



TENSION 5

Work, Rest & Play



THE TENSION

It's really good to WORK HARD (Eph 2:10, Matt 25:21, Prov 14:23, 10:4, 13:4, 21:25)

→ *Why is hard work good for you? What does it produce? What is God's view on the subject? What are the potential problems with laziness, entitlement + purposelessness?*

REST is also important!

* For many the pendulum has swung in the direction of too BUSY, too much ACTIVITY, too FAST-PACED and not enough REST, RECOVERY & REPLENISHMENT.

* Has the decade of BROADBAND and SOCIAL MEDIA left us EXHAUSTED: always AVAILABLE, information OVERLOADED?

→ *Where is the needle of your pendulum pointing? Do you get enough rest, play, leisure time?*

→ *What is your relationship with technology / social media / Google? Is it healthy? Is it balanced? What are the dangers? What are your vulnerabilities?*

→ *Do you think that one day there'll be a pendulum swing in reaction to the dominance of technology in our world?*

HOW DO WE FIND THE BALANCE?

A. SIGNS OF BURN-OUT

RED	OVER stimulated TOO busy UNDER resourced
AMBER	APPROPRIATELY stimulated, busy & resourced
GREEN	UNDER stimulated NOT AT ALL busy Resources TO SPARE

→ *The Red Zone: "You can visit there, but you can't live there." Discuss. Where are you? Where would you like to be?*

WARNING SIGNS ... You're at risk

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|----------------------|--|
| a) Loss of Enjoyment | e) Feelings of Apathy, Lack of Motivation |
| b) Pessimism | f) Increased Irritability & Frustration |
| c) Isolation | g) Cynicism & Sarcasm |
| d) Detachment | h) Lack of Productivity & Poor Performance |

PHYSICAL & EMOTIONAL RESULTS

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|---------------------------|---------------------------------------|
| a) Chronic Fatigue | f) Increased Vulnerability to Illness |
| b) Insomnia | g) Loss of Appetite |
| c) Forgetfulness | h) Anxiety |
| d) Impaired Concentration | i) Depression |
| e) Physical Symptoms | j) Anger / Irritability |

→ *Anyone in the group concerned about the number of those symptoms that apply to them? Have you ever been burnt-out? How did you recover?*

B. PERTINENT PERSONAL REVIEW QUESTIONS

1. Do you have CONTROL over your SCHEDULE or does your SCHEDULE have CONTROL over you?
2. As you look back on 2017 and forward to 2018 are you intending to be MORE BUSY or LESS BUSY?
3. What is your relationship with the GREEN, AMBER, RED zones?
4. Are you OVER-RELIANT on alcohol, caffeine, comfort-food, impulse-shopping to MAKE UP for a DEPLETION in your life?
5. Are you so busy / committed / fast-paced that you MISS or are at risk of MISSING what God is doing right under your nose?
Divine OPPORTUNITIES, ENCOUNTERS, CONNECTIONS.
6. WHY are you working so hard? What are your MOTIVATIONS? Who are you trying to IMPRESS? Is it URGENT or IMPORTANT?
7. Is it time for a TECHNOLOGY FAST?

→ *Work you way through each of these questions, asking whether they're relevant to you. Which one in particular jumps out to you?*

C. REPLENISHMENT PLAN

1. Don't neglect SABBATH → STOP, REST, REALIGN, REPLENISH.

→ *Do you take a regular rest and replenishment day or do you tend to skip it? What benefits / damage might that cause? How does church feed into sabbath?*

2. Regularly REFILL → God is EXPECTING you (Matthew 11:28-30) ... God can SATISFY your THIRST (John 4:13,14, Psalm 23:1-3)

→ *How do you refill? Do you fill yourself (think rest, spare time, leisure) with the right things? What could you do to fill that tank more effectively? What should you do if you get to the point of serious / dangerous depletion?*

3. Make sure it's GRACE not WORKS → Works will inevitably BURN you out and BIND you up ... Grace will REPLENISH you and RELEASE you into the more of the Lord.

→ *Why do we tend to revert so easily to works? If you're honest, does it tend to be grace or your own best efforts? Why will leaning on grace stop you burning out?*

4. Re-set your PRIORITIES → If JESUS were sitting next to you and discussing your PLANS for next week, what would CHANGE?

→ *What would change and why? Why then don't you make those changes?*