

# **Do You Really Need Jesus? (At Your Job)**



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**(At Your Job)**

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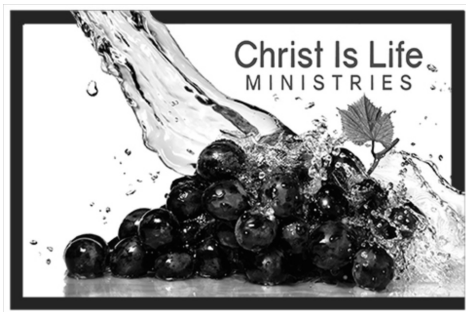
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## Introduction

My 25-year business career was spent primarily in the construction business. I first owned a trim carpentry and cabinet building company, then a residential remodeling company and finally I partnered with a friend from college in running a multimillion-dollar commercial design/build construction business. It was quite the roller coaster ride considering there were some very profitable years and several years where we were bumping bankruptcy.

However, when I look back on my business career, I would call myself a successful failure. I say this because I was eventually successful concerning the financial bottom line but I was a failure as a Christian businessman/employer. I say this because as an employer I rarely displayed a Christ-like attitude. In fact, it was just the opposite. I was an impatient, angry, demanding, and controlling boss. I based my identity on how well my employees performed for me. If they did not meet my expectations I would fire them.

All of this was driven by a fear of failure. Because of my drivenness, I was constantly stressed and anxious. To call me a “Christian businessman” would be a bit of an oxymoron. Instead, I was a businessman who happened to be a Christian.

For those 25 years in business I faithfully read my Bible, prayed, and went to church. I did everything I was told to do in order to live the Christian life in my personal life, but I never understood how to integrate my Christian life into my job (or thought it was even necessary). Was there something missing in what I understood about Christianity and being a Christian in my business? Was it necessary to bring Jesus into my business? If so, why?

Before, I give you the answer to these questions, I am going to take these next few chapters to invite you to examine how your job impacts you. The first question we need to answer is, “Do we really need Jesus at our job?”

## **Chapter One**

### **Do You Really Need Jesus At Your Job?**

I recently heard a statistic that forms the basis of this question. The statistic said that only 5% of Christian business people integrate their Christian life/walk into their secular job. I thought this was an interesting statistic.

If only 5% are consciously inviting Jesus to work, is it possible that we really don't really need Jesus in our workplace? After all, we have all the knowledge, IQ, experience, and ability to do our jobs. With all that going for us perhaps we can accomplish our jobs without Jesus.

I recently heard a story about a successful Christian business owner who said that we can't mix Christianity with our business because business operates by a different set of rules. He said it is imperative to keep the secular (workplace) and the sacred (Christianity) separate.

The truth is that while you may be able to accomplish your job without Jesus, what negative impact is your job having on you internally and how does that affect you and your co-workers/employees/clients? Let's begin answering that question in the next chapter.

## Chapter Two

### What Is the Key Issue That We All Face in Our Jobs?

#### Introduction

I would hope that you would agree with me that for the vast majority of people, the primary negative issue created by their jobs is stress. Before I go any further, let me define what I mean by “stress.”

#### **STRESS:**

***Internal and external pressures of life that create INNER TURMOIL and ROB you of peace, happiness, and fulfillment.***

I don't believe anyone of us escapes stress because we are living in fallen bodies in a fallen world surrounded by fallen people. As a result, we have internal and external stressors that are creating inner turmoil and robbing us of our peace, happiness, fulfillment, rest, and contentment. Let me share with you key internal/external stressors that can create inner turmoil.

#### **What Are the Stressors in Our Lives?**

I have come up with nine major stressors in life that impact all Christians at different times.

1. Circumstantial stress
2. Relational stress
3. Physical/health stress
4. World events stress
5. Cultural stress
6. Satanic/demonic stress

7. Spiritual stress (i.e., the flesh versus the Spirit),
8. Self-induced stress
9. Job stress

Are you experiencing any of these forms of stress? Would you agree that the stressors you are experiencing are creating some level of internal turmoil and to some degree are robbing you of peace, happiness, or fulfillment in life?

### **Two Kinds of Stress: Conscious and Unconscious**

Before you tell me that you don't experience stress, remember that there are two forms of stress. One form is "conscious" and the other is "unconscious." Let me give you an example to explain. Imagine an iceberg for a moment. Typically only 10% of an iceberg is exposed. The rest is submerged. I call the exposed part of an iceberg "conscious" stress and the submerged part "unconscious" stress. Let's explore these two forms of stress a little further.

#### **1. Conscious stress**

Conscious stress is not only experienced but the origin of the stress is recognized. Examples of conscious stress are a job deadline, a life-threatening diagnosis from your doctor or learning your child has a drug problem. In these instances, you are going to experience a very conscious form of stress because you know the cause of it and your subsequent negative feelings such as fear, anxiety, worry, etc.

#### **2. Unconscious stress**

Unconscious stress is stress that you may not recognize but if you do, you don't know the cause or origin of it. One example is the undefined "feeling in the pit of your stomach" but you don't know what is causing it. The problem with unconscious stress is that it is creating the same emotional and sometimes physical negative problems as conscious stress but you are not aware what is causing the stress.

If you are not facing negative or adverse circumstances, then, for the moment, you may not be experiencing conscious stress. However, unconscious stress is always running internally in the background like an electrical current running silently in the walls.

That being true, I would like to take the next few chapters to see if you identify with some of the conscious and unconscious forms of stress that you may be experiencing at your place of business.



## Chapter Three

### Stressor #1: Expectations

#### How Do I Define Expectations?

I believe one of the key stressors in the business world is expectations. Let me give you my definition of expectations as it relates to the workplace.

***A BELIEF that something WILL happen or  
SHOULD happen.***

We all have expectations about our jobs and the people at our jobs (co-workers, employers and/or clients) all have expectations of us. Let's look at some of those expectations and the result when those expectations are not met.

#### The Different Types of Expectations

##### **1. General Expectations**

There are expectations associated with every job. I call these "general" expectations. Here are some examples of general expectations:

- Be productive
- Be successful
- Meet your required goals
- Meet deadlines
- Come in at or under budget

However, there are three other forms of job-related expectations. They are self-imposed expectations, expectations towards others and others' expectations of you. Let's start with self-imposed expectations.

## **2. Self-Imposed Expectations**

When it comes to our jobs, we put expectations on ourselves. Here are some examples of self-imposed expectations:

- I will earn X amount of money.
- I will be successful as I define success.
- I will perform at equal or higher levels than my peers.
- I will do whatever it takes to be promoted.

I believe that your self-imposed expectations create internal pressure, such as, pressure to perform, meet deadlines, or advance in your job. This pressure grows when your self-imposed expectations are not met. Unfortunately, as you allow the pressure to grow and don't deal with it, then that pressure can result in negative feelings which, in turn, cause fatigue and eventually, exhaustion.

