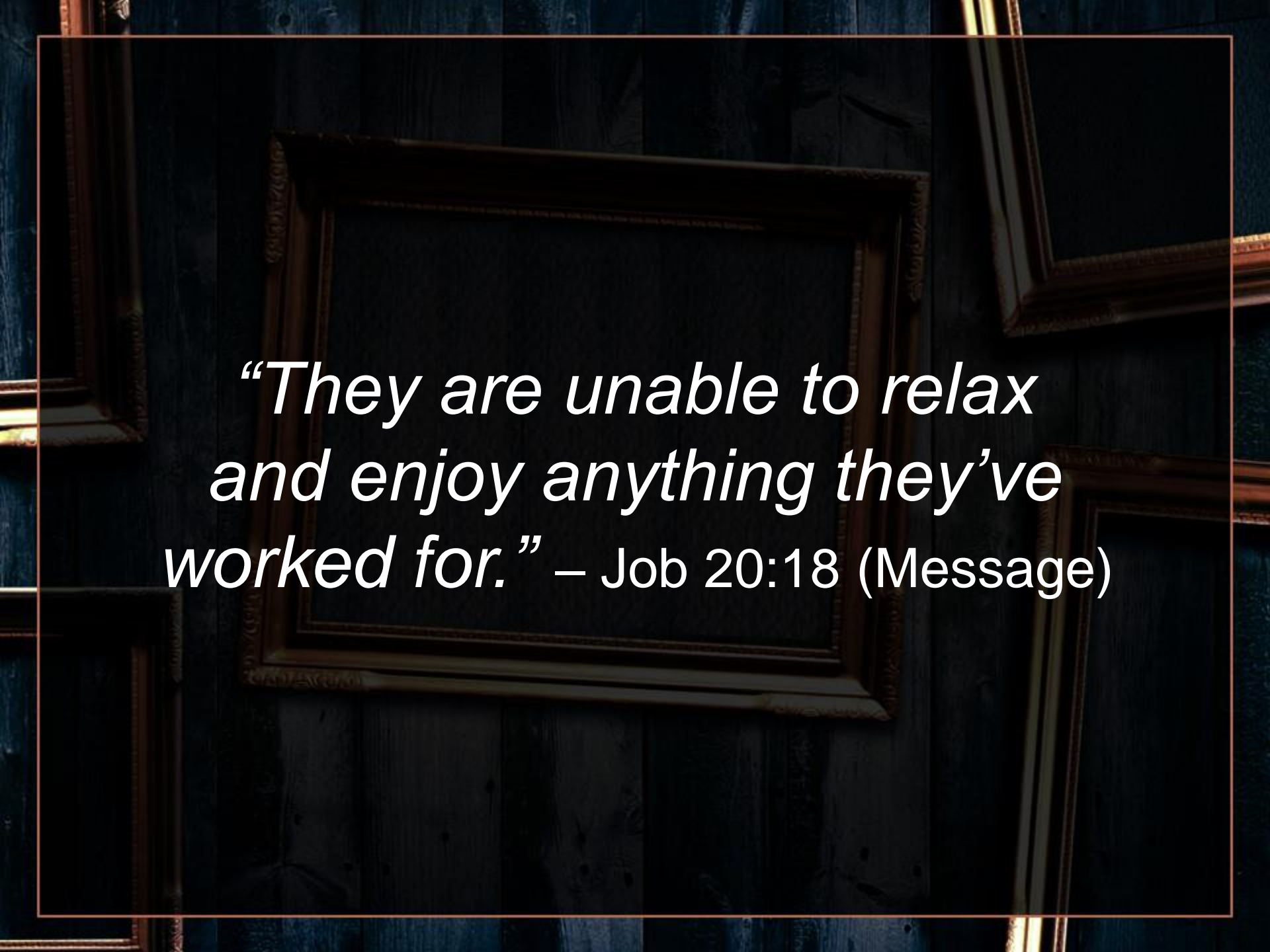




THE
GOOD
Life



*“They are unable to relax
and enjoy anything they’ve
worked for.” – Job 20:18 (Message)*



THE
GOOD
Life

“One day a week will always serve as a reminder that I made the heavens and the earth in six days, and then, on the seventh day, I rested and relaxed!” – Exodus 31:17 (Message)



THE
GOOD
Life

“The Lord is my shepherd, so I have everything I need. He makes me lie down in green pastures, and he leads me beside quiet waters.” – Psalm 23:1-2



THE
GOOD
Life

Five Reasons People Overwork:

1. Finding my worth with my work.

“Only someone too stupid to find his way home would wear himself out with work!” – Ecclesiastes 10:15 (TEV)



THE
GOOD
Life

Five Reasons People Overwork:

2. Always wanting more stuff.

“Do not wear yourself out trying to get rich; Have the wisdom to show some restraint! Your money can be gone in a flash, as if it had grown wings and flown away like an eagle.” – Proverbs 23:4-5 (NIV/TEV)

Five Reasons People Overwork:

3. Jealous of what other people have.

“I’ve learned why people work so hard, why they work so hard to succeed; it is because they envy the things their neighbor has.” – Ecclesiastes 4:4 (TEV)

Five Reasons People Overwork:

4. Achievement outweighs Relationships.

“Here’s another thing that I’ve seen on earth that makes no sense: Some people don’t have any kids or family or even friends, yet they work obsessively, never taking a break.”

