



UNDERSTANDING WORK

INTRODUCTION and PREPARATION

Before we immerse ourselves in this study, let us first prepare our hearts, minds, and reflect on our previous experience of living **R = 6 + 1**.

Take 2-3 minutes to simply sit quietly, slow your breathing, allow yourself to connect presently with God and yourself. Consider transitioning from this time of quiet by saying a simple prayer like, "Lord, thank you for this gift of time to remember you, seek you, and to grow more fully toward you as I learn to live in your desired rhythms."

RECAP: Take a few minutes to review your previous +1 Day and **+1 Day Planner**.

Describe your experience of your last +1 Day.

What worked well?

What about it was life-giving for you (and your family, if applicable)?

Where did you experience dissonance, challenge, or frustration?

What adjustments will you make to live more fully in your next +1 Day?

STUDY FOCUS FOR THIS WEEK: **UNDERSTANDING WORK**

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

—Colossians 3:17

READ (or re-read) the **UNDERSTANDING WORK DEVOTIONAL**
[CLICK HERE](#)

UNDERSTANDING **YOUR** WORK

Based on the devotional, create a definition of work.

What is the work you do every day?

Where do you find joy in work in this season of life?

What drains you or what do you struggle with when it comes to work? Why?

How do you react to the idea that ALL work is good and can be an act of worship—breaking down the distinction between sacred and secular work?

How does reframing the definition of work bring significance to your work?

Write a short paragraph describing how your work contributes to the goodness of others, society, creation, or the world in general.

Reflect on Colossians 3:17. As you think about your work, perhaps you will hear the words, “Well done good and faithful servant. You have been faithful in the work I have given you to do and it matters.” (Paraphrase from Matthew 25:14-30)

Stop measuring days by degree of productivity and start experiencing them by degree of presence.

—Alan Watts

REFLECTION AND APPLICATION

In one sentence, what do you observe as the Big Idea of this week’s study?

What challenged you from this session?

What will you do with the insights and learnings from this session?

What are you called to do or how will you respond to this session?

PRESSING FORWARD

- Complete your next **+1 Day Planner**.
- Complete the next session in the study guide and interact with the reflection questions.