

## Four Key Questions

Think about the highs and lows of your work life the past week or month. Look at each major incident and ask:

1. What happened?
  2. Why did it happen?
  3. Where was Jesus when it happened? What was he doing?
  4. What did you learn from that incident?
- Write down key words and ideas that come to mind.
  - Speak quietly with Jesus as you walk through each event again.
  - Be honest. This is strictly confidential.
  - Based on what you have discovered during your reflection, what have you learned about yourself?
  - How will you move on?

This prayer will help you start...

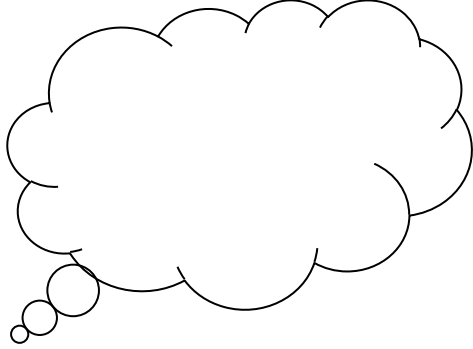
***“Investigate my life, O God, find out everything about me;  
Cross-examine and test me, get a clear picture  
of what I’m about;  
See for yourself whether I’ve done anything wrong – then guide  
me on the road to eternal life.”*** (Ps 139: 23-24, *The Message*)

Pastor David Lau  
Marketplace Minister



## My Journey @ Work





↑ **Highs** (Positive experiences)  
↓ **Lows** (Negative experiences)

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