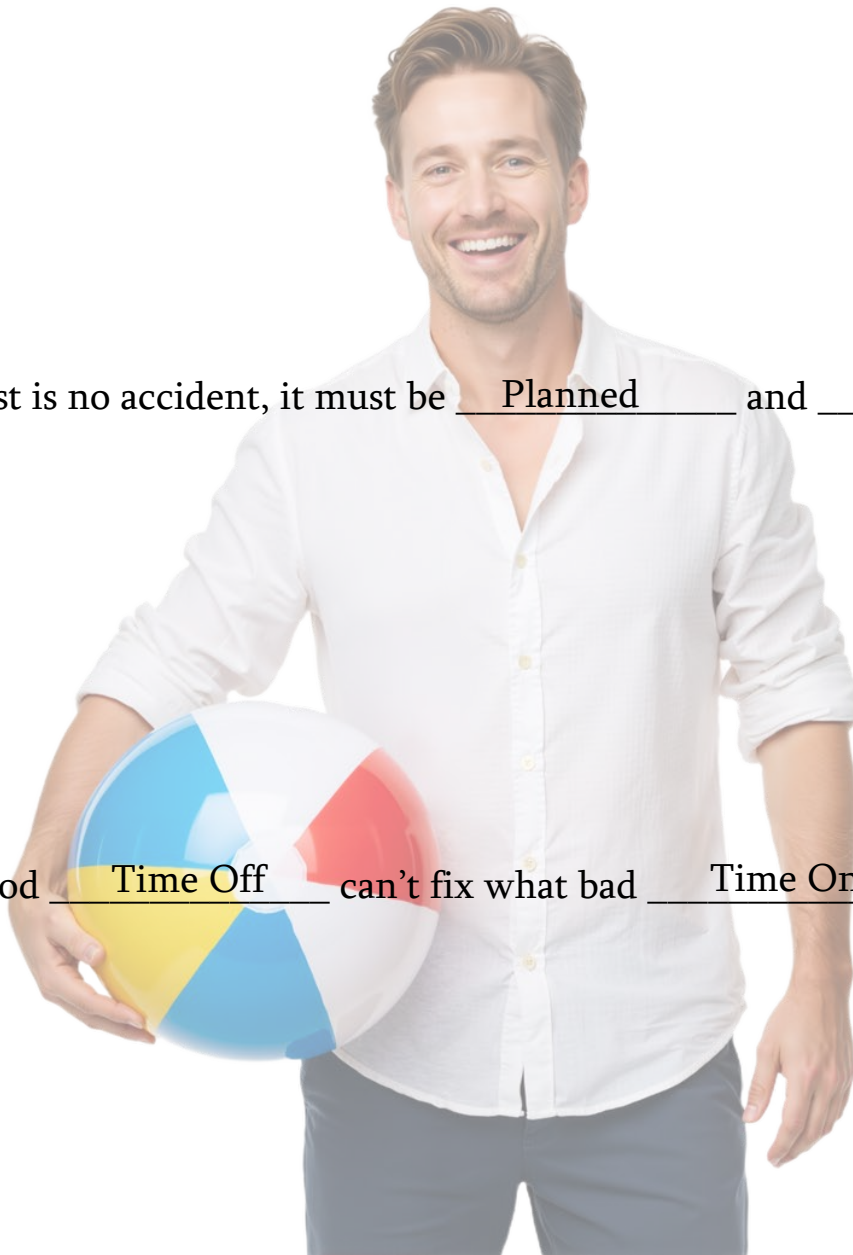


Time Off & Time On

1. Underworking and Overworking both make us less human.

2. Rest is no accident, it must be Planned and Protected.

3. Good Time Off can't fix what bad Time On has broken.



Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message. A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Genesis 1:27-28

Before sin entered the world, God gave humanity work—to subdue and rule over creation as His image bearers. This wasn't punishment, but a divine invitation to partner with God in caring for His creation. Work isn't a "necessary evil" to avoid, but a necessary good for human flourishing. Just as we need food, rest, and friendship, we need meaningful work to experience the fullness of life God intended.

- How might your perspective on work change if you truly believed it was part of God's good design for your life?
- In what ways does your current work allow you to "subdue" and care for God's creation or serve others?

TUESDAY // Read Genesis 3:17-19

Work itself isn't cursed, but the fall affects every aspect of our lives, including our work experience. The frustration and seeming meaninglessness we sometimes feel reflects the brokenness that sin brought into the world. The thorns and thistles are real, but they don't define work's ultimate purpose. Even successful work can feel fruitless at times—and that's okay.

- What "thorns and thistles" do you experience in your work, and how might understanding the fall help you process these challenges?
- How can you maintain hope and purpose in your work even when it feels difficult or frustrating?

WEDNESDAY // Read Ephesians 2:10

Your calling isn't dependent on your job title. Paul spread the gospel but also worked as a tentmaker—his identity remained constant regardless of what paid his bills. You were created to be someone, not just do something. Your worth comes from being God's masterpiece, and from that secure identity flows your ability to contribute meaningfully to the world, whatever work you find yourself doing.

- How would you describe your calling or "voice" in the world, separate from any job title?
- What does it mean to you that your identity is rooted in being God's masterpiece rather than in what you do for work?

THURSDAY // Read Colossians 3:23-24

The Hebrew word for "work" in Genesis can also mean "service" or "worship". Your daily work has the potential to be both service to others and worship to God. How you approach work—your attitude, excellence, and integrity—matters as much as what you do. Whether delivering packages or analyzing spreadsheets, you have the opportunity to serve and worship through your work.

- How might your daily work change if you truly saw it as service to God and worship of Him?
- What would it look like to "zoom out" and see how your work contributes to human flourishing or God's kingdom purposes?

FRIDAY // Read Exodus 20:8-11

God established a rhythm of work and rest that reflects His own pattern in creation. Work and rest aren't enemies—they're friends that support each other in creating a healthy life. Good time-off can never fix what bad time-on has broken. We need to approach both work and rest with intentionality, embracing both as gifts from God rather than seeing work as something to escape.

- How might embracing both work and rest as gifts from God change your weekly rhythm?
- What would it look like to prepare for rest as intentionally as you prepare for work?

SATURDAY // Read Deuteronomy 5:15

It's easy to become enslaved to work—driven by voices that say we're only valuable when we produce. Like the Israelites in Egypt, we can find ourselves under relentless pressure to do more and work harder. But God has freed us from that slavery. When we choose to rest, we declare that our worth isn't determined by our output and that we serve a different master than cultural demands for endless achievement.

- What "Pharaoh-like" voices in your life pressure you to work in unhealthy ways or find your worth in productivity?
- How can choosing to rest become an act of faith that declares your freedom and worth in God?