

# Proverbs Bible Study

## Work/Life Balance

Note: **work** is best understood in these studies as 'actively doing things' rather than paid vocational employment

1. What aspects of your life do you feel are the most out of balance? What areas do we feel the most pressure to have the right balance in?
2. Read Prov 8:22-32 what can we understand about the characteristics of God in these verses? If we are made in his image how are these characteristics reflected in us?
3. Read Gen 2:15, note the role given to Adam 'before' the fall. How does this help us better understand 'work' in a world where work is often despised and leisure idolized?
4. In what types of ways is work frustrated by the fall?
5. Read through these passages concerning the ' sluggard' and list what the sluggard is doing wrong:
  - 20:4
  - 21:25
  - 24:30-34
  - 26:13-16
6. Discuss how laziness, procrastination and putting things off until tomorrow might factor in our lives. How might 'Electronic-laziness' (i.e. excessive time on social media/internet) be an issue for many today?
7. Read through these passages concerning the 'Ant' / 'hard worker' and list what what is the result of their hard work:
  - 6:6-8
  - 10:4-5

- 12:11
  - 12:14
  - 14:23
8. How are 'hard work' & 'laziness' behaviours that can often be fuelled by heart attitudes?
  9. What can be some of the motivations for why we work?
  10. In Prov 27:23-27 & 31:10-31 we see people working hard so as to benefit those around them. How might seeking to love others impact how we approach work?
  11. Read 1 Cor 10:31 & Col 3:23 and discuss what 'working for the Lord' and 'seeking to bring him glory' might look like in everyday terms.
  12. How does 'working for the Lord' and seeking to 'glorify him' in our all that we do, stop us from creating a hierarchy where some types of work are more valuable than others?
  13. Read Heb 4:8-11, the culmination of God's saving work is that we will enter His eternal rest. How might the desire to have others also enter this rest impact what type of work we spend time doing?
  14. Read Titus 2:11-14, How does grace help shape the way we live our lives and the way we do our work?

Spend time reflecting on the things you spend time doing throughout your week and examine them on the light of these three things: 1. Loving others in our work 2. Glorifying God in our work 3. Seeking to see the Kingdom of God grow through our work. Pray that Grace will be the continual shaping force in how we approach our work and lives.