

Dealing with Work / School Stresses

- Introduction

- 2TI 3:16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 that the man of God may be adequate, equipped for every good work.
- Scriptural solutions to life's problems are often overlooked
- When in conflict situations, we look for resolution and for strength
 - PRO 10:29 The way of the Lord is a stronghold to the upright, But ruin to the workers of iniquity.
 - Yet, overlook our stronghold

Dealing with Work / School Stresses

- Purpose
 - Explore Biblical passages that bear on problems, confrontation, difficulties faced
 - At school
 - In the work place
 - Within volunteer organizations
 - Etc

Dealing with Work / School Stresses

- Outline
 - Unfairness on the part of a superior
 - Conflict with a co-worker, fellow student etc.

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair
 - 1) Establish the framework - There is a Judge
 - There will be justice
 - COL 3:25 For he who does wrong will receive the consequences of the wrong which he has done, and that without partiality.
 - Not that we're pleased that "they will get their do"
 - But simply, that there is a Judge who will call this wrong into account
 - And any wrong I may entertain doing

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 2) Don't give in to grumbling
 - I am responsible for my behavior
 - PHI 2:14 ¶ Do all things without grumbling or disputing; 15 so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world,
 - Not qualified - Do all things, if they are fair
 - 1TH 5:15 See that no one repays another with evil for evil, but always seek after that which is good for one another and for all men.

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)

- 3) Check my attitude

- MAT 5:43 ¶ "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' 44 "But I say to you, love your enemies and pray for those who persecute you,

- Stated by the Lord

- Who faced far more persecution than we ever will

- LUK 6:37 ¶ "Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned.

- Keep in mind that we too have committed sins for which we need pardon

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 4) Run an internal check
 - Make sure that my perspective is consistent with my expectation for myself
 - MAT 7:2 "For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you.

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)

- 5) Be willing to forgive

- MAR 11:25 "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions. 26 ["But if you do not forgive, neither will your Father who is in heaven forgive your transgressions."]
- In such situations we can become so "offended" that we're not willing to make amends
- Still, this isn't mature and it isn't Christ like
 - MAT 6:15 "But if you do not forgive others, then your Father will not forgive your transgressions."

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)

- 6) Exercise the same behaviors as I am towards my brethren

- COL 3:12 ¶ So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.
- Serving as a testimony of Christ and His family
- Without limiting our forgiveness
 - MAT 18:21 ¶ Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" 22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 7) Keep my anger, hurt etc. under control
 - EPH 4:26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity.
 - PRO 13:3 The one who guards his mouth preserves his life; The one who opens wide his lips comes to ruin.
 - 8) Act in their best interest, even if they aren't concerned with mine
 - MAT 5:44 ”.... love your enemies and pray for those who persecute you.
 - Again - a testimony

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 9) Be willing to work with the situation, making compromises
 - MAT 5:40 "If anyone wants to sue you and take your shirt, let him have your coat also. 41 "Whoever forces you to go one mile, go with him two. 42 "Give to him who asks of you, and do not turn away from him who wants to borrow from you.

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 10) Take confidence - Inevitably we have Christ's love
 - ROM 8:38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.
 - Looking after our best interests

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 11) Be calm and look after Christ's interests
 - 1TH 5:21 But examine everything carefully; hold fast to that which is good; 22 abstain from every form of evil.
 - Making sure that we don't even give the impression of evil
 - Giving the enemy occasion to blaspheme God
 - ROM 2:24 For "the name of God is blasphemed among the Gentiles because of you," just as it is written.
 - As the Jews had done
 - 12) Pass on Christ's love and forgiveness
 - EPH 4:32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.
 - Perhaps the most powerful form of evangelism

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - Behave consistently with the characteristics of love
 - 1CO 13:4 ¶ Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, 5 does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, 6 does not rejoice in unrighteousness, but rejoices with the truth; 7 bears all things, believes all things, hopes all things, endures all things. 8 ¶ Love never fails; but if there are gifts of prophecy, they will be done away; if there are tongues, they will cease; if there is knowledge, it will be done away.
 - Not just towards our brethren, but also towards outsiders
 - Love is not mushy - Love is hard!

