

Week Five

“I am thirsty.” John 19 v28

Introduction

This week we will be looking at how to be authentic and express the person God created you to be. The temptation to be unreal at work is enormous. We put on an act and deliver lines for whoever is in charge. However, this can damage us; the tension of maintaining this act can tear you apart or rob you of work satisfaction.

Questions

1. What does this quote reveal about Jesus? (*He was fully human, not just pretending. He never used his divine power for his own benefit despite temptation – Read Matt 4 v2-4 and Mark 15 v29-31*)
2. When Jesus said these words he was telling the truth. How is this a challenge to us in our work? (*We are to be honest and truthful even when it is difficult or uncomfortable. Read Mark 11 v 15-17 and Luke 7 v 44-45*)
3. We are also called to be honest about who we are. Think about how you portray yourself at work. Are there times when you downplay your abilities, or pretend to be able to do something you can't? Do you try and cover up your mistakes, or suppress your own feelings and emotions? What stops us from being authentic? (*The main cause is*

often fear - of not being liked, appearing incompetent, other's opinions, financial loss.)

4. Jesus has been suffering for eighteen hours before these words which disclose his struggle, otherwise he doesn't utter any words of complaint. People can suffer great pain at work, whether physical, mental or emotional. *(If those in your group reveal such problems, make time to pray with and for them.)* Read James 1 v2-4, 1 Peter 1 v 6-7, Hebrews 12 v 2 and 2 Cor 11 v 22-30. What can we learn about suffering from these passages?

5. Read Psalm 42v 1-2. What are we really thirsty for? Where might dissatisfaction at work come from? *(Contrast with Jer 2 v13)* How can we slake not only our own thirst, but also that of our colleagues? (Read Matt 25 v14)