

## INSPIRED 2GO

DAILY DEVOTIONAL

BY PASTOR WALE AFELUMO

## THE DAY IS FOR WORK!

## SCRIPTURAL REFERENCE

John 9:4

## ADDITIONAL STUDY

Genesis 2:15, Ecclesiastes 3:1 &  
Proverbs 14:23a

## TO DO

Think of ways you can maximize your work period so you don't carry-over work to your sleep time; write down practical steps you will take to achieve this goal and pray for the commitment to follow through.

I must work the works of Him who sent Me while it is day; *the* night is coming when no one can work. - **John 9:4**

Work is one of the privileges God has given to man. In the Garden of Eden, Adam was given the work of tending the garden. Work helps man to exercise all the faculties of his being; it improves his creativity, strengthens his body and mind, and enables him to have profit, for "In all labor, there is profit". In Nigerian parlance, "There is no food for lazy man" so there is also dignity in labor. Nevertheless, there are no quick tricks to success; it is a result of hard work.

Although it is an obvious fact that work is very important especially in this 21<sup>st</sup> century, it is however quite easy to take it to an extreme, where it becomes counterproductive and robs us of more valuable things of life. We have become so driven by the need to succeed; television adverts constantly bombard us with things we don't have that we need to get, the competition to have what our peers have is a great 'driver' and of course, there are legitimate bills to pay also.

Jesus teaches us in our text that work has a time span and this should be respected. The day is for work and the night is for sleep or rest, not work. Disregarding this order will have dire consequences on our health and general performance. We should maximize our day for the work we have been given to do, and we should equally maximize the nights for our much needed rest. As much as possible, avoid carrying work over into sleep time. Don't cheat on one to satisfy the other. If your work requires you to work at night, then take out enough time to catch up on sleep during the day and take breaks for rest (especially if you run night shifts).

If you are not careful, work can become an end in itself, when it should be a means to an end. Many people are literally working themselves to death, and are in essence bona fide workaholics that work hard through long hours. Ultimately, this takes a toll on their health and can shorten their lives. Such people expend their health to secure wealth, and thereafter use all their wealth to procure health. So, if it's been a long day; shut down your laptop, turn off your phone, drop that file because it is night and time to sleep. Work while it is day!

## CONTACTS

PHONE: +234 9082222222  
EMAIL: INFO@INSPIRED2GO.ORG

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