

Feeling Purposeless

Prayer Guide

This prayer guide is designed to be used with the audio prayer guide recorded on the Faith at Work podcast. You can access the audio version of this prayer guide on Apple Podcasts, Spotify, or YouTube.

Introduction

The feeling of purposelessness at work can feel exhausting and at times debilitating. Maybe you're spending your time in a job that you could care less about, or maybe you feel like your job hardly benefits other people.

Whatever the reason may be, go ahead and take a few moments to tell God about how you feel. Invite him into your pain and the emotions that you're feeling, even if they're unpleasant. Whether you're feeling confused, hopeless, or angry, take a few deep breaths, be honest with God, and tell him how you feel knowing that he desires to hear from you.

Pause for 1 minute to bring your emotions before God

Colossians 3:23-24

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

Work as an Act of Worship

There are two problematic views that we tend to have when it comes to our work. One view is seeing work as drudgery or at best something to be tolerated. In this view, work is not a gift from God, but instead, something that's meaningless and frustrating. This is a low view of work. The opposite problem is finding our identity through our work. When we do this, work becomes our primary "purpose" — it defines who we are. This view idolizes work and sees it as a functional god. And while the pursuit of good, meaningful work is certainly important, it should never become the place where we find our primary identity and sense of meaning.

The Bible takes neither a low view of work nor does it idolize work. Instead, it invites us to see how work finds its proper place in our lives when it becomes an act of worship to God. While what we do matters to God, he is more concerned with how we work. In the passage we just read, it says "Whatever you do" — whether that's in banking, education, or being a stay at home parent — "Work at it with all your heart, as working for the Lord." God is more concerned about the posture with which we approach our work instead of the particular type of work we are engaged in. That means that all work, when offered to God, is valuable to him, no matter how big or how small. Your work today matters to God.



Reflection

Take a few moments to consider with God the posture with which you've been working from. Have you been seeing your work as a way to love and serve God? Invite God to change or renew the posture you've been working from so that it ultimately serves him.

Pause for 2 minutes to examine the posture with which you've been working from

Listening

Now, go ahead and ask God for one tangible way how you can approach your work differently to better serve him today. If it helps, write down anything that comes to mind.

Pause for 2 minutes to listen for God

Imagining Exercise

Finally, take a few moments to imagine that God is watching you work today. Imagine him seeing you and appreciating the work that you're doing.

Pause for 1 minute to imagine God valuing your work today

Closing Prayer

Father, thank You for the gift of work. Remind me that work is not a bad thing, but it also is not my ultimate purpose. Help me not to find my identity or ultimate fulfillment in what I do, but in who I am in you alone. Teach me to approach every task — big or small — with a heart that honors You. May I work not for recognition or success, but as one serving Christ.

Amen.