

Definitions

To understand our exhaustion, we must first name the forces at play. We'll use these definitions from or inspired by Andy Crouch.

- **WORK:** The **fruitful transformation** of the world through attention, memory, and skill by applying heart, mind, soul, and strength. (*A Liturgy for the neighbor.*)
- **TOIL:** Fruitless exertion that asks little of the heart, mind, soul or strength; it generates waste and identity-anxiety. (*A post-Fall distortion.*)
- **REST:** The **glad contemplation** of work well done. It is a spiritual feast where we marvel at goodness. (*A receptive return to God.*)
- **LEISURE:** Respite without glad contemplation; purchased relief or "numbing out." (*A maintenance session for a broken machine.*)

The Shema: Loving God with the "Full Self"

In Deuteronomy 6:4-5, we find the assists of ourselves we are to bring to Work. When we engage without one or more, Work slides into toil.

The Word	The Meaning	Work WITH this looks like...	Toil WITHOUT this looks like...
Levav (Heart)	Will, Mind, Intent	Purpose: Designing a solution to help someone.	Apathy: Autopilot and "Zombie Mode."
Nephesh (Soul)	Body, Breath, Life	Humanity: Knowing you are enough regardless of output.	Identity Crisis: Your worth equals your productivity.
Dianoia (Mind)	Critical Thinking	Order: Bringing beauty and logic out of chaos.	Waste: Expending energy without a plan.
Me'od (Strength)	"Much-ness" /Wealth	Stewardship: Pouring out resources for the neighbor.	Hoarding: Working from a posture of scarcity.