





#### Philippians 4:12-13

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.-- (NIV)

This day will always serve as a reminder, both to me and to the Israelites, that I made the heavens and the earth in six days, then on the seventh day I rested and relaxed.-- (CEV)







## Why Do People Overwork and Not Get Enough Rest?

# 1. Because of Misplaced Priorities

Ecclesiastes 10:15 Only someone too stupid to find his way home would wear himself out with work.-- (GNB)

### 2. Because of Materialism: Always Wanting

#### More Things

Proverbs 23:4-5 4 Be wise enough not to wear yourself out trying to get rich. 5 Your money can be gone in a flash, as if it had grown wings and flown away like an eagle -- (GNB)



### 3. Because of Envy: Wanting To Be Like Others.

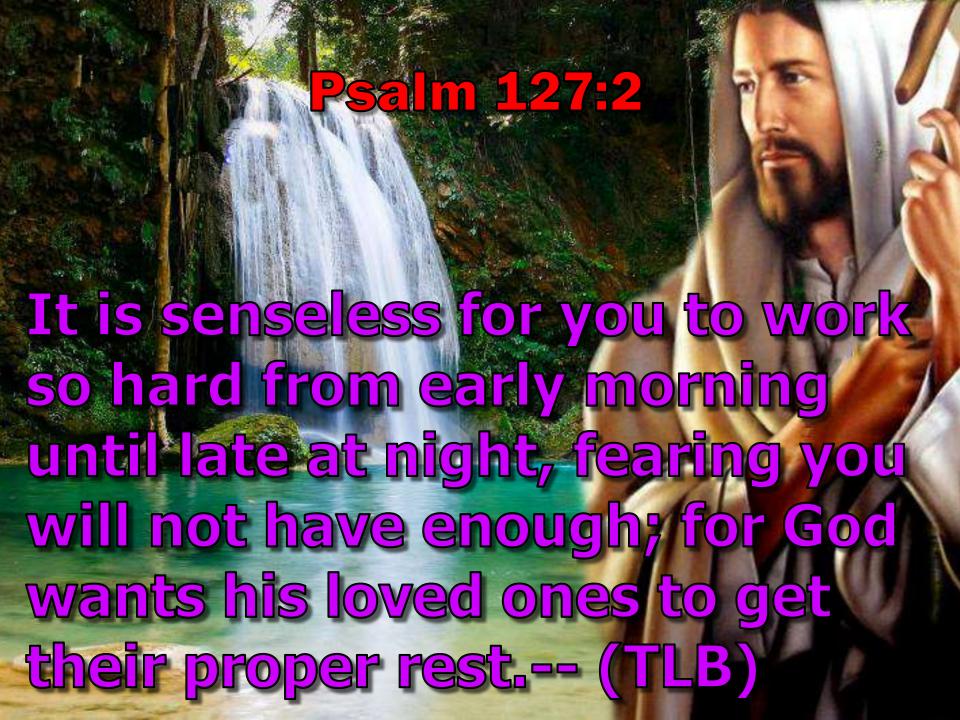
Ecclesiastes 4:4 4 I have also learnt why people work so hard to succeed: it is because they envy their neighbours. But it is useless. It is like chasing the wind.-- (GNB)

### 4. Because They Value Achievement Over Relationships

Ecclesiastes 4:4:7-9 "Here's another thing I've seen on earth that makes no sense: Some people don't have any kids or family or even friends, yet they work obsessively, never taking a break. There's no end to their toil and they're never content with what they've done or earned. They never ask 'Why am I always working to do more?' And 'Why don't I let myself enjoy life?' And 'Who cares? Who will get what I leave behind?' What a senseless and miserable way to live! You're better off having someone to enjoy and share the rewards of your work." (Mes-CEV)



Ecclesiastes 6:7 We work to feed our appetites; Meanwhile our souls go hungry. -- (The Mes)

