



# Week 3: Balancing Work

While work itself is not bad, it can become unhealthy and take over our lives if we let it. This is an age-old problem and one of the reasons that Sabbath-taking a day of rest--is part of our tradition. God (and Jesus) modeled for us how to take a rest from work, and commanded us to do so, too.

The Gospel this week tells of a wedding banquet where invitations are ignored by some, who instead decide to work! How does our work get in the way of the joy of the Gospel--and the other things we are called to do with our time?

## A Workplace Prayer

God of Wisdom, you alone know my deepest thoughts. You know that I need money to live, but you also know the thoughts and desires that drive my quest for money. Help me to balance my quest for gold with my need for your wisdom. Help me today, in every decision, in every encounter, in every action, to be attentive to your wisdom and to trust in you. Keep me humble in spirit and enable me to be who you want me to be. Thank you for the ways in which you bring prosperity into my life—both in your care for my physical needs and your sustaining support for my spiritual and emotional needs. Amen.

William David Thompson  
*On-the-Job Prayers*

Balance is best achieved when all parts of our lives are spiritual. Being courteous is spiritual. Playing by the rules is spiritual. Being on time, doing your job, playing your role are all spiritual. Not making one part of your life pay for another is spiritual.

Nancy M. Botteri—  
CPA, wife, and mother  
Quoted in *Spirituality@Work*  
by Gregory F.A. Pierce

## Work/Life Balance Statistics

- ◆ 75% of Americans clock more than 40 hours/week.
- ◆ Only 51% of U.S. employers offer paid time off plans.
- ◆ 82% of U.S. workers check into the office daily while on vacation. 61% work while on vacation.
- ◆ For the average U.S. worker, 2 out of 14 vacation days go unused each year.

The U.S. compared to other countries:

- ◆ 166 of 168 countries guarantee paid leave for mothers in connection with childbirth. 45 countries offer such leave to fathers. The U.S. does neither.
- ◆ 139 countries guarantee paid sick leave. The U.S. does not.
- ◆ 96 countries guarantee paid annual (vacation) leave. The U.S. does not.
- ◆ At least 134 countries have laws limiting the length of the work week. The U.S. is not one of them.
- ◆ 37 countries guarantee parents paid time off when children are sick. The U.S. does not.

Source: *TimeDay.org*

## Learn More on the Website

### Short Videos

“In 60 Seconds: How Do You Balance Work & Family” offers seven different perspectives; “Are You Worshipping Your Work” may remind you of a different kind of addiction.



### God, Inc.

This Rick Elias song doesn't pull punches.

### Work/Life Balance: The Facts

View these infographics to learn how out of balance our culture is. How do you compare?

Visit: <http://gospel.link/faithatwork3>