

Living Our Faith at Work: a 40-Day Workplace Lenten Devotional

# **Living Our Faith at Work: a 40-Day Workplace Lenten Devotional**

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## Week 1: Servant Leadership—Leading Like Christ

### Day 1: Humility in Leadership (Ash Wednesday)

“FOR EVEN THE SON OF MAN DID NOT COME TO BE SERVED, BUT TO SERVE, AND TO GIVE HIS LIFE AS A RANSOM FOR MANY.” – MARK 10:45

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#### Supporting Verses

- “Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.” – Matthew 23:12
  - “Humble yourselves before the Lord, and He will lift you up.” – James 4:10
  - “Have this attitude in yourselves which was also in Christ Jesus.” – Philippians 2:5
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#### Devotional Thought

Lent is a season of reflection, a time to examine our hearts and consider how we live out our faith. One of the greatest characteristics of Christ’s leadership was **humility**. While the world often defines leadership as power, influence, and recognition, Jesus modeled something radically different. He, the Son of God, **chose to serve rather than be served**.

In the workplace, humility doesn’t mean thinking less of yourself—it means thinking of yourself **less**. It means leading with a spirit of **service** rather than entitlement. Do we listen more than we speak? Do we make room for others to shine? Do we offer encouragement rather than seeking praise? Humility builds trust, strengthens teams, and transforms workplaces into environments where **everyone flourishes**.

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#### Personal Reflection

Where do I struggle with pride in my work? How can I shift my focus from personal success to serving others?

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#### Discussion Questions

1. How do you define humility in leadership?
2. How do you balance humility with confidence in your job?
3. Share a time when someone’s humility impacted your team. What did you learn?

## Day 2: The Greatest Leaders Are Servants

“DO NOTHING OUT OF SELFISH AMBITION OR VAIN CONCEIT. RATHER, IN HUMILITY VALUE OTHERS ABOVE YOURSELVES.” – PHILIPPIANS 2:3

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### Supporting Verses

- “Whoever wants to become great among you must be your servant.” – Matthew 20:26
  - “Each of you should look not only to your own interests, but also to the interests of others.” – Philippians 2:4
  - “Be completely humble and gentle; be patient, bearing with one another in love.” – Ephesians 4:2
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### Devotional Thought

When we think of greatness, we often associate it with achievement, influence, or recognition. But Jesus redefined **true greatness** as service. He taught that **those who serve others are the greatest among us**.

At work, servant leadership means putting **people before processes, relationships before results**, and **collaboration before competition**. It’s found in the leader who takes time to mentor, the colleague who shares knowledge freely, and the team member who supports others without expecting anything in return.

This mindset doesn’t diminish our goals or professional success. Instead, it fosters trust, builds community, and creates a culture where **everyone grows together**.

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### Personal Reflection

Am I more focused on my success, or on how I can serve and uplift those around me?

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### Discussion Questions

1. What does servant leadership look like in your workplace?
2. What small actions can make a workplace more service-oriented?
3. How do we balance ambition with a servant’s heart?

## Day 3: Leading with Wisdom, Not Ego

"BUT THE WISDOM THAT COMES FROM HEAVEN IS FIRST OF ALL PURE; THEN PEACE-LOVING, CONSIDERATE, SUBMISSIVE, FULL OF MERCY AND GOOD FRUIT, IMPARTIAL AND SINCERE." – JAMES 3:17

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### Supporting Verses

- "Where there is strife, there is pride, but wisdom is found in those who take advice." – Proverbs 13:10
  - "Do not be wise in your own eyes; fear the Lord and shun evil." – Proverbs 3:7
  - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault." – James 1:5
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### Devotional Thought

Ego divides, but **wisdom unites**. The workplace is often a setting where ambition, pride, and personal agendas can take center stage. But Jesus calls us to a different kind of leadership—one that is **rooted in wisdom, humility, and peace**.

A wise leader isn't the loudest in the room but the one who listens well. They seek advice rather than assuming they have all the answers. They make decisions that **benefit the team**, not just themselves. Wisdom requires **humility**, the ability to admit when we're wrong, and the courage to seek God's guidance in our work.

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### Personal Reflection

How often do I seek wisdom over recognition? Do I value others' perspectives as much as my own?

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### Discussion Questions

1. How do pride and ego impact decision-making in the workplace?
2. Share an example of a time wisdom, rather than ambition, led to a better outcome.
3. How can we actively seek God's wisdom in our work?

## Day 4: Serving with a Willing Heart

“BE SHEPHERDS OF GOD’S FLOCK THAT IS UNDER YOUR CARE, WATCHING OVER THEM—NOT BECAUSE YOU MUST, BUT BECAUSE YOU ARE WILLING, AS GOD WANTS YOU TO BE.” – 1 PETER 5:2-3

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### Supporting Verses

- “Each of you should use whatever gift you have received to serve others.” – 1 Peter 4:10
  - “Whoever brings blessing will be enriched, and one who waters will himself be watered.” – Proverbs 11:25
  - “Do everything in love.” – 1 Corinthians 16:14
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### Devotional Thought

It’s easy to serve when we’re **recognized** for it. But real service comes from a **willing heart**, not obligation.

In the workplace, we often see opportunities to **help, mentor, and support others**. Do we embrace those moments with joy, or do we see them as interruptions? **When we serve willingly, without expectation, we reflect Christ’s love**—and that transforms not only others but ourselves.

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### Personal Reflection

Am I serving because I have to, or because I want to? How can I cultivate a heart of joy in service?

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### Discussion Questions

1. What is the difference between serving out of obligation and serving with a willing heart?
2. How can we encourage a culture of service at work?

## Day 5: How Jesus Modeled Leadership

“NOW THAT I, YOUR LORD AND TEACHER, HAVE WASHED YOUR FEET, YOU ALSO SHOULD WASH ONE ANOTHER’S FEET.” – JOHN 13:14-15

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### Supporting Verses

- “For I have given you an example, that you should do as I have done to you.” – John 13:15
  - “Let the greatest among you become as the youngest, and the leader as one who serves.” – Luke 22:26
  - “Whoever claims to live in Him must walk as Jesus did.” – 1 John 2:6
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### Devotional Thought

Leadership in the world often focuses on status, control, and being the one in charge. But Jesus shattered these expectations. Instead of seeking power, He knelt and washed the feet of His disciples—an act reserved for the lowest servant. He wasn’t just demonstrating kindness; He was showing **what leadership truly means**.

In our workplaces, we have daily opportunities to lead like Jesus. Leadership is **not about authority—it’s about influence through service**. Whether we manage a team, work alongside colleagues, or assist customers, we reflect Christ’s example when we:

- Help others succeed rather than focusing only on personal advancement.
- Choose humility over pride, giving credit rather than seeking recognition.
- See every role—no matter how small—as valuable in serving a greater purpose.

The world tells us leadership is about **getting ahead**, but Jesus teaches us that true leadership is about **lifting others up**.

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### Personal Reflection

Do I see leadership as an opportunity to serve, or as a way to gain influence? How can I better model Jesus’ leadership in my work?

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### Discussion Questions

- How does Jesus’ example challenge the way leadership is often viewed in workplaces?
- What are practical ways we can “wash one another’s feet” in a professional setting?
- Have you ever experienced servant leadership from a boss, mentor, or coworker? What impact did it have?
- How can humility make a leader more effective?

## Day 6: Integrity in Decision-Making

"THE INTEGRITY OF THE UPRIGHT GUIDES THEM, BUT THE UNFAITHFUL ARE DESTROYED BY THEIR DUPLICITY." – PROVERBS 11:3

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### Supporting Verses

- "Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out." – Proverbs 10:9
  - "So in everything, do to others what you would have them do to you." – Matthew 7:12
  - "Do not merely listen to the word, and so deceive yourselves. Do what it says." – James 1:22
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### Devotional Thought

Integrity is the foundation of trust. Whether we are leading a team, collaborating with coworkers, or interacting with clients, our honesty and reliability determine our credibility.