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 13) Do my part to construct peace
 - HEB 12:14 ¶ Pursue peace with all men, and the sanctification without which no one will see the Lord.
 - ROM 12:18 If possible, so far as it depends on you, be at peace with all men.
 - With similar perspective as when seeking reconciliation with our brethren
 - MAT 5:23 "Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, 24 leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.
 - Considering Jesus's sacrifice to reconcile us to Him

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 14) Remember to be thankful
 - 1TH 5:16 Rejoice always; 17 pray without ceasing; 18 in everything give thanks; for this is God's will for you in Christ Jesus.
 - Stress blinds us to the blessings we have
 - Take stock of these blessings
 - PRO 12:9 Better is he who is lightly esteemed and has a servant, Than he who honors himself and lacks bread.
 - “slighted” - NKJV

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - 15) Remember that God can use this situation for our betterment
 - ROM 8:28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.
 - Again, I don't know what He is working out

Dealing with Work / School Stresses

- The Boss / Teacher / Project Leader / Professor is Unfair (cont.)
 - Conclusion
 - I can only direct my own behavior
 - I'm only responsible for my own behavior
 - PRO 10:9 He who walks in integrity walks securely, But he who perverts his ways will be found out.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong
 - 1) Again, exercise love, the attributes of your Father
 - MAT 5:44 "But I say to you, love your enemies and pray for those who persecute you, 45 so that you may be sons of your Father who is in heaven; for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 2) Be direct
 - Much as we would be with our brother
 - LUK 17:3 "Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him.
 - PRO 24:25 But to those who rebuke the wicked will be delight,
And a good blessing will come upon them
 - PRO 27:5 Better is open rebuke Than love that is concealed.
 - Rebuke isn't always the answer
 - PRO 13:1 A wise son accepts his father's discipline, But a scoffer does not listen to rebuke.
 - PRO 9:7 ¶ He who corrects a scoffer gets dishonor for himself, And he who reproves a wicked man gets insults for himself. 8 Do not reprove a scoffer, lest he hate you, Reprove a wise man, and he will love you.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 3) Be forgiving
 - MAT 6:14 "For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 "But if you do not forgive others, then your Father will not forgive your transgressions.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 4) Do not reciprocate with evil
 - 1PE 3:8 ¶ To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; 9 not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.
 - Reciprocating perpetuates and escalates the situation
 - The cycle has to stop!
 - ROM 12:21 Do not be overcome by evil, but overcome evil with good.
 - Setting the record straight is God's business
 - HEB 10:30 For we know Him who said, "Vengeance is Mine, I will repay." And again, "The Lord will judge His people."

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 5) Be very careful that my behavior reflects God
 - And our relationship with Him
 - 1JO 4:7 ¶ Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 6) Endure, be patient
 - HEB 10:36 For you have need of endurance, so that when you have done the will of God, you may receive what was promised.
 - JAM 1:2 ¶ Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.
 - Being patient, isn't being passive
 - HEB 12:1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,
 - It's part of the game plan

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - Endure, be patient (cont.)
 - Wait on God - You don't know what all He may be working out!
 - PSA 27:14 Wait for the Lord; Be strong, and let your heart take courage; Yes, wait for the Lord.
 - PSA 37:7 ¶ Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes.
 - PSA 37:34 Wait for the Lord, and keep His way, And He will exalt you to inherit the land; When the wicked are cut off, you will see it.

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 7) Don't give in to anger
 - PSA 37:8 Cease from anger, and forsake wrath; Do not fret, it leads only to evildoing. 9 For evildoers will be cut off, But those who wait for the Lord, they will inherit the land.
 - Don't dwell and fume
 - EPH 4:26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity.
 - Don't become the devil's pawn
 - PRO 14:29 He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.
 - Don't feel like you have to come up with the quit retort

Dealing with Work / School Stresses

- Someone at Work / School etc Rubs You Wrong (cont.)
 - 8) Don't give in to bantering
 - PRO 26:4 Do not answer a fool according to his folly, Lest you also be like him.
 - Walk away, rather than drop to their level
 - PRO 10:19 When there are many words, transgression is unavoidable, But he who restrains his lips is wise.
 - PRO 12:18 There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing.
 - Don't get caught up in their sin and folly
 - Instead, take the time to give a calm, thoughtful (and prayerful) response
 - PRO 15:1 A gentle answer turns away wrath, But a harsh word stirs up anger.

Dealing with Work / School Stresses

- Conclusion
 - The scriptures have much to say about
 - Dealing with an unfair superior
 - Resolving a conflict with a co-worker, fellow student etc.
 - Our difficulty is remembering and apply them
 - That is where my faith comes in