



helping people work well

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# Wake Up Call

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## SOM 9 - Keep or Let Go?

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**This is part of a six-month series looking at the Sermon on the Mount from a workplace angle: enjoy the ride!**

What would you say is the most toxic substance in your work – literal or metaphoric? What is the most serious threat to progress, health and achievement? What is the procedural bottom line? What, more than anything else, will destroy the project, team, company or career.

Jesus has spelt out the blessed path. He has told us to be who we are and not hide. He has warned of the importance of practicing the commandments. We have had a peek at the end of the sermon to see the terms of entry and the way to travel, dine and build. It's pretty big-picture stuff and the operations people among you may be saying "let rubber hit road" or "let's get practical".

Now the spiritual rubber hits the narrow road as Jesus spells out the nature of the lethal weapon. To be angry is to risk all. It is anger that destroys, disrupts and enslaves. To be more specific it is anger that is not dealt with which blows everything away. Jesus covers a range of issues. Personal anger – directed towards the friend, brother or ally and professional anger – directed towards an adversary where official or legal disputes are on the cards.

The levels of violence are spelt out – mild irritation, through to explosive insults from being angry to saying "you fool".

The results of this unresolved anger are judgement, destruction or imprisonment. Don't underestimate or narrow this down merely to literal interpretations. Most people who are stressed are struggling with anger. Anger and depression are closely linked. Carrying unresolved anger can ruin a career, a project, a team or a life. Self-centred, demanding perfectionists struggle with anger. Small-minded, rule-ridden sticklers struggle with anger. But so do the kind-hearted, conscientious and professional. Those who are abused run the risk of holding grudges and those who are ignored can store up frustration. If you are stressed, ask yourself who you are angry with. It maybe yourself, some other people or even God.

Jesus wants two keys responses to literally keep us on the straight and narrow. Go and be reconciled, sort it out, get rid of it, let it go, resolve it, so that you can be free to move on and free to offer yourself uncontaminated to God.

Second Jesus says "settle". Resolve the problem, pay your fine, agree a way forward, come to a deal. Otherwise you will find yourself an emotional prisoner.

Whether this area of anger is the most important is debatable but that it comes this early in the most important summary of Jesus' teaching has to tell us how significant it is. If you are angry with someone at work right now find a way to be

DVD news



see below

reconciled or find a way to settle. You may need to delve further into the Sermon on the Mount to find your way but remembering your poverty of spirit listen to the words of the Carpenter and settle quickly. (Matthew 5:21-26)

Work Well,

Geoff Shattock

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## Here is some Biblical background for this week's Wake Up Call

### Matthew 5 v 21-26

<sup>21</sup> "You have heard that it was said to the people long ago, 'Do not murder,[a] and anyone who murders will be subject to judgment.' <sup>22</sup> But I tell you that anyone who is angry with his brother[b] will be subject to judgment. Again, anyone who says to his brother, 'Raca,[c]' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

<sup>23</sup> "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

<sup>25</sup> "Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. <sup>26</sup> I tell you the truth, you will not get out until you have paid the last penny.

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- Geoff Shattock is on Sabbatical from 1 September 2006 to end Feb 2007. Please pray for him over this time. You can email WorkNet on the usual addresses and you will be directed to the right people.
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Also remember to have a look at the Bible sections for the biblical background to your Wake Up Call

**WorkNet, 56 Baldry Gardens, London SW16 3DJ**

**T: +44 (0)20 8764 8080**

<http://www.worknetuk.org/>

[comms@worknetuk.org](mailto:comms@worknetuk.org)