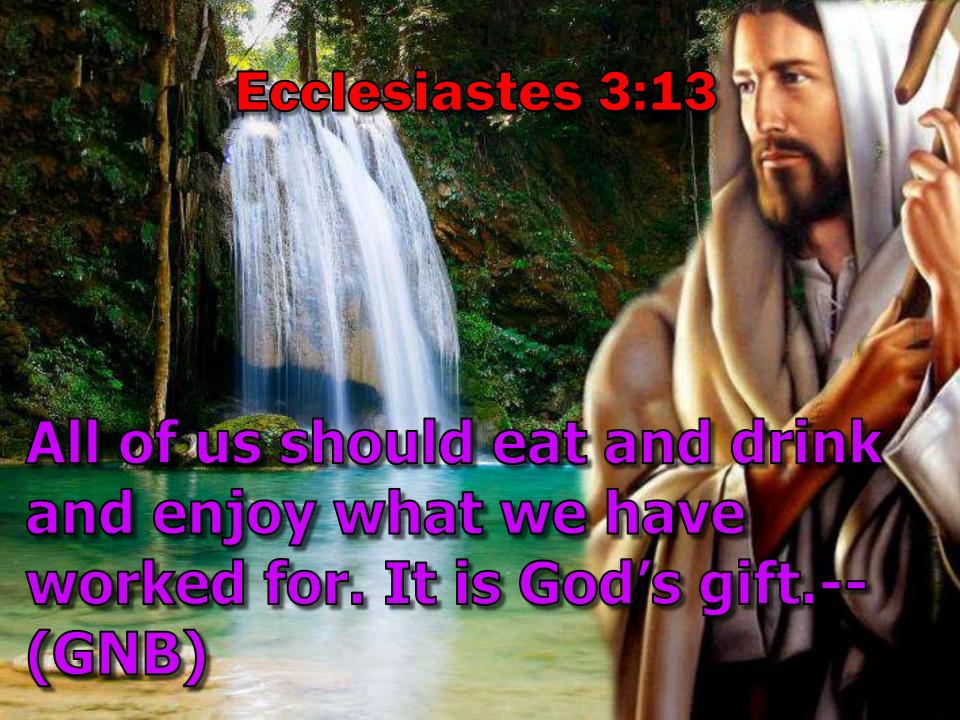




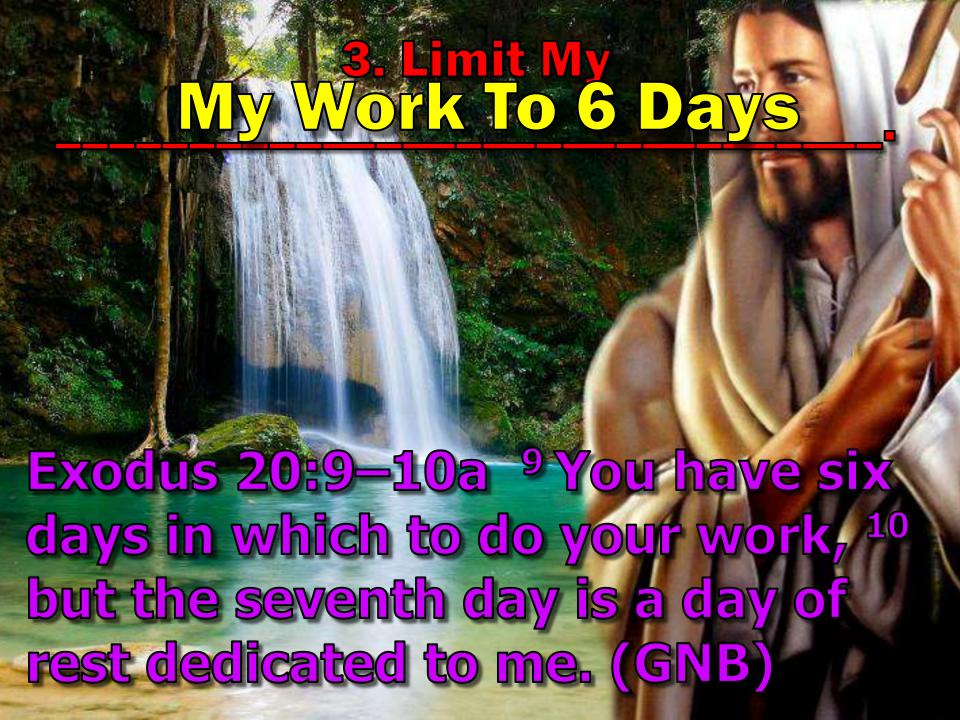




Ecclesiastes 4:6 <sup>6</sup> Yet a very little food eaten in peace is better than twice as much earned from overwork and chasing the wind. - (CEV)













### 5. exchange Restlessness For God's Peace.

Matthew 11:28–30 <sup>28</sup> "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. <sup>29</sup> Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. 30 For the yoke I will give you is easy, and the load I will put on you is light."-- (GNB)

