



Living Well

Paul says “learning to be content in all things”
Phil 4:11-12 (paraphrased)

Stress kills perspective; good living restores perspective

Work life integration versus work life balance

Col 1:17 (paraphrased) “... in Him all things hold together”

What does the integrated life look like?

Keeping priorities must be central to living an integrated life

Order your priorities

- o God
- o Key relationships
- o The work God has called us to

How do we keep those priorities in place?

Start the day with God

Be fully present, you just need to be vigilant and keep watch.

Know where your ultimate identity comes from



Saying no

Matthew 10:5-6 – Jesus had a specific task for His disciples. Our natural instinct is to try and do more than we're equipped or enabled to do.

When the core is strong and right, then we can live with the chores.

Rest

It's a priority day out God rested from His creative activity after the creation of the world.

The Sabbath rest reminded the children of Israel they're not slaves anymore

- We need sleep
- Have a hobby
- Take physical exercise
- Use that rest time for something that's different from what you're normal work
- Take a holiday

"I have come so that they may have life and have it in abundance."

John 10:10

Conversation Questions

What is it that you really spend your time doing and how is it affecting the rest of your life?

In the last month, where have you placed your priorities and does this need to change?

In what are you placing your identity? Is it from a place of God's love or does this need to be re-aligned?

Do you feel your core is right at work, or do you need to establish this?