



A Week of Faith @ Work



Practical Ideas for Practicing God's Presence @ Work

“Think of God as often as possible. Accustom yourself, by degrees, to this small but holy exercise. No one sees it, and nothing is easier than to repeat these little adorations all through the day.”

Brother Lawrence

A Week of Faith @ Work Challenge

Welcome to another day at work! God's word says, *Because of the Lord's great love, we are not consumed, for His compassions never fail but are new every morning* (Lam. 3:22-23). Today does not have to be another frustrating and difficult workday. God's mercies are new every morning and He wants to help you to make your work a fulfilling act of worship today!

Our hope for the **Week of Faith @ Work Challenge** is that you will find new ideas to help you experience God's presence at your work each day. Experiment and persevere to discover what is most helpful for you.

Commitment

I, commit to taking the **Week of Faith @ Work Challenge** and will focus on practicing God's presence at work this week.

Signature

Date

Using the *Week of Faith @ Work Guidebook*

This guidebook has been developed to give you some ideas on how you can pay attention to God and make space for Him during your workday.

The *first part* is divided into three sections:

- 1. Beginning Your Workday With God**
- 2. Remembering God During Your Workday and**
- 3. Ending Your Workday With God.**

Several ideas are provided in each section to help you Practice God's Presence @ Work. It's up to you how you want to do them. You may find it helpful to try a different idea under each section every day, or you may want to repeat exercises you find helpful or you may want to try them all!

The *second part* has suggestions on **Dealing With People @ Work**.

TAKE NOTES in the blank pages provided for you at the end of this guide. Take time each day to write down your thoughts and feelings throughout the work week. Journal about the things that haven't gone well, things that have been helpful and anything else you've learned. Writing down your thoughts will help you to express your experiences more concretely and give you helpful insights you can continue to process as part of your personal growth.

BEGINNING YOUR WORKDAY WITH GOD

- **Spend time in prayer.** Tell God how you're feeling this morning. Are you anxious? Stressed? Tired? Annoyed? Excited? Be honest with yourself and with God. God promises to give you grace to meet any situation and strength to help you through. Have you recognized your need for God today and asked for his help?
- **Ask God to make you effective and successful in your work today.** The Apostle Paul reminds us that ultimately we are serving God through our work and so excellence in our work glorifies Him (Col. 3:23-24). Ask God to give you a good attitude at work and help you with any challenges you may face. Ask God to help you partner with Him in your work throughout the day.
- **Centre yourself in God's presence.** Meditate on a Bible promise or a statement about God's faithfulness and goodness and claim it as a truth you will acknowledge today. For example, you could meditate on the statement, *New every morning is your love and all day long you are working for good in the world.* Reflect on your workday ahead – your activities, responsibilities, relationships, decisions – and place them in the context of God's presence with you and His promises for you. Imagine what your day could look like with God's help.
- **Do a slow and prayerful reading of scripture.** *Lectio Divina*, Latin for “divine reading” is a centuries-old method of prayer and scripture reading intended to promote intimacy and attentiveness to God's word in the believer's life. You can try this by:
 - Reading a short passage slowly.
 - Open your heart to God and ask Him to speak to you.
 - Reflect on the text considering how it applies to your life. Identify any word or phrase that seems to stand out for you – is God speaking to you through this?
 - Continue reading the passage slowly several times, each time asking God to give you insight on that particular word or phrase and how it might apply to your life.
 - Respond to the message you feel God has impressed in your heart through prayer.

You could try *lectio divina* with this passage from Jeremiah 17:7-10.

"...Blessed is the man who trusts in the LORD,
whose confidence is in him.
He will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."

The heart is deceitful above all things
and beyond cure.
Who can understand it?

"I the LORD search the heart
and examine the mind,
to reward a man according to his conduct,
according to what his deeds deserve."

REMEMBERING GOD DURING YOUR WORKDAY

- **Consider whether your work area helps remind you that you are partnering with God today.** Symbols in your workplace can be a great way to cultivate a greater awareness of God's presence throughout your day. Throughout the Bible, God commanded his people to use symbols to remember his faithfulness and promises. Here are a few ways you can try doing this:
 - **Write a single word on a piece of paper to remind you what you're asking God to help you with today.** You might use a word like *peace*, or *wisdom*, or *strength*.
 - **Write a notation of a relevant scripture verse.** You could write "3:23" to remind you of Colossians 3:23 which says, "*Whatever you do, work at it with all your heart, as working for the Lord.*"
 - **Carry a symbol with you throughout the day.** For example, a small stone in your pocket could be a reminder that your life is built on the unshakable foundation of Jesus the Rock and so your work is secure in his care.
- **Take breaks to refocus on God.** Your soul is like a battery. Throughout the day, activities, people and challenges will drain you and so it's important to take a break from work and recharge your soul. Allow yourself to enjoy God's presence - thank Him for how He's carried you through the day and reflect on His love and purposes for you.
- **Pray throughout the day.** Just tell God how you're feeling and ask for His perspective on your work situation. You can also try praying the following prayers slowly and reflectively:

The Lord's Prayer

Our Father, who art in heaven,
Hallowed be thy Name.
Thy kingdom come.
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
for ever and ever.
Amen.

Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

- **Offer ‘Breath Prayers’ to God over and over.** The Apostle Paul urges Christians to “pray without ceasing” (1 Thess. 5:17). One way Christians have done this throughout the centuries is by praying breath prayers. Choose a simple phrase or Bible verse that can be repeated in one breath. Pray it as you breathe in and try continuing this for awhile until it becomes rooted deep in your heart. Some examples of breath prayers you can pray:
 - “The Lord is my Shepherd” (Psalm 23:1)
 - “Be still and know that I am God” (Psalm 46:10)
 - “Give thanks to the Lord for he is good” (1 Chronicles 16:34)
 - “The joy of the Lord is [my] strength” (Nehemiah 8:10)
 - “Father glorify your name” (John 12:28)
 - “My God will meet all your needs” (Philippians 4:19)
 - “Speak Lord, for your servant is listening” (1 Samuel 3:9-10)
 - "Lord Jesus Christ, Son of God, have mercy on me, a sinner." (The Jesus Prayer)
- **Reflect on how your prayers have been answered.** Has God answered any of your prayers today? Have you noticed God changing your heart and attitude through your prayers? Have you been quick to pray when a challenge arose? Observe and write down your thoughts. Consider these words from Brother Lawrence:

“A little lifting up of the heart and a remembrance of God suffices. One act of inward worship, with prayers which, however short, are nevertheless very acceptable to God.”

ENDING YOUR WORKDAY WITH GOD

- **Review your workday honestly before God.** Consider what you’ve done well and enjoy your accomplishments declaring them *to be good*. Thank God for helping you throughout the day. Consider also those areas where you’ve fallen short. Don’t beat yourself up over them but be assured of God’s grace and his desire to give you strength to do better tomorrow.

“When I fail in my duty, I readily acknowledge it, saying I am used to do so. I shall never do otherwise if I am left to myself. If I do not fail, then I immediately give God thanks, acknowledging that it comes from Him.” Brother Lawrence

- **Ask God to help you leave work behind you as you enter fully into home life.** Don't allow work to overflow its proper boundaries in your life. Ask God to help you be present and attentive to your loved ones.
- **Write down in the following pages your thoughts and feelings from the day.** In what ways did you Practice God's Presence @ Work today? How did it go? What difficulties did you encounter? What did you learn?

DEALING WITH PEOPLE @ WORK

- **Be a "Jesus-whisperer".** This is a very simple but powerful practice involving saying the name of Jesus quietly in your spirit as you encounter people in your workplace throughout the day. As the great missionary statesman Frank Laubach once wrote:

We whisper "God" or "Jesus" or "Christ" constantly as we glance at every person near us. We try to see double as Christ does. We see the person as he is, and the person Christ longs to make him. Perhaps there is no finer ministry than just to be in meetings or crowds, whispering "Jesus," and then helping people wherever you see the opportunity.
- **Make regular 'deposits' in your 'relational bank'.** Relationships take time to develop. They also require intentionality and effort on your part. You make a deposit in your relationships when you greet people at work in ways that make them feel special or when you do simple acts of service for them or when you encourage them as a friend. What opportunities do you have today to build into your relationships at work?
- **Look for opportunities to share your faith with others.** The Bible says in 1 Peter 3:15, *Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...* Are there opportunities to share about your church activities and friends? Is there something God's been teaching you that could be relevant to someone at work? Can you offer to pray for someone? There is a reason and purpose that God has placed you in your work situation and part of it involves sharing God's love in your workplace.
- **Remember that "School's in session."** You may deal with several difficult people at your work each day. Life is God's school for you and that difficult person at work could be your lesson plan. What can you learn about yourself here? What can you learn about patience? About loving those who are difficult to love? It's important to remember that God loves you and I despite how hard to love we can be at times. "School's in session" and that difficult person at work could be part of God's plan to teach you how to love like Jesus loves.
- **Pray!** Pray for your colleagues. Pray for your relationships with them. Pray for your attitude towards those who are especially difficult. God is in the Life-Change business

and only He can change people's hearts, including yours. Confess any challenges with difficult people you face and ask God to give you the love and patience you need.