4. Achievement outweighs Relationships.

“There’s no end to their toil and they’re never content with what they’ve done or earned. “They never ask, ‘Why am I always working to do more?’ What a senseless way to live! You’re better off having someone to enjoy and share the rewards of your work.”” – Ecclesiastes 4:7-9 (MES/CEV)

Five Reasons People Overwork:

5. Insecurity – Never feel like I have enough.

“We work to feed our appetites, but meanwhile our souls go hungry.” – Ecclesiastes 6:7

Five Reasons People Overwork:

5. Insecurity – Never feel like I have enough.

“It is senseless, senseless for you to work so hard from early morning until late at night, fearing and worrying that you won’t have enough, for God wants His loved ones to get their proper rest.” – Psalm 127:2



THE
GOOD
Life

*“The Lord is my Shepherd.
I will lack nothing. I have
everything I need. He makes me
lie down in green pastures and
He will lead me beside still
waters.” – Psalm 23:1-2*

A central gold-framed sign is mounted on a dark blue, vertically-grained wood-paneled wall. The sign has a black background and features the text "THE GOOD Life" in white. "THE" and "GOOD" are in a bold, sans-serif font, while "Life" is in a white script font. The sign is surrounded by several other empty gold-framed picture frames of various sizes, some of which are partially visible at the top, bottom, and sides of the frame.

THE
GOOD
Life

Five antidotes:

1. Remember how much God values me.

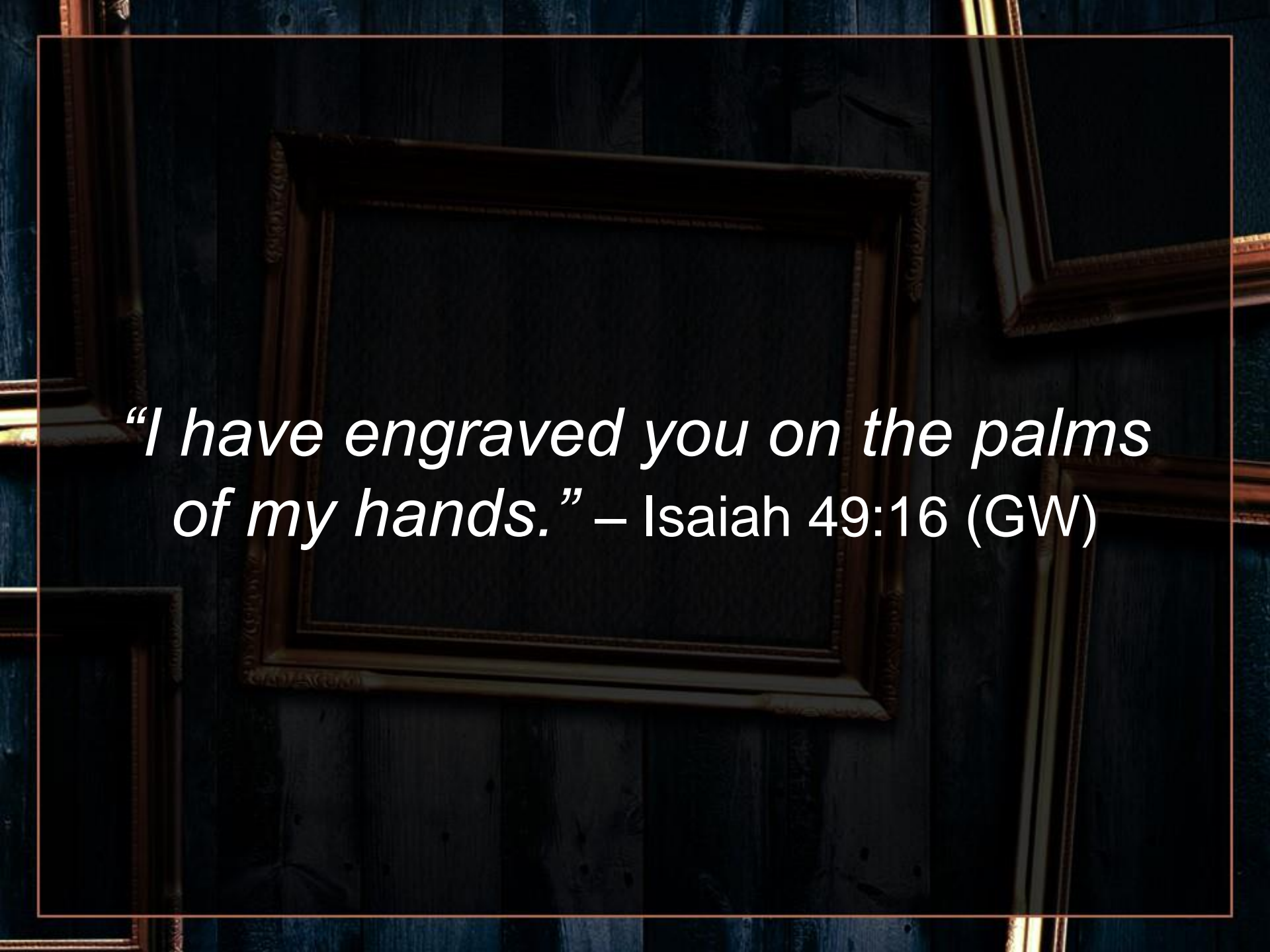


THE
GOOD
Life

“God decided to give us life, through the word of truth, so that we might be, the most important of everything God has created.” – James 1:18 (LB)

A central gold-framed sign is mounted on a dark blue, vertically-grained wood-paneled wall. The sign features the text "THE GOOD Life" in white. "THE" and "GOOD" are in a bold, uppercase, sans-serif font, while "Life" is in a white, cursive script font. The sign is surrounded by several other empty gold-framed picture frames of various sizes, some of which are partially visible at the top, bottom, and sides of the frame. The lighting is dramatic, highlighting the texture of the wood and the ornate details of the frames.