At work, integrity means **doing what is right, even when no one is watching**. It means honoring commitments, taking responsibility for mistakes, and being truthful—even when it's difficult. In a world where cutting corners or bending the truth might seem like an easier path, Christ calls us to a **higher standard**.

Our decisions—big or small—reflect our values. When we choose integrity, we build trust, strengthen relationships, and set an example that points others to God. Even when it costs us in the short term, walking in integrity leads to lasting security and peace.

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### Personal Reflection

Are there areas where I compromise my integrity for convenience or personal gain? How can I commit to unwavering honesty in my work?

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### Discussion Questions

1. Why is integrity essential for leadership and teamwork?
2. Have you ever faced a situation where doing the right thing was difficult? How did you respond?
3. What are some ways we can hold ourselves accountable for integrity at work?
4. How do small compromises in honesty lead to larger ethical challenges?

## Day 7: Leading by Example, Not Just Words

“FOLLOW MY EXAMPLE, AS I FOLLOW THE EXAMPLE OF CHRIST.” – 1 CORINTHIANS 11:1

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### Supporting Verses

- “In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” – Matthew 5:16
  - “Set an example for the believers in speech, in conduct, in love, in faith and in purity.” – 1 Timothy 4:12
  - “Whatever you have learned or received or heard from me, or seen in me—put it into practice.” – Philippians 4:9
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### Devotional Thought

People remember actions more than words. We can talk about kindness, patience, and integrity, but if our daily behavior contradicts our message, our words lose their power.

At work, leading by example means modeling the values we expect from others. It’s choosing patience in stressful situations, owning up to mistakes, treating others with respect, and working diligently—**not for recognition, but because it honors God.**

This applies to everyone, not just those in leadership roles. No matter your position, you have influence. How you act in meetings, respond to challenges, and treat coworkers can either **inspire or discourage** those around you.

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### Personal Reflection

Does my behavior at work reflect my values and faith? Where do my actions and words need to align more closely?

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### Discussion Questions

1. Why is leading by example more effective than simply giving instructions?
2. Think of a leader you respect. What actions make them a great role model?
3. In what areas do you struggle to practice what you preach at work?
4. How can we encourage accountability in living out our faith through our actions?

## Week 2: Integrity in Action—Honoring God in Our Work

### Day 8: Working as for the Lord

“WHATEVER YOU DO, WORK AT IT WITH ALL YOUR HEART, AS WORKING FOR THE LORD, NOT FOR HUMAN MASTERS.” – COLOSSIANS 3:23

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#### Supporting Verses

- “Commit to the Lord whatever you do, and He will establish your plans.” – Proverbs 16:3
  - “Serve wholeheartedly, as if you were serving the Lord, not people.” – Ephesians 6:7
  - “Let the favor of the Lord our God be upon us, and establish the work of our hands.” – Psalm 90:17
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#### Devotional Thought

It’s easy to view work as just a way to earn a paycheck or achieve career goals. But scripture reminds us that **our work has a higher purpose**—it is an opportunity to glorify God.

When we work **as for the Lord**, our attitude shifts. Instead of doing the bare minimum, we bring excellence to even the smallest tasks. Instead of seeking recognition, we work with integrity, knowing that **God sees and values our efforts**. No job is insignificant when done with a heart to serve.

Our workplace becomes a mission field when we approach our responsibilities with faithfulness. Others will notice when we work with **diligence, kindness, and honesty**, even in challenging environments.

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#### Personal Reflection

Do I approach my work with a spirit of excellence and service, or do I do just enough to get by? How can I see my job as a way to honor God?

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#### Discussion Questions

1. How does seeing work as “for the Lord” change our perspective on daily tasks?
2. What are practical ways to honor God through our work?
3. How can we maintain motivation and integrity in work environments that feel discouraging?
4. What does excellence look like in different roles and responsibilities?

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## Day 9: The Power of Honest Business Practices

"THE LORD DETESTS DISHONEST SCALES, BUT ACCURATE WEIGHTS FIND FAVOR WITH HIM."  
– PROVERBS 11:1

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### Supporting Verses

- "Better is a little with righteousness than great revenues with injustice." – Proverbs 16:8
  - "Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out." – Proverbs 10:9
  - "A good name is more desirable than great riches; to be esteemed is better than silver or gold." – Proverbs 22:1
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### Devotional Thought

Integrity in business isn't just about avoiding outright dishonesty—it's about being truthful, fair, and ethical in every aspect of our work. Small compromises, like exaggerating results, cutting ethical corners, or taking credit for others' work, may seem harmless, but they erode trust over time.

God values honesty in all we do. A business deal made fairly, an honest report, or a truthful conversation builds **long-term credibility and trust**. While dishonesty might bring temporary success, it **never leads to lasting peace**.

Our witness in the workplace is shaped by the way we handle ethical decisions. People notice when we stand firm in our values, even when it's inconvenient. **Honoring God in our work means prioritizing integrity over short-term gain.**

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### Personal Reflection

Are there areas where I've been tempted to compromise honesty in my work? How can I commit to integrity in both big and small decisions?

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### Discussion Questions

1. Why is honesty essential in business and leadership?
2. Have you ever seen someone choose integrity over profit or convenience? What was the outcome?
3. What small ethical choices do we face daily in the workplace?
4. How can we encourage integrity in company culture?

## Day 10: Being Faithful in Small Things

“WHOEVER CAN BE TRUSTED WITH VERY LITTLE CAN ALSO BE TRUSTED WITH MUCH.” –  
LUKE 16:10

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### Supporting Verses

- “Do not despise these small beginnings, for the Lord rejoices to see the work begin.” – Zechariah 4:10
  - “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.” – Matthew 25:21
  - “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” – Galatians 6:9
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### Devotional Thought

It’s easy to believe that **big opportunities and major achievements** are what define success. But in God’s eyes, faithfulness in **small tasks** is just as important as excellence in large ones.

Every detail of our work—whether answering emails, completing reports, or assisting a coworker—**matters to God**. He uses our faithfulness in little things to prepare us for bigger responsibilities. Those who cut corners in small tasks often do so in larger ones. Likewise, those who practice integrity and diligence in small areas **develop the character needed for greater opportunities**.

Being faithful in the small things isn’t about perfection—it’s about consistency. Over time, small acts of faithfulness build a **reputation of reliability and trustworthiness**.

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### Personal Reflection

Do I approach small tasks with the same care and diligence as bigger responsibilities?  
How is God using this season of work to prepare me for the future?

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### Discussion Questions

1. Why do small tasks matter in shaping character and trust?
2. Have you ever seen someone’s faithfulness in little things lead to bigger opportunities?
3. How can we be more intentional about doing even “small” work with excellence?
4. What are some practical ways to stay motivated in routine or unnoticed tasks?

## Day 11: Avoiding Gossip in the Workplace

"A GOSSIP BETRAYS A CONFIDENCE, BUT A TRUSTWORTHY PERSON KEEPS A SECRET." –  
PROVERBS 11:13

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### Supporting Verses

- "Without wood a fire goes out; without a gossip a quarrel dies down." – Proverbs 26:20
  - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs." – Ephesians 4:29
  - "Those who guard their lips preserve their lives, but those who speak rashly will come to ruin." – Proverbs 13:3
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### Devotional Thought

Gossip is one of the most damaging forces in any workplace. It **erodes trust, damages reputations, and creates division** among teams. While it can be tempting to engage in workplace chatter, Jesus calls us to a higher standard—one where our words are used to **build others up, not tear them down**.

