

Take It Easy!

By David Wright

Around the world Americans are known for their long work hours and high productivity. Because of the economic opportunities created by our personal liberty, diligence is often repaid with generous financial rewards. Hard work is certainly commendable. The Bible says that “if any one will not work, let him not eat” (2 Thess. 3:10). But it is possible to work too hard. That many of us are guilty of this is evident in the fact that the terms “stressed out” and “burned out” have become part of everyday speech.

e inventory by honestly answering the following questions: Is working But how can I know whether my work habits are healthy? Tak extremely long hours essential to my self-esteem? Do work-related problems often cause insomnia, haunt my dreams, and distract me when I’m at home with the family? Do I find it impossible to sit quietly in a chair and do nothing without feeling guilty? Am I proud of the fact that I never take full advantage of the vacation time offered by my employer? Saying yes to any of these questions may indicate that I’m living with an unhealthy level of stress. Saying yes to most or all of them leaves little room for doubt.

This isn’t what the Lord wants for me. To protect the minds and bodies of his people, God gave this commandment at Sinai: “Six days you shall labor, and do all your work; but the seventh day is a sabbath to the Lord your God; in it you shall not do any work” (Exod. 20:9-10). Although the Gospel of Christ includes no sabbath rest requirement (Col. 2:16-17), modern Americans need rest just as much as ancient Hebrews did. My refusal to enjoy the refreshment of rest may indicate an inappropriate ranking of priorities. Work can become my god.

[David's Articles](#)

<http://www.meigs-avenue-church-of-christ.org>