

STUDY GUIDE F O R SERVING CHRIST IN THE WORKPLACE

Chapter Eight: Secrets of a Light Heavyweight

Groundwork

Read Chapter Eight

"We do not just hear what Jesus said to do and try to do that. Rather, we also notice what he did, and we do that too. . . . his use of solitude, silence, study of Scripture, prayer, and service to others all had a disciplinary aspect in his life."

Dallas Willard, The Divine Conspiracy

Select one sentence from Chapter Eight that, to you, best sums up the whole chapter—then copy it into the blanks below:

What questions did reading Chapter Eight leave in your mind—questions you'd like to discuss with others in your group?

1. _____ (p. ____)
2. _____ (p. ____)
3. _____ (p. ____)

Groupwork

From the book (p. 79): "I learned to work by watching my father work."

Illustrate from your own experience how you learned a skill by observing how a more experienced person did it.

John 5:19. "...the Son can do nothing by himself; he can do only what he sees his Father doing..."

Chapter Eight touches on several spiritual disciplines. Relate these to the statement (p. 79) that, "If we would learn how to do our daily work 'as to the Lord,' we must watch God at work."

*From the book (p. 81-82):
"We may even envy those in
gospel work, thinking that
such occupations would
permit more opportunity for
the soul to gaze upon God."*

Have you ever wished you were engaged in more "spiritual" work so that you could focus more attention on God? If yes, explain why. If no, explain why not.

One woman, trying to abide in Christ in her workplace, played Christian music in her workspace and papered it with Christian slogans and Bible verses. If she came to you for counsel, how would you advise her?

Daniel 6:10. "Three times a day he [Daniel] got down on his knees and prayed, giving thanks to his God..."

In your own words, summarize how the book (p. 83) explains our need to spend time alone with God even though, as believers, we are constantly "in Christ."



Three prayer times a day suited Daniel's work routines. What schedule of regular quiet times with God do you practice? And how is it working out for you?

Given your workplace, with its opportunities and limits, what place(s) are available to you for getting alone with God?

In the spaces below, describe your current use of or experience with each spiritual discipline mentioned in the book and listed in the left column.

Worship and praise (p. 84-85).

Asking Prayer (p. 85-86).

Admitting Prayer (p. 87-88).

Fasting (p. 88-89).

Embedding Scripture (p. 89-90).

Meditation (p. 90-91).

Heartwork

How would you summarize the message of Chapter Eight?

As you consider putting the counsel of this chapter into practice in your own life, what barriers seem insurmountable?

I Timothy 4:7-8. "...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Write a prayer asking God, for whom nothing is impossible, to show you how to overcome those barriers and to cultivate your own spiritual life.