Gossip often disguises itself as venting, sharing "concerns," or seeking advice, but its effect is the same: it spreads negativity and breaks trust. When we resist the temptation to participate, we contribute to a workplace culture that values **honesty, respect, and unity**.

Instead of engaging in gossip, we can choose to speak with integrity, redirect conversations, or even defend others when necessary. Our words have power—let's use them wisely.

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### Personal Reflection

Do my words in the workplace reflect integrity and kindness? How can I avoid gossip while still engaging in meaningful conversations?

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### Discussion Questions

1. Why is gossip so harmful in a workplace setting?
2. How can we distinguish between constructive conversation and harmful gossip?
3. What are some ways to redirect a conversation when gossip begins?
4. How does avoiding gossip build trust among teams?

## Day 12: Speaking Truth in Love

"INSTEAD, SPEAKING THE TRUTH IN LOVE, WE WILL GROW TO BECOME IN EVERY RESPECT THE MATURE BODY OF HIM WHO IS THE HEAD, THAT IS, CHRIST." – EPHESIANS 4:15

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### Supporting Verses

- "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." – Colossians 4:6
  - "The tongue has the power of life and death, and those who love it will eat its fruit." – Proverbs 18:21
  - "Whoever loves a pure heart and gracious speech will have the king as a friend." – Proverbs 22:11
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### Devotional Thought

Telling the truth isn't always easy. We may avoid difficult conversations to keep the peace, or we may deliver truth so harshly that it wounds rather than helps. Jesus showed us a better way: **speaking truth in love**.

In the workplace, honesty should never come at the expense of kindness. Whether providing feedback, addressing a conflict, or making a correction, our words should be **both truthful and gracious**. Loving truth means being direct but also considering how our words will affect others.

Before speaking, we can ask: **Is what I'm saying true? Is it necessary? Is it kind?** When we balance truth and love, we create an environment where trust can grow, and relationships can flourish.

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### Personal Reflection

Do I speak truth in a way that uplifts and encourages others? How can I grow in balancing honesty with kindness?

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### Discussion Questions

1. Why is it important to speak truth with love rather than blunt honesty?
2. How can we give constructive feedback in a way that encourages rather than discourages?
3. Share an example of when someone spoke truth to you in a loving way. How did it impact you?
4. What habits can help us become more thoughtful in our speech?

## Day 13: Standing for Righteousness Under Pressure

"BUT DANIEL RESOLVED NOT TO DEFILE HIMSELF WITH THE ROYAL FOOD AND WINE." – DANIEL 1:8

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### Supporting Verses

- "Be on your guard; stand firm in the faith; be courageous; be strong." – 1 Corinthians 16:13
  - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." – Romans 12:2
  - "Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." – Matthew 5:10
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### Devotional Thought

In Daniel's time, refusing the king's food was an act of bold faith. It was a small choice that carried big consequences. Likewise, in our workplaces, we often face **pressures to conform**, whether through unethical expectations, compromising our values, or staying silent when we should speak up.

Standing for righteousness doesn't always mean **grand gestures**—sometimes it's choosing integrity in small decisions, refusing to cut corners, or treating others with dignity even when the culture doesn't. While it may not always be easy, God honors those who choose His ways over worldly approval.

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### Personal Reflection

Am I willing to stand firm in my faith and values, even when it's unpopular? Where is God calling me to be courageous in my workplace?

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### Discussion Questions

1. What pressures do you face at work that challenge your faith or values?
2. Why is it sometimes difficult to stand for righteousness in professional settings?
3. How can we encourage each other to remain faithful in small and big decisions?
4. What are practical ways to handle situations where we feel pressured to compromise?

## Day 14: Trusting God in Ethical Dilemmas

“COMMIT YOUR WAY TO THE LORD; TRUST IN HIM, AND HE WILL DO THIS.” – PSALM 37:5

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### Supporting Verses

“The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.” – Proverbs 11:3

“We must obey God rather than human beings!” – Acts 5:29

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” – Galatians 6:9

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### Devotional Thought

Work often presents **ethical dilemmas**—decisions that test our integrity and faith. Do we take the easy path or the right path? Do we overlook dishonesty or speak up for what is true? These moments **reveal our character and our trust in God**.

Daniel refused to bow to a false god, and Joseph refused to compromise with Potiphar’s wife—both faced **consequences for doing the right thing**. Yet God honored their faithfulness. When we trust Him and act with integrity, **we may face challenges, but we also experience His provision and peace**.

Choosing righteousness isn’t about perfection but about consistently seeking God’s guidance. Even in difficult workplace decisions, **He is faithful to lead and strengthen us**.

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### Personal Reflection

Have I faced situations where I felt pressure to compromise my integrity? How did I respond, and how can I trust God more in these moments?

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### Discussion Questions

1. Why do ethical dilemmas feel so difficult, and what makes it easier to compromise?
2. Can you share a time when choosing integrity came with challenges but was ultimately rewarding?
3. How does trusting God help us navigate difficult decisions at work?
4. What are ways we can encourage ethical decision-making in our teams or workplaces?

## Week 3: The Power of Words—Encouraging, Not Tearing Down

### Day 15: Words Have the Power to Build or Destroy

“THE TONGUE HAS THE POWER OF LIFE AND DEATH, AND THOSE WHO LOVE IT WILL EAT ITS FRUIT.” – PROVERBS 18:21

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#### Supporting Verses

- “A gentle answer turns away wrath, but a harsh word stirs up anger.” – Proverbs 15:1
  - “Set a guard over my mouth, Lord; keep watch over the door of my lips.” – Psalm 141:3
  - “Let no corrupting talk come out of your mouths, but only what is good for building up.” – Ephesians 4:29
- 

#### Devotional Thought

Our words can **uplift or tear down, encourage or discourage, unite or divide**. In the workplace, how we speak matters—do we use our words to build a culture of encouragement and respect, or do we contribute to negativity and division?

Small words can have a **big impact**. A simple “thank you,” a word of encouragement, or a sincere apology can change the tone of an interaction. On the other hand, **sarcasm, harsh criticism, or gossip can damage relationships and trust**.

Jesus reminds us that what comes out of our mouths reflects **what's in our hearts** (Luke 6:45). By inviting God to guide our speech, we can choose words that **bring life, peace, and encouragement** to our workplaces.

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#### Personal Reflection

Are my words at work uplifting and encouraging, or do they contribute to negativity?  
How can I be more intentional about speaking life into others?

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#### Discussion Questions

1. Why is it important to be mindful of how we speak at work?
2. What are some practical ways to guard our words and use them to build up others?
3. Have you ever been impacted by someone's encouraging or discouraging words?  
How did it affect you?
4. How can we hold ourselves and others accountable for healthy communication in the workplace?

## Day 16: Encouragement as a Ministry

"THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP, JUST AS IN FACT YOU ARE DOING." – 1 THESSALONIANS 5:11

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### Supporting Verses

- "A word fitly spoken is like apples of gold in settings of silver." – Proverbs 25:11
  - "Carry each other's burdens, and in this way, you will fulfill the law of Christ." – Galatians 6:2
  - "Pleasant words are a honeycomb, sweet to the soul and healing to the bones." – Proverbs 16:24
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### Devotional Thought

In a fast-paced work environment, stress and pressure can weigh people down. One of the simplest yet most powerful ways we can reflect Christ is through **encouragement**.

Encouragement is more than just kind words—it's a ministry. It can be as simple as recognizing a coworker's effort, writing a note of appreciation, or praying for a struggling colleague. **God often uses our words to bring healing, hope, and strength** to those around us.

Think about someone at work who may be feeling discouraged, unnoticed, or overwhelmed. **Your encouragement could be exactly what they need today.**

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### Personal Reflection

Do I actively encourage others at work, or do I assume they already know their value? How can I use my words to reflect Christ's love?

