

# The seven-day work week: Why?

By Nancy Sleeth | Feb 1, 2017

When my husband travels around the country, he often asks people to raise their hands if they are in favor of the Ten Commandments. The vote is unanimous: people—regardless of political affiliation, denomination, or geographic region—believe the world would be a better place if everyone lived within the framework of the Ten Commandments.

One of the hardest commandments to keep is the last—to not covet. It's hard because in large part it seems to be commanding an inward attitude. Yet in the reality of our daily lives, we find ourselves rarely content. If only we had more power, money, or possessions, then we would be satisfied. But, of course, we are like the old woman who swallowed the fly—our desires just get bigger and bigger. To quote that famous theologian, Mick Jagger, "We can't get no satisfaction."

This coveting problem has an insidious side effect: overwork. To get the power, money, or possessions we desire, we stay late at the office, take on a second job, or answer e-mails at night and on the weekends. Americans have less vacation time than any other Western country, and yet we don't even use the vacation time we earn. Even when we do manage to take a vacation, we check e-mails and answer calls.

Now, don't get me wrong: a solid work ethic is a good thing. After all, the Sabbath commandment is told in the context of six days of work. But like all good things, it can become twisted. Food is good, but overeating can lead to all sorts of health problems. Eventually too much can kill us. Few would argue that a seven-day workweek, year after exhausting year, can damage our physical, emotional, and spiritual health. But its effects on the community are less recognized.

One of the reasons that our society is currently so contentious is that we no longer stop. We are bone-tired.

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Drained and often sleep-deprived, we are impatient with loved ones and less than gracious with our neighbors.

Fortunately, Scripture offers a solution to these seemingly intractable problems. The answer is found in the fourth commandment—the one that tells us to close the computer, ignore the in-box, and lay down our anxieties one day out of seven. And it does not only tell us to rest. It says that we should help our over-scheduled children rest. Single parents. Minimum wage earners. Immigrants. Even animals and the land need fallow times to renew and recoup.

Here's the crux of the problem: each time we ignore the Sabbath invitation, we show that, deep down, we trust ourselves more than God. Instead of following our Father's firm but loving rules, we make up our own. We believe we can be on the go, 24/7, without any significant collateral damage. We think we know better than God.

Refusing to follow the crowd can be a good thing, but here's what I've come to believe: following God is better. I'd rather rely on the Almighty than myself. I'd rather hear the Word than my own words. And I'd rather take shelter in God than take every blow on my own chin. Our Father really does know best. Doing life Thy Way, rather than my way, is always the right choice.

**July 23, 2017**

FOCUS Wesleyan Church

“How to Beat the Odds - As a Church”

**Sermon Notes:**

***Romans 8:31; 37-39***

**We believe God wills for people everywhere to know Him and be made new in Christ.**

**Romans 10:1-13**

**We believe that the purpose of the Church is to worship God in spirit and in truth,**

**John 4:23-24**

**... and to reach a lost and fallen world with the gospel of Jesus Christ through its worship, witness, and loving deeds.**

**Romans 10:14-17**

**Reflection:** What is one new thing you believe God spoke to you today as a result of worshipping at FOCUS?

The Word of God directs us as we consider what the **next step** is for our lives.

**Challenge:** This week I will pray for following life-giving church(es):

## ***Communion at FOCUS***

Every Sunday at FOCUS we celebrate the Lord's Table, also known as Communion. We have open communion which means all are invited to receive. We receive communion elements by intinction. Tearing off a small piece of the loaf of bread, dipping it in the communion glass of juice, and then consuming it immediately. Please note, upon your request, we also have gluten free elements for those with gluten and other major food allergies.

## ***Pray for our Schools Night August 1, 7:30-8 PM***

Save the date, and plan to meet with many from our community at the Scott County High School Main Entrance to pray for our local community schools.

## ***Youth Group tonight 6:30 - 8 PM***

Friends welcome, snacks provided!

## ***FOCUS Family Fun Friday - August 11, 7:30 PM***

FOCUS will be having a family movie night out on the lawn of the North side of the church building. Popcorn and water provided! Consider inviting some families and friends for a fun evening together!

## **Our Beliefs**

Wesleyans believe in one God, who is Father, Son, and Holy Spirit, and the Savior of all who put their faith in Him alone for eternal life.

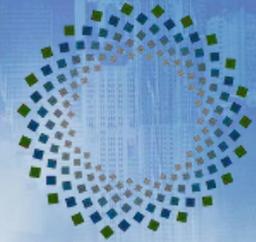
We believe that those who are made new in Christ are called to be holy in character and conduct, and can only live this way by being filled with the Lord's Spirit.

We believe in the Bible and its sufficiency to establish our faith and conduct.

We believe God wills for people everywhere to know Him and be made new in Christ.

We believe that the purpose of the Church is to worship God in spirit and in truth, and to reach a lost and fallen world with the gospel of Jesus Christ through its worship, witness, and loving deeds.

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WESLEYAN CHURCH

**WELCOME**  
THANKS FOR COMING