Words of Wisdom for the Workplace

by Mary Lowman

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205 N Washington St ~ Wheaton IL 60187 ~ 630-462-0552 www.christianworkingwoman.org 205 N Washington St ~ Wheaton IL 60187 ~ 630-462-0552 www.christianworkingwoman.org Remember that greed is contagious and cancerous, and it can destroy you. Don't let the greed that surrounds you in the working world seep into your heart and mind.

Then he (Jesus) said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." Luke 12:15

Being tired is inevitable, but if you're tired for the wrong reasons, you need to make some changes.

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40: 30-31

Be kind to everyone, even those who irritate you, who don't reciprocate your kindness, or who ignore you.

And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. 2 Timothy 2:24

Don't let anxiety or fear or disobedience rob you of God's peace.

This is what the Lord says—your Redeemer, the Holy One of Israel: "I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go. If only you had paid attention to my commands, your peace would have been like a river, your well-being like the waves of the sea." Isaiah 48:17-18

The quality of your work reveals your character. People will judge you more by what you do than by what you say.

At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. Daniel 6:4

Learn to overlook insults or hurtful words. They can hurt you only as long as you keep thinking about them.

Fools show their annoyance at once, but the prudent overlook an insult. Proverbs 12:16

Learn to accept change, to welcome it even. Change is always with us, and we need not have fear or anxiety about it, because God never changes.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:33-34

Talk to yourself in encouraging words, not negative ones. Become your own encourager.

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me; therefore I will remember you. Psalm 42:5-6

Learn to stay positive even in a negative environment. Either take a constructive approach to a negative situation, or if nothing can be done, let it go.

Rejoice in the Lord always. I will say it again: Rejoice! Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:4, 8

Always strive to bring out the best in others, not the worst.

The word of the reckless pierce like swords, but the tongue of the wise brings healing. A gentle answer turns away wrath, but a harsh word stirs up anger. Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.

Proverbs 12:18; 15:1; 15:30