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### Discussion Questions

1. Why do small acts of encouragement have such a big impact in the workplace?
2. Have you ever received encouragement at work that changed your outlook?
3. How can we develop a culture of encouragement among colleagues and teams?
4. What practical ways can we make encouragement a habit in our daily work?

## Day 17: Controlling Our Tongues

“THOSE WHO GUARD THEIR LIPS PRESERVE THEIR LIVES, BUT THOSE WHO SPEAK RASHLY WILL COME TO RUIN.” – PROVERBS 13:3

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### Supporting Verses

- “Everyone should be quick to listen, slow to speak and slow to become angry.” – James 1:19
  - “A fool’s mouth is his ruin, and his lips are a snare to his soul.” – Proverbs 18:7
  - “Whoever keeps his mouth and his tongue keeps himself out of trouble.” – Proverbs 21:23
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### Devotional Thought

Words carry weight. A thoughtless remark can damage a relationship, while a well-timed word of encouragement can lift someone’s spirit. **Scripture repeatedly warns us about the power of the tongue**, urging us to choose our words carefully.

At work, it’s easy to speak in frustration, vent without restraint, or say things we later regret. But Jesus calls us to **self-control in our speech**. This means pausing before responding, ensuring our words align with truth and grace, and resisting the urge to contribute to negativity.

Before speaking today, **ask yourself: Is it true? Is it kind? Is it necessary?** If the answer is no, silence may be the wiser choice.

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### Personal Reflection

Do I think before I speak, or do I let my emotions control my words? How can I practice more self-control in my speech?

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### Discussion Questions

1. Why does controlling our speech require discipline?
2. How can we respond wisely in tense or frustrating situations?
3. Have you ever regretted something you said at work? How did you handle it afterward?
4. What habits can help us guard our words and use them for good?

## Day 18: Avoiding Complaints and Arguments

“DO EVERYTHING WITHOUT GRUMBLING OR ARGUING, SO THAT YOU MAY BECOME BLAMELESS AND PURE, ‘CHILDREN OF GOD WITHOUT FAULT IN A WARPED AND CROOKED GENERATION.’” – PHILIPPIANS 2:14-15

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### Supporting Verses

- “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.” – Proverbs 15:18
  - “Let no corrupting talk come out of your mouths, but only what is good for building up.” – Ephesians 4:29
  - “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:18
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### Devotional Thought

Complaining and arguing are common in many workplaces, but they rarely solve problems. Instead, they create **a culture of negativity, frustration, and division**. While it’s important to address real concerns, how we communicate makes all the difference.

Paul’s instruction to **do everything without grumbling or arguing** doesn’t mean we should ignore challenges—it means we should handle them with a spirit of **gratitude, patience, and wisdom**. Choosing to speak constructively rather than complain fosters peace and encourages collaboration.

Instead of focusing on what’s wrong, **what if we practiced gratitude?** When we shift our perspective, we contribute to a healthier work environment where problems are solved rather than magnified.

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### Personal Reflection

Do I tend to focus on problems more than solutions? How can I shift from complaining to constructive communication?

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### Discussion Questions

1. Why is complaining so common, and how does it affect workplace culture?
2. What is the difference between voicing concerns and complaining?
3. How can we promote positive communication even in difficult work situations?
4. What role does gratitude play in shaping our attitudes at work?

## Day 19: The Power of Listening Well

“MY DEAR BROTHERS AND SISTERS, TAKE NOTE OF THIS: EVERYONE SHOULD BE QUICK TO LISTEN, SLOW TO SPEAK AND SLOW TO BECOME ANGRY.” – JAMES 1:19

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### Supporting Verses

- “Let the wise listen and add to their learning, and let the discerning get guidance.” – Proverbs 1:5
  - “To answer before listening—that is folly and shame.” – Proverbs 18:13
  - “Whoever gives an answer before he listens, it is foolishness and shame.” – Proverbs 18:2
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### Devotional Thought

Good communication isn't just about what we say—it's about **how well we listen**. Many workplace misunderstandings stem from poor listening, where people focus more on formulating their response than truly hearing the other person.

James reminds us to be **quick to listen and slow to speak**. Active listening means giving full attention, seeking to understand before responding, and ensuring our words are **thoughtful and measured**. When we listen well, we build trust, resolve conflicts more effectively, and create an atmosphere of respect.

Today, challenge yourself to **listen more than you speak**. You may find that people feel more valued, and conversations become more meaningful.

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### Personal Reflection

Do I listen to understand, or do I listen to respond? How can I become a more patient and attentive listener?

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### Discussion Questions

1. Why is listening such an important skill in the workplace?
2. What are the signs of a good listener?
3. How does poor listening contribute to misunderstandings or workplace conflict?
4. What practical steps can we take to improve our listening skills?

## Day 20: Responding to Criticism with Grace

"A GENTLE ANSWER TURNS AWAY WRATH, BUT A HARSH WORD STIRS UP ANGER." –  
PROVERBS 15:1

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### Supporting Verses

- "Whoever heeds life-giving correction will be at home among the wise." – Proverbs 15:31
  - "Do not be quickly provoked in your spirit, for anger resides in the lap of fools." – Ecclesiastes 7:9
  - "If anyone is caught in a transgression, you who are spiritual should restore him in a spirit of gentleness." – Galatians 6:1
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### Devotional Thought

Criticism—whether constructive or harsh—can be difficult to handle. Our natural instinct is often to **defend ourselves, justify our actions, or even lash out**. But scripture teaches us that **how we respond matters more than what is said** to us.

Grace-filled responses defuse conflict and demonstrate maturity. Instead of reacting in anger or shutting down, **what if we paused, listened, and sought to learn from the feedback?** Even unfair criticism can reveal areas of growth or teach us patience.

Jesus was often criticized, yet He remained **measured, wise, and gracious** in His responses. The way we handle correction at work can either build our character or expose our pride. **Choosing grace over defensiveness sets us apart as followers of Christ.**

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### Personal Reflection

How do I typically respond to criticism? Do I see it as an opportunity to grow, or do I become defensive?

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### Discussion Questions

1. Why is it so hard to accept criticism?
2. How can we respond with grace, even when criticism feels unfair?
3. What's an example of a time when feedback helped you grow?
4. How can we create a culture of giving and receiving feedback with humility?

## Day 21: Speaking Life into Our Workplaces

“LET NO CORRUPTING TALK COME OUT OF YOUR MOUTHS, BUT ONLY WHAT IS GOOD FOR BUILDING UP, AS FITS THE OCCASION, THAT IT MAY GIVE GRACE TO THOSE WHO HEAR.” – EPHESIANS 4:29

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### Supporting Verses

- “Gracious words are a honeycomb, sweet to the soul and healing to the bones.” – Proverbs 16:24
  - “The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.” – Proverbs 15:4
  - “Encourage one another and build each other up, just as in fact you are doing.” – 1 Thessalonians 5:11
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### Devotional Thought

Words shape workplace culture. A single encouraging word can **uplift a coworker**, while a sarcastic or critical remark can **discourage and divide**. The Bible tells us that **our words should build up, encourage, and extend grace** to those who hear them.

Speaking life doesn't mean ignoring problems or being fake—it means **choosing to be a voice of encouragement and wisdom**. Imagine how different work environments would be if everyone focused on words that inspire, unite, and heal rather than criticize, gossip, or complain.

Today, be intentional about speaking life into your workplace. Whether it's offering a kind word, recognizing a coworker's efforts, or sharing an uplifting perspective, **your words have the power to make a difference**.

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### Personal Reflection

Are my words at work encouraging and uplifting, or do they contribute to negativity?  
How can I be more mindful of the impact of my speech?