THE
GOOD
Life

A dark blue wooden wall with several empty, ornate gold picture frames hanging on it. The frames are arranged in a grid-like pattern, with some partially visible at the edges. The lighting is dim, creating a moody atmosphere.

*“I have engraved you on the palms
of my hands.”* – Isaiah 49:16 (GW)



THE
GOOD
Life

Five antidotes:

2. Enjoy what God has already blessed you with.

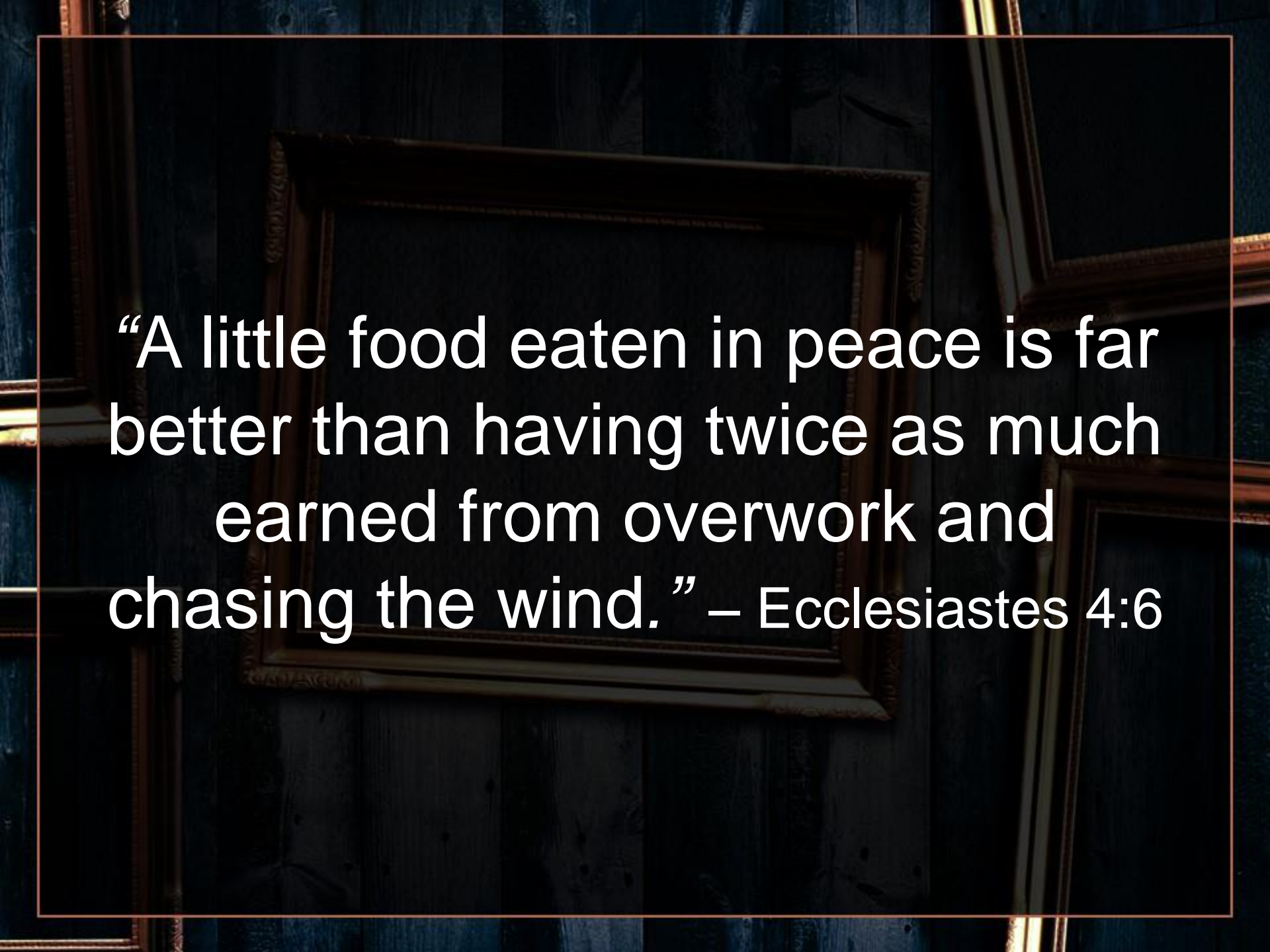


THE
GOOD
Life

“I’ve learned the secret of being content in any and every situation, whether I am well fed or hungry, whether I’m living in plenty or in want. I can do everything through him who gives me strength.” – Philippians 4:12-13