What are some of your self-imposed expectations concerning your job?

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How does it make you feel when you don't meet your expectations? Write down any of these words below that describe your feelings?

Discouraged

Stressed

Doubtful

Helpless

Worthless

Rejected

Miserable

Inadequate

Burdened

Frustrated

Self-condemning

Unhappy

Angry

Displeased

Depressed

Paralyzed

Troubled

Perplexed

Fearful

Anxious

Powerless

Overwhelmed  
Insecure  
Unworthy

Resentful  
Worried  
Ashamed

Defeated  
Weary  
Insecure

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**3. Expectations From Peers, Bosses, Employees, and/or Clients Towards You**

Here are some examples of expectations that others may have towards you:

- You will treat them with respect.
- You will perform your job to their expectations.
- You will not fail.
- You will meet their expectations for productivity.
- You will get along with each other.

Write down some of the expectations you think your peers, bosses, employees, or clients have towards you?

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How does it make you feel when you don't think you are meeting others' expectations of you? (Refer to the words under Self-imposed Expectations above).

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**4. Expectations You Have About Peers, Bosses or Employees Towards You.**

How about expectations that you have toward others in the workplace?

- They will treat you with respect.
- They will be cooperative.
- They will respond positively to your ideas, suggestions, plans, etc.
- They will recognize and appreciate the abilities, expertise, and experience that you bring to the table.

What are some of the expectations you have towards others in your workplace?

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How does it make you feel when your peers, bosses or employees are not meeting the expectations you have of them? (Refer to the words under Self-imposed Expectations above).

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I hope you agree that we all have expectations on our jobs. Some of those expectations are realistic and some are not. However, if our expectations of ourselves or others' expectations, realistic or unrealistic, are not met they can result in negative feelings that left undealt with can result in stress.

# Chapter Four

## Stressor #2 - Fear

Every business person I have ever known, worked with, or counseled has experienced some form of fear on the job. It may be a real or imagined fear. It may be conscious or it may be just underneath the surface. Since fear can produce great stress and inner turmoil let's look at a few fears that are common in the workplace.

### **1. Fear of Failure**

No one wants to fail. For the vast majority of us, failure is not in our work DNA. The underlying thought in our minds is failure is not an option. We must succeed at all costs. Not only is there the fear of failure itself but this fear brings on other fears such as:

- If I lose this job, what will I do?
- How will I feed my family?
- How will I pay my bills?
- Will I be able to get another job?

Fear can be a great motivator. To what lengths will you go not to fail? Work harder? Work smarter? Work longer? Will you do whatever it takes not to fail? What if those things are not enough? How would it make you feel?

How do you think it would make you feel if you believed you were failing at your job or someone else told you that you were failing? Or you lost your job because your boss said you failed?

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## **2. Fear of Rejection**

We are all hard-wired for acceptance. No one intentionally wants or invites rejection. We all want to be accepted which fuels an inner fear of being rejected. What are some ways we strive not to be rejected at our workplace?

- Be a people-pleaser by trying to meet all our peers or boss's expectations whether they are realistic or unrealistic.
- Work longer or harder than anyone else.
- Overproduce so that no one can say you didn't do your job well.
- Encourage others as a way of protecting yourself from being rejected.
- Be a perfectionist because no one can reject a perfectionist, can they?

However, not only does fear of rejection create stress, but real or perceived rejection by others can cause even more stress. How does it make you feel when you are rejected or perceive you have been rejected by a peer, boss, or client?

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## **3. Fear of Being Out of Control**

I believe this is the number one fear whether you are an employee or a business owner because to some extent or another we all want to be in control. Why?

- So we can know what is around the corner.
- So we will know what to expect.
- So we can prepare or protect ourselves from some impending negative event or situation.
- So we can feel safe and secure.

Unfortunately, the reality is we have no control because the future is out of our hands. There is only One Person who is in control and who knows the end from the beginning and that is God. However, even knowing that does not necessarily keep us from trying to be in control.

How does it make you feel when you sense you are not in control or you fear not being in control?

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Let me end this chapter by asking you two more questions concerning fears in the workplace:

What are some other job-related fears you are experiencing that we have not talked about?

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How does living from those fears make you feel?

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## Chapter Five

### Stressor #3 – Your Identity

This is what I call a “covert” stressor because most people are not aware what identity means or how it can impact you at your job. Interestingly enough, when I ask people who they are, they typically answer by telling me what they do. This tells me their identities are primarily based on what their professions or jobs are. Before we go any further, let me explain what I mean by identity?

***Your identity is based on what you BELIEVE or what you FEEL is true about yourself.***

We all have an identity. That identity was formed at an early age by the positive or negative messages you heard about yourself from others. Out of those repeated and reinforced messages you came to conclusions or beliefs about yourself. Those beliefs have been reinforced over the span of your life. If you heard mostly positive messages you may conclude that you are:

- Self-confident
- Self-assured
- Self-sufficient
- Self-reliant

However if you heard mostly negative messages then you may feel or believe that you are:

- Unloved
- Rejected
- Inadequate
- Insecure
- Unworthy



Whether or not you believe positively or negatively about yourself, experiencing your identity requires getting certain needs met, such as, acceptance, value/worth, respect, adequacy, and security. One of the places we try to get those needs met is from our jobs.

### **Acceptance**

As we discussed earlier, no one wants to feel rejected at his/her workplace, so we seek ways to be accepted. Even if you are a self-confident person, be aware that even self-confidence can be eroded when you feel rejected or take ownership of people's rejection.

### **Value/Worth**

Since we all need to be valued or found worthy, we often try to find that value from our performance. If we perform well, we value ourselves and hope that others will value us as well. Even self-sufficient and self-reliant people have a need to be valued by their peers or superiors.

### **Respect**

The need for respect drives us to perform at least equal to or better than what is required in an attempt to earn others' respect.

### **Inadequate**

No one wants to feel inadequate so we look for ways to feel good about ourselves by accomplishing goals and seeking advancement.

### **Security**

Security is key to our identity. We all want to be secure financially, emotionally and relationally. So, we will do whatever the job requires in order to maintain that sense of security or look for other ways to ensure our job security.

The quest to get these needs met on the job requires consistency, responsibility, and productivity. This ongoing quest can produce a covert stress that is not readily experienced but is there, nevertheless. How do we know our quest for a positive identity creates stress at work? Let me answer that question by posing the following questions to you:

- What if the needs we discussed are not being met at your job? How does that make you feel?
- What if you feel, or others make you feel, rejected, unworthy, disrespected, inadequate or insecure? How does that negatively impact how you see yourself?
- What is your identity if you lose your job and how will you get those needs met if you no longer have a job?

While there are several other stressors at the workplace, I hope you can identify with the three that we have already discussed. The key question concerning these stressors is how they are negatively impacting you and those that you work with. We will explore that in the next lesson.

