

SIMPLE STRATEGIES TO IDENTIFY + MINIMIZE WORKAHOLIC TENDENCIES

Michelle Myers

All quotes are from Michelle Myers unless otherwise noted.

Loving your job does not make you a workaholic.

Simply having a job does not make you workaholic.

Working hard does not make you a workaholic.

Good things became bad things when they become the main thing.

Extremes are easier in every area of life – with the exception of faith – But making your faith extreme is ONLY way to put everything else in your life in its proper place.

A foundation can only exist as a foundation. Faith is our foundation.

Are you willing to make God the MAIN thing?

The ONLY way to make good things LESS important is to make God more important – only then do we understand God vs. everything else.

Has my work become my idol?

Counterfeit Gods – Tim Keller

If you look for something other than God to fill you, you will do one of four things: (Michelle personalized this for work)

- Blame work
- Blame yourself
- Blame the world
- Realize you were created for God

Does my professional calling have priority placement over my spiritual calling?

Questions to ask yourself:

Am I approachable, or is it typical for people to start a sentence with me as, “I know you’re so busy/I’m sorry to bother you...”

Their assumption is only confirmed by your actions.

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Is my advice for others in the area of work different than what I do myself?

The way I like to convey this to moms:

Do you want your child to one day view their work the way you view yours?

Don't pursue for yourself what you don't want for your children.

We try to NOBILIZE overwork.

Overwork is not discipline, dedication or any other noble word we might try to use to disguise our dysfunction.

Psalm 127:1-2

God is the foundation. God is the One that is necessary. He chooses to use us. But we are replaceable. God is not.

When you are working OUTSIDE of God's boundaries for work, you are no longer doing God's work.

"OVERWORK IS UNBELIEF." – Priscilla Shirer

Belief that God is who He says He is

He is your Provider

At some point, your work will fail at being all of those. He may use your job to provide for your family, but don't confuse that with your job as your provider.

He is your approval.

Needing approval isn't bad, you just need God's approval than the world's.

Approval from something other than God will become more of an addiction than affirmation.

John 5:44

Seeking God's glory is as much of an intentional pursuit as seeking the approval of others. God getting glory in your life won't happen passively—your intentionality is required.

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He is your contentment

Different word, but same story

Belief that God does what He says He'll do

Belief that I am who God says I am + you are who God says You are

When you see someone else's gift + abilities, are you more likely to be jealous or grateful?

Romans 12

Together we build His Kingdom.

It's often our attitude that we choose that often robs us of the blessing of doing Kingdom work, not the actual task that we do.

IDENTIFYING Workaholic Tendencies

If your work hours were defined by how much you THINK about work, do you work too much?

Being a workaholic is about how much of your brain space + thought life you give away to work.

SET BOUNDARIES.

FAMILY DAY:

Does your family get the devoted you or the distracted you?

Our customers should not get perks that our family does not.

Ask hard questions. One day the truth will be the medicine that your heart and soul needs.

Stand up to your enemy! "You can't have my faith and you can't have my family"

SABBATH:

Our earthly Sabbath is our weekly reminder of what eternity will be like.

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Is your Sabbath a joy or a struggle?

How you treat your Sabbath is your clearest expectation of how your eternity will be.

This life is an introduction to eternity.

PLAN to do what you wouldn't normally do on a work day.

Put a little Sabbath (rest + worship) in every day to help you get better at this.

Check your work ethic against the speed of the gospel in your life.

Does more of my energy go toward God's service or my success?

Success is a fine byproduct, but a dangerous focus.

What do I KNOW God has called all believers to?

Personal Call

How you know if God's Word is making a difference in your life is when you cannot go without it.

General call

To all believers – “as you are going” make disciples of all nations, baptizing them in the name of the Father, the Son and the Holy Spirit

Serving His church, building up other believers, engaging with a lost world.

What are my commitments to my local church + lost world?

If you don't have any – you're either too cozy or too busy.

The kind of busy that keeps you from serving your local church and lost people is spiritual laziness.

Church:

We are called to serve before we're called to a job.

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Discipline:

If you want to live bolder for Christ, surrounding yourself with godly people who know you and are willing to ask you hard questions. Hebrews 10:25 – do not neglect meeting together.

Lost people:

“This world is the closest to heaven unbelievers will ever know, and the closest to hell God’s children will ever know.” – Randy Alcorn

Specific Call:

What has He given me? (Gifts)

Romans 12:

Realize all gifts + abilities come from God.

Where has He put me? (Circumstance)

Sometimes, God calls and you go. Other times, because you’re there, you’re called.

WHY YOU WORK + HOW YOU WORK has more of an effect on living out the gospel than where you work or what you do.

All believers are in ministry.

You are not exempt from being a workaholic if you are in ministry.

You cannot sacrifice your personal walk with Christ or your family responsibilities because it’s “ministry.”

“And do not be confirmed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” – Romans 12:2

Renewed mind = re-educated and redirected

“I know I can’t, but I know You can.”

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You can work from a place of belief.

“God, I know you put me here, so use me.”

God, help me do Your work Your way.

QUESTIONS FROM CHAT:

How do I know when my work is holy hustle and when it's being a workaholic?

It's who it's for. If there were no perks in it for me, would you still do it?

The mission matters most.

What does it mean to be a steward of grace?

When you use your gifts, talents and abilities, it allows you to be the hands and feet of Jesus.

Mental space - what do you advise?

If you find your mind drifting towards work when you are with your family, get up and do something with your family.

If you want to be present where you are, then get rid of distractions and develop a new habit.