

YOUR LIFE IN THE **RED ZONE**

BALANCING WORK AND HOME

REPLAY

You finish a grueling day of practice. Your team has made it to the playoffs! You walk into your house, still in your practice jersey and pads. When your wife asks you to clear the table for supper, you get into a crouch, yell hut, and tackle the kitchen table. It's clean now! To set the table, you throw the dishes and glasses to your son and daughter. After finishing dessert, you jump up from the table and spike your plate!

"Honey," your wife says, "I'm tired of you bringing your work home with you."

GAME BOOK

Even though men compartmentalize the parts of our lives, we often take our work home with us. We wrap up so much of our identity in what we do that we lose sight of everything else. Even when someone asks what we do, we reply, "I am a writer," or "I am a marketing analyst." This is the wrong way to view ourselves. It leads to an unbalanced life. It causes trouble when we go home.

It's not easy to change the way you think about this inner part of yourself, but you have to make the compartments stick. You must (consciously) remember that your vocation is only one compartment. You keep your life balanced by looking to Jesus as your model. Jesus portrays the way His followers should live their lives, and He was never unbalanced. For example, He knew to take a day off (for most of us, taking a day off seems like it just puts us behind, but it really puts us ahead in the long run). What are some Scriptural ways that we can find the balance?

1. Offer yourself as a living sacrifice (Romans 12:1-2). He has bought us to transform us. We are not to be just like the guy next door except for our final destination. We are called to die to self.
2. Remember that as a sacrifice, God will not destroy you. He has plans to prosper you and not bring you to defeat (Jeremiah 29:11). That isn't to say you will never be hurt, but when you are hurt, you turn to the Father to be refreshed.

You may be asking how this helps balance work and home, but when you make Christ the center, you let Him choose what is important (then you obey). He will not lead you astray. There may be some days when work is more important than others (a big project is due), but this is okay because you have shown your wife that home is important too. Because you have shown her that she is not just there for you but you are there for her. By making Christ the center, you put everything

in its place.

TAKE-AWAY

You are not what you do. While your work is part of your life, it must remain just that, a part of your life. It is not the sum of all your parts. Think of your work as a piece of the puzzle and not the whole puzzle. The center of your life is Christ.

Everyday, you choose to make Christ the center. You start out the day with your devotions and prayer. You recognize God for being who He is and trust Him every day. Having Christ in the center is having the piece that makes everything else fit together.