

10th March 2003

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Wake Up Call
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Long Hours

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Every hour lasts sixty minutes. But some hours are described as long hours. Others are described as unsociable hours. You'll also hear people talking of irregular working hours.

Shift work and long hours are a lethal combination in the workplace. However you describe it, you are messing with time and Old Father Time is not forgiving or kindly. He marches on and tires you out. Your body clock can become confused and your rhythms distinctly shaky. At these times the ideals we may have hit the cold stones of reality and may be we have to work, as they say, all the hours God sends if only for a short period.

Other people are not always sympathetic. The shift worker or long hours slave is often seen as a little eccentric or out of step. The pious critic will even condemn you for lack of order and discipline in your life. The healthy talk of work life balance is something with which you would like to engage but there are times in your working life when everything seems to go mad.

Not so with Jesus Christ. He knows the pressures of working odd hours. He was interrupted at night and woken in the morning. He was on demand day and night from crowds and individuals – not to mention His disciples. Even when He wanted to take a rest He was sought out by people clamouring for His attention

To one would-be follower He said –'I don't even have a place to lay my head'. Here was the perfect man. Here was the man whose life contained beauty and order, yet His hours were all over the place. I don't know why you or I have to burn candles at both ends and in the middle as well, but I do know that there is a least one person who'll stay awake with me – He understands – He's nowhere to lie down anyway so He's not going nod off.

WORK WELL

Geoff Shattock, National Director

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WAKE UP NEWS

Looking for a job? We will shortly be looking for a new PA and office manager at WorkNet. If you are interested please email your CV to [here](#) and we will be in touch.

[Bible readings for this Wake Up Call](#)

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Here is some biblical background for this week's Wake Up Call.

Mathew 8:18-22

¹⁸When Jesus saw the crowd around him, he gave orders to cross to the other side of the lake. ¹⁹ Then a teacher of the law came to him and said, "Teacher, I will follow you wherever you go."

²⁰Jesus replied, "Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head."

²¹Another disciple said to him, "Lord, first let me go and bury my father."

²²But Jesus told him, "Follow me, and let the dead bury their own dead."

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