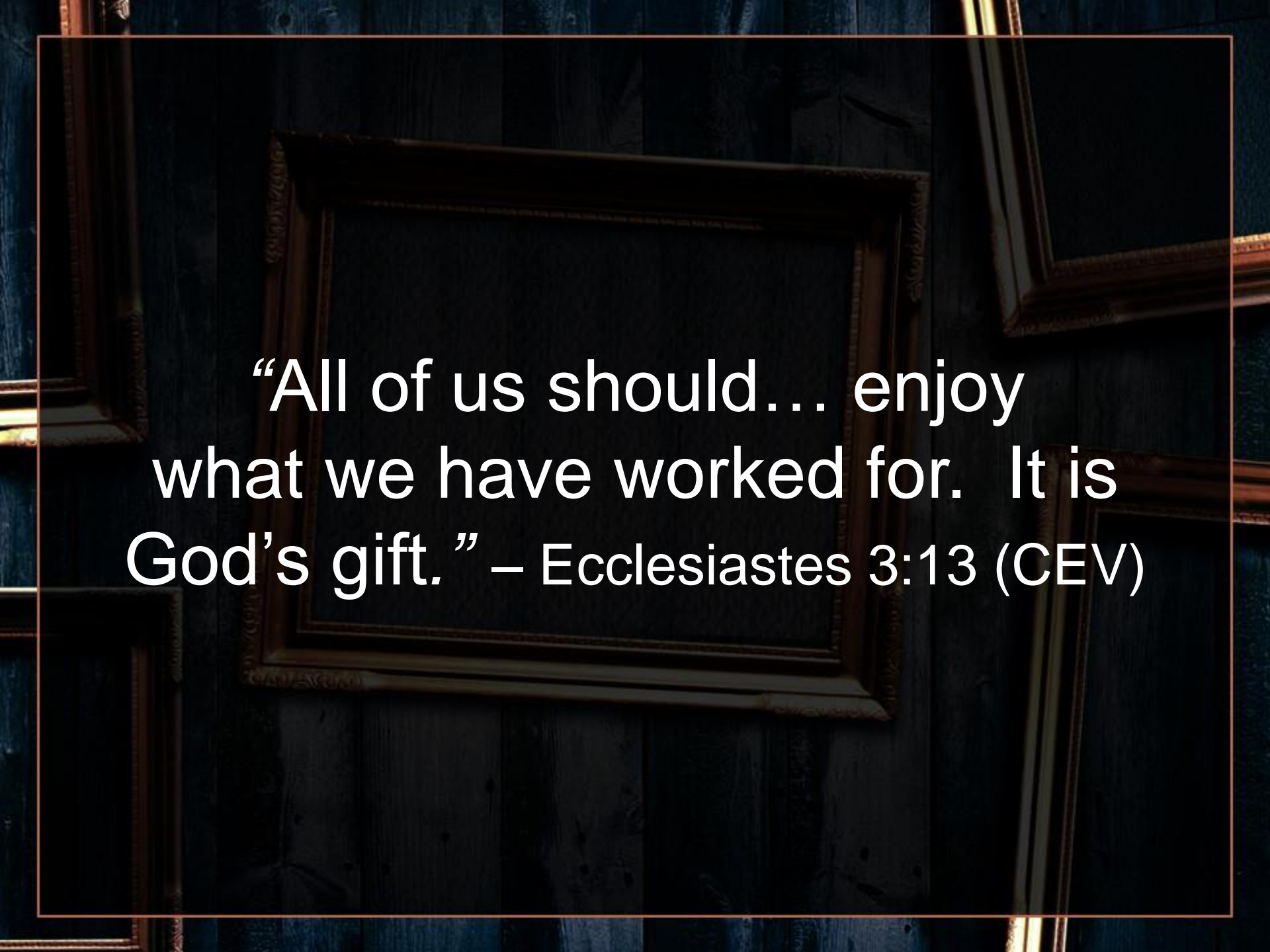
THE
GOOD
Life

A dark blue wooden wall with several empty, ornate picture frames hanging on it. The frames are made of dark wood with intricate carvings. The wall has a vertical wood grain pattern. The lighting is dim, creating a moody atmosphere.

“A little food eaten in peace is far better than having twice as much earned from overwork and chasing the wind.” – Ecclesiastes 4:6



