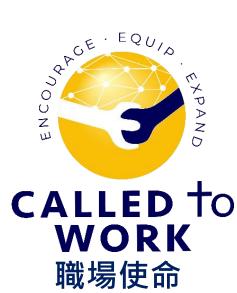
# How to Respond to God as we are Called To Work



CALLED to 職場使命 WORK

### Called TO WORK 回應 神對工作的呼召

November 4, 2018, Sunday Chinese Bible Church of MD

孔雷漢卿 Elaine Kung

AT&T Director (retired), Called To Work Founder/President

### Expectations 期望

What are your challenges in life @ work?
 你工作面臨的挑戰是什麼?

What questions do you want to get answered?
 你有什麼問題想得到回答?





### 感謝 神星期一又到了!

# Called To Work Office Politics & Biblical Values

如何更享受工作-職場使命

辦公室政治與聖經價值觀



### 如何更享受工作 回應 神對工作的呼召

- 這份工作極之呆板
- 工作環境惡劣
- 金錢及工作的滿足感上都得不到足夠回報
- 老闆要求太多,同事不合作,沒有升級的機會,工作即繁瑣又枯燥,連家人也不欣賞我們的辛勞,所付出與得到的不能成正比,工作意義實在不大,做一些不適合甚至是自己厭惡的工作,做工只是為了餬口
- 我們應如何看所做的工作呢?
- 聖經對這個佔據了人生大部分清醒時間的層面有何教訓?



The LORD God took the man and put him in the Garden of Eden to work it and take care of it. Genesis 2:15

耶和華神將那人安置在伊甸園、使他修理看守。創世記2:15

### God is my CEO 神是大老板

My 3 goals at work 我工作的三個目標

360° Leadership 360度領導力

事業 "voca"tion 工作 job: MINISTRY! 事工 "vocal: call", not "occupy/occupation"

### <u>事</u>業(vocation)工作(job)

- 投身於自己有才幹和覺得應該做的工作,好好的計劃和安排,不能忽視我們對家人應有的責任
- 不少人前半生用於工作,後半生甚至退休時才全力發揮自己的才幹
- 可在工作以外發揮自己的才幹,即放工後做自己想做的事
- 從現有的工作中找樂趣,嘗試喜歡自己的工作
- 嘗試學習改善彼此的關係
- 最要緊的是禱告,求上帝幫助做這重大的決定,也應依據尋求祂旨意的步驟
- MINISTRY!<u>事工</u>



### Prayer: God works 祷告: 神工作

- Lord, thank you for giving us hope, especially about our leadership role and about our jobs.
- Thank you for inviting us to become a new generation of leaders / workers like ...
- Authors 作者: Moses, Luke
- Builders 建設者: Noah, Nehemiah
- Community Developers 社區開發人員: Joshua, Ezra
- Home Makers 家庭照顧: Martha, Mary
- Judges 士師, 法官: Deborah, Gideon
- Managers 經理: Adam, Eve
- Musicians 音樂家: David, Mary
- Pastors 牧師: Paul, Timothy
- Retailers 零售商: Lydia, Demetrius
- Teach us how to take our jobs more seriously and ask WWJD as we are <u>Called To Work</u>, build your kingdom on earth as it is in heaven
- In Jesus name, amen!

CALLED <sup>†o</sup> 職場使命

32 years 8 months in AT&T: 16 jobs, 19 bosses

**Elaine Kung** 201 ReFirement 12/7/2017 小型企業分析 **Small Business Analytics** 光纖網路 0000 Fiber to the Business 中國分公司 1995: AT&T China Director 1985: R&D Engineer 貝爾實驗室Bell Labs, AT&T China Semiconductor Devices 4/8/1985 執行教育Executive Education: MD, NY Columbia, U Penn, Cornell

軟件定義網絡部門的產品營銷主管 Network on Demand & Integrated Experience

Director

商業、產品、市場

**Business Product Marketing & Delivery** 

Mobility, Wireline, Networking Content Distribution, Security, Consulting Managed Hosting (AVP job offer budget freeze)

2000: Managed Hosting AVP job offered

Hong Kong to U.S.

Living on the Edge (child) - Miraculous Living American Dream (adult) - Rethink Possible

**Born in Hong Kong** 

香港到美國 **Humble Beginning** 

Cornell, Princeton 普林斯頓Electrical Engineering Materials Science 電子工程,材料科學

半導體

康奈爾

Elaine Kung Copyright

## Sample Retirement Cards from Coworkers 来自同事的退休卡片

Your work ethic, dedication to the business, and knowledge are all without question.

But to be able to marry that so beautifully with your giving heart, your committed faith, and love of others is a legacy that will impact us all for years to come.

工作恪尽职守,学识渊博 奉献之心,坚定信心,爱护他人会一直影响着我们



### 如何更享受工作 CALLED TO WORK

8 TO 6, 6 TO 8

- 工作乃是祝福
- 工作在生活上要取得平衡
- 工作之外要有休息
- 工作裏的人際關係
- 工作中傳福音的可能性



- 我們有時會把自己的信仰與生活分割了, 沒有把信仰投入工作裏
- 上帝不單關心我們在教會的侍奉,也重視 我們工作上的表現
- 祂留意我們工作的每一刻
- 我們也不可以忘記工作帶來最大的賞賜, 是我們可在其中得益處
- 箴言14:23「一切勞苦都有益處」
- 勞苦指辛勞工作



