

# Spirituality at Work

## 10 Ways to Balance Your Life on the Job

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### Basic premises

The spirituality of work is different than contemplative or monastic spirituality. (p. xi)

*“Authentic spirituality...is as much about making hard choices in our daily lives, about working with others to make the world a better place, and about loving our neighbor and even our enemy as it is about worship and prayer.” (p. xii)*

“We are called to communicate God’s love in the world and we do so through all our actions, including work.” (Mark Linder quoted at p. 6)

*“The spirituality of work is a disciplined attempt to align ourselves and our environment with God and to incarnate God’s spirit in the world through all the effort (paid or unpaid) we exert to make the world a better place, a little closer to the way God would have things.” (p. 18)*

“...the whole idea of the spirituality of work is that it can be practiced right in the midst of our daily activities and that it is more a matter of awareness than pious practices.” (p. 106)

**Pierce offers 10 disciplines or practices to enable the practice of spirituality at work.** Two of them are:

- **Do good work.** The quality of our work is our gift to others. Reflect on the quality you are putting into your work; give thanks for the good work you have done each day as you leave work and head for home.
- **Build support and community in your workplace.** Treat workplace employees, clients, and competitors with respect, welcome newcomers, show compassion, have fun. Preach the gospel message by your actions.

### Reflection questions

1. Christ was a carpenter who knew he was going to die. He also sought to teach us how to live. What do you think was the quality of his carpentry work? What was the quality of your work this past week? How could you have made it better? What will be the quality of your work next week?
2. Bring your least favorite co-worker to mind. Recall your last several interactions with that person. How well did your part of those interactions speak (non-verbally) the gospel message (Love your neighbor as yourself.)? What action(s) can you take to better preach the gospel message when you interact with your least preferred co-worker?