

Faith and Work: Spirituality and Productivity

What can we learn from Jesus about productivity?

Productivity is about faithfulness that leads to flourishing. It's about **living faithfully** in the areas God has given you responsibilities, **investing yourself effectively** in those areas, which **leads to flourishing** in our spiritual lives.

Discussion Questions

- 1. When you think of the word productivity, what comes to mind?**
- 2. What is your biggest challenge when it comes to getting things done or not feeling overwhelmed?**

1. **Perceive** who God made you to be.

1.1 Principle – Understand who you are in Christ

1.2 Principle – Understand who you are, uniquely

1.3 Tactics – Find ways to remind yourself

1.4 Tools – APEST, Clifton, Spiritual, Enneagram

1.5 Resources – Younique (Mancini)

2. Prioritize radically.

2.1 Principle – All go home with work undone

2.2 Principle – Most time on what matters most

2.3 Tactics – Life calendaring, Week Planning, Say no

2.4 Tools – Weekly planning

2.5 Resources – Essentialism (McKeown)

3. Pursue nourishing rhythms and routines.

3.1 Principle – “Balance” not biblical priority

3.2 Principle – Body and soul crave rhythm/routine

3.3 Tactics – Energy mapping, meaningful leisure

3.4 Tools – Daily rhythms, habit stacking

**3.5 Resources – Common Rule (Early)
At Your Best (Nieuwhof)**

4. Protect capacity by minimizing distractions.

4.1 Principle – Minimize doesn't mean ignore

4.2 Principle – Work in a way that increases focus

4.3 Tactics – Focus zone, Capture tool

4.4 Tools – Drafts, Evernote, Calendly

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**4.5 Resources – Deep Work (Newport)
World without Email (Newport)**

5. Plod patiently.

5.1 Principle – Don't rush, Don't pursue newest

5.2 Principle – Embrace “slow productivity”

5.3 Tactics – Annual goals, consistent with tools

5.4 Tools – Capture, Configure, Complete

5.5 Resources – Effortless (McKeown)