### 工作乃是祝福

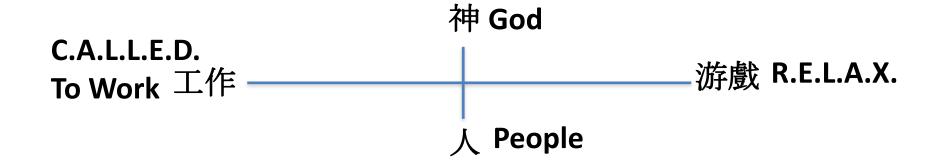
- 工作對我們各方面的影響很大,工作開心的人身心都得益處
- 工作本是上帝給人的祝福,因祂在人犯罪前己給人工作,且所要做的工作(創二15)乃回應一章28節上帝所交付的,那裏本是個祝福
- 工作本身不是刑罰,而是祝福,但若處理的 不好,它會變得更痛苦
- 人類的壽命增加了



### Invest in your Whole Self 投資你的整個自我

### Living Sacrifice 活祭

- ✓ Healthy Habits
- ✓ Time/Self/Life Management
- ✓ S.E.L.F. C.A.R.E.
- ✓ Give Back





### 工作之外要有休息

• 我見人、莫強如在他經營的事上喜樂. 因爲這是他的分 - 傳道書3:22

- 六日要勞碌作你一切的工.但第七日是向耶和華你神當守的安息日.這一日你...無論何工都不可作
  - 出埃及記 20:9-10

- 我知道世人、莫強如終身喜樂行善。並且人人喫喝、在他一切勞碌中享福.這也是神的恩賜。
  - 傳道書3:12-13



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### D.R.I.V.E. 标杆人生

To be more kingdom-minded, how God calls us, equips us to **D.R.I.V.E.** and impact those around us, at work, home, church, community, living a more integrated and satisfying life – Whole self.

<u>D</u>iscover 5P for your career/life journey – work is more than a paycheck, thank God it's Monday!

Review the strengths, personal brand and personalities to build better team and leadership influence

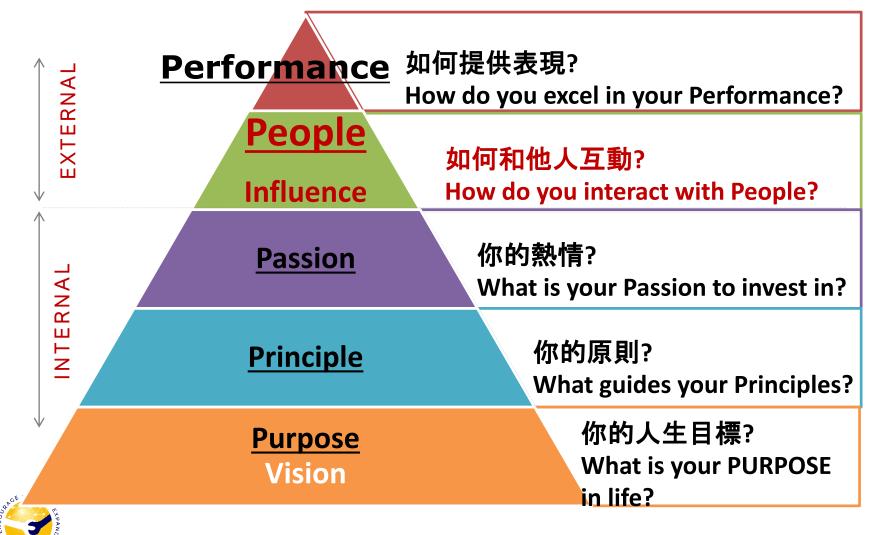
Integrate your 5P across personal, family, work, community life - how to balance vs. converge

<u>V</u>iew others better than yourself, others-centered leadership style - Servant Leader of Integrity

**E**xcellence in offering yourself as living sacrifice and Experience true S.U.C.C.E.S.S.

CALLED <sup>†0</sup> 職場使命

### <u>D</u>iscover & Influence with 5P 發現,實現人生目的, 5P 影響力



CALLED <sup>†0</sup> 職場使命

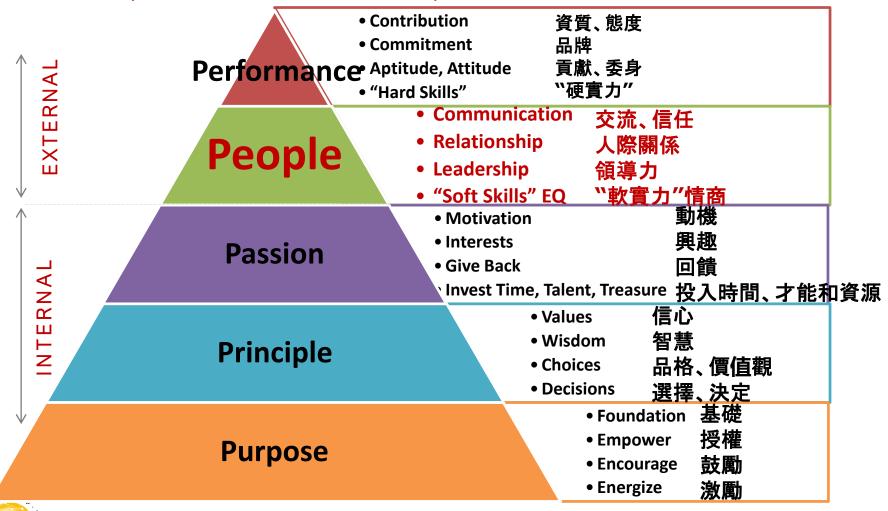
### Leadership (12 words)