THE
GOOD
Life



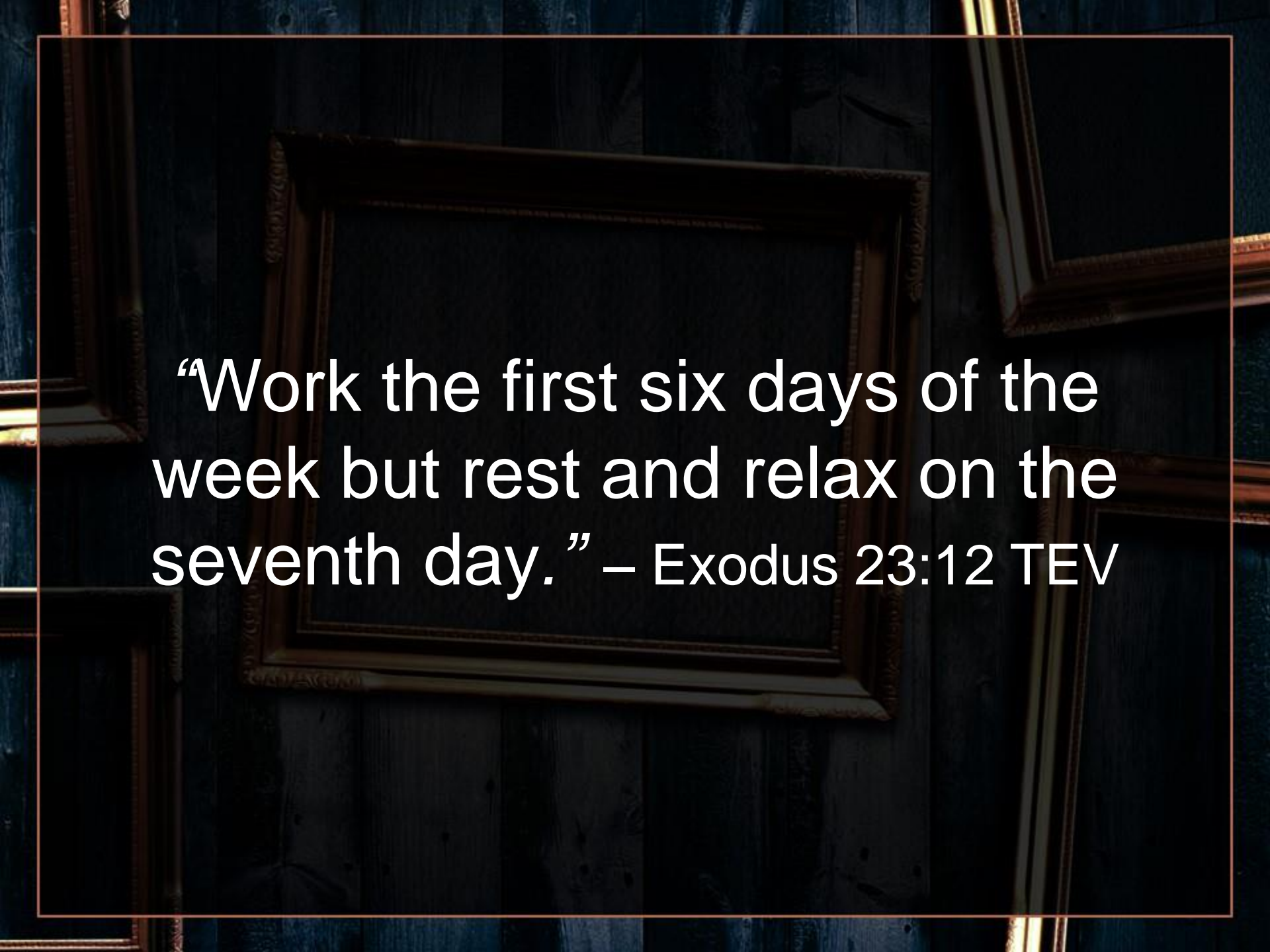
“All of us should... enjoy
what we have worked for. It is
God’s gift.” – Ecclesiastes 3:13 (CEV)



THE
GOOD
Life

Five antidotes:

3. Only work six days a week.



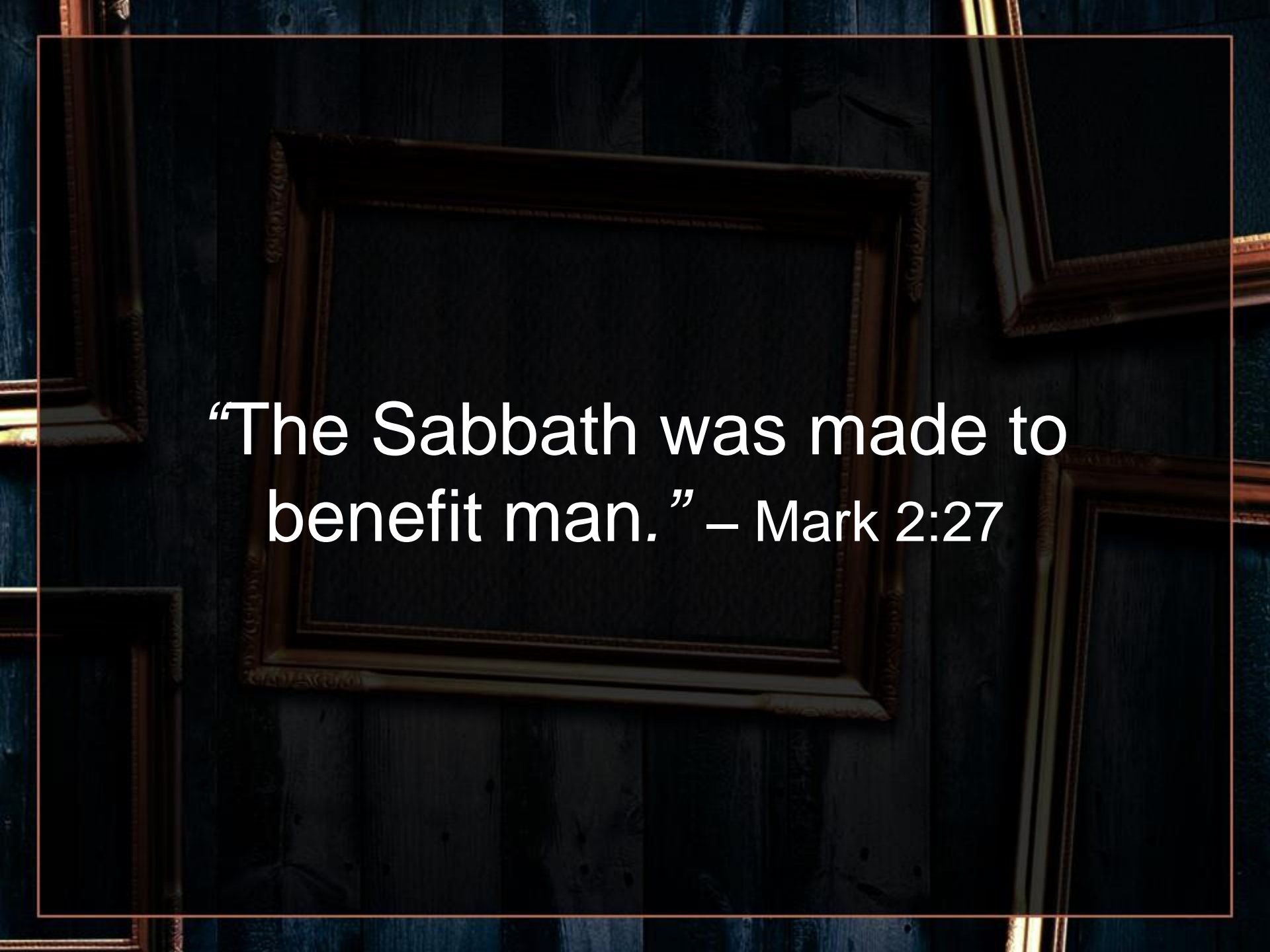
“Work the first six days of the week but rest and relax on the seventh day.” – Exodus 23:12 TEV

