

# **Industrious or Workaholic: how do you draw the line?**

**Seminar at Iron Sharpens Iron  
by Drew Crandall**

# First, a favor:

- Please turn off all of your electronic devices—or at least mute them.
- One of the fruits of the Spirit is ***self-control***. We'll see how well you do!



# Let's open with prayer.



# There is nothing *inherently* evil or wrong about “work.”



- ◉ God instituted it! In its proper context, it's good.
- ◉ Having a strong work ethic and being enthusiastic @ work are Scriptural.

# But...



- ⦿ In our sinful condition, we are all prone to *and vulnerable to* addictions of one kind or another. Pick your poison! The list is endless.
- ⦿ This list includes work, when it is taken to extreme and turns into *workaholism.*

# A workaholic is:

- ⦿ Someone with a compulsive, relentless need to work.
- ⦿ Someone with a reluctance to disengage from work and a tendency to work, think or talk about work anytime, anywhere.
- ⦿ Someone who places his or her work firmly in the center of life.
- ⦿ Someone who feels the urge to create and respond to self-imposed demands.

# Some cultures are more prone to certain addictions.



- What addictive tendencies does your family and ethnic culture have? Is workaholism one of them?

# If work is good and Godly...



- ⦿ How do you draw the line?
- ⦿ Here are some Bible-based tips.

# 1. How is your personal relationship with the Lord?

*And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. --Mark 12:30*

- ⦿ Do you (still) have daily devotions?
- ⦿ How's your prayer life?
- ⦿ How's your Scripture reading?
- ⦿ Are you abiding in Him, showing His fruit?
- ⦿ How is your Sabbath-keeping?

## 2. How is your personal relationship with your spouse and family?

- ⦿ If you don't have a spouse, do you (still) have time for dating? For family?
- ⦿ Is your marriage heading toward isolation or oneness?
- ⦿ How's your communication?
- ⦿ How's your sex life?
- ⦿ How's your family activity time? Do you know your kids or grandkids? Parents? Extended family?

- ⦿ *And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.*  
--Luke 10:27

### 3. How is your personal relationship with your church?

- ⦿ How is your worship service participation?
- ⦿ How is your small group participation?
- ⦿ How is your service to the church?
- ⦿ How is your giving to the church?
- ⦿ Are you connected or disconnected with the church?

- ⦿ *Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*  
--Hebrews 10:25

# Don't burn out on church!

- ⦿ For high-energy go-getters, church can get exhausting, discouraging, irrelevant, separated from your “real world.”
- ⦿ You may have periods when you need to pause from actively serving, but don't stop “going.” He will carry you through the dry spells and refresh you in due season.

# 4. How is your lifestyle?

- ⦿ Are you living within your means?
- ⦿ Are you deep in financial debt?
- ⦿ Are you allowing material things to consume you?
- ⦿ Are you sleeping well?
- ⦿ Are you (still) playful?
- ⦿ Are you irritable and stressed?
- ⦿ Are you taking care of yourself physically?

⦿ *For where your treasure is, there will your heart be also.*  
--Matthew 6:21

- ⦿ Do you regularly take work home?
- ⦿ Are you frequently late to non-work events?
- ⦿ Are you afraid that if you don't work more, you'll lose your job?
- ⦿ Workaholism is NOT physical, it's mental, emotional and spiritual.

⦿ *No man can serve two masters: for either he will hate the one, and **love** the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.*  
–Matthew 6:24

# 5. If people who really know you were asked...

- ⦿ Are you known for your balance?
- ⦿ For your moderation?
- ⦿ For your reasonableness?
- ⦿ Or are you totally out of whack?

⦿ *Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.*  
–Proverbs 27:6

# Based on these criteria:

- ⦿ Personal relationship with the Lord
- ⦿ Personal relationship with spouse & family
- ⦿ Personal relationship with church
- ⦿ Personal lifestyle
- ⦿ Feedback from those who know you...
- ⦿ **If the Holy Spirit is revealing that you are crossing the line and are a workaholic...**

# What do you do about it?



*Begin to change.*

- ⦿ Confess your sin (idolatry) to the Lord.
- ⦿ Commit to being more sensitive and obedient to the Holy Spirit.
- ⦿ If you have unused vacation time, take it—not necessarily all at once. It can be used in bite-sized pieces.
- ⦿ Look at your calendar and deliberately, methodically “insert” more time for the Lord, spouse, family and church.