Ability to Influence
Others to be their best
For the greater good

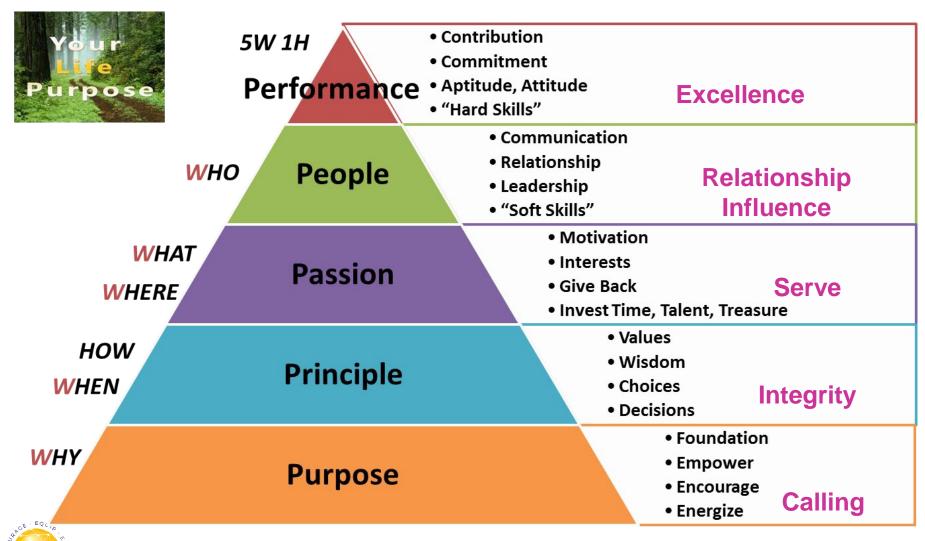
能夠影響他人成為他們的最佳為大體的好處



# Discover & Influence with 5P 發現,實現人生目的, 5P 影響力



### 7 Faith Pillars of Excellence @ Life



### 工作裏的人際關係

- 自我省察,因為良好的人際關係,始於內心尋求與人和平相處
- 留意自己會否只講求個人成就,忽視團隊精神
- 學習控制(Regulate)調節自己的情緒,<u>將感受</u> 化作建設性的溝通和行動,思考如何<u>迎向新</u> 挑戰及與同事建立美好關係
- 接受大家性格相異、生活習慣不同之處, 認識 同事的處事作風, 設身處地去瞭解別人的思想 和感受
- 要以善對惡,實踐保羅的教訓,建立E.Q.



### Review strengths & identity in Christ

Know your S.W.O.T. – 360° Feedback

#### Strengths 优势

- Strategic and proactive thought leadership
   策略与前瞻性
- Execution with excellence 优秀执行力
- Passionate dedication with integrity
   正直热情地投入
- Natural networking and coaching 人际关系网及训练

#### Opportunities 机遇

- Leadership style 领导方式
- Communication & listening skills沟通倾听
- Inspiring team building vs. micro-managing 激励团队建设 vs 细微管理
- Technical and sales experience
   技术与销售经验

#### Weaknesses 弱势

- Demanding 要求高
- Perfectionist 完美主义者
- Multi-tasking on multiple priorities
   多优先级中的多重任务
- Overdoing

   Needs more selective prioritization vs.

  有选择性的优先次序 Balance

#### Threats 挑战

(矫枉过正 vs. 平衡)

- Too quick to bring complex situation to resolution 过快解决复杂情况
- More self-awareness of audience 更多的自我意识
- Intense & driven 强烈, 主动
- Needs more 360° leadership 全方位领导力



#### Personal Brand 個人品牌

#### AT&T VP created and shared this acrostic in 2015:

Enthusiasm for my work 工作热情

Love of people 热爱他人

Always working to find new ways 不断创新

Intelligence drives my decision making 明智决断

No is not in my vocabulary 从不说不

Endless commitment to mentoring 不断指导

#### In my DNA, how God created me and gifted me: What, How

- Passionate, Purpose Driven, Visionary Leadership 熱情、目標驅動、愿景式領導
- Execution with Excellence for Complex Programs 複雜問題的出色執行力
- Analytics, Automation, Process, Marketing, Customer Service 分析、自動、過程、市場、服務顧客
- Deep Business & Technology Experiences, US & Global 商業技術、深入經歷、全美全球
- Strengths Finder: ABCDR 成就、信仰、連通、培養、責任 [Achiever, Belief, Connectedness, Developer, Responsibility]

