

Rumble Strips

Rush Hour

One of the most difficult areas of our lives to find balance in is the relationship between our work and, well, every other part of our lives. Our schedules can feel too full, our to-do lists too long, our time too short and as a result, our lives seem empty. This week, we explore what it looks like to step out of the rush hour traffic our culture seems to thrive on and set some boundaries in our relationship with work.

Day 1 Read 1 Corinthians 2:6-16

There is a difference between having a self-selected life path and a God-directed life purpose. How can you move closer to fully embracing your God-directed life purpose?

Day 2 Read Luke 10:38-42

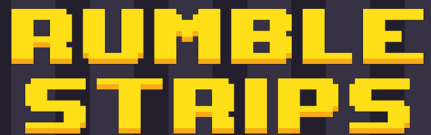
Who do you relate with more, Mary or Martha? What did Jesus mean in verse 42? Is there anything in your life keeping you from the feet of Jesus?

Day 3 Read Matthew 5:13-16

Jesus says that we are a city on a hill—more literally, the verse says that we are a city placed (intentionally) on a hill. Think about your work—in what ways could that be a place God has intentionally placed you? How would that perspective change the way you approached work?

Day 4 Read Colossians 1:24-29

Is the work Paul was involved in the result of his hard work or “energy of Christ?” Explain. How does this influence the way we approach work?

The logo for 'Rumble Strips' is displayed in a bold, yellow, pixelated font. The text is set against a background of vertical, dark grey bars of varying heights, creating a striped effect. The word 'RUMBLE' is on the top line and 'STRIPS' is on the bottom line, both in all caps.

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STRIPS**

Day 5 Read 1 Samuel 17

In what ways did David's previous life experience prepare him to face Goliath? Think back through your life—how could your previous life experience (jobs, opportunities, training) be helpful in identifying your life mission?

Day 6 Read Psalm 62

This psalm is loaded with insight on the nature and practice of rest. What jumps out to you? How does this passage encourage you? What can you take away from this psalm and apply to your life in terms of how you rest from work?

Day 7 Read Hebrews 12:1-13

What do you need to do in order to “run the race marked out for you?” Is there something you need to *stop* doing? Is there something you need to *start* doing? Come up with 3 action steps you will put into practice and then share them with someone else.



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