

Balancing work and family

# **Description**

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## **Balancing Work and Family in Christianity**

The Bible is full of advice on how to balance work and family life. It is important to remember that God is the ultimate provider and that He will provide for us if we put Him first. We should strive to be good stewards of our time and resources and put our families first.

## I. The Bible on Work and Family

The Bible has a lot to say about work and family. In Proverbs 16:3, it says, "Commit to the Lord whatever you do, and he will establish your plans." This verse reminds us that God should be the center of our lives and that He will help us to make wise decisions.

In Ephesians 6:4, it says, "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." This verse reminds us that our families should be our priority and that we should strive to be good examples to our children.

In Colossians 3:23-24, it says, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." This verse reminds us that our work should be done with excellence and that we should be mindful of our ultimate reward.

### II. Practical Tips for Balancing Work and Family

There are many practical tips that can help us to balance work and family life. Here are a few:

- 1. Make time for family. It is important to make time for family, even if it means sacrificing some of our work time. We should strive to be present and engaged with our families and to make sure that our work does not take away from our family time.
- 2. Set boundaries. We should set boundaries between our work and family life. This could mean setting a specific time to stop working each day or setting a specific time to spend with our families.
- 3. Prioritize. We should prioritize our work and family life. This could mean setting aside certain days for work and certain days for the family.
- 4. Communicate. We should communicate with our families about our work and family life. This could mean talking about our work goals and how we can best balance our work and family life.
- 5. Pray. We should pray for guidance and wisdom in balancing our work and family life. We should also pray for our families and for our work.

#### III. Quiz

1. What does Proverbs 16:3 say about work and family?

- A. Work should be done with excellence
- B. Put God first
- C. Fathers should not exasperate their children
- D. Commit to the Lord whatever you do
- 2. What is one practical tip for balancing work and family?
- A. Make time for family
- B. Set boundaries
- C. Prioritize
- D. All of the above
- 3. What does Colossians 3:23-24 say about work?
- A. Work should be done with excellence
- B. Put God first
- C. Fathers should not exasperate their children
- D. Commit to the Lord whatever you do
- 4. What should we pray for when balancing work and family?
- A. Guidance and wisdom
- B. Our families
- C. Our work
- D. All of the above
- 5. What should be our priority when balancing work and family?
- A. Work
- B. Family
- C. Both
- D. Neither

#### **Answers:**

1. D, 2. D, 3. A, 4. D, 5. B

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