## Chapter Six

### What Are Some of the Results of Not Dealing with Your Job Stressors?

Now that we have seen some key workplace stressors, let's look at some of the negative impact they may be having on you.

#### *Statistics From the National Institute of Stress*

Here are some statistics from the National Institute of Stress (NIS) concerning the effects of job-related stress. See if you can identify with any of these statistics.

- 62% of people routinely find they end the day with work-related neck pain; 44% reported stressed-out eyes; 38% complained of hurting hands; and, 34% reported difficulty in sleeping because they were too stressed-out.
- Over half said they often spend 12-hour days on work-related duties and an equal number frequently skip lunch because of the stress of job demands.
- 29% had yelled at co-workers because of workplace stress; 14% said they work where machinery or equipment has been damaged because of workplace rage and 2% admitted that they had actually personally struck someone.
- 12% had called in sick because of job stress.
- 19%, or almost one in five respondents, had quit a previous position because of job stress and nearly one in four had been driven to tears because of workplace stress.
- 10% said they work in an atmosphere where physical violence has occurred because of job stress, and, in this group, 42% report that yelling and other verbal abuse is common.

The NIS added this about stress on the job: “When you feel overwhelmed at work, you lose confidence and may become angry, irritable, or withdrawn.” Other signs and symptoms of excessive stress at work include:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Problems sleeping
- Fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive

As you can see from just this list alone, you can experience negative physical, psychological, and emotional effects from your workplace stress.

What are the negative physical, psychological, or emotional effects you are experiencing as a result of your job stress?

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Another crucial question that needs to be answered is how your stress is negatively impacting your relationships? I asked a young entrepreneur if he were responsible for the success or failure of his business. His response was “Yes.” I asked him if that created stress throughout the day and if so, did he take ownership of his stress. Once again his answer was “Yes” to both questions. My final question was, “What do your

wife and children typically get from you after you spend a day at work living in constant stress?" He got really quiet but eventually shared with me that he had nothing left for his family emotionally because of what the daily stress was robbing from him. How about you?

How may your stress at work negatively be impacting your co-workers, your marriage, your kids, or your other relationships?

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Here is a final thought from the NIS:

"In today's hectic world, the workplace too often seems like an emotional roller coaster. Long hours, tight deadlines, and ever-increasing demands can leave you feeling worried, drained, and overwhelmed. And when stress exceeds your ability to cope, it stops being helpful and starts causing damage to your mind and body—as well as to your job satisfaction."

Now that you may have identified the negative impact your stress has on you and others, the next question we need to ask is: "How do we deal with our stress?"

## Chapter Seven

### Man's Attempted Solutions to Deal with Stress

There are many man-made options concerning how we attempt to deal with our stress, but I think they can be summed up in three points. Let's explore these options.

#### 1. Take OWNERSHIP of Your Stress

We know there is no escaping the stresses of life. As a result, our first tendency is to take ownership of our stress. What do I mean by "taking ownership?"

***Taking OWNERSHIP means you are not escaping the stress. Rather, you are taking responsibility for your stress.***

I, along with many business owners, believed that since I was responsible for the success or failure of my business, then I was supposed to take ownership of the stress associated with it. It was almost like I was being irresponsible if I didn't. Since I took ownership of my stress, I was responsible for dealing with it. This does look like the responsible thing to do until you see where it leads.

I looked at all the stresses that were associated with my business, and then I just unquestioningly assumed responsibility to take care of them. Whether it was personnel problems or problems with clients, I was the one to deal with them. The problem was that when I took ownership of all the things that caused me stress, they then consumed me causing me to live in ongoing anxiety, worry and sometimes fear. This troubled me even further causing a downward spiral because

while I did feel responsible, I did not realize all the negative feelings that were associated with my assumption of control.

When we discussed the three key stressors in the workplace in Chapters 3-5, I asked you to write down the negative feelings associated with those stressors. When you wrote those down, you were, in essence, taking ownership of those feelings. What are you doing with those feelings today?

Do you:

- Let them fester?
- Stuff them?
- Become OCD about them?
- Take them out on others?
- Let them continually frustrate you?
- Ignore them?
- Try to subdue them?

What are some other things you may be doing as a result of taking ownership of your negative feelings?

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## **2. COPE with Your Stress**

If the stress created by our negative thoughts and feelings gets a grip on us, we look for ways to “cope” with the stress. Here is how I define coping.

***COPING is finding ways or things we adopt to  
DISTRACT, ESCAPE from or ANESTHETIZE  
ourselves from the stress.***

Coping is another way of saying that my negative thoughts

and feelings associated with my job have such a grip on me that I need to escape them or anesthetize myself from them.

Here are some ways we can try to cope with or escape from our stress:

Shopping	Television	Pornography
Medication	Hobbies	Exercise
Overeating	Movies	Computer
Illegal Drugs	Alcohol	Cell Phones
Social Media	Video Games	Work

Some of the things listed above are normal, acceptable activities such as, work, exercise, television, or social media. Obviously, others are not acceptable such as illegal drugs and pornography. However, if you overly rely on any of these things primarily as a way to escape or anesthetize yourself from your stress, they all become unhealthy coping mechanisms and are potentially addictive.

In what ways do you try to cope with your job stress?

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Is what you are using to cope with your stress producing long term or just temporary results?

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### **3. Managing Your Stress**

There are several books written on stress management. Here are some suggestions I found from the Life Skills website:

1. Avoid excessive caffeine, alcohol, and nicotine.
2. Indulge in physical activity.



3. Get more sleep.
4. Use relaxation techniques.
5. Talk to someone.
6. Keep a stress diary.
7. Take control by finding solutions to your problems.
8. Manage your time.

These techniques may be helpful in managing your stress but is stress management the ultimate goal? If it is, then are these man-made stress-control techniques producing the long-term results you desire?

As we look at all three of these man-made “solutions” for dealing with our stress, the question then becomes:

***Are any of these options REMOVING the negative feelings you are experiencing due to your stress?***

You see, I equate these three options with rearranging the deck chairs on the Titanic. You can rearrange the “deck chairs” of taking ownership, coping with or managing your stress but what good do these stress-coping techniques accomplish in the long term?

The truth is that not one of these options removes the negative impact your stress has on you and those whose lives are impacted by you. Before you despair, there is another solution and the good news is that it is God’s solution. So, now let’s take a look at God’s solution for dealing with your stress.

## Chapter Eight

### God's Solution for Dealing with Your Stress

#### Introduction

*“In today’s hectic world, the workplace too often seems like an emotional roller coaster. Long hours, tight deadlines, and ever-increasing demands can leave you feeling worried, drained, and overwhelmed. And when stress exceeds your ability to cope, it stops being helpful and starts causing damage to your mind and body—as well as to your job satisfaction.” - National Institute of Stress.*

The key to this statement is this: *“When stress exceeds your ability to cope ... it starts causing damage to your mind and body.”*

This is the inevitable effect of excessive stress. It causes damage to your mind, your body, and your emotions. As I mentioned in an earlier definition of stress, it is a robber of your soul. Here is the key truth we will build on in these next two chapters.