CALLED <sup>†o</sup> 職場使命 WORK

### 工作中傳福音的可能性

· 你們的光也當這樣照在人前,叫他們看見你們的好行為,便將榮耀歸給你們在天上的父。馬太福音5:16

· 你要專心仰賴耶和華,不可倚靠自己的聰明,在你一切所行的事上都要認定他,他必指引你的路。箴言3:5-6



### AT&T VP's Surprise 來自VP的驚喜

### @ Elaine's Retirement Party

Electric personality 強烈個性

Live authentically 真實生活

Always persevere 永遠堅持

Irreplaceable 不可替代

Never to be forgotten 不被遺忘

Eternally optimistic 永恒樂觀

Kinetic force of nature 天然雲動力

Uniquely spiritual 獨特屬靈

Natural leader 天生領導

Grew through adversity 逆境生長

CALLED <sup>†0</sup> 職場使命

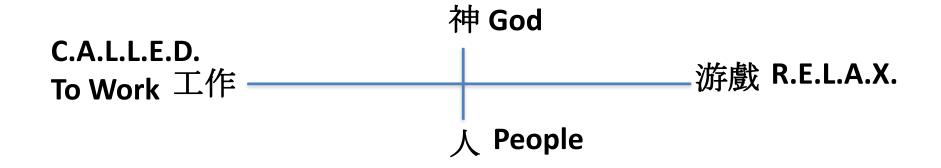


AT&T Headquarter Dallas, TX
Nov. 27, 2017

### Invest in your Whole Self 投資你的整個自我

### **Living Sacrifice** 活祭

- ✓ Healthy Habits
- ✓ Time/Self/Life Management
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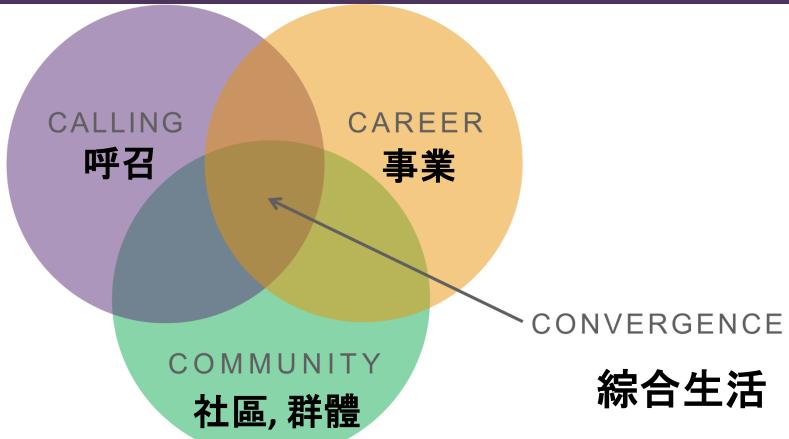
CALLED <sup>†</sup>O 職場使命 WORK

#### Balance vs. Convergence 平衡&集合





#### Convergence is Integration 綜合生活



#### Convergence is Integration

#### **Whole Person Discipleship**





## Sample Retirement Cards from Coworkers 来自同事的退休卡片

You truly take Jesus to work with you and allow His light to shine through you.

真正将神带到工作中,神的光通过你而闪耀



## Sample Retirement Cards from Coworkers 来自同事的退休卡片

You have been such an incredible inspiration to me. You've shown what it looks like to bring the joy of the Lord with you everywhere you go, including work.

I've always found it difficult to find meaning in my work that I feel ties to my faith, but you have been a demonstration of what that looks like.

你所到之处都充满了神的喜乐。

ED to 職場使命

。你很好地示范了工作的意义应该是怎样的。

#### H.E.A.R.T.S.

- 無論做甚麼,都要從<u>心</u>裡做,像是 給主做的,不是給人做的
  - 歌羅西書3:23

- Whatever you do, work at it with all your
   H.E.A.R.T.S., as working for the Lord, not for human masters.
  - Colossians 3:23



# God is my CEO – Work is a Blessing 神是大老板 - 工作是祝福

"Whatever you do, work at it with all your H.E.A.R.T.S., as working for the Lord, not for human masters." Colossians 3:23

- •Humility 謙卑 vs. "secret agent" 臥底特工
- •EQ 情商 build up, enthusiastic & positive 熱情
- •Available to help others succeed 協助他人取得成功
- •Reflect & leverage your talents/strengths 利用你的才華
- •Teachable & do your best to glorify God @ work 受教
- •Share & pray for the work and people 為工作和人祈禱



### EQ: Emotional Quotient (12 words)

Don't let others' words and actions
Degrade your value
Control your response

不要讓別人的言語和行動 改變你的價值 控制你的回應



### Romans 羅馬書 12:9-21 Love in Action: EQ

<u>愛人不可虛假</u>。惡,要厭惡;善,要親近。愛弟兄,要彼此親熱; 恭敬人,要彼此推讓。殷勤,不可懶惰;<u>要心裏火熱,常常服事主</u>。

在指望中要喜樂;<u>在患難中要忍耐;禱告要恆切</u>。聖徒缺乏, 要幫補;客,要一味地款待。

逼迫你們的,要給他們祝福;只要祝福,不可咒詛。

<u>與喜樂的人要同樂</u>;與哀哭的人要同哭。要彼此<u>同心</u>;不要志氣高大, 倒要俯就卑微的人。不要自以為聰明。<u>不要以惡報惡</u>;眾人以為美的 事要留心去做。<u>若是能行</u>,總要盡力與<u>眾人和睦</u>。

親愛的弟兄,不要自己伸冤,寧可讓步,聽憑主怒;因為經上記着:「主說:『伸冤在我,我必報應。』」所以,「你的仇敵若餓了,就給他吃,若渴了,就給他喝;因為你這樣行就是把炭火堆在他的頭上。」你不可為惡所勝,反要以善勝惡。



#### Romans 12:9-21

### Love in Action: EQ

- <sup>9</sup> **Love must be sincere**. Hate what is evil; cling to what is good. <sup>10</sup> Be devoted to one another in love. **Honor one another above yourselves**.
- <sup>11</sup> Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. <sup>12</sup> Be joyful in hope, patient in affliction, faithful in prayer. <sup>13</sup> Share with the Lord's people who are in need. Practice hospitality.
- <sup>14</sup> **Bless those who persecute you**; bless and do not curse. <sup>15</sup> **Rejoice** with those who rejoice; **mourn** with those who mourn. <sup>16</sup> Live in **harmony** with one another. **Do not be proud**, but be willing to associate with people of low position. Do **not be conceited**.
- <sup>17</sup> Do **not repay anyone evil for evil**. Be careful to **do what is right** in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, **live at D.E.a.C.E. with everyone**.
- <sup>19</sup> **Do not take revenge**, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. <sup>20</sup> On the contrary:
- "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."
- Do not be overcome by evil, but overcome evil with good.

CALLED <sup>†o</sup> 職場使命

# P.E.A.C.E.

Positive: peer pressure, influence, politics 積極: 同事壓力,影響,辦公室政治

Effective communication 有效溝通

Appealing interpersonal and leadership skills 人際交往技巧,領導能力

<u>C</u>onflict management strategy 解決衝突

Emotional Quotient **EQ** 提高情商



# Effective Communication 有效溝通

Proverbs 25:11 A word fitly spoken is like apples of gold in settings of silver.

