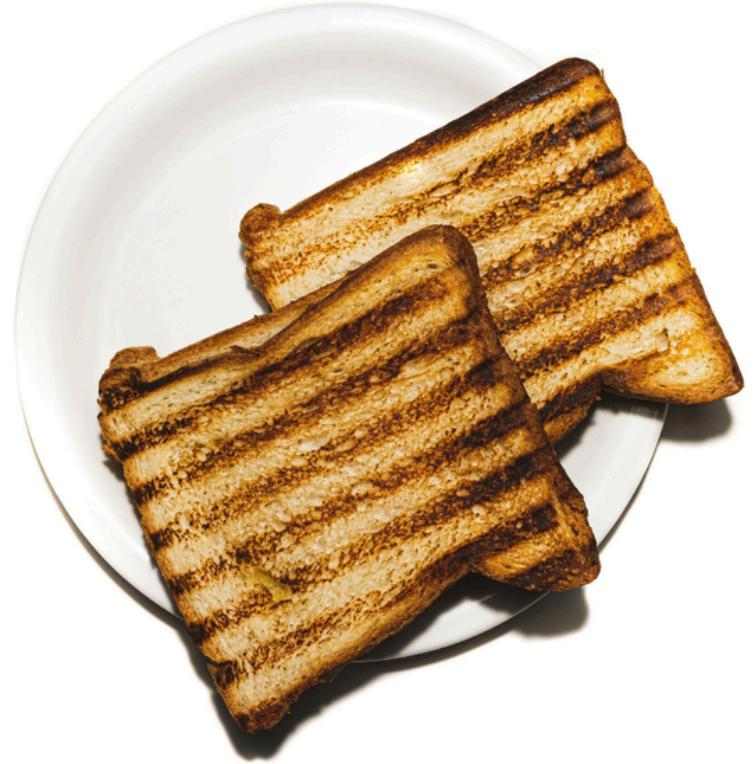


liturgy of the **ordinary**



# THE ORDINARY HABIT OF CHECKING EMAIL.

*So whether you eat or drink, or whatever you do, do it all for the glory of God.*  
- Apostle Paul

We've talked a lot the past couple years about resting & rhythms & taking intentional Sabbaths. But the flip side of God's desire for us to rest... is the fact that we were also designed for work. God doesn't command seven days of Sabbath after all, does he? And while we in America can definitely take that love of work a little too far & forgo rest completely - ultimately, humans were designed to work.

From the beginning of time (yes, *before sin entered the world!*), work allowed us to care for our bodies & our families. It can give us purpose & allow for generosity. It's a potentially unexpected avenue to know and love people of all kinds. It is by no means always easy or pleasant (that part happened *after the fall* 😂) but going into the workplace can absolutely be a holy practice.

Start small by praying before opening your inbox: *Lord, thank you for the ability to work and provide for my life. Allow me to use these interactions today as a way to love my neighbor and show your goodness.*

And after a week of working hard for the glory of God, sit back and enjoy the sweet, deep, joy-filled rest of Sabbath.

# IN THE BIBLE.

## GENESIS 2:15

The Lord God placed the man in the Garden of Eden to tend and watch over it.

## GENESIS 3:17-19

And to the man he said, "Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat, the ground is cursed because of you. All your life you will struggle to scratch a living from it. It will grow thorns and thistles for you, though you will eat of its grains. By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return."

## 1 THESSALONIANS 4:9-12

But we don't need to write to you about the importance of loving each other, for God himself has taught you to love one another. 10 Indeed, you already show your love for all the believers throughout Macedonia. Even so, dear brothers and sisters, we urge you to love them even more.

11 Make it your goal to live a quiet life, minding your own business and working with your hands, just as we instructed you before. 12 Then people who are not believers will respect the way you live, and you will not need to depend on others.

## 2 THESSALONIANS 3:6-16

And now, dear brothers and sisters, we give you this command in the name of our Lord Jesus Christ: Stay away from all believers who live idle lives and don't follow the tradition they received from us. 7 For you know that you ought to imitate us. We were not idle when we were with you. 8 We never accepted food from anyone without paying for it. We worked hard day and night so we would not be a burden to any of you. 9 We certainly had the right to ask you to feed us, but we wanted to give you an example to follow. 10 Even while we were with you, we gave you this command: "Those unwilling to work will not get to eat."

11 Yet we hear that some of you are living idle lives, refusing to work and meddling in other people's business. 12 We command such people and urge them in the name of the Lord Jesus Christ to settle down and work to earn their own living. 13 As for the rest of you, dear brothers and sisters, never get tired of doing good.

14 Take note of those who refuse to obey what we say in this letter. Stay away from them so they will be ashamed. 15 Don't think of them as enemies, but warn them as you would a brother or sister.

16 Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.

# QUESTIONS.

*Feel free to talk through some or all of these questions*

- 1.) What sticks out to you in the verses above?
- 2.) Not all of us work in a traditional office. What does work look like for you?
- 3.) We often don't see work as a positive thing - but it was part of God's plan even before the fall! What are some of the good things we can still see coming from our need to work?
- 4.) We talked about checking emails on Sunday, but what are other parts of your work life you can invite the Holy Spirit into?
- 5.) How do you think inviting the Holy Spirit into your ordinary workday in general could change your perspective on work?

## TAKE TEN:

- How did you see God work in your life this week?
- What has God been teaching you in His Word?
- What kind of conversations are you having with your pre-Christian friends?
- What good can you do around here? (in your life/circumstance)
- How can we help you in prayer and what do you want us to ask you about next week?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?