

Finding

Take time to meditate on the following sentences from Psalm 90 (verses 1-2, 12, 17) and note down any thoughts that come to mind.

01. Meditate

Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

Teach us to number our days, that we may gain a heart of wisdom.

May the favour of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.

God

Take time to reflect on the following questions and to note down your responses.

02. Reflect

Where do you find satisfaction in your work?

Who do you enjoy working with?

What does your work achieve?

Where is your work difficult, even painful?

Who do you find it challenging to work with?

Where do you experience ambiguity and alienation at work?

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Take a few moments to be silent.

Look back on the notes you made in response to the questions from the previous section. What can you thank God for? What do you need to ask God for? Pray to God now.

03. Pray

Close with the following prayer (an updated version of a collect from The Book of Common Prayer):

Go before us, O Lord, in all our work with your most gracious favour, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy name; and finally by your mercy obtain everlasting life; through Jesus Christ our Lord. Amen.

Work