

May 23/24, 2009
Fulfilling Vocational Management

Is your work a source of joy or stress in your life?

A. How excited are you to get to work in the morning?

B. How much do you enjoy what you do for its own sake rather than for what it gets you?

C. Do you have a sense of mission in what you do? That you are making a difference?

On average you will spend approximately 40% of your waking hours at work. That means you are either spending a significant portion of your life feeling fulfilled or deeply frustrated.

Stress Defined – The response of our sympathetic nervous system to a perceived or actual threat. It's not the external circumstances that cause stress, it is always our internal response to external forces.

How do you find satisfaction in your work? – It is a choice

Ecclesiastes 2:22-26a – *So what do people get in this life for all their hard work and anxiety? Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless. So I decided there is nothing better than to enjoy food and drink and to find satisfaction in work. Then I realized that these pleasures are from the hand of God. For who can eat or enjoy anything apart from Him? God gives wisdom, knowledge, and joy to those who please Him.*

The Key: fulfillment in your work comes from how you do what you do!

1) Know where your sense of value comes from.

Ephesians 2:10 – *For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things (good works) He planned for us long ago. Psalm 139:13-14; 1Corinthians 6:19-20*

2) Focus on who you are really working for.

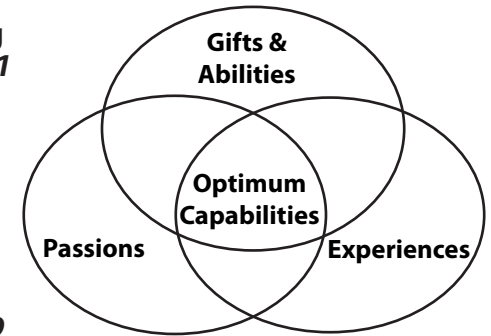
Colossians 3:17 – *“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.” 1 Corinthians 10:31; Ephesians 6:5-8*

3) Align your work with your optimum capabilities.

A. Gifts and Abilities – tell us what we should be doing to impact others. **1 Peter 4:10-11**

B. Heart Passions – lead us to where, when and to whom we should be impacting.

Proverbs 4:23 – *Guard your heart above all else, for it determines the course of your life. Proverbs 27:19*



C. Life Experiences – tell us how we will be impacting others, in our own unique way.

Philippians 1:12 – *Now I want you to know, brothers, that what has happened to me has really served to advance the gospel.*

Your Optimum Capabilities are determined based on where the three elements overlap. You need to be working in this “sweet spot” 60-70% of the time to be vocationally fulfilled.

4) Be purposeful in your work, and do it well! Purpose creates a destination or goal beyond one's self-interest to invest focused energy; it drives our full engagement. Ephesians 5:16-17; Ecclesiastes 9:10

If you choose, Christ can help you find the fulfilling vocational management that blesses you and glorifies Him!

Ecclesiastes 2: 26a – *God gives wisdom, knowledge, and joy to those who please Him.*

Discussion Questions:

1) Is your job a source of joy or stress? Why?

2) Do you view your work as for your earthly boss or for God? If it was for God explain what that would look like for you.

3) Do you know what your optimum capabilities are? Are you working in these capabilities? What action could you take to help you define and/or align your work to these capabilities?

4) Do you have purpose in your work beyond self-interest? What adjustments could you make to increase the power of purpose in your work?