

Frustrations on the job

From WorkLife Blog

What a relief that God sees everything! -- including the frustrations. He already knows our work situations. On the other hand, though, He also knows how we're thinking. So in dealing with frustrations, it's important to ensure we aren't grumbling for the sake of grumbling. *"Man looks on the outward appearance, but the Lord looks on the heart."* (1 Samuel 16:7)

Frustrating work-related issues may be outside our power to influence, unless a more satisfactory job comes along and God is happy that we take it. They may provoke us to blame persons or organizations. They may tempt us into discouragement or a 'so what' attitude.

A better alternative is to ask the Lord to check our motives and thoughts. He already knows them, so He won't be surprised if something isn't right. Let Him help you deal with anything that needs attention. If the workplace problem is still there afterwards, face it as a reality and remember that Jesus dealt with realities including physical and emotional tiredness, living with only the bare necessities, powerful opponents, and unjust arrest and conviction. He has experience. Ask him to direct you.

Lining up our hearts with the Lord is a spiritual reality check. Then, it becomes easier to:

- See things to give thanks for (coffee break / pleasant coworker / humor / etc.);
- Show competency and reliability (people notice, whether they show it or not);
- Pray silently, keeping close to the Presence of God.

Done with a good heart, these practices ease the day's frustrations. Practice them, learn them, do the spiritual reality check, keep doing them until they are normal to you.

Here's a different spin: Perhaps you are in a position to help improve the conditions of other people who are affected by these kinds of situations. Pray about how to use your influence for good.



LIGHTHOUSE

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December 8, 2019

We welcome you to all our services!

| | | |
|------------|----------|-----------------------|
| Sunday: | 10:00 AM | Sunday School |
| | 11:00 AM | Morning Worship |
| | 11:00 AM | Kids Church |
| Wednesday: | 5:30 PM | Fellowship & Devotion |

Announcements

Tonight: Life Group at Wayne & Cathy Mosby's home beginning at 5:00 PM.

Tonight: The youth will meet, at the church, at 5:00 PM to go Christmas caroling.

Saturday: Door to door canvassing for Food Brigade beginning at 9:00 AM. We're usually done in less than 2 hours. If you can help, please meet at The Help Center at 9:00 AM.

December 29: This month's Special Offering will go to our Scholarship fund.

January 2: Plans are being made for a Youth Swim at Monett YMCA. The youth will leave, the church, at 2:30 PM. Everyone should bring \$5.00 for dinner and must complete a permission slip prior to the event. Please see Robin Hunnicutt for more information.

Complete the following as Jason preaches this morning

R _____
U _____
M _____
O _____
R _____

Thought of the Week

"If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

~ Fred Rogers

Holiday Schedule

Please check our schedule each week for updates and additional information.

Sunday (12/8): Life Group at Mosby's home beginning at 5:00 PM.

Sunday (12/8): Youth caroling at 5:00 PM.

Saturday (12/14): Food Basket Brigade food pickup, beginning at 9:00 AM. See Kevin Tomlin for details.

Sunday (12/15): Christmas Program rehearsal at 9:00 AM.

Sunday (12/15): Annual Christmas Program.

Saturday (12/21): Salvation Army bell ringing from 10:00 AM to 7:00 PM. See Kevin Tomlin to schedule a time.

Saturday (12/21): Food Basket Brigade Distribution. If you are willing to help with "leftovers" at The Help Center, please see Donna Wilson.

Wednesday (12/25): Community Christmas Dinner.

Sunday (12/29): Special offering Sunday for the Marble Scholarship.

Thursday (1/2): Youth Swim at Monett YMCA beginning at 2:30 PM.