“The law is not only for you,
but also for your animals,
as well as everyone else,
including foreigners among
you.” – Exodus 23:12 TEV

“You have six days in which to do your work, but the seventh day is to be a day of complete rest, complete rest dedicated to Me.” – Exodus 20:9-10 (TEV)

A central gold-framed sign is mounted on a dark blue, vertically-grained wood-paneled wall. The sign features the text "THE GOOD Life" in white. "THE" and "GOOD" are in a bold, uppercase, sans-serif font, while "Life" is in a white, cursive script font. The sign is surrounded by several other empty gold-framed picture frames of various sizes, some partially visible at the edges of the frame. The lighting is dramatic, highlighting the texture of the wood and the metallic sheen of the frames.

THE
GOOD
Life

A dark blue wooden wall with several empty, ornate gold picture frames hanging on it. The frames are arranged in a grid-like pattern, with some partially visible at the edges. The lighting is dramatic, highlighting the texture of the wood and the metallic sheen of the frames.

“The Sabbath was made to
benefit man.” – Mark 2:27



THE
GOOD
Life

Three things that should happen on your Sabbath:

- Rest your body.

Three things that should happen on your Sabbath:

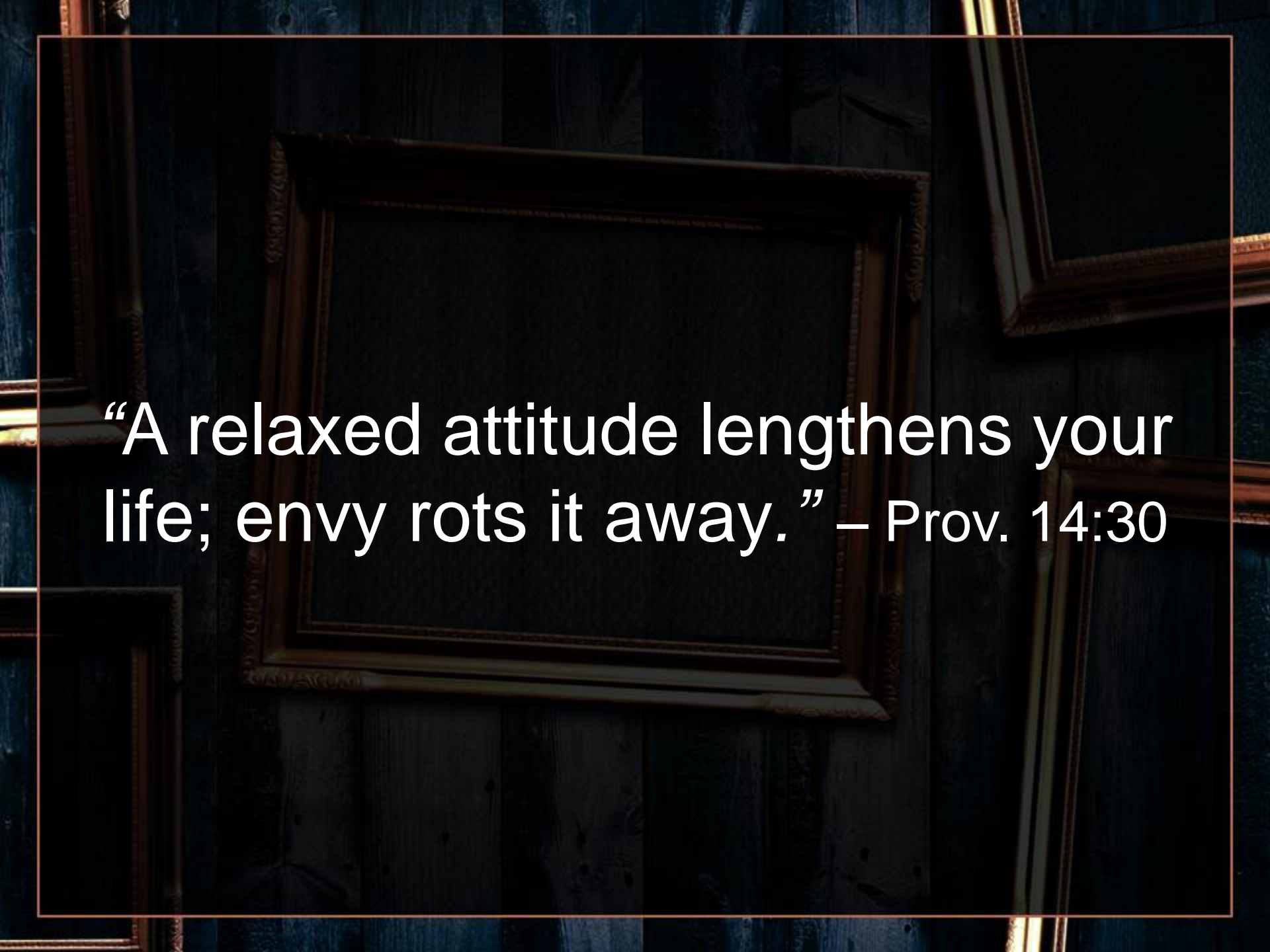
- Rest your body.
- Recharge your emotions.

