

Recently, I was reminded of a sermon Pastor John preached years back: "Moving in the opposite Spirit".

I have had to practise that lately at work, where pressure is on a high. It isn't always easy to do this. Targets/ deadlines are due and meetings are tense, and then you have to re-write the response to an email full of exclamation marks or written in bold, answering that email in the opposite spirit.

In meetings, remembering to not retaliate but give a gentle answer for the sake of Who you represent, to overlook the wrongs and focus on what needs to be achieved by the team. To show kindness, knowing very well it will not be returned.

It's hard to do it when things are so stressful that you forget to greet while passing the less important people on your way to the important meeting, where you must give answers which you don't have. To still understand the value of the people around you, to stop and acknowledge people around you and show concern for them and where they are at.

We can be sooo busy at work that we forget we are first human beings, not human doings, we are parents, siblings and friends to our loved ones. Since we spend most of our hours at work, we might as well be light shining bright in our corners.

This is not possible without the Holy Spirit; you can try in your own strength, but you will soon get tired on your own. It's when it shows what you are feeding the most – the flesh or the spirit. We are able by the supernatural ability given by our Helper to turn our workplaces from the battlegrounds they often are, into hospitals where there is healing, community and people to be real with.

Imagine what it would be like, instead of driving to work worried about the mood of the morning meeting, being glad that you have brought cookies for your team to share during teatime 😊

Hebrews 10 vs 24 tells us: "Think of ways to encourage one another to outbursts of love and good deeds."

The Lord can help you out with how to bless people around you as He knows them best as their Creator, so go for it: ask Him, He will gladly give tips on how to put a smile on someone's face at work, even the ones who hardly smile.

It's a chance to move in the opposite Spirit. It's amazing how when you do, that you can end up understanding the people you work with more as you learn about their life journey.