

TREAT YO' SELF

How to Make Your Work Matter

APRIL 7, 2024

How you treat yourself matters, especially when it comes to work. No matter what you do for a living, there's a way to make that work meaningful. It's less about what you do, and more about how you do it and who you do it for.

MESSAGE NOTES AND HIGHLIGHTS

- How you treat yourself matters. Especially when it comes to work.
 - A recipe for trouble: We spend half of the hours we're awake at work, and 80% of us are dissatisfied with our jobs.
 - In most cases, you don't need a new job. Your job needs a new you.
 - Work is part of God's design and desire for us, and we were created to be responsible.
 - Even so, I have noticed one thing, at least, that is good. It is good for people to eat, drink, and enjoy their work under the sun during the short life God has given them. | Ecclesiastes 5:18
 - What is the purpose of work?
 - Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. | Colossians 3:23
 - It's not what you do that matters most. How you do it and who you do it for matters most.
 - Who do you work for? For followers of Jesus, no matter what we do, we do it for God.
 - Your boss may have hired you at work, but it's God who created you for work.
 - How different would things be if you went to work tomorrow and did your work for God?
 - The most important thing you bring to your job every day is your energy.
 - God wants your life to be a reflection of what he's like.
 - One of the primary purposes of your life at work is to show that God is at work in your life.
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DISCUSSION QUESTIONS

1. How do you feel about the work you do now?
2. Is work good for us? If yes or no, in what ways?
3. If we accept the challenge that one of the primary purposes of our work is to show that God is at work in us, what would that look like in the workplace? What qualities or traits should people see in a follower of Jesus at work?
4. What's something you do well at work to show that God's at work in your life? What's something you think you can focus on this week to improve?