

Stewarding Time and Money Well:

A Biblical Perspective on Work and Rest

Ruth Jackson leads us through some of the ways we can rest in God to work for his purposes

It may seem counterintuitive to consider the biblical concept of working from rest – how will it enable us to achieve our goals and how can we take time to rest when we have so much to do? Yet, deep faith-based rest not only supports our physical and spiritual well-being but also helps us to steward our time and money wisely and keep our goals in line with our Christian values. Rather than engage in the relentlessly exhausting pursuit of busyness, we can cultivate true rest with God.

Embracing the Sabbath principle

The recurring theme of Sabbath in the Bible adopts a holistic approach to time management; taking time to rest not only allows for physical rejuvenation but also serves as a reminder that God is the ultimate orchestrator of time. Embracing the Sabbath principle means we set aside moments for rest, worship, and reflection. This practice helps us stay focused on God and his purpose for our lives which in turn re-energises us when we step back into the fast lane.

Financial stewardship for God's Kingdom

Stewarding money in alignment with biblical principles recognises wealth as a tool to build God's Kingdom rather than an end in itself. In Proverbs 3:9-10, we are encouraged to honour the Lord with our wealth, in particular 'the firstfruits'.

Working from Biblical rest includes sound financial stewardship, allocating resources in a way that reflects God's values and priorities.

Treasures in heaven

The Bible warns against the dangers of pursuing wealth for its own sake. In 1 Timothy 6:10, it is stated, 'For the love of money is a root of all kinds of evil.' and Matthew 6:20 exhorts us to accumulate 'treasures in heaven' rather than on earth. As Christians, we are to guard against the lure of materialism and the relentless pursuit of wealth at the expense of spiritual well-being. By prioritising time to rest, read and reflect on God's Word and pray, we move beyond defining success in monetary terms only and learn to focus more on creating eternal value by using our time and money to help others.

Cultivating a generous spirit

In Acts 20:35 we learn 'It is more blessed to give than to receive' and Proverbs 19:17 teaches 'Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.' As we take time to truly rest in God, we find space to reflect on his incredible generosity to us; not only did he give us his only son, he blesses us in so many ways. Everything we have ultimately comes from him. We can show our gratitude by stewarding our resources

well and cultivating a generous spirit ourselves, intentionally investing our time and money to make a positive impact on the lives of others.

Trusting in God to provide

Learning to rest in God grows our trust in God's provision. In Philippians 4:11-12, Paul shares that he has 'learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want'. His example counters the constant pursuit of more and fosters a mindset of gratitude for what one has. Trusting in God's provision allows us to approach our work and finances with a sense of peace, knowing that ultimate security is found in God, not in material wealth.

Anchoring ourselves more in God, leaning on his infinite wisdom and strength rather than our own limited abilities, we find ourselves released into a clearer sense of purpose that fuels our desire to steward our resources well for his glory, not our own. God's way is counterintuitive to the world's way, which says we must run faster and faster to achieve more and more. If we listen to him though, not only will we achieve more for his Kingdom beyond our wildest prayers, we will find ourselves moving from a place of burnout to one of deep peace and rest in God. 🙏



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