes that our answer might be a yes.
- It prevents people from making other plans.
- It makes an eventual no harder to receive.

2. BOUNDARIES

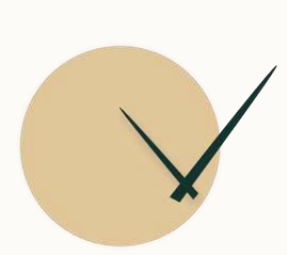




And so as you think about the **boundaries** in your life (or perhaps lack of!), here are some ways to practically begin to implement them:

- Make a list of the areas in your life which are currently hugely important/a priority. How many things are you currently doing on a regular basis which fall outside of this?
- What's something 'small' you can say 'no' or 'not yet' to, which you've been otherwise putting off for fear of disappointing others?
- How can you celebrate having a boundary in place as opposed to worrying about it? E.g. For Jesus, it meant He could spend more time with His Father. What does having a boundary in place mean for you positively?

2. BOUNDARIES



~~Work-life balance~~

Work-life wellbeing



**3. THE TRUTH ABOUT
BALANCE**



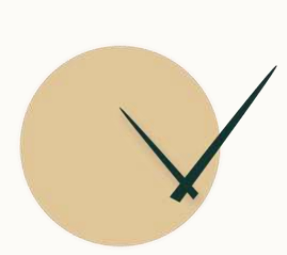
There is a time for everything,
and a season for every activity under the heavens:
2 a time to be born and a time to die,
a time to plant and a time to uproot,
3 a time to kill and a time to heal,
a time to tear down and a time to build,
4 a time to weep and a time to laugh,
a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
6 a time to search and a time to give up,
a time to keep and a time to throw away,
7 a time to tear and a time to mend,
a time to be silent and a time to speak,
8 a time to love and a time to hate,
a time for war and a time for peace.

9 What do workers gain from their toil? 10 I have seen the burden God has laid on the human race. 11 He has made everything beautiful in its time. He has also set eternity in the human heart; yet[a] no one can fathom what God has done from beginning to end. 12 I know that there is nothing better for people than to be happy and to do good while they live. 13 That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God. 14 I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that people will fear him.

Ecclesiastes 3:1-14



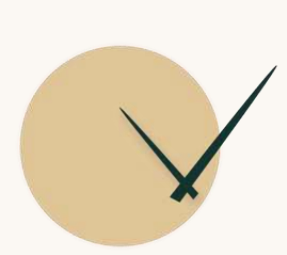
3. THE TRUTH ABOUT BALANCE



What plates have you been trying to juggle in the name of balance, which perhaps instead need to put back in the cupboard for a minute?



3. THE TRUTH ABOUT BALANCE



So, as we wrap up today with a fresh understand of balance coming and going in seasons and in waves, ask yourself:

- What season am I currently in and are the activities I'm doing reflective of this?
- If I'm currently in the midst of quite an intense season where there's not as much let up as I'd hoped, have I carved out time for rest and recovery later?
- What are you adding to your schedule from a place of 'should' as opposed to what you know to be right for right now?

3. THE TRUTH ABOUT BALANCE

STEPS TOWARDS WORK-LIFE WELLBEING FOR THE 21ST CENTURY?

- A foundation of belief.
- Creating & maintaining boundaries.
- Replacing 'work-life balance' for work-life wellbeing.