- ◎ Begin to make incremental lifestyle changes to make you less dependent upon a workaholic pace.
- ◎ On the job, ask “*when do you need it?*” to avoid self-inflicted crises.
- ◎ On the job, tactfully set boundaries. The word “no” does exist!

- ⦿ Does the Lord really want you to receive that promotion?
- ⦿ Does your spouse and family really want all of those material possessions you are striving for?
- ⦿ What trophies are you working for? Temporal or eternal?

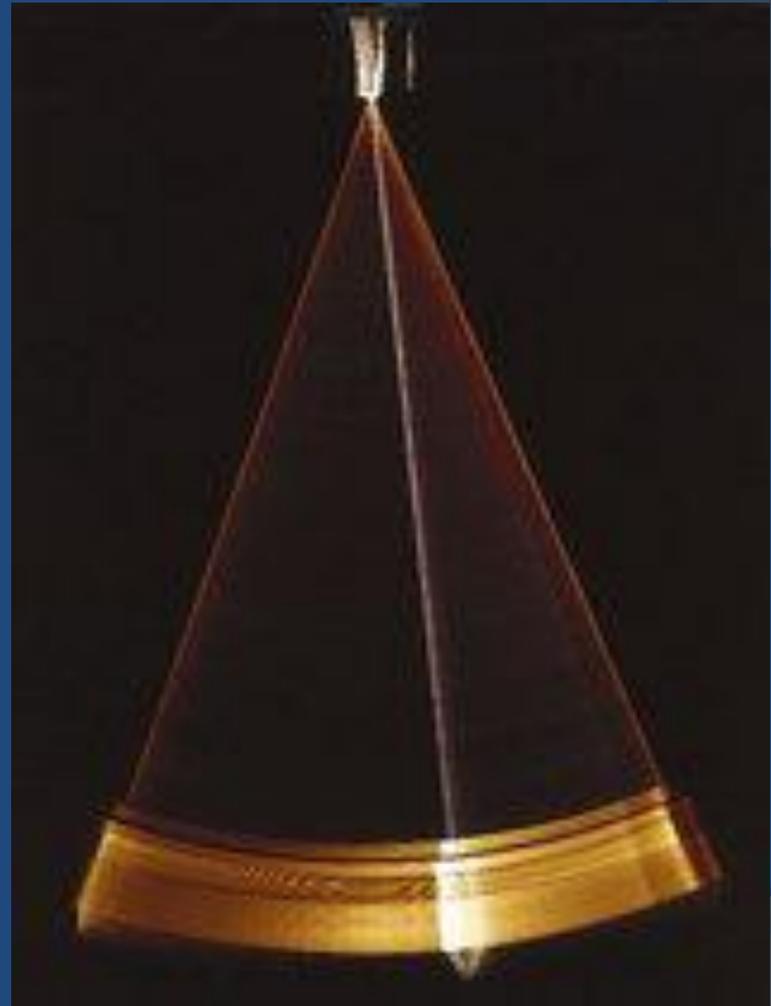
# One growing addiction...

- **TECHNOLOGY!**
- Who says you “have” to be accessible 24/7?
- Who controls whom?
- We are creating cultural ADD big-time!



- ⦿ Change your travel patterns so you're in church.
- ⦿ If the Lord is pointing you to simplify and change, and your employer is forcing you to work more, and more, and more...and isn't sensitive to your personal, family and church life...
- ⦿ Then even dare to change jobs or careers.
- ⦿ Consider developing roots and not moving as frequently.

- ⦿ But, don't be compulsive in your zeal to change.
- ⦿ Sometimes people who are prone to addiction trade one addiction for another, and create new problems. There's wisdom in balance!



# Please consider me a resource:

- ⦿ 1-800-JOY-9075
- ⦿ [ChristAtWork.org](http://ChristAtWork.org) and [FCCI-NE.org](http://FCCI-NE.org)
- ⦿ Any questions as we close?
- ⦿ One final question for you before we go.