

3. What was Jesus default behaviour when under pressure?
(Prayer to his Father. Note: three of the seven sayings from the cross were prayers.)
4. Where do most people find their sense of identity and worth at work? *(This could include status, achievement, hours worked, earnings, qualifications)* What happens when these things are threatened or gone? eg – redundancy, ill health, injustice, lack of appreciation. Where should a Christian find their identity and worth? *(The fact that we are created, loved and adopted by the Father)*
5. Where might your sense of security lie when you work? Is it from your employer, talents, intellect or assets? Read Eph 2 v10. How does this equip you to face uncertainties?
6. How do you decide what is right, wrong or wise? Jesus' value system can be summed up in Luke 22 v42b. How might this help you deal with stress?
7. Jesus had every right to be angry, yet he chose to forgive them – even though they neither deserved nor asked for it. Who is your “them”? *(Note: this could be parents, spouses, children or even themselves. Perhaps look at how unresolved issues with those closest to us can impact our work lives. eg. An employer says or does something that reminds you of a parent)*
8. Read Luke 9 v23. Looking back on what has been discussed, how can we put it into practice every day?