



CORNERSTONE
WEALTH MANAGEMENT

Work and Rest

By Floyd Green

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This month, I would like to pass along some wisdom from an ancient book. The words were penned by King Solomon of Israel about 3500 years ago, but they are as relevant today as they were then. He spoke to two extremes in our relationship to our daily work.

“Then I saw that all toil and all skill in work come from a man’s envy of his neighbor. This also is vanity and a striving after the wind.” (Ecclesiastes 4:4)

In this statement, King Solomon warns us about workaholism and drivenness. The driven person looks at the people around him and strives to “keep up.” The problem with this is that there will always be people ahead of you. If our eyes are focused on our neighbor, we will end up with a driven lifestyle that misses out on the things in life that really matter. We will never get the satisfaction we are seeking; our lives will be like “striving after the wind.” Experiencing the life we were designed to live calls for renouncing our tendency to make idols of money and power. When we chase after money and power, relationships are often the first thing to go and we never learn how to rest.

“The fool folds his hands and eats his own flesh. Better is a handful of quietness than two hands full of toil and a striving after the wind.” (Ecclesiastes 4:5-6)

At the other extreme is the person who does no work at all. He abandons work to pursue a life of leisure. I believe this is a picture of the American myth of a retirement lifestyle that is devoted to leisure and consumption. While we do retirement planning at Cornerstone, it is our belief that human beings were not created to work for 40+ years and then spend the rest of their life playing and consuming. Those who pursue a life of leisure and consumption end up just plain bored, and their friends find them boring. They also will never get the satisfaction they are seeking.

To live life fully, we must pursue a careful balance between work and rest. We at Cornerstone strive to keep this balance so that we are able to speak to this matter with integrity. We encourage you to take some time today to assess the balance between work and rest in your own life.

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