

9 to 5 Faith

Does What I Do on Monday Actually Matter to God?

The Tension

Church feels sacred. Work feels secular. That divide has trained us to believe that faith is something we practice on Sundays and set aside on Mondays. But what if that's a lie? What if God cares as much about how you handle a spreadsheet, serve a customer, or lead a meeting as He does about how you worship on Sunday morning? Scripture says He does—because He invented work before sin ever entered the world.

The Text

Primary Passage: Colossians 3:23–24

Supporting Texts: Genesis 1:28; Genesis 2:15; Ephesians 6:5–9; 1 Corinthians 10:31

Key Truth

Work is not a result of the fall—it is part of God's original design. Before sin entered the picture, God gave Adam meaningful work to do (Genesis 2:15). When we work with integrity and purpose, we reflect the image of a God who works. There is no secular work for a sacred person.

Discussion Questions

1. Do you view your job as ministry, or as something you endure between Sundays? What shaped that perspective?
2. Genesis 2:15 tells us God placed Adam in the garden to “work it and keep it”—before the fall. What does it mean that work was part of paradise, not a punishment?
3. Colossians 3:23–24 says to work “heartily, as for the Lord and not for men.” How does that change your approach on the days when work feels meaningless or frustrating?
4. How do you handle ethical tension at work—pressure to cut corners, gossip, compromise honesty, or prioritize profit over people? Can you share a specific example?
5. What does it look like to be “salt and light” (Matthew 5:13–16) in a workplace where faith is either irrelevant or unwelcome?
6. If someone watched how you work for a week but never heard you talk about your faith, would they see anything different about you? Why or why not?

The Takeaway

Identify one specific way you can treat your work as worship this week. It might be how you treat a difficult coworker, how you handle a mundane task with excellence, or how you speak about your employer when they're not in the room. This is where Monday meets Sunday.

Personal Reflection

Where am I most tempted to separate my faith from my work? What would change if I truly believed God was my audience in every task?

My Notes