<u>多說金話</u> 箴言25:11 一句話表達得合宜,就像金蘋果放在銀盤中。

Proverbs 17:28 Even a fool is counted wise when he holds his peace; When he shuts his lips, he is considered perceptive.

少開金口 箴言 17:28 愚拙人緘口也算聰明; 他默不作聲就是智慧。

### Appreciation 表揚稱謝

Thank you, I like how you follow through with details.

"Catch them do right", instead of "Catch them do wrong".

### Acceptance 接納

Love the unlovable, Forgive the unforgivable.

### Apology 道歉

I am sorry, I was wrong, please forgive me. 360 feedback.



# How to Handle "Politics"掌控政治

Matthew 馬太福音 10:16

I am sending you out like sheep among wolves. Therefore be as **shrewd as snakes** and as **innocent as doves**.

我差你們去,如同羊進入狼羣;

所以你們要

靈巧像蛇,

馴良像鴿子。



# Avoid G.R.O.A.N.S. 避免呻吟 Low EQ Symptoms

**G**ossip, greedy

閒言閒語

**R**evenge

意圖報復

Obsess in self pity, worry 自我憐憫

Against Biblical values e.g. mean spirit, form cliques, take sides

反對聖經價值觀:心胸狹窄,拉幫結派

<u>N</u>egative reaction, get personal/angry 消極反應

**S**elfish agenda, stress 自私議程



# Work on S.H.I.N.E. 致力於發光 that they may see your good deeds and **Develop High EQ**

"Let your light S.H.I.N.E. before men, praise your Father in heaven." Matthew 5:16

**S**ervanthood: others centric, win-win, no return, accept 僕人心志

<u>H</u>umility: apology, open, humor, listen, collaborate, mistakes 謙卑謙孫

Integrity: be yourself, truth, speak up, good/bad times 正直誠實

Nurture respect: empathy, relationship, ally, network 培育尊重,協同合作

**E**mpathy: EQ, by choice, respond, take high road, self control 情感共鳴,注重情商

# God's Word – Wisdom 神的话语 – 智慧

- 因為神賜給我們,不是膽怯的心,乃是剛強、仁愛、謹守的心。 提摩太後書1:7
- 就是忘記背後,努力面前的,向著標竿直跑,要得神在基督耶穌裡從上面召我來得的獎賞。 **腓立比書3:13-14**
- · 應當一無罣慮,只要凡事藉著禱告、祈求,和感謝,將你們所要的告訴神。神所賜、出人意外的平安必在基督耶穌裡保守你們的心懷意念。 **Let go, Let God**



Chinese, purpose

# Sunday Night Blue Conclusion 星期日夜抑鬱症總結

 Last day at AT&T on Thursday, December 7, 2017 – Miraculous Closure and Conclusion.

不可思议的结束与总结

• It's been an absolute pleasure working with you at AT&T. We have been through some crazy times between org A and org B – through it all you impress me and those around you with your grace, kindness and positive attitude.

令我深刻的:你的恩典優雅、善良仁慈、积极态度



# D.R.I.V.E. 标杆人生

To be more kingdom-minded, how God calls us, equips us to **D.R.I.V.E.** and impact those around us, at work, home, church, community, living a more integrated and satisfying life – Whole self.

<u>D</u>iscover 5P for your career/life journey – work is more than a paycheck, thank God it's Monday!

**R**eview the strengths, personal brand and personalities to build better team and leadership influence

Integrate your 5P across personal, family, work, community life - how to balance vs. converge

<u>V</u>iew others better than yourself, others-centered leadership style - Servant Leader of Integrity

**E**xcellence in offering yourself as living sacrifice and Experience true S.U.C.C.E.S.S.

CALLED <sup>†0</sup> 職場使命

# True S.U.C.C.E.S.S. @ Work



Salvation testimonies to share with others at work

Understanding God's plan for us at work

Compassion and empathy for coworkers and bosses

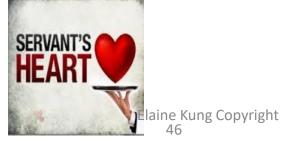
Christ-centered commitment and lifestyle at work

Encouraging attitudes, words and actions

Strength from God thru daily devotions & continual prayers

Servant heart leadership at work







# C.A.L.L.E.D. To Work! 职场使命

- <u>C</u>reated to work with strengths and satisfaction 被創造出來工作的優勢和滿足人生
- Available to help others succeed with contributions
   帮助他人成功
- Lead with passion and people/networking skills
   热情与能力来领导
- <u>L</u>earn to grow in WHAT (aptitude, hard skills) 学习成长 and HOW (attitude, soft skills)
- <u>Encourage</u> with financial benefits 财务效益来鼓励
- <u>D</u>elight in seeking God through career growth



# **J.O.Y.** @ Work!

Jesus first
Others second
You last

"Be J.O.Y.ful always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18

主為先

他 為從 你 為末

常常喜乐 不住祷告 凡事谢恩

# 靠神事半功倍 >> 靠人事倍功半

By God's grace:
Half the effort
Double the result

By our own ability: Double the effort Half the result

# Top 5 ReFirement Reflections (AT&T Farewell Dec 2017) Look backward, forward/upward [2018 updates]

- 1. Passionate about my work, love coming to work every day. Work is more than a paycheck. Thank God it's Monday.
  - [2018: Active in local ministries and community to encourage workers to be their best at work, integrate their faith with work as Servant Leaders of Integrity]
- 2. Making best effort to take Jesus to work, learning to receive God's blessings and be a blessing to others. Every day is a gift, filled with miracles and pleasant surprises.

