

Maintaining Christian Values in the Workplace

It's no secret that our nation is in a failing economy condition. This is a stressful situation, and we, as Christians, may find ourselves in very uncomfortable situations – especially in the workplace. However, it, too, can be a wonderful time to be a witness for God.

As we are faced with layoffs, reduced workforce, increased job responsibilities, and low morale, keep in mind, these are uncontrollable life situations. There is nothing we can do to change it. However, we do have control over our emotions and reaction to the situation. While it may be tempting to fall into a depression and question our faith, now is the time to pull from your inner strength and allow your faith to pick you up and keep you on a positive track.

Daily affirmations and prayer are both powerful beginnings. I wouldn't dream of starting my day without both. Before I rise out of bed, I am aware of my thoughts, and I ensure I'm in control of my thoughts instead of my thoughts controlling me. As I rise, I say aloud: "Divine order takes control of my life today. All things work together for good for me today. I am a spiritual and mental magnet attracting to myself all things that bless and prosper me. Divine love surrounds me, enfolds me, enwraps me, and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is good. I will be happy all day long because God orders my steps." Also, throughout the day, I make a point to stop and take note of "what thoughts am I thinking?" If my thoughts have wandered off the positive track, I will immediately change my thoughts to "I am happy, healthy, and strong." This is a brief, but powerful, affirmation. If we make a point to periodically assess our thoughts, and incorporate affirmations, we are empowered to maintain our spiritual strength.

Regardless of difficult workplace situations, never compromise who you are or "whose" you are. You are a witness for Christ, and we should never be ashamed or afraid to allow our inner light to shine. If co-workers are wallowing in their misery, say a silent prayer that peace will shine on their hearts and spirits. Your lifestyle and activities are not dictated by the work environment. Your life and existence were strategically designed and orchestrated by God. He sees all and knows all. As the Bible states: "*Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*" (Romans 12:2).

Ask yourself; "why am I in this job?" Maybe you are there to fulfill a special gift, to make a living for your family, or because the work needs to be done for the good of society. To overcome discouragement, maintain an attitude that takes the focus off your sense of frustration. You need to remember why your work is valid. You need to remember that God is behind it.

Article by: Cathy Holloway Hill ©

Website: www.chollowayhill.com

Email: cathy@chollowayhill.com