

# Welcome to 'Wake Up Call' your weekly email support from



## Who are You @ Work?

What makes you who you are? Lots of people go to work to make something of themselves. They want to make a difference or an impact. They certainly want to make a living – some want to make a name for themselves, or maybe a company great. We even have our phrases such as 'he is a self-made man' or 'she's made it' or 'he's made a fortune'. But while we're busy making things, what makes us?

If you listen to the experts you will hear some famous phrases. Physiologists like myself tell you "You are what you eat" which is true. What makes us what we are is what we eat. Sports physiologists will add "Use it or lose it" referring to our need to exercise or lose our physical health and strength. In this sense what makes you is what you use. Physiologists and psychobiologists, which incidentally I also am, will tell you the 'what you think – you are'. Here they agree with Solomon who said "What a person thinks, so he is". So what makes us is what we think.

I also happen to be a Theologian. Something which you won't see in the management journals is found in Psalm 115. Solomon's Father David, speaking about people who make idols of silver and gold, says "Those who make them will be like them". So what makes us is also what we worship.

So what do you make of this? If it is true then it changes everything – when you and I go to work it is to be part of our worship. What we eat and use will be seen in the light of our bodies being temples of the Holy Spirit. Our thoughts must be taken captive for Christ and nothing or no one will be worshipped but Him.

As we worship Him our minds are renewed our bodies invigorated and our emotions healed. This makes us what we are. This will enable us to make something of our lives. It will empower us to make a difference, an impact, and a living.

When the prodigal son came home he changed his words from "Father give me" to "Father make me". If you want to make something of your life today at work it might be worth turning the prodigal's words into a prayer.

**WORK WELL**  
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National Director  
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Bible Reading for 21<sup>st</sup> July is in  
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**WAKE UP NEWS:**

Visit our new web site we will let you know all about the benefits via this news and some special announcements.

This Wake up Call is linked to Psalm 115, which can be read below.

**Psalm 115**

**Psalm 115**

- <sup>1</sup> Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness.
  - <sup>2</sup> Why do the nations say, "Where is their God?"
  - <sup>3</sup> Our God is in heaven; he does whatever pleases him.
  - <sup>4</sup> But their idols are silver and gold, made by the hands of men.
  - <sup>5</sup> They have mouths, but cannot speak, eyes, but they cannot see;
  - <sup>6</sup> they have ears, but cannot hear, noses, but they cannot smell;
  - <sup>7</sup> they have hands, but cannot feel, feet, but they cannot walk; nor can they utter a sound with their throats.
  - <sup>8</sup> Those who make them will be like them, and so will all who trust in them.
  - <sup>9</sup> O house of Israel, trust in the Lord - he is their help and shield.
  - <sup>10</sup> O house of Aaron, trust in the Lord - he is their help and shield.
  - <sup>11</sup> You who fear him, trust in the Lord - he is their help and shield.
  - <sup>12</sup> The Lord remembers us and will bless us: He will bless the house of Israel, he will bless the house of Aaron,
  - <sup>13</sup> he will bless those who fear the Lord - small and great alike.
  - <sup>14</sup> May the Lord make you increase, both you and your children.
  - <sup>15</sup> May you be blessed by the Lord, the Maker of heaven and earth.
  - <sup>6</sup> The highest heavens belong to the Lord, but the earth he has given to man.
  - <sup>17</sup> It is not the dead who praise the Lord, those who go down to silence;
  - <sup>18</sup> it is we who extol the Lord, both now and forevermore.
- Praise the Lord.