  [2018: Expanding our Called To Work ministry and partnership locally and globally]
- 3. Another full life post-retirement waiting for me to embark on, and **spending more time** with families in CA, MD, NJ, Hong Kong.
  - [2018: 7 trips to Asia, 2 to Europe, 12 days has been the longest duration at San Diego home alone, in between speaking & family trips in U.S. and overseas]
- 4. Continue to **give back to the community with my passion** for Public Speaking (Leadership, Marriage, Parenting, Life Skills, STEM), Coaching, serving at Church & Called To Work Ministries, Non-Profit Boards.
  - [2018: By God's grace, for God's glory, spoke to thousands around the world]
- **5. Speaking and travels** in US/Asia/Europe have been booked through October 2018. *[2018: God opens doors for 2019 speaking and ministry trips locally and globally]*



### **5P: Experience Abundant Blessings from God**

# 經歷來自神的豐富的祝福

Pleasant Daily surprises with God's 5Ps in little things and big things 愉快的驚喜 surprises 在大事小事上帶著神的5P經歷日常的驚喜 預備 God provides the right people at right time/place **Provisions** • God's plan is better than ours, beyond our ability 神會提供對的人在對的時間和地點 力量 <u>袖的安排好干我們自己的 超出我們能力節圍的</u> • God helps us to do what seems impossible **Power** 許諾 • Love the unlovable, Forgive the unforgivable 去愛不可愛的,去原諒不可原諒的 God's Word comes alive 神的話語是活生生的 存在 Promises 在日常生活中使經文個性化 • Personalize Scriptures in daily life 時時處處經歷神的旨意 Experience God's will in up/down 對聖靈感到敏感 • Sensitive to the Holy Spirit 心靈的觸角 Presence Spiritual antenna 24小時 \* 7天 就像呼吸一樣 • 24x7 like breathing



### 如何更享受工作 8 to 6 - 6 to 8 CALLED TO WORK

✓ Your work is more than a paycheck: Job vs. Ministry

工作不只是为了薪水:工作 vs. 事工

✓ Theology of Work: Work as Worship
工作活出敬拜

Bridge the Sacred and Secular Divide

Glorify God at Work vs. Secret Agent

Encourage employees/employers 鼓励

Equip leaders/influencers 装备

Expand marketplace ministry networks 扩展

- ✓ Be a blessing and receive blessings from God 接受祝福, 成為祝福
- ✓ Thank God it's Monday! 感謝 神星期一又到了!
- ✓ Take Jesus to Work empty seat for Jesus at work 带神到工作中,让神出现介入
- ✓ S.H.I.N.E. for Jesus brightly salt and light 为耶稣闪耀发光 盐和光 "Let your light shine before others, that they may see your good eeds and glorify your Father in heaven." Matthew 5:16

- 我們用聖經和見證去討論如何與難以相處的人打交道,如何處理辦公室政治和變得自信,解決茅盾衝突,將敵人轉變為朋友,提高情商并建立積極正面的人際關係
- · 去體驗如何回應神對我們在工作的呼召,讓 耶穌介入工作,如何更享受工作,工作不單為 收入
- 在工作中有做鹽和光的生命, 讓神的話語 生命化和生活化
- 在不同人生階段中,兼顧家庭、工作及教會事奉,成為"全職事奉"神的满足人生和一生

CALLED <sup>†O</sup> 職場使命

# Daily Prayer in our Response to God as we are Called To Work



# **Start Doing**

- 1. Empty chair for Jesus @ work
- 2. 5 mins prayer before work
- 3. Prayer partner @ work



# **Stop Doing**

- 1. Gossip
- 2. Complain
- 3. Unbiblical attitude & action



# Do More

- 1. Pray for coworkers, customers
- 2. Meditate God's word, 5P blessings
- 3. SELF CARE, manage life/time



# Do Less

- 1. Slack off @ work
- 2. Overcommit without boundary
- 3. Workaholic



#### S.E.L.F. C.A.R.E.

**S**piritual maturity (read Bible every day, reflect, meditate, apply, pray continually)

Establish healthy habits (daily/regular gym/exercise, oatmeal, salad, water, tea)

Live today as if it's the last day, live abundant life to the fullest

Fun (family sharing, outing, travel, games, treat yourself well)

Call on others to help, accountability/prayer partners, walk the journey of faith together, share joy and burdens

Attitude matters, appreciate others, positive attitude, resilience

**R**enew my mind/education/training with intellectual challenges, reading

Everyday is a gift, enjoy it with gratitude



#### 5P BLESSINGS

Experience Abundant Blessings from God

#### **Pleasant Surprises**

Daily surprises with God's 5Ps in little things and big things

#### **Provisions**

God provides the right people at the right time and place God's plan is better than ours, beyond our planning

#### **Power**

God helps us with the impossible Love the unlovable, forgive the unforgivable

#### **Promises**

God's Word comes alive Personalize Scripture in daily life Experience God's will in ups and downs

#### Presence

Sensitive to Holy Spirit Spiritual antenna 24x7 like breathing





# 5-Minute Prayer Before Work



• Thank God for our job.



- Tell God what we need to accomplish.
- Tell God our greatest concern.



- Pray for at least one person—boss, coworker, customer.
- Pray for the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control – Galatians 5:22)
- Ask God to build our EQ and use our gifts.
- Surrender our day into God's hands. Ask God to feed our soul.
- Thank God for His 5P blessings: His Presence, Power, Promises,

Provisions, Pleasant surprises.

