

I Hate My Job



*a 7-day devotional
guide for Christian
working women*



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Day One



HI FRIEND,

Before we dive into this week-long Bible study, we want to acknowledge that if you're diving into a resource titled *I Hate My Job*, you're likely in a tough season.

We've been there, and it is a terrible place. It's hard to feel like you're devoting such a massive amount of time and energy to something that has your soul in knots. It's lonely and confusing, and you may even feel stuck.

This devotional was created by Sara Wilson. It's for those who struggle to show up every day. It's for those trying to decide whether to stay or go—hold fast or let go. It's for those who need a place to process the complicated feelings of hating their jobs.

We hope you'll find encouragement, perspective, clarity, and insight as you work through this 7-day devotional guide.

We are here for you—even when you hate your job.

Before we dive in, we'd love to invite you to read over the Lord's Prayer and the Serenity Prayer. Use these prayers as a way to prepare your heart and mind for the hard work we're going to dive into this week.

We believe your work matters. And we know that YOU matter. It's our prayer that you find solace and hope in this devotional.

Sincerely,
The Polished Team






* Lord's Prayer

Our Father in heaven,
hallowed be your name.
Your Kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.

* Serenity Prayer

God, grant me serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.



Day Two



God blessed them and said,
"Be fruitful, multiply, fill
the earth, and subdue it.
Rule the fish of the sea and
the birds of the sky and
every creature that crawls on
the earth."

Genesis 1:28

APPLICATION:

When we don't enjoy our work, we tend to see it as a chore at best and, at worst, a crippling activity that absorbs the time we'd love to allocate to something else. We must be careful here as there has always been work, even before sin entered the picture. God is a worker. He created us in His image to co-labor with Him in all we do, including the work we do for a paycheck. And work is meant to be a way to glorify Him through the faithful stewardship of our time and our talent. In Matthew 5:16, Jesus says, "Let your light shine before others, so that they may see your good works and give glory to your Father in heaven." Jesus' words are an invitation for us to find glorious meaning in the day-to-day of our work. We'll always have interests outside of work where many of our gifts come alive, and we must carefully approach the source of our paycheck with the same vigor.

PRAYER SUGGESTION:

Thank God for how He created humans with a design to work. Take some time to consider where you may have misaligned the meaning of work—and share that with God. Then, ask Him to show you places, people, or situations in the workplace where you can let your light shine before others—bearing His image.

Day Three

You have heard that it was said, "Love your neighbor" and hate your enemy. But I tell you, love your enemies and pray for those who persecute you so that you may be children of your Father in heaven. For He causes His sun to rise on the evil and the good and sends rain on the righteous and the unrighteous.

For if you love those who love you, what reward will you have? Don't even the tax collectors do the same? And if you greet only your brothers and sisters, what are you doing out of the ordinary? Don't even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.



Matthew 5: 43-48

APPLICATION:

I do not often feel as uncomfortable as when Jesus cuts to the chase. I'm not sure there's a way around this: we must love our enemies. If you're like me, you may think, "Well, I don't really have enemies. There's no one out there who wants to hurt me and no one I have a desire to hurt." Is that true, though? What about someone who gets to work late and leaves early with no consequence? What about the manager who might as well move into your cube to watch and judge your every move since she already has opinions about most of them? What about the customer who seems never to read your emails and then gets angry when the deliverable isn't right? While we may never wish harm on them, we may harbor resentment toward them. They cross our protective boundary of who we believe ourselves to be, and we want to punish them. It is up to us to examine these people through the lens of our eternally helpful Holy Spirit and see these people like Jesus sees them—broken, sad, frustrated with the mediocrity of their lives, just like us.

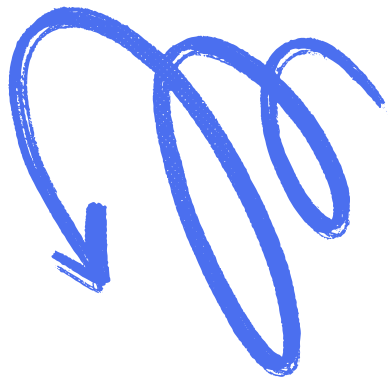
PRAYER SUGGESTION:

Spend some time meditating on what Jesus asks of us in these verses. Write down who in your workplace you find easy to love, who is hard to love, and why. Pray over those reasons and ask the Holy Spirit to help guide your future interactions with those who challenge your heart.



