



Wellbeing

God's Plan For Your

Vocational Wellbeing

Date: Sunday 7th March

Speaker: Adam Pipe

Key Verses: 1 Kings 18:1-4; 1 Kings 19:1-5 & 1 Kings 19:15-21

Talk Summary:

Being clear on our life's purpose is crucial for our wellbeing whatever we do. Adam looked at work and vocation through the Big Story of the Bible. **Creation** shows us that work is part of God's good creation. Work is hard as a result of **the Fall**. God's **Rescue** plan in Jesus shows us that the work is done and we can work from a place in the finished work of Christ. **Restoration** means that work has a future in the new heavens and the new earth and we demonstrate the realities of the age to come in the way we work now.

1. **Discover Your Calling** 1 Kings 18:1-4 (Elijah and Obadiah): Need to know our own calling. God has a unique purpose for each one of us. Obadiah was at work in the world and he was faithfully using his position of influence in the political sphere to make a difference. If our work is an act of worship we should therefore do our work well with excellence (Colossians 3:23-24). You uniquely reflect glory of God in a way that no one else does (Ephesians 2:10). One of the keys to our vocational wellbeing is to work from the strengths, passions, talents and the gifts God has given us.
2. **Defend Your Wellbeing** 1 Kings 19:1-5 (Elijah & Jezebel): We can see Jezebel as a metaphor for things that oppose our success for God in our vocation. There will always be a Jezebel, a something, a person or an influence that will stress us out and seek to derail our vocation. That little message from Jezebel combined with Elijah's exhaustion lead to a disproportionate reaction. Need to engage with the Sabbath principle and work from a place of rest.
3. **Develop the Next Generation** 1 Kings 19:15-21 (Elijah and Elisha): God is saying to Elijah return to your original vocation. Some of us have engaged in a 'shadow mission'. Elijah had previously been a lone ranger but God calls him to mentor and work with Elisha who will be his successor. Some of us need to move from doing to developing. There is a generation of Elisha's looking for an Elijah to come alongside them, to recognise their calling and vocation and to invest time in them mentoring them to do even greater things than we have done.

Worship

Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.

(Small group worship resources can be found at bvc.so/sgworship)

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

If you have a time of singing you can skip the above questions but please do ask this question each week:

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

Discussion Questions (choose some which are most relevant to your group)

1. What was your 'next step' takeaway from Adam's talk?
2. How does it help you to see your work and vocation through the Big Story of the Bible?
3. Invite people to share their own vocational journey and how they discovered the gifts God has given them.
4. Obadiah experienced huge pressures working for King Ahab. What pressures do we experience in our work and our calling?
5. What are the challenges to maintaining our wellbeing in our vocation? (especially during the last 12 months of lockdown)
6. What are the dangers of finding our identity in our work?
7. How do we move from 'doing' to 'developing' (see 2 Tim 2:2)? Share how mentors have influenced you throughout your vocational journey

Witness

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invitation to?
 - 'Rooted' begins 10th March. Attendees will learn more about the Vineyard and our vision as a church, ask questions and get connected to a community that exists to see people flourish in their relationship with Jesus. More details at bvc.so/rooted

Further Resources

- "God at Work: Living Every Day with Purpose" by Ken Costa
- "Every Good Endeavour: Connecting Your Work to God's Plan for the World" by Timothy Keller
- "Work Matters" by Tom Nelson
- "Why Work?" by Dorothy Sayers ([free essay](#))
- "God at Work Conversations" ([free video discussion series](#))