



## Week 1: Be F.I.T. In Your Work

If you haven't already, watch or listen to this sermon on Shepherd Church's [website](#), [YouTube channel](#), [Apple Podcasts](#), [Spotify](#), [Apple TV app](#), [Amazon Fire TV app](#), or [Roku app](#).

1. How would you define or describe each of the words in the acronym F.I.T. (*Faithful*, *Invested*, and *Trustworthy*)? Which one of those words do you feel that you need the most help with right now, and why?
2. What do [Genesis 2:16 and Deuteronomy 8:17-18](#) teach you about how we should view work?
3. Where do [Colossians 3:23 and Philippians 2:15-16](#) encourage and/or challenge the way you approach your work, school, responsibilities, and/or daily routines?
4. Read [Psalm 90:17](#). Share about a specific time when God blessed the work of your hands: What happened, and how did God bless your work?
5. Read [Matthew 5:16](#) and think about where you work. What would it look like for you to make a noticeable difference in your workplace without becoming “preachy” or disconnected from people?

Pastor Dudley gave our church five daily challenges this week (see below). Which one are you looking forward to most, and how do you plan to (or how did you) put it into action?

- Day 1: Bring donuts/baked goods to your workplace.
- Day 2: Pray for a co-worker.
- Day 3: Encourage a co-worker.
- Day 4: Bless the office (pick up trash, organize, clean, etc.)
- Day 5: Invite a co-worker to church.