***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***

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**Highs** (Positive experiences)

**Lows** (Negative experiences)