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### Discussion Questions

1. How have encouraging words made a difference in your workplace?
2. What does it mean to “speak life” into a work environment?
3. What habits can help us be more intentional with our words?
4. How do words influence team morale and relationships?

## Week 4: Finding Stillness—Seeking God in a Busy Workplace

### Day 22: Be Still and Know

“BE STILL, AND KNOW THAT I AM GOD.” – PSALM 46:10

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#### Supporting Verses

- “The Lord will fight for you; you need only to be still.” – Exodus 14:14
  - “Come to me, all who labor and are heavy laden, and I will give you rest.” – Matthew 11:28
  - “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” – John 14:27
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#### Devotional Thought

Work can be **fast-paced, demanding, and overwhelming**. Deadlines pile up, emails flood in, and the pressure to perform can feel exhausting. In the middle of all this, God calls us to **pause, be still, and trust in Him**.

Being still doesn’t mean neglecting responsibilities—it means cultivating **an inner peace that comes from knowing God is in control**. When we step back, breathe, and invite Him into our workday, we find **clarity, renewal, and strength**.

Today, take a moment to **be still**. Whether it’s a quiet prayer before a meeting or a short pause to refocus, invite God into your work. His peace is greater than any stress we face.

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#### Personal Reflection

Do I make space to be still and seek God’s peace during my workday? How can I intentionally invite Him into my daily routine?

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#### Discussion Questions

1. Why is it so hard to be still in a busy work environment?
2. How does stillness help us rely more on God and less on our own strength?
3. What practical ways can we create moments of stillness in our daily routine?
4. How has trusting God’s presence in stressful situations impacted your work life?

## Day 23: Resting in God's Presence During Work

"COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST." –  
MATTHEW 11:28

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### Supporting Verses

- "My presence will go with you, and I will give you rest." – Exodus 33:14
  - "It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep." – Psalm 127:2
  - "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul." – Psalm 23:1-3
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### Devotional Thought

The workplace often demands constant productivity. We rush from task to task, checking emails, meeting deadlines, and juggling responsibilities. But God **never designed us to run on empty**. He calls us to **find rest in Him—even in the middle of our workday**.

Rest doesn't just mean physical relaxation; it means **a heart at peace, trusting in God rather than striving in our own strength**. When we pause to acknowledge His presence, pray, or take a deep breath in faith, we invite His peace into our work.

Today, resist the temptation to **run on stress and self-reliance**. Instead, lean into God's presence. Even a short moment of prayer can **refocus your heart and renew your strength**.

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### Personal Reflection

Do I rely on my own strength, or do I allow God to bring me rest and renewal during my workday? How can I incorporate small moments of peace with Him?

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### Discussion Questions

1. How does God's idea of rest differ from the world's definition of productivity?
2. What are practical ways to invite God's presence into our daily work routine?
3. Why is it hard to rest in the middle of a busy day, and how can we overcome this challenge?
4. Have you ever experienced God's peace during a stressful work situation?

## Day 24: The Discipline of Daily Prayer

“PRAY CONTINUALLY, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS GOD’S WILL FOR YOU IN CHRIST JESUS.” – 1 THESSALONIANS 5:16-18

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### Supporting Verses

- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:6
  - “Devote yourselves to prayer, being watchful and thankful.” – Colossians 4:2
  - “The Lord is near to all who call on Him, to all who call on Him in truth.” – Psalm 145:18
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### Devotional Thought

Prayer isn’t just for church or quiet mornings—it’s meant to be **woven into every part of our lives, including our work**. Paul’s instruction to **pray continually** reminds us that prayer is not about length or eloquence but about **constant connection with God**.

At work, prayer can be as simple as whispering, *“Lord, give me wisdom in this meeting,”* or *“Help me handle this conflict with grace.”* It’s about turning to God in the small moments, not just the big crises.

Prayer aligns our hearts with God’s will and invites His guidance. The more we make prayer a daily habit, the more we experience His presence **in every task, conversation, and challenge**.

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### Personal Reflection

How often do I pray throughout my workday? What small moments could I turn into opportunities for connection with God?

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### Discussion Questions

1. Why do you think Paul calls us to “pray continually”? What does that look like practically?
2. How can short, simple prayers change our attitude during work?
3. What are barriers that keep us from praying more regularly at work?
4. Share a time when prayer impacted a work situation.

## Day 25: Trusting God with Career Stress

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU." – 1 PETER 5:7

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### Supporting Verses

- "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." – Proverbs 3:5-6
  - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." – John 14:27
  - "Commit your way to the Lord; trust in Him and He will do this." – Psalm 37:5
- 

### Devotional Thought

Career stress can be overwhelming—tight deadlines, demanding projects, uncertain job security, or difficult colleagues. When stress builds up, **our first instinct is often to rely on ourselves**. We try to fix things, work harder, or worry endlessly about the outcome. But God invites us to **cast our anxieties on Him** instead.

Trusting God doesn't mean ignoring responsibilities—it means surrendering **our fear and control**. It means believing that even when work feels uncertain or overwhelming, **He is guiding us, providing for us, and giving us peace**.

Instead of letting stress take over, take a moment today to release your burdens to God. He is in control of your career, your future, and your daily work. **Trust Him with the process**.

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### Personal Reflection

Do I truly trust God with my career, or do I let stress and control take over? How can I shift my mindset to rely more on Him?

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### Discussion Questions

1. Why is career stress so difficult to surrender to God?
2. How does trusting God change our perspective on workplace challenges?
3. What are some practical ways to remind ourselves to rely on Him during stressful times?
4. Have you ever seen God provide peace or clarity in your career when you trusted Him?

## Day 26: Setting Boundaries for Work-Life Balance

“THERE IS A TIME FOR EVERYTHING, AND A SEASON FOR EVERY ACTIVITY UNDER THE HEAVENS.” – ECCLESIASTES 3:1

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### Supporting Verses

- “It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.” – Psalm 127:2
  - “Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.” – Exodus 20:9-10
  - “Come with me by yourselves to a quiet place and get some rest.” – Mark 6:31
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### Devotional Thought

Work is important, but it is **not meant to consume our lives**. Many of us struggle to **set boundaries**, feeling pressured to be available 24/7, overwork ourselves, or sacrifice family time for job demands. But **God calls us to balance work and rest**.

Even Jesus took time away from ministry to rest and pray. He showed us that **pausing is not a sign of weakness—it’s a sign of trust in God**. When we fail to rest, we rely too much on our own strength rather than trusting God’s provision.

Healthy work-life balance isn’t about working less—it’s about **working with wisdom**. By prioritizing time for rest, family, and spiritual growth, we honor God with how we manage our time and energy.

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### Personal Reflection

Do I struggle with setting healthy work boundaries? How can I trust God more by creating space for rest?

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### Discussion Questions

1. Why do we often feel guilty about setting boundaries between work and personal life?
2. What are practical ways to establish healthier work-life balance?
3. How does rest help us be more effective in our work?
4. How can we encourage a culture that values both hard work and healthy boundaries?

## Day 27: The Importance of Sabbath Rest

“THE SABBATH WAS MADE FOR MAN, NOT MAN FOR THE SABBATH.” – MARK 2:27

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### Supporting Verses

- “In repentance and rest is your salvation, in quietness and trust is your strength.” – Isaiah 30:15
  - “Be still before the Lord and wait patiently for Him.” – Psalm 37:7
  - “He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul.” – Psalm 23:2-3
- 

### Devotional Thought

God designed the **Sabbath as a gift**—a time to pause, worship, and find renewal. But in today’s fast-paced world, many of us struggle to embrace rest. We equate busyness with success and feel guilty when we slow down.

