

## **From Stress to Rest: My Job**

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*“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you and let Me teach you because I am humble and gentle and you will find rest for your souls.’”* Matthew 11:28-29

*“So I decided there is nothing better than to... find satisfaction in work. Then I realized that this pleasure is from the hand of God.”* Ecclesiastes 2:24

### **5 GODLY ACTIONS TO DEFEAT THE 5 JOB STRESSERS**

**JOB STRESSER #1:** “I don’t know what to do with my life.”

**ASK** \_\_\_\_\_.

*“If you need wisdom – if you want to know what God wants you to do – ask him, and he will gladly tell you. He will not resent your asking.”* James 1:5

**JOB STRESSER #2:** “I feel like a failure when I don’t succeed at my job.”

**SEPARATE** \_\_\_\_\_.

*“So I turned in despair from hard work. It was not the answer to my search for satisfaction in this life.”* Ecclesiastes 2:20

*“For we are God’s masterpiece, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* Ephesians 2:10

**JOB STRESSER #3:** “I hate my job.”

**DO** \_\_\_\_\_ **AND LOVE** \_\_\_\_\_.

*“Whatever presents itself for you to do, do it with all your might.”* Ecclesiastes 9:10

*“His master replied, ‘Good job! You’re a good and faithful servant! You proved that you could be trusted with a small amount. I will put you in charge of a large amount. Come and share your master’s happiness.’”* Matthew 25:23

**JOB STRESSER #4:** “I work too much and I’m burnt out.”

**KEEP** \_\_\_\_\_.

*“You have six days in which to do your work, but the seventh day is a day of rest dedicated to me.”* Exodus 20:9-10

**JOB STRESSER #5:** "I don't feel like my job matters."

**LOOK** \_\_\_\_\_.

*"In all the work you are doing, work the best you can. Work as if you were doing it for the Lord, not for people." Colossians 3:23*

**APPLICATION ZONE:**

*"It is not that we think we can do anything of lasting value by ourselves. Our only power and success come from God." 2 Corinthians 3:5*