***God does NOT intend for you to cope with your stress. He intends to REPLACE your stress.***

This is what Paul is saying in Philippians 4:19:

*“And my **God will supply all your needs** according to His riches in glory **in Christ Jesus.**”*

This is an incredible promise when it comes to overcoming the negative effects of the stress at your job.

Let's start unpacking this promise by looking at God's design for man. Before we do, let me ask you a question based on what you have learned in the previous seven chapters.

***Is it possible that you DO NEED Jesus at your job?***

If you answered "Yes," then I believe you will be encouraged as we finish this study looking at the meaning and application of Philippians 4:19 as it applies to your job.

### **Our Design**

Here is the first key question in understanding why we need Jesus in our workplace.

***Were you and I DESIGNED by  
God to handle our stress?***

Let's go back to the garden of Eden before the Fall. Wasn't the Garden of Eden a place of no stress? Wouldn't that be one of the definitions of a perfect environment? If this is the environment that God intended, then would He need to design Adam and Eve to handle any stress? Adam and Eve were not designed physically or emotionally to handle stress because God never intended for them to experience stress.

However, what did Adam and Eve experience after the Fall? Stress! The spiritual stress of disobeying God. The emotional stress that produced shame, guilt, and fear. The problem is that after the Fall, their design did not suddenly change to accommodate how they would deal with the stresses they would face living in a fallen world. They were not capable of ever dealing with the negative effects of the Fall.

What does this mean for us today?

***Since we are made in the SAME design as Adam  
and Eve, then we were never designed to  
HANDLE or OVERCOME our stress.***

Jesus confirms this when He says in the last part of John 15:5:

***“Apart from Me you can do nothing.”***

“Nothing,” as it applies to your job and your life means that you were never designed to overcome stress. I know this is true because all we can do is take ownership, cope with, and try to manage our stress. We cannot in and of ourselves overcome it.

You may be better than I am in coping with or managing stress but let me ask you this question, “Can we, in our own strength and ability, ever fully overcome it?” Let me explain further with this analogy.

Imagine Michael Phelps (the Olympic swimmer) and I are swimming to Hawaii. He will definitely swim further than I will but inevitably he, like me, will drown. In the same way, you may cope or manage your stress better than others but you will eventually “drown” because you cannot overcome the negative effects of your stress. This leads us to the following question:

***Does this mean that we need another SOURCE other than ourselves to overcome our stress?***

Until 1998, I thought I was the only source to solve my problems, be successful in business and deal with my stress. The problem was by that time I was financially successful but emotionally and spiritually bankrupt. Why? Because my business was literally killing me emotionally, spiritually and

physically due to the anxiety, fear, and worry that resulted from my stress.

In addition to my business, what I had been taught about living the Christian life was not working for me, my family, or my other relationships. What was wrong? What was I missing? Let me begin answering these questions by telling you what I was taught about living the Christian. When you read this, keep in mind the word “source.”

### **What I Was Taught Concerning Living the Christian Life**

In John 8:32, it says, “You will know the truth and the truth will set you free.” However, have you ever thought of the converse of this verse? If the truth will set you free, what will believing and living from the lie result in? You see, I thought I was being taught the truth about living the Christian life only to discover that what I was taught was a “lie” that negatively impacted my Christian walk for 30 years.

I was taught that living the Christian life meant that you were the source using your own intellect, ability, willpower, self-discipline, and asking God’s help, to:

1. Learn the word of God and **try** do what it says.
2. **Try** to keep God’s rules and commands.
3. **Try** to change or transform yourself.
4. **Try** to become more righteous (i.e., sin less).
5. **Try** to change your fleshly or sinful behavior to godly behavior.
6. **Try** to set yourself free from the sin(s) you are in bondage to.
7. **Try** to attain victory over your flesh and Satan.

For the first 30 years of my Christian walk I tried and failed at consistently accomplishing anything on that list. However, being a strong-willed person, I kept trying, somehow believing that if I tried hard enough something would eventually change. In addition, during that time I asked God many times for help but I never really felt that He was helping me. What did I want

changed?

By the time I trusted Christ for salvation at age 18, I had great internal struggles with inadequacy, fear, anger, rejection, and unworthiness due to the physical, verbal, and emotional abuse and woundedness from my father. As I began my Christian journey, I started reading the Bible. As I read God's promises of victory, freedom, healing of woundedness and transformation, I wanted to experience those promises in my life. I thought that if I could successfully do what I was told to do to live the Christian life, then God would reward me by letting me experience His promises.

The problem is that the more I tried, the more exhausted I became. Not only that, but all my trying never resulted in any of the freedom, victory, healing, and transformation that God promises. As hard as I tried, I was never able to set myself free from the feelings and beliefs of fear, inadequacy, rejection, and unworthiness. In fact, all of these feelings just got worse.

Due to my woundedness from my dad, I harbored anger, bitterness, and unforgiveness towards him. I knew the truth in God's word said I was supposed to forgive him but I couldn't do it. In fact, my feelings toward my dad only got worse. I also struggled over those years with fleshly behaviors such as anger, being controlling, being critical, and judgmental.

In addition, I became very self-righteous because I had accumulated a lot of Bible knowledge and I needed to show the people around me how much I understood about the Bible. At one point, my sister said that I was the most self-righteous person she ever knew. The sad part is that she was right.

During the last ten years of my 30-year Christian journey I was married. I mistakenly thought that marriage would solve many of my problems. It only created more. When my wife could not meet my needs and expectations, my anger and controlling would get out of control. We would go to Christian marriage conferences that told us what we had to do to have a Christ-centered marriage but none of the marriage "to do" lists

made any difference. As a result, my wife and I after ten years started emotionally separating.

All this time, I was faithfully going to church, reading my Bible, praying, and doing what I was told to do to be a successful Christian. However, the more I tried the more I failed. You can imagine that my failing year after year only created a greater frustration with my Christian walk because nothing seemed to change and my fleshly attitudes only got worse.

On top of the fact that I was not experiencing any change, I started condemning myself when I failed to do what the Bible told me to do. I kept thinking to myself that I must be doing something wrong or I must not be trying hard enough. In addition, I felt that God had let me down because after all I was doing for Him, He was not coming through with the victory and freedom He promises.

Truth be told, towards the end of my 30-year journey, I began giving up on my Christian life because it was not working in me, my marriage or my business. I finally concluded that abundant life must come after death because I couldn't attain it now no matter how hard I tried. Instead of getting closer to the abundant life after all those years, I was becoming depressed and at one point I had thoughts of suicide.

Little did I realize that during those thirty years God was in the process of bringing me to the end of my "trying" to live the Christian life through my being the source to live it. On Sunday, October 4, 1998, I was sitting in my car depressed, wondering why I needed to go into church to hear one more message that would make no difference in my life.

