

MADE FOR MONDAYS – PART 4: ANTI-WORK

Introduction: Sometimes work goes wrong. Maybe you've found yourself surrounded by unhealthy work practices? Maybe you're working in ways you don't feel prepared for or interested in? Maybe you love your work, but it is constantly exhausting and you never seem to get any rest. Work can go wrong in many ways, but how do we get back on track? How do we make Mondays fulfilling again? Let's discover some great practices to do just that.

ICE BREAKERS

- ☐ What's the most difficult work you have had to do?
- ☐ What is a job that you wouldn't do for any amount of money? Why not?

EXPLORE

Work can go wrong in a variety of ways. What warnings or lessons do these writers have for us when it comes to our work and maintaining a healthy perspective.

- ☐ Read Genesis 1:26-27; 2:16-17; and 3:9-10
 - Once Adam and Eve chose to distrust God and become selfish in their desires, what was their reaction to God's presence?
- ☐ Read Exodus 31:1-5
 - How has God been guiding in Bezalel's life to this point? What do you think that looked like for him?
- ☐ Read Genesis 2:2-3 & Hebrews 4:9-10
 - What does the writer of Hebrews say about how our work should be like or different than God's?

DISCUSSION QUESTIONS

- ☐ Describe a time when you felt like work had gone wrong in some way for you. What do you think were the things that brought you to that point?
- ☐ What are some areas of work that are undoubtedly outside of God's call in our lives? Can you think of any that might be more difficult to determine?
- ☐ What passions, wisdom, understanding, knowledge, or skills (*Exodus 31:3*) has God developed in you that you use regularly at work today? What area do you notice God is still growing you the most?
- ☐ Do you pursue your rest and your family with the same passion you pursue your work? What makes it easy or difficult to do?
- ☐ What kinds of things make you feel valued? Do they lead you to unhealthy habits or to healthy ones?
- ☐ What next steps could you take this week to more passionately pursue both work, family, and rest? How could this group help?

PRAYER & PRACTICE

Some areas where work goes wrong can be obvious, such as outright sinning at work. Others can be more difficult, such as working in an area that God has not called you to. But most of us can relate to the challenge of passionately pursuing rest, family, and work in our lives. Take this opportunity to plan a time or rest as a group! Maybe an outing, or even a weekend away together! It can be a great time to support one another in building new, healthy habits. Then pray for one another's passion and work lives.

