

Weekly WorkPlace Wisdom

A Weekly Service To The Business Community From Saddleback Church

GETTING ENERGIZED FOR WORK

By Rick Warren

If TV commercials are accurate, many Americans feel worn-out much of the time. The pace of living and working in *the fast lane* causes many to experience chronic fatigue. Maybe even you are feeling the *MONDAY BLAHS* as you read this.

Living in a state of continual fatigue can cost you a lot:

- It causes you to miss great opportunities. (*"I'm too tired."*)
- It brings out your worst attitudes.
- It limits your performance.
- It lowers your resistance to illness.

There are two types of fatigue: **physical** (involving your muscles), and **spiritual** (involving your emotions). In our society, spiritual fatigue is far more common. It is caused by stress, worry, guilt, anger, frustration, indecision, unrealistic expectations, resentment, and many other negative emotions.

While physical fatigue is cured by rest, recovery from spiritual fatigue requires more than just getting some sleep. A weekend of rest alone won't cure your spiritual fatigue.

FIVE ENERGIZERS THAT WORK

1. A CLEAR CONSCIENCE. I once saw a gas station sign that said "A clean engine produces more power." That's true of people too. Guilt always depletes emotional energy. The antidote is simple: turn to God and ask forgiveness. (1 John 1:9)

2. A NEW PERSPECTIVE. Try to look at your work from a different viewpoint. You can't always control your circumstances, but you can control how you choose to view it and respond to it. Stress is often a matter of perspective. (Col. 3:23)

3. A CHALLENGING PURPOSE. Discover a new dream and you'll have plenty of energy. Set a goal that inspires you. (Phil. 3:13-14)

4. A SUPPORTIVE TEAM. Get together with high energy, encouraging people. If you want to soar with the eagles you can't run with the turkeys. (Heb. 10:25)

5. PLUG INTO GOD'S POWER. Find a good church where you can get your spiritual battery recharged. "***Those who trust in the Lord for help will find their strength renewed. They will rise on wings like eagles, they will run and not get weary.***" **Isaiah 40:31**

Until next week...

Discussion Questions:

1. If you are spiritually fatigued, commit to reading your Bible 15 minutes each day this week and 20 minutes the next week.
2. If you are feeling the Monday Blahs, what would you need to do differently or change?
3. Is there someone or something at work you can commit to praying for every day for the next month?

