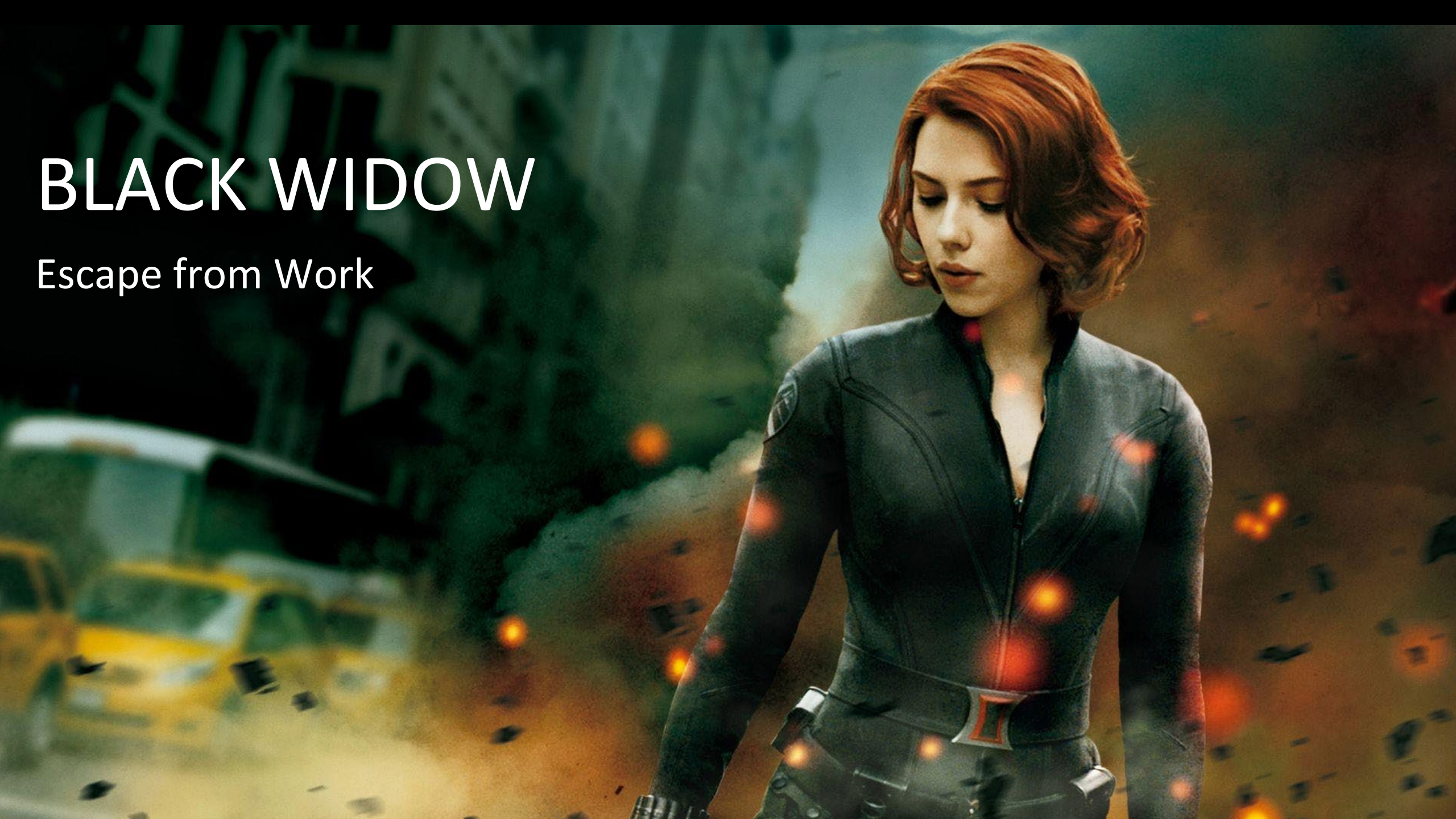


BLACK WIDOW

Escape from Work



“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11 (NIV)





