

world. We must not allow ourselves to be shaped by its pressures; instead, we are to exert our influence on it.

If you are in an unusually difficult and ungodly atmosphere, call to mind Christ's words, "Let your light so shine before men" (Matthew 5:16). Remember, it's the dark places that need the light. —RWD

*If you were in the dark,
You'd surely welcome light;
That's why we share God's Word
With souls in darkest night. —Hess*

To lead others out of the darkness of sin, let them see your light.

Getting Help For Workplace Abuse (Edited from the Aust. Govt website)

If you have made a complaint to your manager or others in your workplace and there have not been adequate steps taken to stop the bullying there are a number of options that you can take to get help.

When to contact the police

If bullying is violent or threatening it may be a criminal offence and you should contact the police immediately call 000
If the situation is not urgent you can call 131 444 .

Making a complaint about workplace bullying to the Australian Human Rights Commission

If you are being bullied, harassed or discriminated against because of your race, sex, age, sexual orientation, religion or because you have a disability or are pregnant you can contact the Australian Human Rights Commission. Call 1300 656 419
http://www.humanrights.gov.au/complaints_information/young_people.html

The Commonwealth Fairwork Ombudsman can provide information and advice about Australia's workplace rights and rules and the protection you have against harassment and discrimination. Call 131394

<http://www.fairwork.gov.au/resources/best-practice-guides/Pages/a-guide-for-young-workers.aspx>

Report bullying to NSW health and safety authority

Your boss has a duty to ensure the health, safety and welfare at work of all their employees. You can report bullying incidences to the state safety authorities. Workcover Authority of NSW can provide advice and help if you are experiencing workplace bullying call 13 10 50

<http://www.workcover.nsw.gov.au/healthsafety/healthsafetytopics/Psychosocialissues/Pages/Bullying.asp>

Central Mountains Baptist Church

JANUARY 10, 2016

Lights In The Dark Workplace

**You shine as lights in the world, holding fast the word of life. —
Philippians 2:15-16**

I once read about a woman who felt very much alone at her workplace because she was the only Christian. She was often ridiculed for her faith and accused of being narrow-minded. Finally she became so discouraged that she considered quitting her job. Before doing that, however, she talked with her pastor. After listening to her complaints, the pastor asked, "Where do people usually put lights?" "In dark places," she replied.

She quickly recognised that her place of work was indeed a "dark place" where "light" was vitally needed. So she decided to stay where she was and become a stronger influence for Christ. It wasn't long before a number of her fellow employees—13 of them, in fact—came to know Christ as their Saviour.



As "lights in the world" (Philippians 2:15), we who are believers in Christ, have the privilege of illuminating its dark places. Although we are not of the world, we are in the



I Peter: Overcoming Suffering How to Suffer Well I

In 1 Peter 2:18-25 Peter gives us 4 guidelines to reacting to harsh treatment in the workplace:

1. **S** _____, verse 18

2. **F** _____, verse 18

(Matthew 10:28) *"And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell."*

(Romans 8:35) *"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?"*

(Romans 8:37-39) *"Yet in all these things we are more than conquerors through Him who loved us. {38} For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, {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."*

(Deuteronomy 33:27) *"The eternal God is your refuge, And underneath are the everlasting arms; ...!"*

(Isaiah 30:15) *"For thus says the Lord GOD, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength." .."*

(1 Peter 2:18) *"Slaves, submit yourselves to your masters with all respect, ..." [Paraphrase]*

3. **P** _____ **E** _____, verses 17-20

(1 Samuel 18:10-11) *".. David played music with his hand, as at other times; but there was a spear in Saul's hand. {11} And Saul cast the spear, for he said, "I will pin David to the wall!" But David escaped his presence twice."*

(1 Samuel 24:2-5) *"Then Saul took three thousand chosen men from all Israel, and went to seek David and his men on the Rocks of the Wild Goats. {3} So he came to the sheepfolds by the road, where there was a cave; and Saul went in to attend to his needs. (David and his men were staying in the recesses of the cave.) {4} ... David arose and secretly cut off a corner of Saul's robe. {5} Now it happened afterward that David's heart troubled him because he had cut Saul's robe."*

(1 Samuel 24:9-11) *"And David said to Saul: "Why do you listen to the words of men who say, 'Indeed David seeks your harm'? {10} "Look, this day your eyes have seen that the LORD delivered you today into my hand in the cave, and someone urged me to kill you. But my eye*



Dr Damadian



spared you, and I said, 'I will not stretch out my hand against my lord, for he is the Lord's anointed.' {11} "Moreover, my father, see! Yes, see the corner of your robe in my hand! For in that I cut off the corner of your robe, and did not kill you, know and see that there is neither evil nor rebellion in my hand, and I have not sinned against you. Yet you hunt my life to take it."

(Daniel 1:8) *"But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself."*

(Daniel 1:12-13) *"Please test your servants for ten days, and let them give us vegetables to eat and water to drink. {13} "Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants.""*

(James 1:2-3) *"My brethren, count it all joy when you fall into various trials, {3} knowing that the testing of your faith*

produces patience."

(James 4:7-8) *"Therefore submit to God. Resist the devil and he will flee from you. {8} Draw near to God and He will draw near to you. ..."*

4. **C** _____, verse 21-25

(Matthew 5:44-48) *"But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, {45} "that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. {46} "For if you love those who love you, what reward have you? Do not even the tax collectors do the same? {47} "And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? {48} "Therefore you shall be perfect, just as your Father in heaven is perfect."*