Three things that should happen on your Sabbath:

- Rest your body.
- Recharge your emotions.
- Refocus your spirit.



THE
GOOD
Life

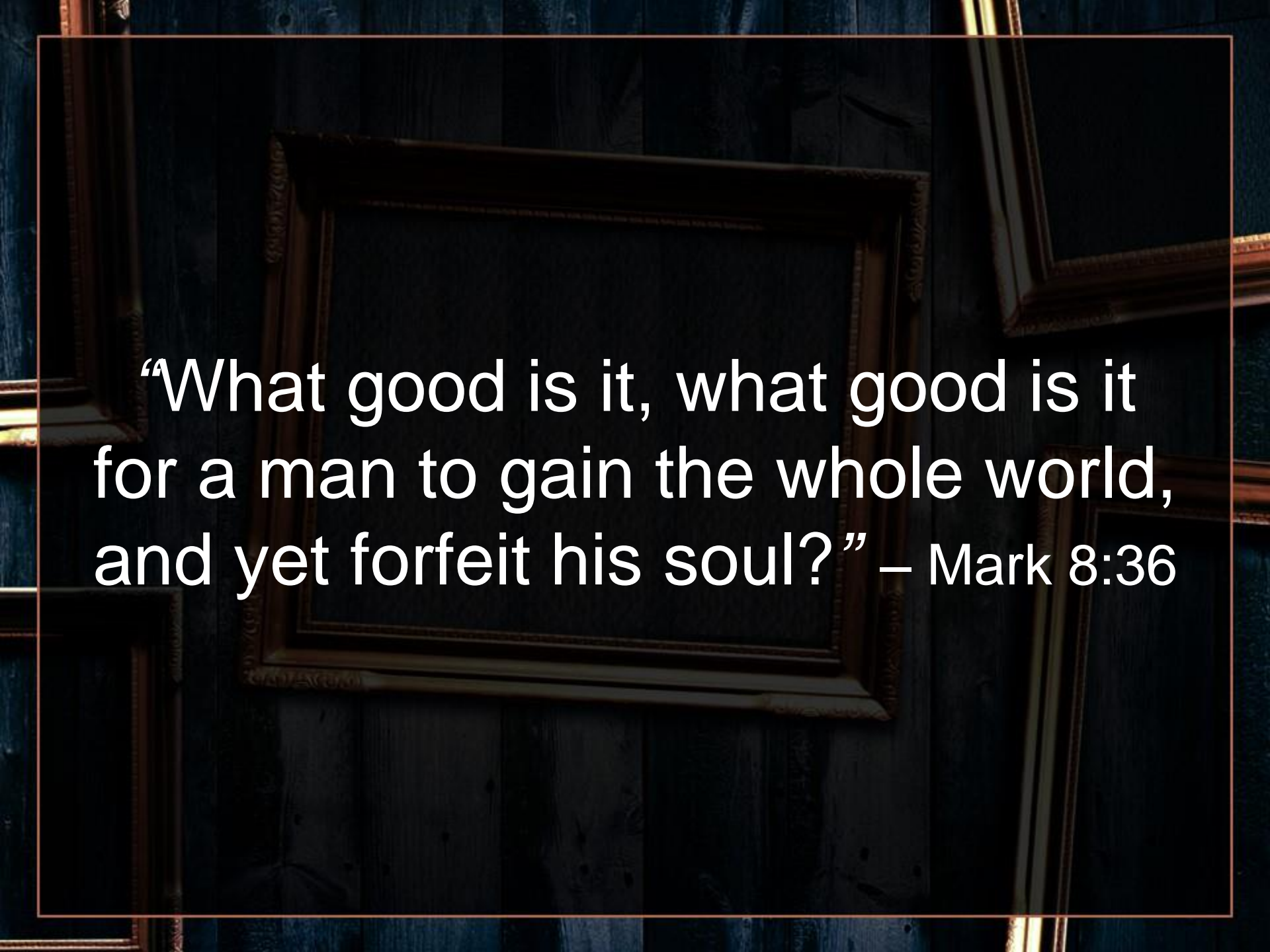
The background of the image is a dark blue, vertically-grained wooden wall. Several empty, ornate picture frames are hanging on the wall. The frames are dark in color, possibly black or dark brown, with intricate carvings and designs. One large frame is centered in the upper half of the image, and several other smaller frames are visible around it, some partially cut off by the edges of the image. The lighting is somewhat dim, creating a moody atmosphere.