While sitting there, a question came rolling across my mind: **"Are you done trying, in your own strength and ability, to make the Christian life work?"** I knew that thought did not come from me so it must have come from the Holy Spirit. My answer was: "Yes, I am done trying to live the Christian life. In fact, I am totally exhausted trying to live it in

my own strength.” This was good news because I finally came to the place of “I can’t.” These were some of my “I can’t’s”:

- I **can’t** set myself free.
- I **can’t** attain victory over my sinful behaviors.
- I **can’t** heal myself of my woundedness.
- I **can’t** transform my fleshly behaviors into Christ-like behaviors.
- I **can’t** make my marriage work.
- I **can’t** produce the joy, fulfillment, and peace that I want out of the Christian life.
- I **can’t** overcome the stress-filled anxiety, worry and fear that my job was producing in me.

The following three surveys summed up my 30-year journey:

**“52% of Christians think there is more to the Christian life than what they have experienced.” - Barna Group**

**“Only 13% of Christians say they are living a victorious Christian life.” - Gallup survey**

**“89% of Christians feel there is a disconnect between what God promises versus what they are experiencing.” - Reveal Research**

I was part of the 52% who think there is more to the Christian life than what I had experienced. I was one of the 87% that was not living a victorious Christian life and I was definitely part of the 89% who felt there is a disconnect between what God promises versus my experience. If you can identify with any of these surveys, is it possible that you are living the same kind of Christian life I was?

Going back to my story, after I confessed to God that “I can’t,” He brought these thoughts to my mind, “I (God) have been waiting for 30 years for you to come to this place of ‘I



can't.' Today, I am going to speak to you through the speaker at your church and I am going to change your spiritual journey forever."

Needless to say, I was getting a little excited. Our church had invited a man by the name of Ian Thomas to teach a four-day conference starting that Sunday morning. Ian Thomas was the director of a world-wide ministry called Torchbearers. At that time, I had no idea who he was or what his ministry was about. So, I went into church and when he got up to speak, these were his first words:

***"God NEVER intended for you to live THE LIFE that ONLY Christ can live in and through you."***

What struck me were the two things he said that I had never heard before. The first was that he used the words "THE" Life. Secondly, there is only one Person who has lived "THE" life and that is Jesus.

In addition to these powerful words, I saw in this man what the scriptures calls "rivers of living water." (John 7:38). I say that because I could tell that he was experiencing a joy and peace that I had wanted to experience for 48 years as a Christian.

This day marked the most pivotal day of my Christian life (other than the day I was saved) because this was the day I began a new journey in understanding and living THE Christian life that radically changed every area of my life. Do you know what "THE" life means? Let's look at the words of Jesus to find out.

## **How Jesus Defines THE Christian Life**

Jesus says:

*“...I AM the way, the truth, and **THE LIFE**...” John 14:6*

*“...I AM the resurrection and **THE LIFE**.” John 11:25*

What is Jesus saying in these two passages? It is clear that Jesus is saying that He Himself is **THE** Life. What does He mean when He says that He is **THE** Life? For many years, I read these verses and concluded that they only meant that He was the source for my **eternal** life when I trusted in Him for salvation. However, what Jesus is clearly telling us in these two passages is this:

**“THE” Christian Life is a PERSON.  
It is Christ HIMSELF!**

Think about the above statement for a moment. If Christ Himself is the Christian life, then THE Christian life is not about your trying to live the Christian life through your own self-effort with God’s help. Rather, THE Christian life is a Person. Have you heard this before? To further confirm this truth let’s look at what Paul had to say.

## **What Paul Said About Living “THE” Christian Life**

Paul took the truth of Christ as “THE” Life to a more personal level when he said in Colossians 3:4:

*“...Christ who is **YOUR** life ...”*

What is Paul saying in this verse? He is saying that the life of Christ is more than the eternal life He gave you at salvation. He is saying that Christ is **your** life today, at this very moment. At this point you might be scratching your head and asking these questions: “What is Paul talking about? What does it

mean that Christ is my life? Is the life that Paul is referring to “THE” Christian life?” I believe that the answer to these questions is found in Philippians 1:21 when Paul says:

***“For me, to live IS CHRIST....”***

Paul is saying that living THE Christian life is Christ actually being his life. Think about this for a moment. If “THE” Christian life is a Person, does that mean “THE” Christian life is not about you trying to complete a spiritual “to do” list, or trying to keep a set of rules, or trying to keep from sinning, or trying to do the best you can to live for God?

You see Jesus and Paul are saying the same thing that Ian Thomas said that day to me: God never intended for you to live THE Christian life, that only Christ can live. Think about this following statement:

***All that we can do in our own strength and ability is  
Live a FORM of the Christian life. ONLY Christ  
can truly live “THE” Life in and through us.***

What kind of Christian life have you been living? Do you understand what it means for Christ to be THE Life? Let’s look at the answer to that question in the next section.

### **What It Means for Christ to Be THE Life**

To answer this question let’s look at 1 Corinthians 1:30:

***“He is the SOURCE of your life in Christ Jesus, ...” (RSV)***

God gives us the answer in the first part of the verse when He says that He is the SOURCE of your life in Christ. The word “source” in this context means a person from whom something originates. In this verse, that person is Jesus who is the originator of THE Life.

Look at two other verses that reveal that God is your Source for living the Christian life:

***“In Him we live and move and have our being.” Acts 17:28***

***“For from Him and through Him and to Him are all things....”***  
*Romans 11:36*

These are just two of many verses in the Bible that reveal to us that Christ is to be our Source for living THE Christian life.

Remember when I said earlier that I was living a lie concerning living the Christian life? The lie I was believing was:

***I could SUCCESSFULLY live the Christian life by my being the SOURCE with God’s help to live it.***

You see, when I tried to be the source to live my own life, I miserably failed. That is why it is crucial for us to grasp the truth that we cannot by our own resources live the Christian life that we were never intended to live. Only Christ can do that in and through us. It was never God’s design for us to be the source. Does this make sense?

If you have attempted to be your own source to live life, how is it working for you? I hope you will see and admit it isn’t working because, believe me, it isn’t. Your being the source to live your own life cannot work because there is only one Source and that is Jesus (not you).

So, let’s look at what it means practically that Christ is your Source. Let’s examine two key words concerning Christ being the source: PRODUCE and SUPPLY.

***Christ As Your Source Means That He Is the PRODUCER***

*“For I am confident of this very thing, that He*

who began a good work in you **will perfect [accomplish]**  
it until the day of Christ Jesus.” Philippians 1:6

“But He answered them, ‘My Father is working  
until now, and I **Myself am working.**” John 5:17

Another definition for the word “source” is “the one who produces.” What Philippians 1:6 and John 5:17 above are saying is that Christ is the producer. What does it mean that Christ is the producer?

