

Week One

“Father, forgive them, for they do not know what they are doing.”

Introduction

Although this study is called a work talk, please emphasise to your group that this does not necessarily just mean paid employment.

Throughout the next six weeks we will be looking at Jesus at work, especially on the last day of his human life, to learn how he handled the issues that we face every day. Jesus work was to do the will of the Father (John 4.v34) which resulted in and culminated with his death on the cross (John 17 v4). This first week looks at how he handles personal pressure and stress.

Questions

1. What kind of stress do you experience on a daily basis when working? How does this affect you emotionally, mentally and physically?
2. Stress is about perception (how you interpret things), reacting to internal beliefs, anger, reacting to change and a physical reaction. Look at the table highlighting the pressures and stresses in Jerusalem between Palm Sunday and Good Friday. Discuss the reactions of the individuals involved. Do you recognise any of these reactions in your own situation?