Yet, scripture reminds us that **rest is a command, not just a suggestion**. God Himself rested after creation—not because He was tired, but to set an example for us. When we refuse to rest, we risk burnout, exhaustion, and misplaced priorities.

Taking intentional time to rest—whether on a Sunday or another day—reminds us that **our worth is not in what we do, but in who we are in Christ**. Sabbath isn’t about doing nothing; it’s about refocusing on God, refreshing our souls, and realigning our priorities.

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### Personal Reflection

Do I prioritize Sabbath rest, or do I view it as optional? How can I create space for true rest and renewal in my life?

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### Discussion Questions

1. Why did God establish the Sabbath, and what does it mean for us today?
2. How does rest impact our spiritual, emotional, and physical well-being?
3. What are common obstacles that prevent us from embracing true Sabbath rest?
4. How can we intentionally create rhythms of rest in our busy schedules?

## Day 28: Letting Go of Workplace Anxiety

“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD.” – PHILIPPIANS 4:6

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### Supporting Verses

- “Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7
  - “You will keep in perfect peace those whose minds are steadfast because they trust in You.” – Isaiah 26:3
  - “Therefore do not worry about tomorrow, for tomorrow will worry about itself.” – Matthew 6:34
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### Devotional Thought

Anxiety at work is real—deadlines, expectations, conflicts, and uncertainties can all weigh heavily on us. But **God invites us to trade our anxiety for His peace**. Instead of carrying our stress alone, we are called to **surrender our worries to Him in prayer**.

Anxiety often stems from trying to control things we were never meant to carry. But Philippians 4:6 reminds us to present our requests to God, rather than letting anxiety consume us. When we bring our concerns to Him with thankfulness and trust, He replaces our fear with peace.

Today, whenever worry arises, **pause and turn it into a prayer**. Instead of dwelling on problems, hand them over to God and trust that He is already working on your behalf.

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### Personal Reflection

Do I tend to hold onto my anxieties instead of surrendering them to God? What is one workplace worry I need to give to Him today?

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### Discussion Questions

1. What are some of the most common workplace anxieties, and how can we address them through faith?
2. How does prayer help shift our focus from stress to peace?
3. Why is thanksgiving an important part of overcoming anxiety?
4. How can we remind ourselves to surrender our worries to God rather than dwelling on them?

## Week 5: Sacrificial Love—Giving More Than We Take

### Day 29: Loving Our Coworkers as Ourselves

"A NEW COMMAND I GIVE YOU: LOVE ONE ANOTHER. AS I HAVE LOVED YOU, SO YOU MUST LOVE ONE ANOTHER." – JOHN 13:34

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#### Supporting Verses

- "Do everything in love." – 1 Corinthians 16:14
  - "Be devoted to one another in love. Honor one another above yourselves." – Romans 12:10
  - "Love your neighbor as yourself." – Mark 12:31
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#### Devotional Thought

Jesus commands us to love others **not based on how they treat us, but because He first loved us**. At work, we interact with many different personalities—some easy to love, some more challenging. Yet, **our calling remains the same: to love others as Christ loves us**.

Loving coworkers doesn't mean ignoring conflicts or pretending challenges don't exist. Instead, it means choosing **kindness over frustration, patience over irritation, and grace over resentment**. Love can look like actively listening, offering encouragement, or even choosing to **pray for those who are difficult to work with**.

**God's love is not conditional, and neither should ours be.** Ask God to help you see your coworkers through His eyes and love them as He does.

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#### Personal Reflection

Do I show love and kindness at work, even when it's difficult? How can I better reflect Christ's love in my workplace?

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#### Discussion Questions

1. Why is it sometimes challenging to love coworkers as Christ loves us?
2. What are practical ways to show love in a work environment?
3. How can prayer help us love difficult people?
4. What impact does Christ-like love have on workplace culture?

## Day 30: Serving with No Expectation of Return

"AND IF YOU LEND TO THOSE FROM WHOM YOU EXPECT REPAYMENT, WHAT CREDIT IS THAT TO YOU? EVEN SINNERS LEND TO SINNERS, EXPECTING TO BE REPAID IN FULL." – LUKE 6:35

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### Supporting Verses

- "Whoever wants to be first must be your servant." – Matthew 20:26
  - "Give, and it will be given to you." – Luke 6:38
  - "Carry each other's burdens, and in this way, you will fulfill the law of Christ." – Galatians 6:2
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### Devotional Thought

True service isn't about recognition or personal benefit. **Jesus modeled a life of selfless giving**, serving others without expecting anything in return. This kind of service stands out in the workplace, where so much is done for gain, promotion, or approval.

Serving without expectation means helping a teammate even when no one sees, staying late to support a struggling coworker, or giving credit to others instead of seeking praise. **It's about reflecting Christ's humility, knowing that our reward is in Him, not in human approval.**

When we serve freely, we cultivate a culture of generosity and kindness in the workplace. And in God's kingdom, **no act of service goes unnoticed.**

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### Personal Reflection

Do I serve at work with a heart of humility, or do I seek recognition? How can I practice selfless service today?

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### Discussion Questions

1. Why is it difficult to serve without expecting something in return?
2. What are some ways to serve in the workplace that go beyond our job descriptions?
3. How does selfless service reflect Christ to others?
4. Have you ever been impacted by someone's generosity at work? How did it change your perspective?

## Day 31: Sharing Burdens and Mentoring Others

"CARRY EACH OTHER'S BURDENS, AND IN THIS WAY, YOU WILL FULFILL THE LAW OF CHRIST."  
– GALATIANS 6:2

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### Supporting Verses

- "Encourage one another and build each other up." – 1 Thessalonians 5:11
  - "Let each of you look not only to his own interests, but also to the interests of others."  
– Philippians 2:4
  - "A generous person will prosper; whoever refreshes others will be refreshed." –  
Proverbs 11:25
- 

### Devotional Thought

Work can be overwhelming, but God never intended for us to carry burdens alone. As believers, we are called to support, encourage, and uplift each other.

Mentoring, checking in on a struggling coworker, or simply listening when someone needs to talk are all ways to share burdens. Sometimes, just knowing someone cares makes all the difference. **We reflect Christ's love when we step in to support those around us, offering encouragement, wisdom, or even just a compassionate presence.**

Look around today—who in your workplace could use encouragement? **Be the person who lightens someone's load.**

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### Personal Reflection

Am I intentional about supporting and encouraging others at work? How can I become a mentor or encourager in my workplace?

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### Discussion Questions

1. How does sharing burdens create stronger workplace relationships?
2. Have you ever experienced someone helping to carry your burden at work? How did it impact you?
3. What are some ways to encourage and mentor others in our work environment?
4. How can we be more aware of those struggling around us?

## Day 32: Being Generous with Our Time and Talents

"EACH OF YOU SHOULD USE WHATEVER GIFT YOU HAVE RECEIVED TO SERVE OTHERS, AS FAITHFUL STEWARDS OF GOD'S GRACE IN ITS VARIOUS FORMS." – 1 PETER 4:10

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### Supporting Verses

- "Do not withhold good from those to whom it is due, when it is in your power to act." – Proverbs 3:27
  - "Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously." – 2 Corinthians 9:6
  - "A generous person will prosper; whoever refreshes others will be refreshed." – Proverbs 11:25
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### Devotional Thought

Generosity isn't just about money—it's about our time, skills, and willingness to invest in others. In the workplace, generosity might look like mentoring a new employee, sharing knowledge, offering help on a project, or giving time to listen.

We often guard our time and talents, feeling too busy or concerned about recognition. But **God calls us to be generous stewards of what He has given us**. He blesses us so that we can **bless others**. When we freely share our knowledge, time, and encouragement, we help create a workplace that reflects Christ's love.

Look for opportunities today to **serve and give without expectation**—you may be surprised how God uses it to bless both you and others.