**It means that Christ PRODUCES His life  
in you by making His PROMISES an  
EXPERIENTIAL reality in your life.**

Let me give you some examples of what it means for Christ to be the Producer:

**VICTORY** – Christ will produce in you experiential victory over the power of sin, the flesh, the world, and the power of Satan.

“... but thanks be to God, who gives us the **victory**  
through our Lord Jesus Christ.” 1 Corinthians 15:57

**FREEDOM** – Christ will set you free from your false beliefs, your defeating sin patterns, and your ongoing inner struggles.

“So Christ has really set us **free**. Now make sure  
that you stay free, and don’t get tied up again in  
slavery to the law.” Galatians 5:1

**HEALING** – Christ will produce healing of your past and present woundedness.

“He **heals** the brokenhearted and binds up their wounds.”  
Psalm 147:3

**INTIMACY** – Christ will produce in you a desire for personal, intimate relationship with Himself.

*“His unchanging plan has always been to adopt us into His own family by **bringing us to Himself through Jesus Christ**. And this gave Him great pleasure.” Ephesians 1:5*

In addition to these examples of Christ’s being the producer, there is one more key area in the Christian life that only Christ can produce.

### **Transformation Into Christ-Likeness**

One of the greatest promises in the Bible is our transformation into Christ-likeness. Let’s look at two verses that confirm to us that God intends for our lives to be transformed.

*“For whom He foreknew, He also **predestined** to become **conformed to the image of His Son**, that He might be the first-born among many brethren.” Romans 8:29*

*“And we, who with unveiled faces all reflect the Lord’s glory, **are being transformed into His likeness** with ever-increasing glory, which comes from the Lord, who is the Spirit.” 2 Corinthians 3:18*

What does it mean for us to be conformed to the image of Christ and be transformed into His likeness?

**To be conformed to the IMAGE of Christ or to be TRANSFORMED into the LIKENESS of Christ means that you will be transformed to THINK, BELIEVE, CHOOSE and BEHAVE like Christ.**

Think about it for a moment. What would be different about your life and specifically your job if God transformed you

so that you were thinking, believing, choosing, and behaving like Christ? How would it change how you see yourself, how you relate to others or change how you would deal with your workplace stress?

So, Christ as the Producer means that He will be the Source to make His promises and experiential reality in your life. In the next chapter, we will look at what it means for Christ to be your Supply.

## Chapter Nine

### Jesus Will Supply What You Need

#### Introduction

Let's go back to the title of this booklet. "Do You Really Need Jesus At Your Job?" How would you answer that question based on your answers to my questions in the first seven chapters? If your answer is "Yes," then what you will learn in this chapter is that Christ will supply/meet your every need.

This is the promise according to Philippians 4:19.

*"My God shall **SUPPLY** all your needs,...  
**IN CHRIST** Jesus."*

What I have discovered about so many Christians is that they don't realize their need for Christ. However, there is another word for need and that word is "dependence." Doesn't "needing" Jesus mean that you are totally dependent on Him?

Let's go back to the garden of Eden to find the answer. Weren't Adam and Eve designed to live in moment by moment dependence on God? By depending on Him as their Source, how many needs did He meet? Didn't God meet every one of their physical, spiritual and emotional needs? The answer is "yes." Dependence equals neediness because if you weren't needy you would not need to be dependent.

God's design has never changed. You and I and the rest of humanity was designed to be totally dependent(needy) on God to meet our needs. If this is true then the next question is this:

***Do you REALIZE how needy you are because if there is NO need, then there is NO need for Jesus?***



Since our default position is to try and make life work independent of God, then what God will do is expose your need for Him. How does He do that? One of the ways is through your job. He allows you to take ownership of your stress and all the negative feelings that are associated with it (i.e. the answers to my questions that you previously wrote down) in order to reveal to you how much you need Him. Let me give you some practical examples of what I mean. Before I do let me share with you what the needs are that Christ will supply.

Here are some examples of what Jesus is going to supply.

Unconditional love	Victory	Worth
Acceptance	Faith	Freedom
Patience	Strength	Peace
Forgiveness	Understanding	Security
Fearlessness	Wisdom	Discernment
Adequacy	Humility	Christ-confidence
Boldness	Righteousness	Selflessness
Rest	Compassion	Courage
Hope	Gentleness	Christ-control
Faithfulness	Power	Joy

The Bible calls these characteristics Christ-likeness or Christ-like characteristics according to a passage I shared with you earlier.

*“And we, who with unveiled faces all reflect the Lord’s glory, **are being transformed into His (Christ) likeness** with ever-increasing glory, which comes from the Lord, who is the Spirit.” 2 Corinthians 3:18*

Here is a key truth to understand at this point.

***Jesus is NOT ONLY supplying these things,  
He IS these things.***

What do I mean? Look at following two verses.

*“For He Himself is our **peace**, who made both groups into one and broke down the barrier of the dividing wall.” Ephesians 2:14*

*“Paul, an apostle of Christ Jesus according to the commandment of God our Savior, and of **Christ Jesus, who is our hope.**”  
1 Timothy 1:1*

What Paul is telling us is that Jesus is not only supplying peace and hope, He IS our peace and hope. This may not make sense now but I hope it makes sense when we get to the practical application in the next chapter.

Another key truth is that we contain all of those Christ-like characteristics in full. In other words, we don't have 30% of Christ's peace available to us. We have 100% of His peace available. How do we know this? Look at Colossians 2:9, 10

*“For in Him (Christ) all the **fullness** of Deity dwells in bodily form, and **in Him (Christ) you have been made full**, and He is the head over all rule and authority.”*

As a Christian, you have the fullness of Christ in you which means you have all of Christ's joy, patience, acceptance, etc. available to you every moment.

Let's take a deeper look into the difference between Christ-like characteristics and human characteristics.

### **What Is The Difference Between Christ-Like Characteristics and Human Characteristics?**

When you look at the list on the previous page of the needs that Christ is going to meet can we not ascribe a human connotation to these characteristics? Can't we experience a human love, peace, acceptance, patience, security, etc.? We can, but what Jesus is supplying is spiritual not human characteristics. Let's compare the difference between the two.

**HUMAN Characteristics** – human feelings or experiences generated by man that can be changed by our circumstances and/or our relationships.

For example, let's assume that you are having a good day. You are feeling a human peace, joy, and security. However, you come home to find that someone has broken into your house, your house is flooded due to a broken pipe, and your two-year old son is throwing a temper tantrum.

What quickly happens to your human feelings of peace, joy, and security? They evaporate quickly! What would this same situation look like living from Christ-like characteristics? Before I answer that question, let's define Christ-like characteristics.

**CHRIST-LIKE Characteristics** – spiritual, supernatural characteristics of Christ that are supplied by Christ and cannot be changed by circumstances or relationships.

