

CALM

FINDING INNER PEACE IN LIFE'S CHAOS

3. WORK STRESS

ICEBREAKER



If this is a new group or there are new people, please take a moment to **introduce yourselves**.

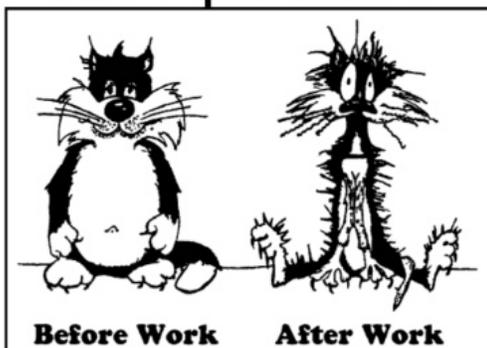
To start off your small group, briefly share your response to the following question:

**Growing up, what was your dream job?
What is your dream job now?**

Share with your group.

WHAT TO EXPECT

Workplace Stress: An Epidemic



Let's get a big picture of what we'll be learning today...

Let's be honest, work is hard. And it can easily rob us of our calm. We can either change our jobs and still experience stress, or change our perspective. When we decide to do the second, we can reclaim our calm and find out how God wants to use us daily to change the world!

Please press play on the DVD to begin the video

VIDEO NOTES

I can reclaim calm at work when I:

#1 Discover my _____ and make a _____ with my life.

#2 Realize my _____ is my _____.

#3 Work for _____, not _____.

Additional notes:

(Answers: real purpose, difference / vocation, ministry location / God, people)

TIPS TO A SUCCESSFUL SMALL GROUP DISCUSSION

Tip: START & FINISH ON TIME. Doing this will show your small group that you value their time.

Tip: BE REAL, AUTHENTIC, & TRANSPARENT ABOUT YOUR WEAKNESSES & STRUGGLES. Some people in your group may be new to faith or new to small group often think there's a *right* way to answer discussion questions—or at least a few *wrong* things to say. So, they show up and listen in, but don't feel permission to say what's really on their minds. Set examples by sharing honest vulnerable answers. Sharing with a level of vulnerability sets the tone and gives permission for everyone—regardless of spiritual maturity—to respond authentically.

DISCUSSION QUESTIONS

(Optional) If you want, break into smaller groups of 2-4 for the discussion questions. Have a great discussion!

1.) Reclaiming our calm at work takes a change in perspective. But this is something we have to do daily. In other words, perspective takes preparation. Read the following passage about how we should prepare each day.

Since then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

(Colossians 3:1-2 - NIV)

This means, we are to set our minds on Jesus being the Lord, the Leader of our daily lives.

DISCUSSION QUESTIONS

What are some very practical ways we can prepare our hearts and minds each day for the day with God so we can prepare for the stresses that want to rob us of our calm? (Ex. Read God's word before work and pray through your schedule for the day, pray on the way to work, etc.)

2.) Finding true purpose at work can be helpful in reclaiming our calm in the workplace. Pastor Chris said "A career gives you something to live on, but a calling gives you something to live for."

What do you think he meant by this? Are you working so you have something to "live on" or "live for"? What can make the difference practically, at your job? (Ex. helping a coworker get better at their job, volunteering to do a food drive at work, being a mentor)

3.) No matter what job you have, you can be a minister! It's not just for pastors. You are a minister for Jesus Christ anywhere you are, including work. Minister means "to serve". Two practical ways to do that are to "find a need and fill it" or "find a hurt and heal it."

DISCUSSION QUESTIONS

What are some immediate needs at your workplace that you can fill tomorrow morning? How can you minister to those at work (ex. Pray for someone, invite them to church, do something for them)?

4.) One way to tap into God's peace at work is to remember that Jesus is the One you are really working for on your job. This can make your work worthy as you realize you're not just serving those you work with, you're serving Jesus. Read the following passage of scripture:

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)

How would your perspective be if you reminded yourself throughout the work day that you are serving Jesus and He will reward you when you do your work with "all your heart" for Him? What are some very real ways that your work can be working for the Lord?



WHAT WILL YOU DO?

Work is hard. But the right job done with the right attitude and seeing the right results is well worth the effort. This week, as you head back to work, will you commit to:

- Find a way to make a difference daily.
- Look at ways you can minister to those you work with.
- Work as if working for the Lord.

CLOSE IN PRAYER

Take a few minutes to close your time together with prayer and to pray for each other's prayer requests. Below is a sample prayer to read if you choose to. You can also choose to write down each other's prayer requests to remember throughout the week.



Sample Prayer:

“Father, thank You for the talents I have and the opportunity to use them for You and others. Would You help me find ways to be not only content with my workplace but to also look for ways to minister to those at work and work for You with all of my heart. In Jesus’ name we pray, Amen.”

Group Prayer Requests:

Name

Request

DAILY DEVOTIONS

Scriptures for the S.O.A.P. method of journaling...

Write down one of the **Scriptures** below each day. Then write an **O**bservation about it. Next write an **A**pplication of the scripture for your life and then a **P**rayer.

DAY 1:

Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.
(Colossians 3:12 - NLT)

DAY 2:

May the Lord our God show us His approval and make our efforts successful. Yes, make our efforts successful!
(Psalm 90:17- NLT)

DAY 3:

Lazy people want much but get little, but those who work hard will prosper.
(Proverbs 13:4 - NLT)

DAY 4:

So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.
(1 Corinthians 15:58 - NLT)

DAY 5:

So I concluded there is nothing better than to be happy and enjoy ourselves as long as we can. And people should eat and drink and enjoy the fruits of their labor, for these are gifts from God. (Ecclesiastes 3:12-13 — NLT)