



## “Stressed Out About My Job”

### Stressed Out! Series

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10.24.21

“Then Jesus said, ‘Come to Me all of you who are weary and carrying heavy burdens, and I will give you rest. Take My yoke upon you, let Me teach you because I am humble and gentle and you will find rest for your souls.”  
Matthew 11:28-29

#### 5 biggest job stressors we face in the workplace:

- 1) I don't know what to do with **MY LIFE**.
  - God's solution: **ASK GOD** what He wants me to do.
    - “If you need wisdom and you want to know what God wants you to do, **ask Him**, and He will gladly tell you. He will not resent your asking.” James 1:5
- 2) I feel like a **FAILURE** when I don't succeed at **MY JOB**.
  - God's solution: Separate my **IDENTITY** from my **JOB**.
    - “So I turned in **despair from hard work**. It was not the answer to my search for satisfaction in this life.” Ecclesiastes 2:20
    - “For we are God's masterpiece, created in Christ Jesus to do **good works** which God prepared in advance for us to do.” Ephesians 2:10
- 3) I **HATE** my job.
  - There are 2 possible solutions to a job we hate:
    - a) Find a **NEW JOB**.
    - b) Learn to love the job I **ALREADY HAVE**.
  - God's solution: Do what **I LOVE** & love what **I DO**.
    - “Whatever presents itself for you to do, do it with **all your might**.” Ecclesiastes 9:10
    - “His master replied, ‘Good job. You are a good and faithful servant. You have proved that you could be trusted with a **small amount**. I will put you in charge of a **large amount**. Come and share in your master's happiness.” Matthew 25:23
- 4) I'm **BURNT OUT**.
  - 1) God's solution: Keep the **SABBATH** by taking **1 DAY** a week off.
    - “You have six days in which to do your work, but the seventh day is the **day of rest**, dedicated to Me.” Exodus 20:9-10
- 5) My job **MATTERS**.
  - God's solution: Look for opportunities to **SERVE GOD AT WORK**.
    - “In all the work you are doing, work the best you can. Work as if you are doing it **for the Lord** and **not for people**.” Colossians 3:23
  - If you go to work for God & not for your boss, 2 things will happen:
    - a) Stress at work will **DECREASE** because God is a pretty good boss.
    - b) Your work will become more meaningful because you're going to realize what **REALLY MATTERS**.