***"I am overflowing with JOY in the midst of all our suffering...."***  
*Colossians 1:24*

Paul is telling us that even in the midst of all his suffering, he was experiencing great joy. Would you call that a "human" joy? I don't think so because when I am suffering, the last thing I feel is a human joy. Paul was experiencing a spiritual, supernatural joy supplied by Christ that even suffering could not rob him of.

Using the same example I previously shared, let's assume that when you are faced with the robbery, the flooding, and the crying child, you start feeling anger, frustration, or impatience. In that moment by faith, you can draw upon Christ-life characteristics of peace, joy, and patience. (Remember that since you contain the fullness of Christ, you have available to you all of the Christ-life characteristics.) What does that look like practically?

“Lord, I am losing my human joy and I am beginning to feel anger, frustration, and impatience. I am asking You, in Your power, to replace those feelings with Christ-life peace, joy, and patience at this moment.”

In that very moment, the Spirit’s power is suppressing your anger, frustration, and impatience as Christ is pouring His peace and patience into you. You may not immediately feel it, but as you continue to draw upon His peace and patience, your feelings of anger, frustration, and impatience will subside.

***The KEY difference between a HUMAN characteristic and a CHRIST-LIKE characteristic is that neither relationships nor adverse circumstances can ROB you of experiencing Christ-like characteristics.***

Why is that statement so critical for you at your job? Remember how I defined stress and the negative effects of stress?

**STRESS:**

***Internal and external pressures of life that create INNER TURMOIL and ROB you of peace, happiness, and fulfillment***

Stress is a robber in that it will rob you of the things you need but Jesus, as your supplier, will supply what you need and it can’t be taken away from you. Let’s look at how this practically applies to you in the workplace.

# Chapter Ten

## Practical Application Of Jesus Meeting Your Needs

### Key Foundational Truths To Understand As You Draw On Christ To Meet Your Need

In this chapter we are going to look at examples of what it looks like practically to draw on Christ to meet your needs. Before we get into these examples, there are some key foundational truths that are important to understand.

#### 1. Steps of Faith

Since we are on a walk of faith according to 2 Corinthians 5:7, then we are to engage God by taking steps of faith in order to draw on Christ as our supply. I simply define a step of faith this way.

***A MOMENT in time where you, by FAITH, TRUST Christ to MEET the need in that moment.***

#### 2. Entrustment

In addition to understanding steps of faith, there is one key faith word that I will be using that I would like to define. That word is “entrustment.”

***ENTRUSTMENT means GIVING OVER to God that which is causing you stress and LEAVING it with Him.***

#### 3. You May Have To “Faith” It Until You “Feel” It

I have found in walking in Christ as your Source that the most difficult thing to understand is that as we draw on Christ to meet our needs we may not immediately feel what Christ is

supplying. (i.e. His peace, acceptance, humility, etc.) The key to the walk of faith is that even though we may not initially experience what Christ is supplying, we know by faith He is supplying it. Remember this concerning faith.

***Faith means BELIEVING Christ is meeting your need even when there is NO initial feeling or experience of that need being met.***

For example, I may draw on Christ to be my peace in the moment but I may not necessarily experience His peace in that moment. However, what do I know by faith? He is pouring all of His peace in me.

#### **4. Continue Walking By Faith Until You Experience What Christ Is Supplying**

Based on the previous truth, the key truth in the walk of faith is to walk long enough by faith until you experience what Christ is supplying.

For example, as you keep drawing on Christ's peace then you will eventually experience His peace. The key is:

***To KEEP walking by faith UNTIL you do EXPERIENCE what Christ is supplying.***

I will be repeating some of these truths as we look at some of the following examples.

#### **Examples Of Drawing On Christ To Meet Your Needs**

##### **1. Entrusting Versus Taking Ownership Of Your Stress**

**Example:** Let's assume you get to work and find out your boss has moved up the deadline for a project. The temptation is to take ownership of your stress. Rather than take ownership of

your stress, God wants you to entrust it to Him. Why? Because you are not designed to handle any stress. Here is a practical step of faith.

**Step of faith:** “Lord, I am tempted to take ownership of this stress. However, by faith, I choose to entrust my stress to You.”

**Key Truth:** What you have done is give the Lord your stress. If you are not taking ownership of the stress, what does that allow you to do? Walk in Christ’s peace and rest. In fact, another step of faith using this same example might be this.

**Step of faith:** “Lord, I am entrusting my stress to You and I am trusting You to BE my peace and rest.”

**Reminder:** You may not immediately feel Christ’s peace and rest but because you asked by faith, then know by faith that all of Christ’s peace and rest is being poured into you. It may take several steps of faith before you begin to experience Christ’s peace and but eventually you will.

## **2. Drawing On Christ To Be The “I AM” In The Moment You Start Feeling The Negative Emotions Associated With Your Unmet Expectations**

Take the list on page 39 and add the words “I AM” to each of those Christ-like characteristics. Here are some examples below.

**I AM your joy - John 15:11**

**I AM your adequacy - 2 Corinthians 3:5**

**I AM your wisdom - 1 Corinthians 1:30**

**I AM your rest - Matthew 11:28**

**I AM your security - Proverbs 1:33**

**I AM your confidence - 2 Corinthians 3:4**

**I AM your endurance - Hebrews 10:36**

**I AM your peace - Ephesians 2:14**

**I AM your perseverance - Hebrews 12:2**

**I AM your humility - Matthew 11:29**

**I AM your acceptance - Romans 15:7**

**I AM your freedom – John 8:32**  
**I AM your victory – 1 Corinthians 15:57**  
**I AM your patience – Galatians 5:22**  
**I AM your courage – John 16:33**  
**I AM your self-control - 2 Timothy 1:7**

Let's apply this to an example of negative emotions as a result of stress.

**Example:** Your (very good) idea for a particular project was shot down by your boss. Your expectation was that he would readily approve of it. You began to start feeling rejection. You know that if you hold on to that rejection, it might create deeper negative feelings of resentment. Therefore, instead of taking ownership of that rejection, a step of faith might look like this.

**Step of faith:** “Lord, I am feeling rejected by my boss. However, by faith, I choose to entrust my rejection to You. I am trusting You to BE my acceptance because You say, “I AM your acceptance.”

**Key Truth:** What if, over time, you come to believe that you are totally accepted in Christ. Could anyone really reject you? Do you have to take ownership of someone else's rejection? The answer is “no.” Even if you have a feeling of rejection, you don't have to take ownership of someone else's rejection. Would you call that freedom? Look at the following example of this truth.

**Step of faith:** “Lord, I am feeling rejected by my boss. However, by faith, I am not taking ownership of his/her rejection because I believe I am totally accepted in Christ.”

**Exercise:** Go back to Chapter Three and find some of the negative feelings that you feel as a result of your unmet expectations. Insert that negative feeling, the reason for that feeling, and what you are trusting Christ to be as the “I AM.”



**Step of faith:** “Lord, I am feeling \_\_\_\_\_  
because \_\_\_\_\_.  
However, by faith, I choose to entrust my  
\_\_\_\_\_ to You. I am trusting You to BE my  
\_\_\_\_\_.”

