
Career Planning Workshop

Finding Peace

throughout Career Turbulence

Craig Edlin

"God's mark of approval, whenever you obey Him, is peace."

Oswald Chambers

Disclaimer

Why Focus on the Heart?

- Many resources are available for self assessment and job search
 - Myers-Briggs, Strong Inventory
 - Outplacement Services
 - Books, tapes, seminars, etc.
 - Very few resources focus on the “heart” of the job seeker/searcher
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Why focus on the Heart?

- Powerful effects of the modern world
 - The “idols” of work, security
 - Important and necessary to find other reference points
- “Where is Christ in all this?”
 - Jesus preached that He had come so that we may have abundant life

Above all else, guard your heart for it is the wellspring of life.
Proverbs 4:23

How can we find PEACE in this?

- Job search frustrations...
 - Differing time perspectives
 - Phantom Job Postings
 - Hundreds of resumes out, no interviews in
 - People will let you down...
 - Waiting
 - Oswald Chambers – “One of the greatest stresses in life is the stress of waiting for God. He brings fulfillment, “because you have kept my command to persevere...”
 - Revelation 3:10
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SPEED BUMP



Where is God in all of this?

Setting the Tone...



For I know the plans I have for you, declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength. Phil 4:12, 13

But godliness with contentment is great gain. 1 Timothy 6:6

Serenity Prayer...

- God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Living one day at a time; Enjoying one moment at a time;

Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is, not as I would have it;

Trusting that He will make all things right if I surrender to His Will;

That I may be reasonably happy in this life and supremely happy with Him forever in the next.

Amen.

--Reinhold Niebuhr

Serenity Prayer...

- God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference...

“The last of the human freedoms is to choose one’s own attitude in any given set of circumstances.”

Viktor Frankl

Epictetus AD55-135 Greek Philosopher

- Suffering arises from trying to control what is uncontrollable, or for neglecting what is within our power.
- Accept what happens calmly and dispassionately – endure and abstain
- We are disturbed not by events, but by which the views we take of them

“Inner freedom is to be attained through submission to providence, and rigorous detachment from everything not in our power.” Petri Liukkonen

Serenity Prayer - continued

- *Living one day at a time; Enjoying one moment at a time...*

“You can’t get too high when you win nor too low when you lose!” Brad Stevens

Serenity Prayer - continued

- *Accepting hardships as the pathway to peace;*

“We can find peace in the middle of trials when we understand what trials can produce.”

Oswald Chambers

Serenity Prayer - continued

- *Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will...*

“The best way out is always through.”

Robert Frost

Serenity Prayer - continued

- *That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.*

“Life is a test, life is a trust and life is a temporary assignment.”

Pastor Rick Warren in *Purpose Driven Life*

Where is Christ in all this?

The typical view of the Christian life is that it means being delivered from all adversity. But it actually means being delivered in adversity, which is something very different. “He who dwells in the secret place of the most high shall abide under the shadow of the almighty. No evil shall befall him, for all any plague come near your dwelling...” (Psalm 91:1,10) – the place where you dwell with God.

If you are a child of God, you will certainly encounter adversities, but Jesus says you should not be surprised when they come. “In the world you will have tribulation; but be of good cheer, I have overcome the world.” He is saying, “There is nothing for you to fear.” The same people who refused to face their adversities before they were saved often complain and worry after being born again because they have the wrong idea of what it means to live the life of a saint.

God does not give us overcoming life – it is as we overcome. The strain of life is what builds our strength. If there is no strain, there is no strength. Are you asking God to give you life, liberty and joy? He cannot if you are unwilling to accept the strain. And once you face the strain, you will immediately get strength. Overcome your own timidity and take the first step. Then God will give you strength – “To him who overcomes I will give to eat from the tree of life...” (Revelation 2:7) If you completely give of yourself physically, you become exhausted. But when you give of yourself spiritually, you get more strength. God never gives us strength for tomorrow or the next hour, but only for the strain of the moment. Our temptation is to face adversity from the standpoint of our own common sense. But a saint can “be of good cheer” even when seemingly defeated by adversities, because victory is absurdly impossible to everyone except God.

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- God does not give us overcoming life – He gives us life as we overcome. The strain of life is what builds our strength. If there is no strain, there will be no strength. Are you asking God to give you life, liberty and joy? He cannot, unless you are willing to accept the strain. And once you face the strain, you will immediately get the strength. Overcome your own timidity and take the first step. Then God will give you nourishment – “To him who overcomes I will give to eat from the tree of life...” (Revelation 2:7).
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Points of View... Mindsets

