

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



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Taking God To Work
The Keys To Lasting Success

GROWTH GUIDE

Handout: 10/29/17
Study: 11/5/17

What To Do When Your Work Is Driving You Crazy

Being Anxious for Nothing

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you” (Philippians 4:6-9).

Henry read the sermon’s key Scripture passage, Philippians 4:6-9. It was as if the verses were written in another language. Almost every minute of his life was filled with one type of stress or another. His work was challenging and his boss demanding. Though he stayed late at least twice a week, he could never seem to stay ahead of his workload. Although the pay was below industry norms, Henry preferred the familiar people and setting of his current job.

At home, he faced different kinds of pressures. His wife and young children had many needs and wants. New school clothes, a larger bed for Cynthia: the list kept growing. Mostly, they wanted him home and present with them mentally. The forty-five-minute commute added to his time away from them, but Henry had come to appreciate the chance to decompress from work. He often listened to sports talk radio or a jazz station that played familiar hits.

“Honey, I’m home. What’s for dinner?” Henry slipped off his jacket and headed for the kitchen.

“Oh hi, dear. I am just getting started on dinner. What a day, I’ve had. The cable man took forever to get here and longer to hook up the internet wi-fi. I had to pick Cynthia up from band practice after school. By the time I got the other two loaded in the car and made it over to there, she was standing out front tapping her little foot on the sidewalk.”

“Helen, why don’t we go out to eat. Maybe something not too expensive like Panera Bread.”

“Hold on, Henry. We have a budget and blowing \$50 on Panera Bread tonight isn’t going to make our bills go away. I can get this pasta and salad on the table pretty quick. Why don’t you get the plates and silverware out? That will speed things up.”

Henry sighed heavily and walked to the cabinet which held the dinner plates. He knew she was right. Their biggest budget buster was eating out too often. With three children, even fast food was pricey. Add in their desire to eat healthier, the cost mounted up. Cynthia’s mention of their budget made Henry feel like he wasn’t providing well enough. Although his job was comfortable, maybe he could earn more at another employer? Maybe it was time to get serious with God about his job, his career and how best to provide for his family.

KEY VERSE

Philippians 4:6

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” NKJV

WEEKLY READINGS

Monday: Philippians 4:6-9

Introduction

1. What makes you anxious about work?
2. How can prayer help relieve stress?
3. What is the value of adding thanksgiving to prayer?

Tuesday: Luke 12:25-28; James 1:5-8

Trust God

4. What does Luke say about the value of worrying?
5. What is the relationship between stress and faith?
6. How can God’s willingness to give us wisdom bring comfort from anxiety?

Wednesday: 1 Thessalonians 5:16-18; 1 Peter 5:6-7

Pray Continually

7. How often should we pray according to the letter to the Thessalonians?
8. God cares for us. How can you cast your cares upon Him?

Thursday: Proverbs 23:7a; II Corinthians 10:5

Think Correctly

9. Why is it important to manage our self-talk?
10. How do negative thoughts about yourself or about your situation cause stress?
11. What should we do if unhelpful thoughts come to mind?

Friday: Proverbs 13:15; Romans 5:1-5

Obey God

12. If disobedience causes stress, how can we avoid stress?
13. Our justification is by faith. How can this bring peace into our situations at work?
14. What are some steps you can take this week to reduce your stress?