The Avengers



Women of the MCU

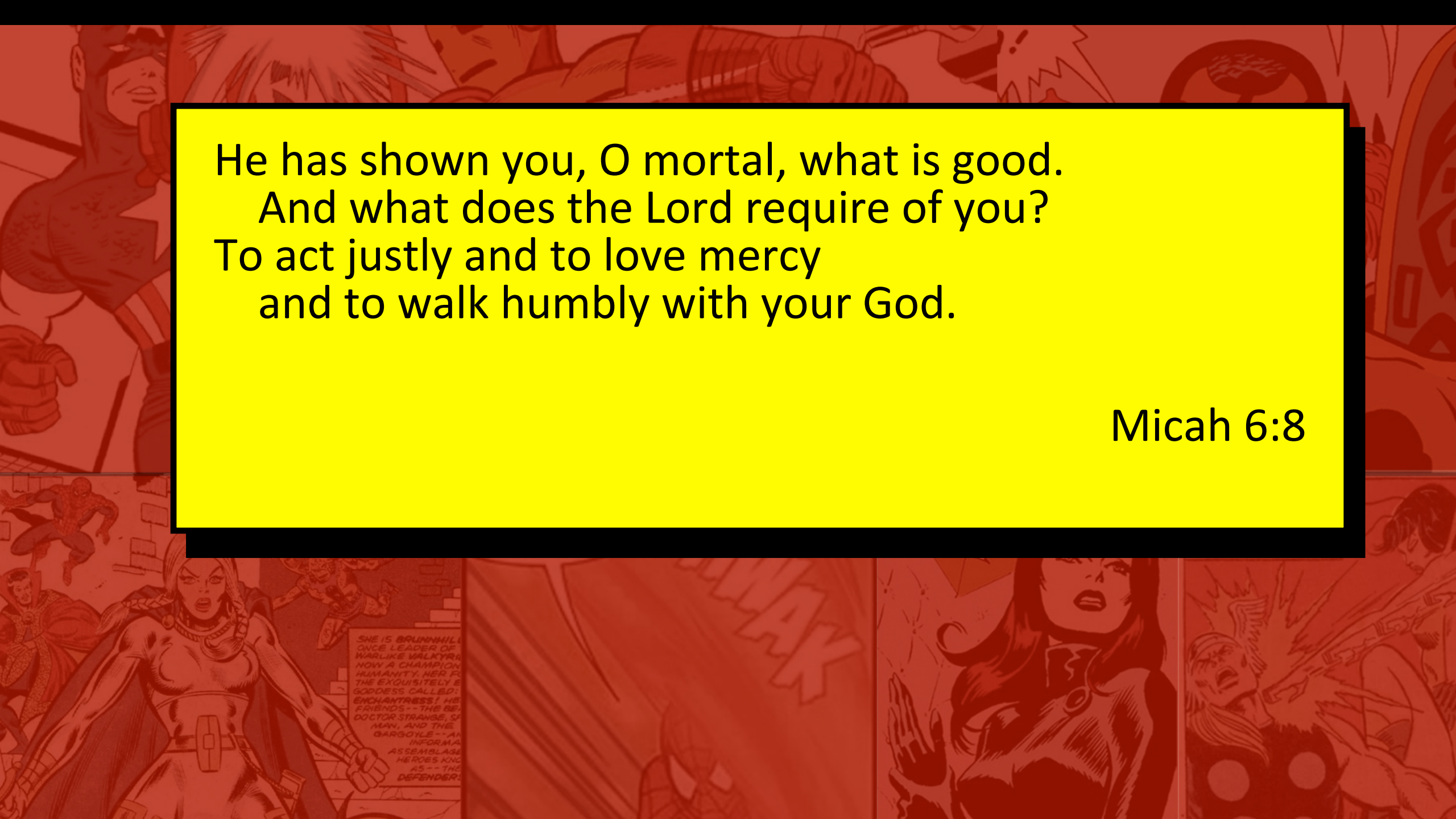


After the Work Is Done

The background of the slide features a red-tinted comic book illustration. It depicts several characters in action, including a figure with a star emblem on their chest and another with a circular emblem. The style is reminiscent of classic comic book art with bold lines and dynamic poses.

Bergen Work Addiction Scale

- 1 - you think of how you can free up more time to work
- 2 - you spend much more time working than initially intended
- 3 - you work to reduce feelings of guilt, anxiety, and helplessness
- 4 - you hear from others to cut down on work without listening to them
- 5 - you become stressed if you are prohibited from working.
- 6 - you deprioritize hobbies, leisure activities, exercise because of work
- 7 - you work so much, it has negatively influenced your health

The background of the slide is a red-tinted collage of comic book panels. At the top left, a panel shows a superhero in a blue and red suit with a star emblem on his chest. Below this, on the left, is a panel of Spider-Man in his iconic red and blue suit. In the bottom left, a panel features the character Brunnhilde, a blonde woman in a dark, form-fitting outfit with a cape. To her right is a panel with a large, stylized 'BLAM' sound effect. Further right is a panel of a woman with long dark hair, possibly Wanda Maximoff, looking upwards. On the far right, a panel shows a character with blonde hair and a polka-dot top. A yellow rectangular box with a black border is centered on the slide, containing the text of Micah 6:8.

He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.

Micah 6:8

The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. When his father-in-law saw all that Moses was doing for the people, he said, ***“What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?”***

Moses answered him, “Because the people come to me to seek God’s will. Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God’s decrees and instructions.”



Moses' father-in-law replied, ***“What you are doing is not good.***

You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.

Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to him. Teach them his decrees and instructions, and show them the way they are to live and how they are to behave. But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens.

Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.”

Moses listened to his father-in-law and did everything he said.

He chose capable men from all Israel and made them leaders of the people, officials over thousands, hundreds, fifties and tens.

They served as judges for the people at all times. ***The difficult cases they brought to Moses, but the simple ones they decided themselves.***

Exodus 18:13-26





Escape from Work?

When we are rested,
we are present to God's ways
so we can become His best.

