



MARY SOUTHERLAND

The Stress-Buster and Women's Ministry Motivator



Stress in the Workplace

A woman was at work when the baby sitter called to tell her that her daughter was very sick. The woman quickly left work and on her way home, stopped by the pharmacy. When she came out of the pharmacy, she discovered that she had locked her keys in the car. She frantically called home only to hear that her daughter was worse. Looking around for help, she spotted an old, rusty coat hanger lying on the ground. She picked it up but had no idea how to use it. By this time, she was in a panic. Bowing her head, the worried mother prayed for help.

An old rusty car pulled up and out came a dirty, greasy, bearded man, wearing an old biker skull rag on his head. The woman was desperate so she decided to be thankful for answered prayer, no matter what it looked like. The man took the hanger and in less than a minute opened the car. The woman hugged the man and through tears of relief said, "Thank you so much! You are a very nice man!" The man replied, "Lady, I am not a nice man. I have been in prison for car theft and just got out an hour ago." The woman hugged the man again and sobbed, "Thank you, God, for sending me a professional!"

We all want to be successful in our work. Stress comes in when we the job is wrong or our attitude about the job is wrong. Your office may be downtown or just inside your front door. Your work clothes may be a Casper suit or jeans and a t-shirt. You may be paid in cash or with crayon drawings and sticky kisses. But none of these things make us successful in the work place. Success in the work place is not determined by where we work. It is determined by how we work.

23rd Psalm for the Workplace

The Lord is my boss, and I shall not want.
He gives me peace, when chaos is all around me.
He reminds me to pray, before I speak in anger.
He restores my sanity.
He guides my decisions
That I might honor Him in all I do.

Even though I face absurd amounts of e-mail,
System failures, copier jams, back-ordered supplies,
Unrealistic deadlines, staff shortages, budget cutbacks,
Red tape, downsizing, gossiping co-workers
And whining customers, I won't give up,
For You are with me.

Your presence, peace and power will see me through.
You raise me up,
Even when the boss fails to promote me
You claim me as your own,
Even when the company threatens to let me go

Your loyalty and love are better than a bonus check.
Your retirement plan beats any 401K,
And when it's all said and done,
I'll be working for you a whole lot longer!