

Overworking - Lesson

Lesson summary: Guard yourself from getting so busy you are neglecting your devotional life and wearing down your resistance to sin.

One of the dangers we face is becoming so busy that we neglect the things of God. We are compulsive by nature, or we have become that way through the addictive lifestyle.

We therefore need to become aware of when the things we are doing are tipping us back into that kind of a life – a compulsive, excessive life.

ECCLESIASTES 7:18 (NIV)

18 It is good to grasp the one and not let go of the other.

The man who fears God will avoid all extremes.

When you are working till real late every night, trying to get more money to make ends meet, or trying to keep yourself busy, you are going to an extreme.

Identify the warning signs that you are working too much

1. Weariness, being tired all the time
2. Crankiness
3. Being more in the flesh
4. Loss of a desire to pray
5. Desire to escape – Big warning sign in later stages. WATCH OUT!!!

What are the areas where we can get out of balance (go to extremes)?

1. Working too much
2. Spending too much time in ministry
3. Allowing others to dictate our schedules
 - a. letting the emergencies of others become our emergencies
4. Staying busy all the time doing any number of things and not taking time to rest.

What are some ways we can keep ourselves from overworking ourselves or going to extremes?

1. Make a list of your priorities in order of which priority is first.
 - a. If you do not plan your time, someone will plan your time for you.
2. Determine how much time you will spend on each priority and what your commitment will be to each.
 - a. Only you will be responsible before God for being a good steward of your time.
3. Learn to say no when someone is asking or telling you to do something that will violate your priorities.
 - a. Even for good, legitimate things. Doing enough good things can kill us too.
 - b. God does not hold your boss responsible for you keeping your priorities straight.