

REST & WORK



CRUSHED OR CALLED



Crushed or Called

Finding Purpose, Identity, and Rest in Your Work

Introduction

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Let's be honest—work is hard.

Sometimes it feels fulfilling.

Other times, it just feels exhausting.

We chase success, purpose, security... but often end up feeling crushed by the weight of it all.

But here's the truth:

You weren't created to be crushed by your work.

You were created to walk with God through it.

And this changes everything.

1. God Cares About Your Work

In Exodus 20, God gives this command:

“Six days you shall labor and do all your work...”

Before God tells us to rest, He tells us to work—**with purpose**.

Why?

Because He's not just concerned about your Sundays.

He cares about your Mondays too.

Whether you're teaching kids, driving trucks, managing projects, or raising babies—your work matters to Him.

2. Your Job Is Not Your Identity

We often answer, “*What do you do?*” with *who we are*.

But when our identity is tied to our job, we live on a roller coaster:

- Success puffs us up.
- Failure crushes us.

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- Loss leaves us empty.

The truth is, your job can't carry your identity.

Only Jesus can.

In Him, your worth is secure:

You are a child of God. Fully known. Fully loved. Already enough.

You work **from** identity—not **for** it.

3. Your Work Has Purpose

Even the most mundane tasks are meaningful when seen through God's eyes.

Your job is not just about income.

It's about **impact**.

God uses your work in three ways:

- **Creativity** – You reflect His image as a creator and builder.
- **Provision** – He provides for you and others through your job.
- **Redemption** – Your workplace is a ministry field where His light shines through you.

“You're not just earning a living—you're partnering with God to bring life to the world.”

4. Walk the Path with God

You don't have to figure it all out.

God gives you a path, a pattern, a promise.

His Word is your lamp.

His Spirit is your strength.

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His presence is your peace.

Even if your job doesn't get easier—**you can get better.**

And even if the system around you doesn't change—**God can still change the world through you.**

Prayer of Availability

“God, help me to do all my work—Your way.

Help me to live with purpose.

To work with integrity.

To forgive quickly.

To serve faithfully.

I'm available. Use me.”

Final Words

You were made for more than survival.

You were made for **calling**.

So the next time you step into your workplace, your classroom, your home...

Remember:

You're not just working.

You're walking with God.

And **that** changes everything.

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