

# **BACK ON TRACK**

## **TALK IT OVER**

### **Back On Track With Work**

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January 31 - February 1, 2026

If you would like to watch the weekend message, visit [www.saddleback.com/watch](http://www.saddleback.com/watch).

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

### **Scriptures Used**

Genesis 1:26–28 (NIV); Genesis 1:28 (KJV); Genesis 2:15 (NIV); Genesis 3:17–19 (NIV);  
Ephesians 2:8–10 (NIV); Colossians 3:22–23 (ESV); Acts 17:25; Proverbs 16:3; Exodus 4:1–3 (NIV)

### **Questions:**

1. How have your early experiences with work—family examples, first jobs, or mistakes—shaped your current attitude toward work? In what ways might God be using those memories to form humility, gratitude, or growth in you now?
2. The sermon reminded us that work dominates nearly 40% of our waking lives, yet it's something we rarely talk about in church. How do you typically separate—or integrate—your faith and your work life? What would it look like for you to intentionally invite God into your everyday work?
3. Genesis shows us that work existed before sin and was part of God's design. How does viewing work as an expression of worship rather than a human burden change the way you see your responsibilities? Where do you struggle to believe that your work truly matters to God?
4. We talked about how sin corrupts and complicates work, bringing frustration, thorns, and sweat. When work feels hard or unfulfilling, how do you see that? Do you assume you're in the wrong job, or do you consider it as part of living in a fallen world? How could this perspective bring freedom or perseverance?

5. One key question from the sermon was: *Does my work look more like a gift or a god?* What are some signs that work may be crossing that line? Does it affect your identity, joy, or peace? What would it look like to receive work as a gift rather than worship it as a god?
6. The idea of “the wake of your work” challenges us to think about what our work leaves behind. When you consider your influence—at home, school, work, or in your community—what kind of wake do you want your work to create? How can your current role help bring order, beauty, and blessing rather than chaos or harm?
7. Colossians 3:22-23 calls us to work sincerely, from the heart, for the Lord and not for people. Where are you most tempted to work for approval, recognition, or validation? How would your mindset or effort change if you honestly believed you were working from, not for, significance?
8. Moses was asked to lay down what was already in his hand—his staff—and only then did it become the rod of God. What is “in your hand” right now? Is it your job, skills, influence, or season of life that God may be asking you to surrender? What could happen if you trusted him enough to lay it down and let him redefine its purpose?

## Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you’ve learned today?*

## Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment:

<https://saddleback.com/connect/smallgroups#spiritualCheckup>

2. Did you know that Saddleback produces many new small group studies each year? Visit <https://saddleback.com/studies> to check out Saddleback’s ever-growing library of small group curricula.

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Are you interested in the Bible and in helping small groups benefit from the weekend message? Well, you are in luck! Saddleback members like you create these discussion guides each week. If you are interested in joining the team, please email [JasonW@saddleback.com](mailto:JasonW@saddleback.com).