

# Feeling Undervalued at Work

## 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

Feeling undervalued or unappreciated at work is painful. Maybe you've been putting in extra hours without any extra pay or recognition. Maybe you feel completely unnoticed by your manager, and they could seem to care less about the work you've been doing.

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*

### Ephesians 6:7-8

**“Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.”**

### Serving Christ Through Your Work

In this passage, Paul is encouraging slaves to work diligently and to view their work as “serving the Lord.” Did you catch that? Slaves. How could Paul say such a thing to people who were by definition devalued and mistreated? It’s because of the eternal perspective that Paul encourages them to have: “because you know that the Lord will reward each one for whatever good they do...” Our heavenly Father sees and knows exactly all of the work that we do here on earth. Nothing goes unnoticed by him. So if you are feeling completely overlooked or unnoticed, your heavenly Father sees you and the work you are doing. And when we work “wholeheartedly” as if we were serving Christ, he will one day reward us for our work, even if it’s unacknowledged by others.

### Petition

Maintaining this kind of eternal perspective about our work can be really challenging, especially in our everyday lives. Take a few moments to ask God to help you see your daily work as a way to serve and love God.

*Pause for 2 minutes to bring your request before God*



### Confession

It can be painful and frustrating when we aren’t acknowledged for doing good work, and it certainly isn’t right. But whether we receive the proper recognition from other people or not, it still should never become the primary motivator behind our work. If it does, we run the risk of serving earthly masters instead of our heavenly father. Ultimately, our desire for approval can only be fully satisfied in God — he continues to see us, value us, and will one day reward us for the way we approach the tasks that we have been given.

Take a few moments to ask God to examine the motivation with which you’ve been working from. Have you been searching for approval in anyone or anything else other than God? If so, take a minute to confess that before him, and ask him to renew your desires to serve him wholeheartedly through your work.

*Pause for 2 minutes to confess any wrong motivations before God and ask for a renewed desire to serve him*

### 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 seeing me, even when I don’t feel seen by others at work. Even if I don’t receive recognition from others, remind me that you see me and value the work I’m doing. Help me to work wholeheartedly as unto you, serving you and loving you through my everyday work. I ask that I would not work from a place of looking for approval from others, but that I would work in such a way that honors and glorifies you.**

**Amen.**