

## WEEK EIGHT

# Vocational Wellbeing

### INTRODUCTION

Today we are considering vocational wellbeing. The Bible tells us God has prepared good works in advance for us to do (Ephesians 2:10). So, whether you are in paid employment or engage your energies in other ways, this subject is equally applicable. We were designed as purposeful human beings.

In this session we have input from Dr Dave Smith, author of 'God's Plan For Your Wellbeing' and originator of this series, and Jill Garrett, executive director of Tentpeg Consulting.



### Starter Questions

- How do you answer the question 'What do you do?'
- What do you think God thinks about how you use your time and energy?



### WATCH THIS WEEK'S VIDEO



### Discussion Questions

1. What does Monday morning feel like to you?
2. Describe an occasion when you felt 'I was made for this'. What energises you?
3. When have you lost motivation, what was happening and how did you turn this around? How do we keep motivated in what we do?
4. What do you do when your attitude isn't right about work?
5. Who do you invest in? How could you/do you contribute to the wellbeing of others?



### ACTIVITIES/TOOLS

1. How do you measure your success? Imagine looking back on this next year, how would you hope to have spent your time?
2. How do you celebrate the successes of others? How could you do this in the next month?
3. Complete the 'six dials' for wellbeing again and then compare them to the initial six dials on week one of this series. What has changed for you?

4. In what areas do you need to make further steps? How might you do this and who will you do this with?
5. If you have never decided to follow God with your whole life and would like to, your group leader can help you to do this and take next steps, or if you would like to explore following God they can recommend how you could do this.



### **FINAL THOUGHT**

Pray together as you end your group time. Pray for your work and any opportunities and challenges you face.