

# Overworking – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

**MATTHEW 11:29-30 (NIV)**

<sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy and my burden is light.

In what ways are you experiencing the rest Jesus promises in your life? Write out where you are at in this process.

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## Day 2

Make a list of all the things you are doing in your life, and what you would like to be doing. Go through your day and see where you are spending your time. Write about how much time you are spending on each area per day or week. Think about what things you are doing that you don't need to be doing. Ask yourself if you are spending time in the areas that you want to be spending time in.

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## Day 3

Memorize

**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.*

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## Day 4

Write out your priorities in order of what is most important being first, then what is the next most important, etc. Determine how much time you want to spend on each area per week. What will be some things you will have to change to get there? What will be some things you will have to give up or spend less time doing?

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## Day 5

The kingdom of God is much more about relationships than being busy. Jesus was never too busy to stop and care for someone, but He also made time to be by Himself. He even went off and hid from people at times, so He could spend the needed time alone with God. The Bible makes it clear that Jesus often went to lonely places and prayed. Where is a place that you can go to be alone and spend time with God?