
Proverbs – Living Well in a Broken World – Week 4

FROM SLUGS TO SABBATH RHYTHMS

Wisdom for your work/life balance - Proverbs 24:30-34; 27:23-27

By Josh McNall

Introduction: What does God desire to teach us about the *way* we go about our work? Truth be told, many of us struggle with *both* sedentary inactivity *and* a frantic busyness that leads to burnout. In a modern world of technology and constant screentime, these two states can even overlap in ways that leave us anxious, stressed, and disconnected.

In this week’s study from Proverbs, we’ll learn lessons from the “sluggard” which will compel us to move past laziness and workaholism—and toward more healthy work/life rhythms.

1. Knowing *when* and *how* to go about your work.

2. How our culture fuels burnout.

3. Embracing diligence *and* Sabbath rest.