



EXPLORE THE BIBLE.

Session 11: Where Is the Balance?
Suggested Week of Use: August 15, 2021
Core Passage: Ecclesiastes 7:11-22

News Story Summary

A new study released in June found that spending too much time at work can be detrimental—but so can having too much time off. The University of Toronto conducted a study of Goldman Sachs, and the research revealed that making improvements to work-life balance produces positive results for the company and its employees. That same study also revealed that people need a certain amount of mental flexing to process information well. The study concluded that a little bit of stress is probably a good thing, but if it's too much then the pressure becomes daunting. In other words, too much stress and the pressure is overwhelming, but too little stress relaxes the brain too much for productivity in the workplace.

For more about this story, search “University of Toronto research on Goldman Sachs work life balance”.

Focus Attention

To supplement the Connect idea under Focus Attention, begin by summarizing the study on Goldman Sachs work-life balance. Invite volunteers to share their response to the research findings. Complete the step as written, stating that balance is required to be successful in so many areas.

Summarize and Challenge

To replace the Reflect idea under Summarize and Challenge, review the research findings about work-life balance. Direct the group to identify areas where researchers might find points of imbalance if those researchers were using their life in their research. Assure the group that they will not be asked to share the points of imbalance. Ask: *What do the patterns in life reveal about our trust in God or lack of trust in Him? What steps might a person take to trust God more fully in these areas?* Challenge the group to consider steps they need to take to address the areas of imbalance in their lives and more fully express trust in God.