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### Personal Reflection

Do I see my time and talents as gifts to be shared, or do I hold them back for personal gain? How can I practice generosity at work?

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### Discussion Questions

1. What does generosity look like in a workplace setting?
2. How can we balance being generous with our time while still managing our responsibilities?
3. Have you ever benefited from someone's generosity at work? How did it impact you?
4. Why is generosity an important part of reflecting Christ in our professional lives?

## Day 33: Forgiving Offenses in the Workplace

“BEAR WITH EACH OTHER AND FORGIVE ONE ANOTHER IF ANY OF YOU HAS A GRIEVANCE AGAINST SOMEONE. FORGIVE AS THE LORD FORGAVE YOU.” – COLOSSIANS 3:13

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### Supporting Verses

- “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32
  - “Above all, love each other deeply, because love covers over a multitude of sins.” – 1 Peter 4:8
  - “Blessed are the merciful, for they will be shown mercy.” – Matthew 5:7
- 

### Devotional Thought

Workplace conflicts are inevitable—**misunderstandings, harsh words, or unfair treatment can leave lasting wounds**. Holding onto resentment only weighs us down, yet forgiveness is one of the hardest things to do.

Christ calls us to **forgive as we have been forgiven**. Forgiveness doesn't mean ignoring wrongdoing or allowing mistreatment, but it does mean **releasing bitterness and trusting God to handle justice**. It's about freeing ourselves from the weight of resentment and choosing grace instead.

Today, ask God to help you **forgive those who have wronged you at work**. When we walk in forgiveness, we experience **freedom and peace** that only He can give.

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### Personal Reflection

Is there a coworker or situation where I need to extend forgiveness? How can I reflect God's grace in this area?

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### Discussion Questions

1. Why is forgiveness important in maintaining healthy workplace relationships?
2. How does unforgiveness influence our attitudes and work performance?
3. What are practical ways to extend grace to difficult coworkers?
4. How does remembering God's forgiveness help us forgive others?

## Day 34: Responding with Kindness in Difficult Situations

“DO NOT BE OVERCOME BY EVIL, BUT OVERCOME EVIL WITH GOOD.” – ROMANS 12:21

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### Supporting Verses

- “A gentle answer turns away wrath, but a harsh word stirs up anger.” – Proverbs 15:1
  - “If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink.” – Proverbs 25:21
  - “Love your enemies and pray for those who persecute you.” – Matthew 5:44
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### Devotional Thought

Not every workday is easy. We encounter difficult conversations, frustrating coworkers, and situations that test our patience. Our natural instinct is often to react defensively or with frustration, but Christ calls us to overcome challenges with kindness.

Kindness is not weakness—it is **a deliberate choice to reflect Christ’s love, even when it’s undeserved**. It might mean responding with patience in a tense meeting, offering encouragement when someone is rude, or choosing not to retaliate. **When we respond with grace instead of anger, we defuse conflict and reflect God’s heart.**

Instead of letting difficult situations control your attitude, **ask God to help you respond with kindness today**. Your gentle response might be the very thing that softens someone’s heart.

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### Personal Reflection

Do I react with kindness when faced with workplace frustrations? How can I be more intentional about showing grace in difficult moments?

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### Discussion Questions

1. Why is kindness so powerful in de-escalating workplace conflict?
2. What does it mean to “overcome evil with good” in a work setting?
3. How can we prepare ourselves spiritually to respond with kindness rather than frustration?
4. Have you ever seen an act of kindness change the course of a conversation or situation?

## Day 35: Reflecting Christ in Our Workplace Relationships

"WE ARE THEREFORE CHRIST'S AMBASSADORS, AS THOUGH GOD WERE MAKING HIS APPEAL THROUGH US." – 2 CORINTHIANS 5:20

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### Supporting Verses

- "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." – Matthew 5:16
  - "Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day He visits us." – 1 Peter 2:12
  - "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ." – Philippians 1:27
- 

### Devotional Thought

As believers, **we represent Christ in everything we do—including our work.** The way we interact with coworkers, handle conflict, and approach challenges **either draws people toward Christ or pushes them away.**

We don't need to preach sermons in the workplace to share our faith. Often, the most powerful testimony is simply **how we live**—our kindness, integrity, work ethic, and ability to love others well. **People notice when we lead with grace and humility.**

Today, ask yourself: What kind of ambassador for Christ am I at work? Do my actions and words reflect Him well? Let's strive to represent Him in a way that invites others to experience His love.

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### Personal Reflection

Am I intentional about reflecting Christ in my workplace relationships? How can I better represent Him through my daily actions?

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### Discussion Questions

1. What does it mean to be an ambassador for Christ at work?
2. How do our daily actions shape how others perceive Christianity?
3. Have you ever seen someone's faith reflected in their work ethic or character? How did it impact you?
4. What are simple ways to live out our faith at work without being preachy?

## Holy Week: Preparing Our Hearts for Easter

### Day 36: Palm Sunday – Jesus' Humility as a Model for Us

"SEE, YOUR KING COMES TO YOU, GENTLE AND RIDING ON A DONKEY." – MATTHEW 21:5

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#### Supporting Verses

- "He must become greater; I must become less." – John 3:30
  - "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." – Matthew 23:12
  - "Have this attitude in yourselves which was also in Christ Jesus." – Philippians 2:5
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#### Devotional Thought

On Palm Sunday, Jesus entered Jerusalem **not on a warhorse, but on a donkey**—a symbol of humility and peace. The crowds praised Him, yet days later, many of these same people would turn against Him. Jesus knew what was coming, yet **He remained focused on His mission, humbly submitting to the Father's plan.**

In our workplaces, we are often tempted to seek recognition, fight for status, or defend ourselves when misunderstood. But **Jesus shows us a different way—the way of humility.** True strength isn't found in pride or power but in **servicing others, staying faithful, and trusting God's plan.**

As we enter Holy Week, reflect on Jesus' humility. How can you follow His example in your own work and leadership?

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#### Personal Reflection

Do I seek recognition, or do I serve with humility? How can I adopt Christ's attitude in my daily work?

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#### Discussion Questions

1. Why is humility such a powerful leadership trait?
2. How can we handle situations where we feel overlooked or unappreciated?
3. What does Jesus' entrance into Jerusalem teach us about true greatness?
4. How can we reflect Christ's humility in our interactions at work?

## Day 37: Monday of Holy Week – Purifying Our Hearts Like Jesus Cleansed the Temple

“JESUS ENTERED THE TEMPLE COURTS AND DROVE OUT ALL WHO WERE BUYING AND SELLING THERE.” – MATTHEW 21:12

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### Supporting Verses

- “Create in me a clean heart, O God, and renew a right spirit within me.” – Psalm 51:10
  - “Let us draw near to God with a sincere heart and with the full assurance that faith brings.” – Hebrews 10:22
  - “Above all else, guard your heart, for everything you do flows from it.” – Proverbs 4:23
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### Devotional Thought

When Jesus entered the temple and saw people using it for selfish gain, He cleansed it, declaring, *“My house shall be called a house of prayer.”* His actions were not about anger but about **restoring holiness and removing distractions from true worship.**

Our hearts are also meant to be temples of the Holy Spirit. But sometimes, **workplace stress, unhealthy ambition, or negativity can clutter our hearts.** Just as Jesus cleansed the temple, we must ask God to **purify our hearts** and remove anything that distracts us from Him.

Take a moment today to reflect: **Are there attitudes, habits, or worries at work that need to be surrendered to God?** Let Him cleanse and renew your heart so you can approach your work with peace and purpose.

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### Personal Reflection

Are there distractions or unhealthy attitudes in my heart that keep me from focusing on God? How can I allow Him to purify and renew me?

