**“God of Mondays: Learning to Love Mondays” (Part 1 of 5)**

**March 8/9, 2025**

**Speaker: Tom Hughes**

**Opening:** [15 mins] Begin with an opening prayer and then a brief “catch up” or “icebreaker” before moving into the *scripture reflection* and *application questions*. (Suggested icebreaker: What was your first job? What was your experience on your first job?)

**Scripture Reflection:** [20 mins]

**Gen. 1:26** Then God said, “Let us make human beings in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

**Gen. 1:27** So God created man in his own image, in the image of God he created him;

male and female, he created them.

**Gen. 2:15**   The LORD God took the man and put him in the garden of Eden to work it and keep it.

Allow the group time to reflect on the passages. Ask the group to share what most stands out to them. What does the passage say about God? What does the passage about people?

**Application Questions:** [40 mins](*These questions will help you and your group dig deeper into the weekend sermon. Feel free to edit or use only those which fit your allotted time.)*

(NOTE: Tom did not just define work as office work, but included parenting, volunteering, etc.)

1. Where do you see God in your work?
2. According to Tom, as image bearers of God, “our duty is to then use God as our pattern, not ourselves. So, think about the implications this has in our workplaces: How would God go about doing your job? What values would He bring to it? What standards would He use?” Can you share ways your Christian faith can influence and shape your work?
3. Why should we work with enthusiasm, excellence, joy and delight even if the situation is not ideal? Read Philippians 2:14 – 15; Colossians 3:23 – 24.
4. How does Sabbath help us overcome the “Monday Blues?”

**Closing & Prayer**: [15 mins] Pray for group members that are facing challenges. Pray for your work, managers and co-workers.