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## Viewpoints

*Observing events in our modern world from the viewpoint of our ascended Savior.*

### Increasing Productivity - October 22, 2014

*Here's a new productivity technique. But it's not the real gospel.*

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I've been wrong, according to a blog I happened upon recently. I'm accustomed to forcing myself to keep working at my desk—to keep chipping away at it—until I finish the task, no matter how long it takes. And in a controlled office environment, apparently, keeping at a project for hours on end is what bosses also expect?

Researchers working with *The Muse* (a company that specializes in career enhancement) discovered that highly productive people have a similar work habit: they take timely breaks. To be exact, researchers advocate working 52 minutes and then taking a 17 minute break.

And of course, there's a little more meat on the bone than those bare-bone numbers. When working for those 52 minutes, you give it your concentrated all in what has been described as a sprint (multi-tasking is a no-no). Further, when you take your 17 minute break, it needs to be an activity that represents a real change from the last 52 minutes. In other words, no switching screens over to Facebook, as you continue to sit at your computer. Instead, it's advised that your break takes you away from work station and into some kind of motion or exercise.

Is this 52/17 split the “gospel” of human proficiency? Will this “gospel” prove good for me or for you? I'll try it, but I don't know. However, I do know God's gospel. There are no questions that after God created the world in six days and rested from his work on the seventh day, God later pointed to this 6/1 split and commanded the Old Testament Israelites: "For six years you are to sow your fields and harvest the crops, but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what they leave. Do the same with your vineyard and your olive grove. Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed" (Exodus 23:10-12).

And of course, there's more meat on the bone than those bare-bone numbers. Following this 6/1 split did not achieve God's good purpose for teaching it to his Old Testament people, unless they acted out of faith in God's gospel promises. This is why the Lord gave the Third Commandment to Israel: "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...Therefore the LORD blessed the Sabbath day and made it holy (Exodus 20:8).

And of course, there's more meat on the bone than those bare-bone numbers. For by the word Sabbath (Rest) the Lord meant much more than simply setting aside your work. The Sabbath day was for taking a real break, by exercising yourself in God's gospel promises richly deposited in the scriptures. This is the true rest of the 6/1 split, evidenced by the fact that even though God dissolved the "must worship on the 7<sup>th</sup> day" requirement for us New Testament Christians, the spiritual promises attached to taking a break and exercising with God's gospel in worship and Bible study, still remains a top priority for God's people today (see Colossians 2:13-17 and Hebrews 5:11-6:3).

What's the "gospel" of human efficiency? Is it the 52/17 split? Or the 6/1 split? Or a blending of both? No, the true gospel of human proficiency comes from the refreshing energy of heaven's dynamic power unleashed from the promises of Jesus Christ. "Come to me, all you who are weary and burdened, and I will give you rest," promised Jesus (Matthew 11:28). The good news about Jesus (and his promises) is the real gospel! Jesus frees us from the burdens of guilt, and from the lethal poison of laboring to buy God's favor by your blood, sweat and tears. Jesus frees us in his work at the cross that washed forgiveness over the sins of the whole world. And since Jesus has delivered on this greatest of gospel promises, we receive the benefits of all his many other promises that energize us for life now and forever.

Go ahead and try the 52/17 split for your workday. And you're going the right direction with the 6/1 split for your week. But unless you're regularly feeding on the meat of Jesus and his promises, you're just playing with bare-bone numbers.

*Source Material (Links may become inactive over time.)*

[52-17, A New Way to be Productive](#) @ Young Nonprofit Professionals Network

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*Blessings to you and your loved ones, Pastor Mike Nitz*

