



CHRIST CHURCH RESOURCES

JOB DIFFICULTIES

For many people, we spend nearly one third of our lives at work. We often spend more time directly interacting with the people we work with than we do with friends or family. Challenges that arise in our jobs can have a powerful impact on our lives. Challenges not only impact our time at work, but more often than not they bleed over into our personal lives.

We may experience work tension due to deadlines or high work demand. We may find ourselves in an overall toxic work environment or working for an unhealthy leader. All of these can contribute to the stress, anxiety, depression, and frustration that people experience. As the job difficulties persist, and the feelings continue to build, they will impact us in more invasive and pervasive ways.

It is critical that we address the issues and process how they are impacting us. We need also need to have people around us that can encourage us, support us in challenging seasons, and to help us deal with the feelings we are experiencing.

SCRIPTURE

Romans 5:3-5
Philippians 4:6-7
1 Peter 5:7
Joshua 1:9
Galatians 6:2
Romans 8:31

RESOURCES

Rising Above a Toxic Workplace- Chapman and White

Learning to Lead Like Jesus- Boyd Bailey

Help! I Work With People- Chad Veach

The 21 Irrefutable Laws of Leadership- John Maxwell

Youtube Video: Filling the Gap With Trust