

“How to Find the Time”

Genesis 1:26-2:3

Series: *Soul Care Week 7 Time for Your Soul*

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The Woodside Church

September 5, 2021

Don't Get Stuck in Crisis Mode

A person in crisis mode is someone whose goal is simply to get past the crisis of the moment, who feels victimized by the tyranny of the urgent, who dashes from deadline to deadline, appointment to appointment, expectation to expectation and – often – apology to apology.

Doug Sherman and William Hendricks,
How to Balance Competing Time Demands, (Navpress, 1989) p. 13-14.

It's about how to put your work in its proper perspective with the rest of your life. In fact it's about how to honor Christ with your whole life, pursuing biblical balance in every area of your life. (p. 14)

Don't Let Work Have the Lion's Share

A fixation on career success, whether that success is measured in dollars, power, applause, fame, votes, whatever – is a sure way to get life out of balance. That's because God never intended life to be devoted primarily to work. (p. 41)

Not Hierarchy but Balance

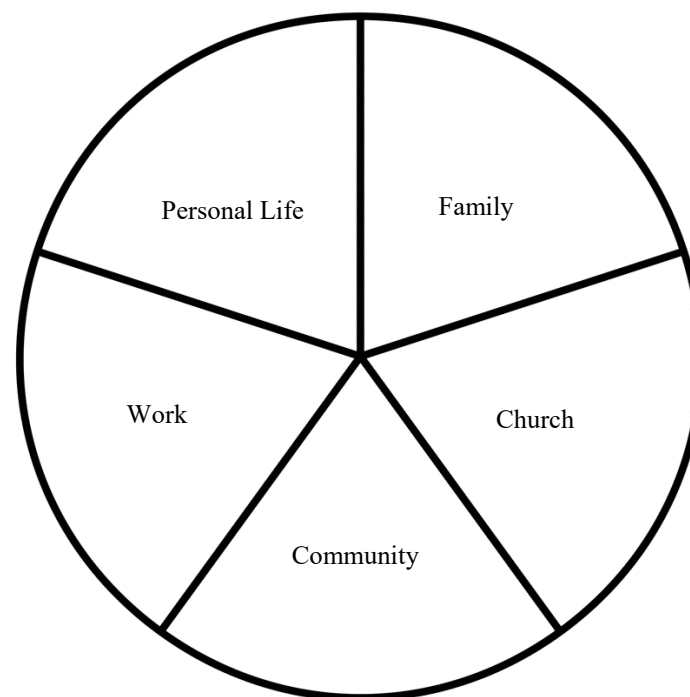
“Love the Lord your God with all your heart and with all your soul and with all your mind,” and “Love your neighbor as yourself” (Deuteronomy 6:5; Leviticus 19:18; Matthew 22: 34-40)

Five Areas Equally Important to God: Personal Life, Family, Work, Church, Community

God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it” (Genesis 1:28)

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (Genesis 2:2-3)

NOT a Trivial Pursuit



Personal Life—Exercise, Healthy Eating, Prayer & Bible Reading, Rest, Check Ups, Hobbies...

Family—Meals, Activities, Time with Each Family Member, Prayer and Bible Reading, Household jobs, Date Night, Vacation, Family Night...

Work—Daily Responsibilities, Team Building, Skill Development, Strategy and Vision, Appropriate Faithsharing...

Church—Worship, Growth Group, Mission projects, Ministry Involvement, Inviting friends and family, Giving...

Community—Sports teams, Mission projects, Service Organizations, School, Friendships, Faithsharing...

Find Your God-Given Purpose with **G.P.S—Gifts, Passion, Story**

Starting September 26—Sign Up for a Growth Group Now