



## Work, Family, Commitments and God

How can I expand my tent, when it's already full?



# Expanding your tent: *Balancing work, family and commitments to make space for God*

Read Proverbs 31

Listen to the Message 'Expanding your tent: balancing work, family and commitments to make space for God' (15<sup>th</sup> February 2024) at [www.elim.family/media](http://www.elim.family/media)

Daily life can feel like a constant treadmill. We have so much to do that our tent feels stretched to breaking point and it seems impossible to fit any more in.

So how can we make space for God in our daily lives?

Proverbs 31 gives an example of someone who achieves much because their trust is in God. They bring each day to him and trust that He will help them to achieve all they have been called to do. Alongside this, they also work hard, doing everything to the best of their ability as an act of worship to God and also to set an example for their family.

Planning ahead can also help us to prepare for the future and unexpected challenges. God's priorities are for the poor and needy, so we need to make space to be able to help those in need who we meet in our daily lives.

Proverbs 31 is not about cramming more into each day but being mindful of God's presence in all we do. That is how we can find balance in the busyness of our daily life.

### Questions for reflection:

#### Personal Reflection:

1. In what areas of your life do you feel most stretched thin or overwhelmed?
2. How does your perspective on work change when you consider it as worship?
3. What does "fearing the Lord" mean to you in the context of your daily tasks and commitments?

4. Do you currently make space in your schedule for rest and quiet time with God? How can you create more space if needed?
5. Do you identify with the woman in Proverbs 31 in any way? What aspects of her approach to work and life resonate with you?

### **Group Discussion:**

1. Share ways you've personally experienced God's help and guidance in overcoming challenges or completing tasks.
2. Discuss practical tips for balancing work, family, and other commitments while maintaining a healthy perspective.
3. How can we, as a community, better support those who are feeling overwhelmed or struggling with busy schedules?
4. In what ways can we incorporate service and generosity into our daily lives, even when time feels limited?
5. Reflect on the parable of the animals in the house; what "clutter" might need to be removed from our lives to create space for what truly matters?

If you have never accepted Jesus as your personal saviour and you would like to move from the margins to having a relationship with Him. Please speak to one of the pastors or leadership team, we would love to pray with you. Alternatively, go to [www.elim.family/ihavedecided](http://www.elim.family/ihavedecided) to find out more about giving your life to Jesus.