# 工作前5分钟祷告



• 為我們的工作感謝神。



- •告訴神我們需要完成什麼。
- •告訴 神我們最關心的。
- 至少為一個人祈禱--老闆、同事、顧客。
- 為聖靈的果子禱告(仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。加拉太書 5:22-23)
- 求 神建立我們的情商, 並使用我們的恩賜 。
- 把我們的日子交到 神的手中。求 神餵養我們的靈魂。
- 感謝 神給他的 5P 祝福: 神的同在, 力量, 應許, 供應, 驚喜。





# Called To Work goes back to 1996



Called To Work began as an annual workplace Christianity conference founded by Elaine Kung, an AT&T manager, and hosted by Rutgers Community Christian Church in Somerset, NJ.

CTW 起初是由Elaine Kung,AT&T經理,創建的一個年度 職場基督大會,并由在新澤西Somerset的Rutgers教會主辦

CALLED <sup>†0</sup> 職場使命

# Called To Work ministry www.CalledToWork.org

Vision: Advance God's kingdom in the workplace around the world through whole person Discipleship and Evangelism of working Christians as Spirit-filled Ambassadors for Christ in their everyday lives.

<u>遠景</u>: 在世界範圍內通過完備和動化做事的基督徒來開啟和擴大神的國度,從而在每天生活中成為充滿靈性的基督使徒

Mission: Encourage workers, Equip leaders and organizations, Expand workplace ministry partnerships and geographic networks in the US and beyond.

<u>使命</u>: 特別注重美國和美國以外的亞裔和多民族教會以鼓舞同工,完備領導者和組織,擴大職場牧師合夥和地域網路

Ministry Resources: Provide a scalable framework of workplace Christianity resources and best practices that can be applied individually, in small groups or large organizations.

<u>資源</u>: 提供大規模有關職場的基督徒資源和最好的可用於在小型或大型團體中個人運用的實踐操作



# Called To Work conferences in 1996 – 2019

#### **Some Themes**

- •Overcoming Detours @ Work
- Encouragement @ Work
- Journey of Faith
- •Running the Race in the Workplace
- •In God We Trust At Work!
- Tower of Refuge and Strength
- Soar Like Eagles
- Renewal of the Mind
- Light Up Your Workplace
- Called for Such a Time as This ...
- Balancing Work Life

#### **Some Workshop Topics**

- How do we trust and obey God at work in seeking, keeping, changing employment
- •Overcoming challenges in career, relationships, finances
- •Running through corporate politics and reorg
- •Running wiser by discovering your gifts
- Live a purpose-driven work life
- •Balance work, family and ministry needs
- •Biblical view of work: service, witness, righteousness
- •Working in wisdom through your career stages
- •How to manage your career and honor God's will
- Security in times of instability

#### **Some Past Speaker Roles:**

- Business Leaders: ADC, AG Edwards, Alcatel Lucent, AT&T, CNN Anchor, Ernst & Young, J&J, JP Morgan Chase
- Public Servants and Sports: White House Staff, Mayor, Governor Candidate, Univ. Basketball Coach, NFL Player
- Ministry Leaders/Authors: Christian Working Women, Christian College, Church, InterVarsity, Radio, Scripture Union



# 2016 reunion with past Called To Work speakers Attended Faith@Work Summit in Dallas







Doug Hunter, Former FCCI President



Bob Harp, Director at Biola Bus. School



# Called To Work workplace missions track Annual CMC @ Baltimore, Houston, San Diego

Help AFC Chinese Missions Convention CMC attendees to understand the Why, What and How of work theology, practical teaching on how to bridge the **secular** and **sacred** divide, to **glorify** God and **worship** God across vocations at the local, national and global perspectives – **Work as Worship**.

幫助CMC參與者理解同工方法論之為何、是何以及如何,如何橋接世俗與神性的實務教學,從而在當地、全國甚至全世界範圍內榮耀和敬拜主

Encourage employees/employersEquip leaders/influencersExpand workplace ministry networks



Be encouraged... equipped... empowered... in the workplacblessings from God and be a blessing to others at work!

在這個論壇中讓自己鼓舞著,完備著,充實著,從而領受來自神的祝福和祝福他人



# Chinese Missions Convention-Baltimore 2019 Called To Work 職場使命 12/28-12/30/19 Speaker/Moderator: Elaine Kung 孔雷漢卿

#### 12/28 Saturday

- 11:15am-12:30pm How to Respond to God as we are Called To Work
- 2:00pm-3:15pm Called To Work: Case Studies in Workplace Ministry
- 4:15pm-5:30pm 回應 神對工作的呼召

#### **12/29 Sunday**

- 2:00pm-3:15pm
   Called To Work Panel: Inter-Disciplinary Missions Dialogue with Workplace Ministers
   職場使命 Called To Work 座談會: 跨宣教與職場事工的對話 Campus Ministry 彭招羊牧師, Missional Church 黃光賜牧師, Effective Discipleship 郭振游教授, Workplace ministers 孔毅, 林豐樑; 主持人:孔雷漢卿
- 4:15pm-5:30pm
   Called To Work Panel: Dialogue with Pastors and Workplace Ministers
   職場使命Called To Work座談會: 牧師與職場事工的對話
   CBC-MD-程德鵬牧師, RCCC-NJ-欒大端長老, Fort Bend CC-TX, CBC-San Diego,
   Workplace ministers 孔毅, 林豐樑長老; 主持人:孔雷漢卿長老

#### 12/30 Monday

• 4:15pm-5:30pm Next Generation Panel 座談會 - 搶救下一代 王健安博士, 程德鵬牧師,孔雷漢卿長老; 主持人: 鄭立新牧師



