

Rest and Work – Week 2 Small Group Questions

Opening Prayer

Ice Breaker

1. If a stranger asked, "So, what do you do?" — how much of your sense of identity is wrapped up in your answer?
2. What's the most "ordinary" job you've ever had, and did you ever think of it as meaningful?

Discuss

Main Scriptures: Colossians 3:22-24, Genesis 2:15

1. Pastor Ryan said, "Your workplace is not an interruption to God's plan for your life. It is part of God's plan for your life." Do you tend to see your work as spiritual, or as something separate from your faith? Why?
2. Read **Genesis 2:15**. Work existed before sin entered the world. How does knowing that work was part of God's *good* design — not a punishment — change the way you think about a hard Monday?
3. Pastor Ryan pointed out that the Hebrew words for Adam's work in the garden ("work" and "watch over it") are the same words later used for the priests serving in the tabernacle — meaning Adam's labor was itself an act of worship. Does it change anything for you to think of your job as a form of worship rather than just a paycheck?
4. Read **Colossians 3:22–24**. Paul is writing to slaves — people with no legal power over their own lives — and tells them their work can be offered to Christ "from the heart." If Paul could say that to slaves, does that make you stop to think about how you see your work when you might be tempted to see it as meaningless or beneath you?
5. "So many of us spend our lives chasing approval — especially from those in authority over us... when Christ becomes your true Master, the question shifts. It's no longer 'What do people think of me?' It becomes 'Did I honor Jesus today?'" Whose approval have you been quietly working for? What would change if Jesus were the only audience you were trying to please?

6. Pastor Ryan said, "Integrity isn't about what you do when people are watching — it's who you are when no one is." Where is it hardest for you to maintain that kind of consistency — at work, at home, online?
7. Read **Matthew 5:16**. Jesus says our good works should point people to the Father — not to draw attention to ourselves, but through consistent, quiet faithfulness. Has anyone ever noticed something different about your life and asked you why? How did you respond?
8. Paul tells the slaves he's writing to that they will "receive the reward of an inheritance from the Lord" — a stunning promise to people who legally couldn't inherit anything. How does knowing that God measures faithfulness, not titles or success, change how you'll approach your work this week?

Practice

This week, choose one specific task at work, school, or home and consciously offer it to Jesus before you do it — not to earn approval, but as an act of worship. At the end of the week, be ready to share what shifted in your heart when you saw that task as service to Christ rather than just a task to check off.