

BENEATH THE SURFACE

WORKAHOLISM || CONVERSATION GUIDE

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Sermon Recap:

This week, we're continuing our Beneath the Surface sermon series and exploring workaholism. Hard work is a gift from God, until it turns into a god. When we put our worth in our jobs, hustles, and careers, we experience the detrimental effects of workaholism – physically, mentally, and spiritually. However, with the Spirit's power, there is hope. Work can become worship when we follow His Kingdom example and rest in the work Christ has already done for us. In your small groups, discuss how you can encourage and support each other as we move beyond the temptation to put our worth in our work.

Discussion Questions:

Upward

- Read John 15:5. What does it mean to abide, or remain, in Christ?
- How does abiding offer us a better way to work?

Inward

- Read Matthew 4:19. In this verse, two fisherman, Peter and Andrew, were invited to leave behind their work behind and follow Jesus to embark upon the ultimate work. What is God asking you to leave behind to follow Him? If you don't know, ask Him to guide you.
- One of the ways we can keep from buying into workaholism is by resisting the culture of performance through keeping the Sabbath. How does the Sabbath invite you to rest in Christ?
- What does your Sabbath look like?
- If you do not yet practice the Sabbath, share how you can implement rest into your week.

Outward

- When we see our loved ones (perhaps a spouse, parent, friend) make work their god, how can we, as the Church, love them compassionately? Discuss how you can hold a loved one accountable without judgment.
- If we become workaholics, we often find we don't have time to love those around us. It may be difficult to find time to care for others when we are consumed with our work. In Christ, we know people are more important than what they can produce. How can you prioritize people this week over what you produce?

Prayer:

Jesus, You have done the hard work. We praise You because You go before us and invite us into Your Kingdom where we don't have to strive. Instead, we get to abide. We get to rest. Thank you for being patient and kind with us as we run the race before us. Teach us to keep our gaze on You as we work for Your Kingdom. May the work of our hands be from acceptance rather than for acceptance. May we learn to rest in You. In Your name, amen.

Soul Tattoo:

Rest in the work of Christ so you can truly work.