

Perfectly Yourself
Chapter 4

86,000 Hours

SYNOPSIS

The title of this chapter is “86,400 Hours,” representing the number of hours that a 40 hour a week person works from age 18 to 65. How can we view work and approach it so that we thrive?

Even before Adam and Eve ate the apple and were banished from the Garden of Eden, God placed them in the garden to “tend and till the soil.” Work is a way to develop character and our relationship with God.

*“By working hard, I develop the virtues of perseverance and fortitude;
by paying attention to the details of my work, I develop patience and responsibility;
and by working well, I develop diligence.”*

“When we work, we gain the opportunity to partner with God and this is partly why so many of us yearn for meaningful work. We yearn to participate in what God is doing in the world.”

You can bring meaning to your work by understanding that you are becoming more “perfectly yourself” by building character and working for God.

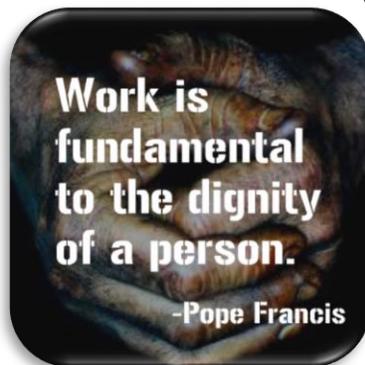
Today’s 2nd scripture reading, 1 Corinthians 10: 31-11:1, perfectly aligns with this truth. “Whether you eat or drink or whatever you do, do everything for the glory of God”.

When we do our best at work, we are becoming more like Christ in our character, give glory and honor to God, and give example and blessing to all those who interact with us because of our work.

Meaningful work is a gift from God.

DISCUSSION

1. How can you bring gratefulness and meaning into your work?
2. Do you have work that engages you passionately? If you could do anything with your life, what would you do?
3. What are you passionate about? What do you think you would be really good at and would enjoy? Is there anything that you feel you could do with your life that could really make a positive contribution?
4. What do you love to do? How can you do this for at least a couple of hours each week?



REFLECTION

Ponder how the leper came to Jesus for help. He came with faith that Jesus cared and would be willing to help. Do you believe that Jesus cares about your work? Do you believe that God wants you to be happy and thrive and enjoy the work of your hands?

If God gave you many gifts and talents and a desire for meaningful work, don't you believe that if you come to Him in prayer and thanksgiving, that He will provide a way for you to use your gifts to bless others and give Glory to God?