
MONDAY MANNA
Aug 3, 2026**FINDING JOY IN A SOMETIMES MUNDANE MARKETPLACE****By Rick Boxx**

An article in Harvard Business Review reported that according to research, to realize a truly satisfying life three things are needed: achievement, meaningfulness, and joy. This study's found, however, that while all three are important, the most elusive is joy. How can we better understand and experience more joy?

Life outside of work. The first insight in the article, "How the Busiest People Find Joy," was this: How people spend their extra time outside of work is more important than how much time they spend at work. Research has shown people who experience more joy from free time tend to find more value in their work. Teachings from the Bible support this reality. For instance, Proverbs 17:22 tells us, **"A joyful heart is good medicine, but a crushed spirit dries up the bones."**

Regularly engaging with others.

A second key, according to this article, is that people get more joy from doing activities with others than from doing them alone. The researchers discovered that professionals experienced more joy when activities were done with others.

This observation should not be a surprise to students of the Bible. Ecclesiastes 4:9-10 teaches, "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!" Does this resonate with you? Whom might you spend more time with after work today or sometime this week.

Choosing productive pursuits. Research determined it is important to avoid passive pursuits to experience higher levels of joy. After a long day at work, many people watch TV, engage with social media, or spend time with video games. These passive pursuits take up time, but do not produce joy.

On a three-point scale, joy soars to 2.4 when involved in active pursuits, but passive activities produce joy only at a 1.7 level. Exercising, hobbies, and volunteering are all active pursuits that bring more joy than passively watching TV or social media. As Romans 14:17 asserts, "For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit."

Personal passions are important. A fourth important factor in maximizing joy is to follow our passions. The research discovered activities that align with what we find personally rewarding enhances life satisfaction. When engaging in hobbies or passions that make your heart soar, joy will be maximized.

We find strong testimony for this from King David in the Bible's Old Testament. He wrote, "Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God" (Psalm 43:4). David's heart soared when playing worship music to God. What makes your heart soar?

香港工商基督徒協會 (CBMC Hong Kong Ltd)

地址：香港上環禧利街2號東寧大廈11樓1102室 Tel: (852) 2805-1923

Email: enquiry@cbmc.org.hk Web: www.cbmc.org.hk

支持本會使命，服侍工商界及職場，請下載奉獻表格

<https://www.cbmc.org.hk/file-download.html>

Diversity in what we do. A final factor in maximizing joy is to diversify your activities. Finding areas of passion is important, but research also reveals that there is a risk in having one singular focus. When we invest in only one passion that can create a diminishing return over time. Having only one passion eventually becomes less enjoyable, so diversifying activities can be more fruitful.

Here is a biblical principle that support this: “Divide your portion to seven, or even to eight, for you do not know what misfortune may occur on the earth” (Ecclesiastes 11:2). Although this diversification principle often relates to investing, it also is helpful regarding the value in diversifying your activities.

© 2026, *Unconventional Business Network*. Adapted with permission from “UBN Integrity Moments”, a commentary on faith at work issues. Visit www.unconventionalbusiness.org. UBN is a faith at work ministry serving the international small business community.

Reflection/Discussion Questions

1. Do you find joy in your work? Or is your job a “necessary evil” that you tolerate so you can maintain your desired lifestyle and enable you to pursue activities you really enjoy? Explain your answer.
2. We often use the terms “happiness” and “joy” interchangeably. But is there a difference between the two? If so, what do you think it is?
3. The comparison is made between “passive pursuits” and “active pursuits”? Is it necessarily wrong to engage in passive pursuits at times? How can we find a proper balance between the two types of activities?
4. How does – or should – one’s spiritual beliefs influence the joy we experience, whether through our work, our time with family and friends, or in personal pursuits? Do you find joy in knowing that when you enter the marketplace, you are doing so as an ambassador of Jesus Christ, according to 2 Corinthians 5:20?

Challenge for This Week

Take time this week to consider the three aspects cited in this Monday Manna for experiencing a fulfilling life – achievement, meaningfulness, and joy. On a scale of 1 to 10 for each, how would you rate them? Focus particularly on joy. Do you feel you are finding genuine joy in your work and your life in general?

To help you in this evaluation, ask a good friend, mentor, or some trusted advisors and invite them to offer their perceptions about whether they see joy being evident in your life.

NOTE:

If you have a Bible and would like to read more, consider the following passages: Psalm 5:11-12, 95:1-7, 100:1-3; John 15:9-11; 1 Thessalonians 5:16-18; James 1:2-4

香港工商基督徒協會 (CBMC Hong Kong Ltd)

地址：香港上環禧利街2號東寧大廈11樓1102室 Tel: (852) 2805-1923

Email: enquiry@cbmc.org.hk Web: www.cbmc.org.hk

支持本會使命，服侍工商界及職場，請下載奉獻表格

<https://www.cbmc.org.hk/file-download.html>