“A relaxed attitude lengthens your life; envy rots it away.” – Prov. 14:30



Five antidotes:

4. I reevaluate my values.



“What good is it, what good is it
for a man to gain the whole world,
and yet forfeit his soul?” – Mark 8:36

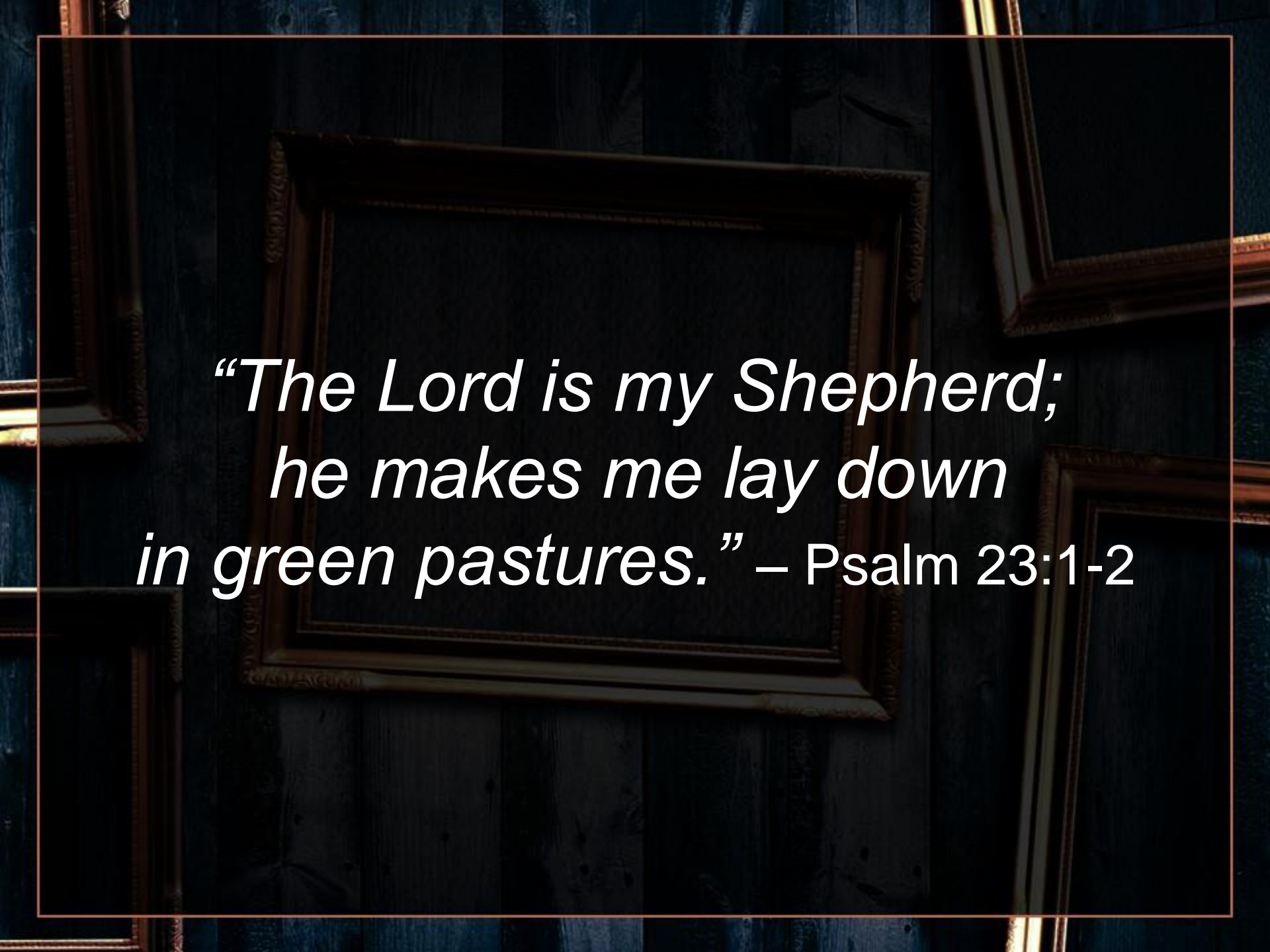


THE
GOOD
Life



Five antidotes:

5. Trade my restlessness
for God's peace.



*“The Lord is my Shepherd;
he makes me lay down
in green pastures.”* – Psalm 23:1-2

“Look at the birds in the air. They don’t plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth so much more than the birds. You can’t add any time to your life by worrying about it. And why do you worry about anything else?”

“Look at the beauty of the wildflowers in the field... they don’t worry or overwork... but God takes care of them, so you can be sure that he will clothe you too.” – Matthew 6:26-30 (NIV)



THE
GOOD
Life

*“Are you tired? Are you worn out?
Are you burned out? Come to me!
Get away with me, and you’ll recover
your life. And I’ll show you how to
take a real rest. Walk with me and
work with me – watch how I do it.
Learn the unforced rhythms of grace.
I won’t lay anything heavy or ill-fitting
on you. Keep company with me
and you’ll learn to live freely and
lightly.” – Matthew 11:28-30 (MSG)*



THE
GOOD
Life

“It’s senseless for you to work so hard from early morning until late at night, fearing you won’t have enough, for God wants his loved ones to get their proper rest.” – Psalm 127:2



THE
GOOD
Life