

Feb. 24th 2003

Welcome to
Wake Up Call
your weekly email support from WorkNet



Bullying

[Recommend a friend](#)
[Update your profile](#)
[Donate](#)
[Visit WorkNet](#)
[Register](#)
[Archive](#)
[Wake Up Call enquiries](#)
[WorkNet enquiries](#)
[Unsubscribe](#)

Every day something. I get pains in my stomach at the thought of work. I feel like a child wanting to play truant – I don't know whether I can keep going like this.

If you've ever been bullied at work you won't need any further explanation of these words. In fact a large percentage of the work force in this country claims to have been on the receiving end of bullying. It's not usually physical of course it's more often of the psychological type, which involves the cold shoulder, harsh words or unreasonable demands. It means 'you are a threat' or 'I don't like you' or 'I want you out'.

In the old story of David and Goliath the workplace was the battlefield – the whole nation was being bullied and no one seemed to be able to stop it – until David arrived.

Now we know the end result and I'm certainly not suggesting that you do to the bully exactly what David did to Goliath. But it is worth remembering two things. David brought God into the situation. He trusted God completely for his own rescue and the final outcome of the bullying situation. Secondly he took action – risky action – but well planned action, which dealt with the problem. Somehow he took control.

Choose your stones carefully and then use them in the name of God not in malice but you don't have to do nothing.

WORK WELL
Geoff Shattock, National Director

©Geoff Shattock, Feb. 24th 2003

[Bible readings for this Wake Up Call](#)

Have you visited the WorkNet Partnership bulletin board?.

Need some help? Read the Wake Up News at the end of this email

Here is some biblical background to this week's wake up call.

John 2 : 1-11

¹On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, ²and Jesus and his disciples had also been invited to the wedding. ³When the wine was gone, Jesus' mother said to him, "They have no more wine."

⁴"Dear woman, why do you involve me?" Jesus replied, "My time has not yet come."

⁵His mother said to the servants, "Do whatever he tells you."

⁶Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons.

⁷Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim.

⁸Then he told them, "Now draw some out and take it to the master of the banquet."

⁹They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside ¹⁰and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

¹¹This, the first of his miraculous signs, Jesus performed in Cana of Galilee. He thus revealed his glory, and his disciples put their faith in him.

1 Samuel 17:37-51

³⁷ The LORD who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine."

Saul said to David, "Go, and the LORD be with you."

³⁸ Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. ³⁹ David fastened on his sword over the tunic and tried walking around, because he was not used to them.

"I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. ⁴⁰

Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch

of his shepherd's bag and, with his sling in his hand, approached the Philistine.

⁴¹ Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. ⁴²

He looked David over and saw that he was only a boy, ruddy and handsome, and he despised him.

⁴³ He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. ⁴⁴ "Come here," he said, "and I'll give your flesh to the birds of the air and the beasts of the field!"

⁴⁵ David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied. ⁴⁶ This day the LORD will hand you over to me, and I'll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. ⁴⁷ All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and he will give all of you into our hands."

⁴⁸ As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. ⁴⁹ Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground.

⁵⁰ So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

⁵¹ David ran and stood over him. He took hold of the Philistine's sword and drew it from the scabbard. After he killed him, he cut off his head with the sword.

WAKE UP NEWS

Visit our [links](#) page for a link to a workplace bullying resource.

Do you live in South West London? A brand new course on working well is starting on Feb. 20th at Battersea. Some places are still available. For the details have a look [here](#)

Just as Wake Up Call is designed to help you work would you take a moment this week to support Geoff Shattock in his work by praying for the course? Thank you. Prayer info [here](#)

The WorkNet Partnership, 56 Baldry Gardens, London SW16 3DJ
T: +44 (0)20 8764 8080
www.worknetuk.org