- “...being delivered in adversity”
 - “...you will certainly encounter adversities”
 - “...there is nothing for you to fear.”
 - “...He gives us life as we overcome”
 - “...the strain of life is what builds our strength”
 - “...be of good cheer, even when seemingly being defeated by adversities”
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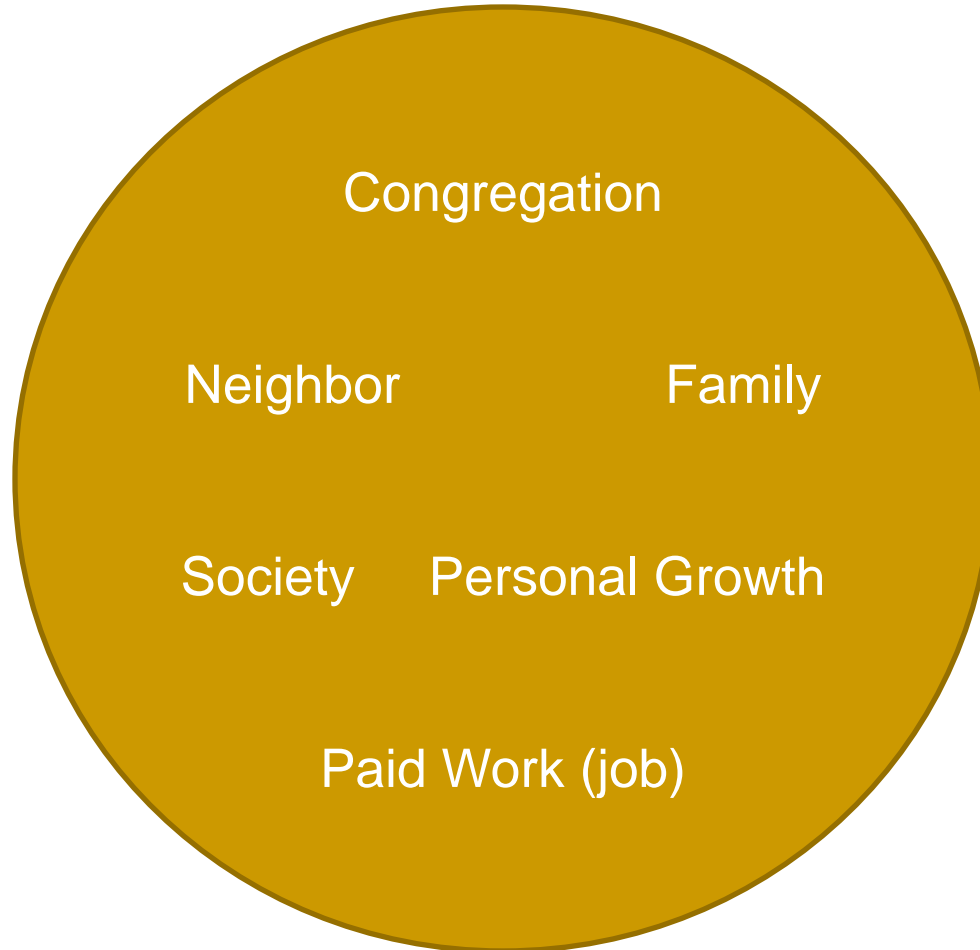
1 Peter 1:3-9

- ... In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.
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Living Life God's Way

- “You are most free when you are most determined” John Locke
 - Free will is limited...
 - No freedom in our circumstances
 - “Peace comes with going with the order of things.” Lauren Edlin
 - Submission to providence....
 - Listening for God's calling...
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Dimensions of Christian Calling



From *The Other Six Days* by Paul Stevens

Listening

- “God speaks in the language you know best – not through your ears, but through your circumstances. Do we discern His hand at work, or do we see things as mere occurrences? Get into the habit of saying, “speak Lord”, and make time to listen.”
Oswald Chambers
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Biblical Perspective on **the Mind**

- Romans 12:2 “Do not conform any longer to the pattern of this world, but be **transformed by the renewing of your mind.**”
- Colossians 3:2 “Set your minds on things above, not on earthly things.”
- Philippians 4:8... “finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – think about such things.”

The greater part of our happiness depends on our dispositions and not on our circumstances. Martha Washington

Thinking as Warfare...

- 2 Cor 10:3-6 “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought to make it obedient to Christ.**”
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Attribution Theory

Bernard Weiner

Change your explanations/explanatory style

Pessimism

- Permanent
- Pervasive
- Personal

Optimism

- Temporary
 - Limited
 - Outside Cause
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Technique (from Learned Optimism)

- Learned helplessness, rumination
 - Thinking rather than acting.
 - Brooding and reliving the event over and over.
- Cognitive Therapy
 - Recognize automatic thoughts
 - Dispute automatic thoughts with evidence
 - **Reattributions (different explanations)**
 - Distract self from negative thoughts (retribution)
 - Question assumptions

Seligman's *ABCDE* of *Reattribution*

- Adversity
- Beliefs
- Consequences
- Disputation
- Energization
- *React by thinking about it*
- *Thoughts congeal into beliefs*
- *Beliefs have consequences*
- *Evidence against negative beliefs*
- *Energized after disputing our false, negative beliefs*

"Much of the skill of dealing with setbacks ... consists of learning how to dispute your own first thoughts in reaction to a setback." Seligman

Reattributions – A Sampler

- Hard is hard... hard is not bad.
 - The strain of life builds our strength.
 - The authority of knowledge is surely as legitimate as the authority of position.
 - “Anything worth doing is worth doing poorly.”
 - GK Chesterton
 - If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.
 - Henry David Thoreau
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Final Thought...

- “Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character for it will become your destiny.” Frank Outlaw
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Thank You!

Good luck and God bless!