

## **STRATEGIES FOR STRESSFUL TIMES**

Kelly Walter | April 29-30, 2023

Week 4: How to Make the Most of Your Work

The LORD God took the man and put him in the Garden of Eden to work it and take care of it. Genesis 2:15 NIV

“Cursed is the ground because of you;  
In toil you will eat of it all the days of your life.  
Both thorns and thistles it shall grow for you;  
And you will eat the plants of the field;  
By the sweat of your face you will eat bread,  
Till you return to the ground, Because from it you were taken;  
For you are dust, And to dust you shall return.”

Genesis 3:17 NIV

Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away...

Revelation 21:1 NIV

### **1. WHATEVER YOU DO...**

**DO IT ALL** \_\_\_\_\_

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. Colossians 3:17 NIV

### **2. WHATEVER YOU DO...**

**WORK AT IT** \_\_\_\_\_

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Colossians 3:23-24 NIV

Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favor, but with sincerity of heart and reverence for the Lord.

Colossians 3:22 NIV

...because you know that you will receive an inheritance from the Lord as your reward. Colossians 3:24 NIV

### **3. WHATEVER YOU DO...**

**DO IT ALL** \_\_\_\_\_

Whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 NIV

“I have brought you glory on earth by finishing the work you gave Me to do.” John 17:4 NIV

Masters (employers), provide your slaves (employees) with what is right and fair, because you know that you also have a Master in heaven. Colossians 4:1 NIV

### **OUR JOB DESCRIPTION**

1. \_\_\_\_\_.

Devote yourselves to prayer being watchful and thankful.

Colossians 4:2 NIV

2. \_\_\_\_\_.

Be wise in the way that you act toward outsiders. Make the most of every opportunity. Colossians 4:5 NIV

3. \_\_\_\_\_.

Let your conversation be always full of grace, seasoned with salt so that you may know how to answer everyone.

Colossians 4:6 NIV

“Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” John 7:37-38 NIV

Jesus said, “You are the salt of the earth.” Matthew 5:13 NIV

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### **1. WHATEVER YOU DO... DO IT ALL IN THE NAME OF JESUS**

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. Colossians 3:17 NIV

### **2. WHATEVER YOU DO... WORK AT IT WITH ALL YOUR HEART**

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Colossians 3:23-24 NIV

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## **OUR JOB DESCRIPTION**

### **1. PRAY**

Devote yourselves to prayer being watchful and thankful. Colossians 4:2 NIV

### **2. BE AN EXAMPLE**

Be wise in the way that you act toward outsiders. Make the most of every opportunity. Colossians 4:5 NIV

### **3. SPEAK WITH GRACE**

Let your conversation be always full of grace, seasoned with salt so that you may know how to answer everyone. Colossians 4:6 NIV

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# STRATEGIES FOR STRESSFUL TIMES

HOW TO MAKE THE MOST OF YOUR WORK  
Talk-it-Over Notes | April 29-30, 2023

## REVIEW IT

You will spend approximately forty percent of your lifetime on the job. Work is not a bad thing, and it's not the result of the fall. It's actually a good thing! However, we do work in a fallen environment, and many things can get in the way of enjoying a job. Work is good, but because of sin, work is hard.

The Bible identifies three powerful attitudes that can transform our work:

1. Whatever you do... Do it all in the name of Jesus
2. Whatever you do... Work at it with all your heart
3. Whatever you do... Do it all for the glory of God

**Spend some time in the Bible: Colossians chapters 3 and 4**

## TALK ABOUT IT

1. Whatever you do... Do it all in the name of Jesus. How would asking, "What does Jesus want me to do in this situation" help you make the most of your work?
2. Whatever you do... Work at it with all your heart. How would asking, "Who is it I'm ultimately working for?" help you make the most of your work?
3. Whatever you do... Do it all for the glory of God. How would directing your attitude toward God getting the glory help you make the most of even mundane work?

## ACT ON IT

In Colossians chapter 4 we get the job description for a Christian on the job...

1) Pray. 2) Be an example. 3) Speak with grace.

*Devote yourselves to prayer, being watchful and thankful. <sup>3</sup> And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. <sup>4</sup> Pray that I may proclaim it clearly, as I should. <sup>5</sup> Be wise in the way you act toward outsiders; make the most of every opportunity. <sup>6</sup> Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. — Colossians 4:2-6*

"Christians are not to find meaning in their jobs. They are to give meaning to their jobs."  
How can this job description help bring meaning to your work?

## PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.