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### Discussion Questions

1. Why did Jesus cleanse the temple, and what does it teach us about our own hearts?
2. How do distractions at work pull us away from what truly matters?
3. What are practical ways to refocus on God in the middle of a busy workday?
4. How can we maintain a pure heart in our workplace interactions?

## Day 38: Tuesday of Holy Week – Trusting God in the Face of Betrayal

“JESUS WAS TROUBLED IN SPIRIT AND TESTIFIED, ‘VERY TRULY I TELL YOU, ONE OF YOU IS GOING TO BETRAY ME.’” – JOHN 13:21

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### Supporting Verses

- “Even my close friend, someone I trusted, one who shared my bread, has turned against me.” – Psalm 41:9
  - “Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.” – Romans 12:17
  - “Commit your way to the Lord; trust in Him and He will do this.” – Psalm 37:5
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### Devotional Thought

Betrayal is painful, especially when it comes from someone we trust. Jesus experienced this deeply when **Judas, one of His own disciples, turned against Him**. Yet, Jesus did not respond with revenge or bitterness—He trusted in the Father’s plan.

At work, we may experience betrayal—a broken promise, unfair treatment, or someone taking credit for our efforts. While the world teaches us to retaliate, Jesus shows us a better way: forgiveness, trust in God’s justice, and a heart that remains free from bitterness.

If you’ve been wronged, bring your hurt to God. **He sees, He knows, and He is your defender**. Choose to trust Him, knowing that He can bring peace and restoration in ways you never expected.

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### Personal Reflection

Have I experienced betrayal at work, and how have I handled it? How can I surrender my hurt to God and trust Him to bring justice?

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### Discussion Questions

1. Why is betrayal so painful, and how can we respond in a Christlike way?
2. How does trusting God help us release bitterness and seek peace?
3. What are practical ways to handle workplace conflict with grace?
4. How can we show integrity even when we are wronged?

## Day 39: Wednesday of Holy Week – The Cost of Selfish Ambition

“THEN ONE OF THE TWELVE—THE ONE CALLED JUDAS ISCARIOT—WENT TO THE CHIEF PRIESTS AND ASKED, ‘WHAT ARE YOU WILLING TO GIVE ME IF I DELIVER HIM OVER TO YOU?’”  
– MATTHEW 26:14-15

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### Supporting Verses

- “For where you have envy and selfish ambition, there you find disorder and every evil practice.” – James 3:16
  - “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” – Philippians 2:3
  - “The love of money is a root of all kinds of evil.” – 1 Timothy 6:10
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### Devotional Thought

Judas’ betrayal of Jesus began with selfish ambition—he sought financial gain over faithfulness. This decision cost him everything. His story serves as a warning: when we prioritize personal gain over integrity, we ultimately lose what truly matters.

In the workplace, ambition can be a good thing when guided by wisdom and humility. But when ambition turns selfish—when we compromise values for success, manipulate situations for personal advantage, or prioritize career over character—it leads to destruction.

True success comes not from chasing recognition, but from serving others, staying faithful, and trusting God’s timing. What we gain from integrity will always be greater than anything achieved through selfish ambition.

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### Personal Reflection

Is my ambition driven by God’s purpose or by selfish motives? Am I willing to trust God’s plan rather than force my own way?

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### Discussion Questions

1. How do we recognize when ambition has become unhealthy?
2. What are the dangers of prioritizing personal gain over integrity?
3. How does humility protect us from the pitfalls of selfish ambition?
4. How can we pursue success while still honoring God in our work?

## Day 40: Maundy Thursday – Serving One Another as Jesus Washed Feet

“NOW THAT I, YOUR LORD AND TEACHER, HAVE WASHED YOUR FEET, YOU ALSO SHOULD WASH ONE ANOTHER’S FEET.” – JOHN 13:14

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### Supporting Verses

- “For even the Son of Man did not come to be served, but to serve.” – Mark 10:45
  - “Each of you should look not only to your own interests but also to the interests of others.” – Philippians 2:4
  - “Love one another. As I have loved you, so you must love one another.” – John 13:34
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### Devotional Thought

On the night before His crucifixion, Jesus **humbled Himself to wash His disciples’ feet**—an act normally reserved for servants. This moment was more than a lesson in hygiene; it was a **powerful example of servant leadership**.

In the workplace, we often seek to be seen, respected, and appreciated. But Jesus calls us to serve first. Serving others—whether through encouragement, helping a struggling coworker, or simply being kind—reflects Christ’s heart. True leadership is not about power or prestige, but about choosing humility and selflessness.

As Holy Week draws to a close, reflect on how you can embody **Christ’s servant-hearted leadership** at work. **Greatness in God’s kingdom comes through serving others.**

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### Personal Reflection

Do I see leadership as an opportunity to serve, or do I seek recognition? How can I reflect Jesus’ humility in my work?

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### Discussion Questions

1. Why is servant leadership so impactful?
2. What does Jesus’ example teach us about humility and service?
3. How can we create a workplace culture where service is valued?
4. Have you ever been blessed by someone who led with a servant’s heart?

## Good Friday & Easter (Beyond Lent)

### Good Friday: Reflecting on Christ's Sacrifice

"IT IS FINISHED." – JOHN 19:30

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#### Supporting Verses

- "But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed." – Isaiah 53:5
  - "God demonstrates His own love for us in this: While we were still sinners, Christ died for us." – Romans 5:8
  - "For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God." – 1 Peter 3:18
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#### Devotional Thought

Good Friday is a day of deep reflection. Jesus willingly endured suffering, betrayal, and death so that we could be redeemed. When He cried out, "*It is finished*," He declared that the price for our sins was fully paid.

At work, we often measure success by our accomplishments and productivity. But the cross reminds us that **our worth is not found in what we do, but in what Christ has already done**. His sacrifice means that we don't have to strive for perfection—we are already loved, forgiven, and made whole through Him.

Today, take time to reflect on **the weight of Jesus' sacrifice**. Let gratitude fill your heart as you consider the depth of His love.

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#### Personal Reflection

Do I live as though my worth depends on my work, or do I rest in the finished work of Christ? How can I let the truth of Good Friday shape my daily life?

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#### Discussion Questions

1. What does Jesus' sacrifice mean to you personally?
2. How does understanding Christ's finished work on the cross change the way we approach our work and relationships?
3. Why do you think Jesus' last words were "*It is finished*"? What does that mean for us today?
4. How can we honor Jesus' sacrifice in the way we live and work?

## Easter Sunday: The Victory of Christ

"HE IS NOT HERE; HE HAS RISEN!" – LUKE 24:6

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### Supporting Verses

- "I am the resurrection and the life. The one who believes in Me will live, even though they die." – John 11:25
  - "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?" – 1 Corinthians 15:54-55
  - "Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." – 1 Peter 1:3
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### Devotional Thought

Easter Sunday is the most joyous day in history—**the day Jesus defeated sin, death, and the grave!** His resurrection is proof that darkness does not win, hope is never lost, and new life is always possible.

At work, challenges and setbacks can sometimes feel overwhelming. But because of the resurrection, **we live with hope, knowing that God's power is greater than any obstacle we face.** The same power that raised Jesus from the dead **lives in us**, equipping us to bring His light and truth into our daily lives.

As we celebrate Easter, let's carry **the joy of Christ's victory** into everything we do. He is alive, and that changes everything!

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### Personal Reflection

Do I live as though Christ's resurrection gives me victory over fear, sin, and discouragement? How can I walk in that hope today?

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### Discussion Questions

1. Why is the resurrection central to our faith?
2. How does knowing that Jesus conquered death give us confidence in our daily lives?
3. How can we reflect the joy and hope of Easter in our workplace?
4. What does it mean for us personally that Jesus is alive today?