*“I’m not sure there’s
a way around this: we
must love our enemies.”*

Day Four



*Keep your tongue from evil
and your lips from deceitful
speech. Turn away from evil
and do what is good; seek
peace and pursue it.*

Psalm 34:13-14

APPLICATION:

When I worked in restaurants, it was commonplace to perpetuate a kitchen environment where we would lament our woes on our aching feet while counting our crummy tips—and I was right in the center of it. When I got my first office job working a front desk, I thought, naively, that I had reached a safe place where the dysfunction of the service industry would be a thing of the past. Wrong. In the ten-plus years I've worked in a traditional office, I've learned that people are people. Sinners are sinners. And when we are hurt, we hurt back. Friends, it is of the utmost importance that, no matter our woes or our hurts, we are the ones to retreat from toxic conversations that bubble up in the break room or over happy hour. Use these opportunities, these spiritual softballs, to take a posture of humble curiosity. Ask thoughtful questions and practice active listening. Offer space to contain others' frustrations without snowballing them to become more significant than they are.

PRAYER SUGGESTION:

Write down 1 to 3 colleagues with whom you regularly interact and with whom you've taken part in gossiping about those in your workplace. Confess these past conversations to God and pray specifically for those who have been the subject of your gossip. Afterward, pray over your relationship with the colleagues you wrote down and for an opportunity to create a new approach to conversation.

Day Five



APPLICATION:

I can't think of anything that can make me spin more than work. If I don't keep this tendency in check, I will fret and lose sleep as I relentlessly rehash conversations. I wonder if I'm compensated fairly, what my next title will be, and what will await me when I arrive tomorrow. The list is endless. However, Jesus commands us to do the opposite: Do. Not. Worry. If we genuinely believe this and choose to respond accordingly, we experience freedom and the development of healthy boundaries that will set us free. Take comfort in Jesus' light burden and His complete knowledge of your days. Surrender to this and seek Him first—and always.

PRAYER SUGGESTION:

- Make a list of worries you experience related to your work.
- Refer to the Serenity Prayer, and prayerfully consider which items you can change and which you cannot.
- Ask God for His guidance as you move towards change, and face surrender where you are helpless.

don't forget

Therefore I tell you: Don't worry about your life, what you will eat or drink, or about your body, what you will wear. Isn't life more than food and the body more than clothing?

Matthew 6:25



Day Six



*The heart is deceitful
above all things and
desperately sick; who
can understand it?*

Jeremiah 17:9

APPLICATION:

Sister, this is a broken-hearted world full of broken-hearted people. Our calloused hearts lead us too quickly into cycles of resentment and apathy toward colleagues we have branded incompetent, unethical, abusive, and lazy. These poor souls are contending with the same "desperately sick" hearts as we are, with a grave difference: they may not have Christ. Imagine who you were and who you would still be without God's Word. Without Jesus's saving grace? Without the constant presence and intercession of the Holy Spirit? I shudder to think of living in this life with a terminal and hopeless failure of the heart. Be gentle to those in your workplace, and remember that it is only through the blood of Jesus Christ that your own heart has hope.

PRAYER SUGGESTION:

Write down the names of colleagues with whom you've experienced a failure to love. Thank God for the gift of the cross. Confess your wrongs to God, ask Him to "create in me a clean heart" (Psalms 51:10), and pray intentionally for each person on the list you made.

Day Seven

APPLICATION:

We've spent this week in prayer and meditation over the workplace, and I pray that it's been a week of the Holy Spirit transforming and equipping your soul for good work. It is easy to fall into "that which does not satisfy" (Isaiah 55:2) when our idols take over. Our joy will never be found in the most innovative team, the sharpest clothes, or challenging work. The only pure and unadulterated joy in this world is in Jesus Christ, who claims us as his own and is jealous for our affection. Find courage in this truth, "Take up the full armor of God" (Ephesians 6:13), and joyfully fight the good fight in your workplace. You're the perfect fit for the job.

PRAYER SUGGESTION:

Meditate on or write down ways the week went differently than you had anticipated. What was good? What was hard? How did your perspective change based on working through this process and bringing the challenges to God? Depending on these answers, express gratitude to our amazing God and pray for perseverance.

And I pray that your love will keep on growing in knowledge and every kind of discernment, so that you may approve the things that are superior and may be pure and blameless in the day of Christ,

... filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.

Philippians 1:9-11

*At Polished,
we embolden women in
their faith and work.*



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