A COMPANION TO THE FORGOTTEN WITNESS

FOLLOWING JESUS AT WORK

The One-Week Edition



Five days. About twenty-five minutes each.
One practice to carry into your workday.

JUSTIN CREASMAN

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WELCOME

How this week works

In five weekdays, about 25 minutes each, you will work through the heart of the Following Jesus at Work workbook on your own or with a partner. Each day has a Scripture reading, a short teaching, three reflection prompts, and one practice to do at work that day.

THE PLAN AT A GLANCE

DAY	THEME	SCRIPTURE	PRACTICE
1	**Work as Worship**	Colossians 3:23–24	*The Morning Offering*
2	**The Basin and the Towel**	John 13:1–17	*One Basin Act*
3	**Integrity, Excellence, and Stewardship**	Daniel 6:1–5; Luke 16:10–12	*The Integrity Check*
4	**Influence and Witness**	1 Peter 3:15–16	*Five Names*
5	**Surrendered Strategy**	Proverbs 16:9; Acts 13:1–3	*Plan, Pray, Release*

YOUR DAILY RHYTHM

5 MINUTES
Read the Scripture slowly, out loud if you can.

15 MINUTES
Read the teaching and write your answers to the prompts.

5 MINUTES
Choose when you will do the day's practice, and do it at work if you can.

STARTING POINT

Before Day 1, write two sentences.

My job or business:

Right now, my faith and my work feel (no judgement, honest reflection)**:**

1 DAY 1 OF 5

Work as Worship

SCRIPTURAL REFLECTION *Genesis 2:15 and Colossians 3:23–24.*

God gave people work before sin entered the world. Work is part of His design, and it can be offered back to Him. If the Lord is your real boss, an ordinary Tuesday carries weight.

REFLECT

1 Where do I treat my faith and my work as two separate worlds?

2 Whose approval am I tempted to chase at work?

3 What part of my job do I do halfheartedly, and why?

TODAY'S PRACTICE

The Morning Offering

Before you start work, pray for two minutes: "Lord, this day's work is Yours. Help me do it well for You and for the people it touches." Name one task you will do today as if working for the Lord.

2 DAY 2 OF 5

The Basin and the Towel

SCRIPTURAL REFLECTION *John 13:1–17.*

Jesus knew the Father had given Him all things, and He picked up a towel and washed His disciples' feet. Servant leadership is not a technique for getting more from people. It is Christlike strength used to lift others.

REFLECT

1 Who works for me, with me, or around me, and what do I know about their needs?

2 What is the basin task nobody wants at my workplace and how can I begin to steward it?

3 Are there moments when I am protecting my title, my image, or my credit?

TODAY'S PRACTICE

One Basin Act

Do one quiet act of service today that no one asked for and no one will reward. Write down what you did, not to share or boast but to use it as a moment of reflection with the Lord for encouragement.

3 DAY 3 OF 5

Integrity, Excellence, and Stewardship

SCRIPTURAL REFLECTION *Daniel 6:1–5 and Luke 16:10–12.*

Daniel's coworkers could find no negligence or corruption in him, and his excellence opened doors to witness. Integrity and excellence go together. Behind both is stewardship: your time, talent, treasure, and influence are entrusted to you, and faithfulness with little prepares you for more.

REFLECT

1 Where am I tempted to cut corners or shade the truth?

2 Which of my four resources (time, talent, treasure, influence) am I managing the worst? Be truth with yourself and lean into relationship with trusted friends to explore this question more.

3 What is one standard I should raise in my work this month?

TODAY'S PRACTICE

The Integrity Check

At the end of the day, answer in one line each: Did I work honestly? Did I keep every commitment? What do I need to do better tomorrow?

4 DAY 4 OF 5

Influence and Witness

SCRIPTURAL REFLECTION *1 Peter 3:15–16 and Colossians 4:5–6.*

Witness at work starts with presence, care, and credibility long before words. Be ready to explain your hope with gentleness and respect, and honor your workplace's policies as part of your witness.

REFLECT

1 Who are the five people I spend the most time with at work, and what do I know about their lives?

2 What would my coworkers say my work says about Christ?

3 How would I answer in two sentences if someone asked why I work the way I do?

TODAY'S PRACTICE

Five Names

Write down five coworkers, clients, or friends. Pray for each by name, and take one caring step toward one of them today.

1.
2.
3.
4.
5.

5 DAY 5 OF 5

Surrendered Strategy

SCRIPTURAL REFLECTION *Proverbs 16:9 and Acts 13:1–3.*

Plan with excellence, then hold the plan with open hands. The church at Antioch sent out two of its best leaders and the Spirit took the mission further than the church could have planned. Surrender means giving away vision, people, and credit, and trusting God with the outcome.

REFLECT

1 What am I gripping tightly in my plans?

2 Whose vision am I called to honor and support, even without credit?

3 What would it look like to plan with excellence and release with trust at once?

TODAY'S PRACTICE

Plan, Pray, Release

Pick one goal at work. Write a plan with steps and deadlines. Offer it to God in ten minutes of prayer, then finish this sentence: "I release this outcome to You, Lord, and I am willing to…"

FINISH THE WEEK

My Commitment

Finish the week by choosing what you will carry forward. Keep it small enough to actually do.

AREA	ONE THING I WILL DO IN THE NEXT 30 DAYS
Work as worship	
Servant leadership	
Integrity and excellence	
Stewardship	
Influence and witness	
Surrendered strategy	

WALK IT OUT TOGETHER

My accountability partner:

We will check in on:

FOR CHURCHES AND SMALL GROUPS

Running it as a group

Gather a small group (4 to 12 people) for a 60-minute kickoff before Day 1 and a 75-minute wrap-up after Day 5.

1

KICKOFF · 60 MINUTES

Read the welcome, share your starting-point sentences, and agree to the group ground rules (confidentiality, no fixing, honest sharing, on-time).

2

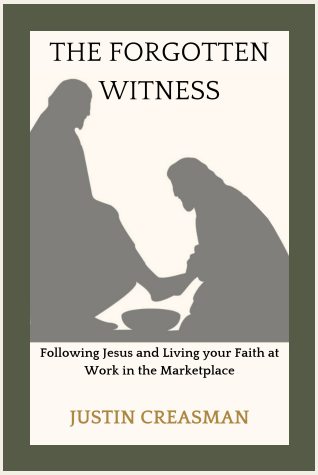
WRAP-UP · 75 MINUTES

Each person shares the practice that stood out, one answer from a reflection prompt, and the commitment table above. Close with prayer for each person's workplace.

3

NEXT STEP

Invite the group to join a one-day Following Jesus at Work retreat or talk to your local church about sponsoring a retreat. Reach out to me if you would like more information.



KEEP WALKING

Following Jesus at work is a journey, not a week.

If this week stirred something in you, take the next step. Start a conversation about bringing a Following Jesus at Work retreat to your church, your team, or your gathering of marketplace leaders.

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