**Reminder:** You may have to take several steps of faith before you experience what Jesus is supplying.

### **3. Drawing On Christ To Meet Your Needs Concerning Your Job Related Fears**

Go back to Chapter Four and find some of the negative feelings that you feel as a result of the fears you may be experiencing. Let me give you an example.

**Example:** The company you are working for is making cutbacks. A feeling of fear grips you because you start thinking you are going to be the next person to be let go. What is the result of hanging on to that fear? More fear. Instead of taking ownership of that fear, a step of faith might look like this.

**Step of faith:** “Lord, I am feeling fear about losing my job. However, by faith, I choose to entrust my fear to You. I am trusting You to BE my courage.”

#### **Apply God’s Truth Into What You Are Experiencing**

Another key part of the process of walking by faith is applying God’s truth to what you are experiencing. This is one of the reasons we learn His truth in order to apply it to specific stressful workplace situations. Let’s use the previous example concerning the company cutbacks and look at how we apply God’s truth to a situation.

**Example:** “Lord, I don’t have to worry about my job because You are sovereign and therefore in control of whether I keep my job or not. If I lose my job, then I know that You will provide another job because of your goodness and grace and

because You promised to meet my needs. (Remember that it was God that provided the job have now.)

**Example:** “Lord, I fear not meeting this deadline. However, your word says, ‘Fear not’ and ‘take courage.’ So I choose to trust You to BE my courage.”

**Example:** “Lord, I am being tempted to be prideful because I was complimented for successfully completing this project. Your word says that “pride goes before a fall.” Remind me that my ability is from You, so I am asking You to BE my humility.”

**Example:** “My boss doesn't like me and seems to undermining me every chance he/she can. I sense a feeling of unforgiveness towards him/her. Remind me that I have all of Your forgiveness in me and that You totally forgave me on the cross. Therefore, replace my unforgiveness with Your forgiveness.”

### **Conclusion**

These are some examples that I hope will help you in understanding practically how to draw on Christ to meet your needs. There are three final truths that I would like to share.

1. It is important to remember that this is a process not a “quick fix.”
2. We don't know how long it is to go from “faithing” it until you experience Christ's peace, rest, joy, etc. The key is to keep taking steps of faith until you do.
3. The process is a supernatural process. I define supernatural like this.

***Supernatural means there is no man-made explanation or human understanding for what God is doing in our lives.***

We need to understand that God is always working. As we participate with Him by faith, He is supernaturally working behind the scenes to transform our lives. It is always supernatural because we don't know what He is doing and how He is doing it. The key truth to understand is that God is working non-stop whether you feel it or not.

**Moving From Living Christ In The Moment To Experiencing Christ-Like Attitudes**

There is more that Christ will do in addition to meeting your needs in the moment. Look at the two verses below.

*“Be not conformed to this world but **be transformed by the renewing of your mind.**” Romans 12:2*

*“**Have this attitude in yourselves which was also in Christ Jesus.**” Philippians 2:5*

What Paul is saying in these two verses is that Christ is not only meeting your need in the moment, but He is renewing your mind and transforming you to walk with Christ-like attitudes.

What do I mean by Christ-like attitudes? Let's look at the list of Christ-like characteristics again.

Unconditional love	Victory	Worth
Acceptance	Faith	Freedom
Patience	Strength	Peace
Forgiveness	Understanding	Security
Fearlessness	Wisdom	Discernment
Adequacy	Humility	Christ-confidence
Boldness	Righteousness	Selflessness
Rest	Compassion	Courage
Hope	Gentleness	Christ-control
Faithfulness	Power	Joy

Let me give you an example to explain. Christ will not only meet your need for peace in the moment but He will be transforming you so that you will eventually live from a Christ-like attitude of peace.

Why is this important? If you are about to take ownership of your stress or negative feelings associated with it, then you need Christ's peace in the moment. However, if you are walking with an attitude of peace then no one or nothing can rob you of your peace. In other words, you can walk through your work day with an attitude of peace regardless of what is thrown at you.

Therefore, know by faith that as Christ is meeting your need, He is also transforming you to live from a Christ-like attitude. This is ultimately where God wants us to be because how would it change how you look at your job if you were living from a Christ-like attitude of peace, joy, rest, courage, etc. throughout your day?

### **Abiding In Christ In The Workplace**

***“I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.” John 15:5***

A final point I want to make is that your are in union with Christ according to John 14:20:

***“In that day you will know that I am in My Father, and you in Me, and I in you.”***

He put Himself in union with you because He wants a relationship with you. Since you are in union with Christ then you are in an abiding relationship with Him as described in John 15:5. In other words, Christ is in you wherever you go. Therefore, whether you are thinking about Him or not He is always abiding in you and you are abiding in Him.

***His desire is that you will CONSTANTLY see your need for Him because one of the results will be a DEEPER relationship with Him.***

***Final Thought***

I hope by this point the Holy Spirit has revealed your moment by moment need for Christ at your job. If so, I pray that you will begin drawing on/trusting Him to not only meet your need in the moment but to transform you to live from Christ-like attitudes.

If you still don't see your need, I can assure you that God will cause or allow events in your life so that you will eventually have eyes to see your need. Part of opening your eyes will be to show you how your stress is not only robbing you but robbing your spouse, your kids, and your friends.

The truth is, whether we realize it or not, we are in desperate need for Christ moment because that is how we were created and that is our design.

*Blessings in Christ.*

*Bill Loveless*

p.s. If you have any thoughts concerning what you have read that you would like to share or have any questions about what I have written, please email me at the address below:

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(10-22-18)

## Do You Really Need Jesus? (At your job)

I titled this booklet, "Do you really need Jesus at your job?" because with all the ability, IQ, experience, and education you have to accomplish your job, is it possible you can do your job without Jesus? The truth is that you can accomplish your job without Him but what might be the consequences? We are going to look at those consequences and how they negatively impact you and how they impact your co-workers. Below are a few questions that we are going to explore.

- What causes you stress in your workplace?
- Are you taking ownership of that stress?
- If so, what negative emotions are you experiencing as a result of your stress? (i.e. anxiety, worry, fear)
- What are you doing to handle the stress?
- How well is what you are doing working?
- Is it possible that you were not meant to deal with or overcome your stress?
- How would it impact you and those around you if you were living stress free at your job?

My hope is that what will be shared in this booklet will be encouraging to you and will give you a deeper understanding of why we need Jesus in the workplace and what it means for Him to meet our needs.



Bill Loveless is the director of Christ Is Life Ministries (CILM). CILM is a non-profit, non-denominational ministry that focuses on discipleship. Our focus is teaching Christians what it means for Christ to be our Source for living the Christian life and what it looks like to be transformed into Christ-likeness.

For further information, see the ministry website at: [www.christislifeministries.com](http://www.christislifeministries.com)