# Called To Work Resources: Drew's Sample Topics

- Christian Business Owner Declaration of Independence
- Doing Justice @ Work
- Enthusiasm Makes a BIG Difference
- How to be a Godly Employee (10 Commandment version)
- Idol-free Work Zone poster
- Industrious or Workaholic? How do you draw the line?
- Making Disciples @ Work
- School is God's Tool
- Yahoo! He Arose! That's why I'm so happy to work poster
- 3 Reasons to form a Christian Corporate Cultural Diversity Group
- 4 Tips on Sharing Salvation with Coworkers
- 4 Whom and Why are you Working?
- 5 Tips on Growing in Christ
- 6 Reasons Why your Church should Reach the Workplace
- 6 Teen Tips on Work
- 7 Tips on Leading a Fruitful Workplace Bible Study
- 8 Tips on Hosting an Evangelistic Workplace Event



## Called To Work Resources: Elaine's Sample Topics

- 45-minute Podcast interview by Dr. Darrell Bock at Dallas Theological Seminary
- 45-minute Podcast interview by Kelley Johnson Cubicles & Christ
- Interview video by Senior Pastor Neil Tomba at Northwest Bible Church in Dallas 9-minute on Elaine's story; 35-minute panel on Called To Work
- Blog on Elaine's journey and Called To Work written by Lorraine Grubbs
- Called To Work and Elaine's Integrated Life Journey
- Called To Work Use Cases, Workplace Ministry Networks by Category Chinese English
- Called To Work Workplace Ministry Maturity Models Chinese English 職場事工的成熟度模型
- Daily Workplace Prayer Models Chinese English每天工作的禱告模型
- How to Respond to God as we are Called To Work Chinese English 如何更享受工作 職場使命
- Office Politics & Biblical Values Chinese English如何處理辦公室政治
- Retirement Party in November 2017 at AT&T HQ in Dallas
- Sample Speaking Topics Chinese English 演講主題的例子
- Soft Skill Talks Video Recordings:

CALLED TO 職場使命

- Building up Grit/AQ and Conflict Resolution Skills
- Effective Communication and Personal Branding
- <u>Effective Time/Life Management</u>
- Leadership and Personal Networking

·Work Life Balance Chinese English 工作之樂:在人生各階段去平衡家庭,工作和服事

# CALLED TO WORK How Wise is Your Company's Sales Team?

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

8/8/2018

Sample Weekly

CALLED TO WORK

Keep On Pressing On @ Work

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

8/1/2018

**Email** 

CALLED TO WORK

Leveraging Your Career for Christ

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

7/18/2018

Devotion **Topics** 

CALLED TO WORK

Are You a Rescuer @ Work?

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

7/11/2018

7/4/2018

CALLED TO WORK

Declare Your Independence Today!

CALLED TO WORK

Taking Heed to Your Call: A Testimony

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

6/27/2018

**Practical** 

Clear

**Concise** 

#### CALLED TO WORK

Do you ever get afraid and scared @ work?

<a href="https://imgssl.constantcontact.com/letters/images/sys/S.gif">https://imgssl.constantcontact.com/letters/images/sys/S.gif</a>

6/21/2018



65

# Do you ever get afraid and scared @ work?

Proverbs 1:33 (KJV): "But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil."

**COWMENTARY:** Years ago, the Lord ministered to me through this passage in a huge way, during a season when my business was struggling and I was getting afraid and scared. There's a wonderful promise in Proverbs 1 that if you and I listen to and apply genuine God-breathed wisdom in our lives, we SHALL be safe and secure, to the point that we don't even evil speak about potential evil. Fear of evil will not invade and permeate our thoughts, emotions, words and actions. Even at work.

**APPLICATION:** Today, are you full of fear at work? You needn't be, if you are hearkening to wisdom. To receive divine wisdom, meditate upon the Word. Listen to the Spirit's promptings. Ask the Lord for wisdom in prayer, as Solomon did and as James exhorted believers to, and it shall be given to you. You do NOT have to spend each day at work a bundle of nerves full of anxiety and stress.



## **Called To Work Resources**

# 職場使命資源

<u>資源</u>: 提供大規模有關職場的基督徒資源和最好的可用於在小型或大型團體中個人運用的實踐操作

- Past Called To Work conference topics since 1996
- Past AFC Chinese Missions Convention CMC annual Called To Work track materials, e.g. West (San Diego 2014), South (Houston 2015, 2018), East (Baltimore 2016, 2019)
- Daily prayers at work: before, during, after 工作日常禱告
- www.CalledToWork.org website for more
  - Free Email Devotion with PRACTICAL Work Tips every Wednesday
- Seek God daily to experience 寻求并经历



# Elaine's journey by God's Grace for God's Glory

Chinese interview article JOY @ Work in October 2017 by Chinese Entrepreneur Association in Delaware:

http://www.ceaa.org/2017/10/%e4%ba%ab%e5%8f%97%e7%a5%9e%e7%9a%84%e7%a5%9d%e7%a6%8f%ef%bc%8c%e5%b9%b6%e6%88%90%e4%b8%ba%e5%88%ab%e4%ba%ba%e7%9a%84%e7%a5%9d%e7%a6%8f-%e8%ae%bf%e8%b0%88called-to-work%e5%88%9b%e5%a7%8b/

Time Management Zoom Online Recording with slides for George Mason University – My Training International in VA in May 2018: <a href="https://drive.google.com/file/d/1808xF9mohZ09xn3gr-QSH8dHQpgs1tUs/view?usp=sharing">https://drive.google.com/file/d/1808xF9mohZ09xn3gr-QSH8dHQpgs1tUs/view?usp=sharing</a>

Parenting Conference JOY @ Home at Lord's Grace Christian Church, Mountain View, CA in April 2018:

https://drive.google.com/drive/folders/1noad5\_h2WOCMd8ApTmEUEqT6j2eMhSSB

#### WeChat Talk Recordings on Parenting:

- Parenting Teenagers in Mandarin
- Parenting Adult Children in Mandarin
- Parenting Communication Skills in Mandarin

Career Development for Young People in English