

Peace

By Justin Pinkerman

*There were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth **peace** to men on whom his favor rests."*

~ *The Gospel of Luke 2:8-14 (NIV)*

For managers concerned about Wall Street to soldiers patrolling the streets of Baghdad, peace would be a welcome visitor this holiday season. Economic reports showed a loss of 550,000 jobs in November alone. Literally millions of Americans are suffering from layoffs, salary reductions, and a depressed housing market. Thousands more will spend the holidays stationed in the mountain ranges of Afghanistan or deserts of Iraq to protect America.

As leaders, we have the tremendous opportunity to be heralds of peace to our families, friends, and colleagues during this season. However, we won't convincingly deliver a message of peace if we're inwardly ruled by fear. Here are four ways to find peace this holiday season:

Let In...

The loved ones in your life. Laugh together, cry together, share stories from the year. Take joy in being with the friends and family who care about you most. Now is not the time to barricade yourself in the office to plan for 2009. Pause, reflect, and be reminded of what matters most on this earth - relationships.

Reach Out...

To those in need. Brooding on our problems sinks us into the ugly muck of self-pity. To counteract self-pity, take intentional steps to bless another person in need this holiday season. Donate toys or food to a local shelter. Visit a shut-in or take flowers to a nearby nursing home.

Strangely enough, you may find that being generous pulls you out of the dreariness of your circumstances. Focusing on another person's world takes your mind off of whatever may be wrong in your own. Giving our time and resources helps us to regain perspective on the most meaningful pursuit in life - blessing others.

Work Out...

Your body to counteract the nasty holiday habit of overeating. Don't compound your problems by adding pounds to your waistline. We have enough to fret about without worrying about being overweight.

Toning the body heartens the spirit. Our bodies are holistic - not compartmentalized. Staying in shape (or improving our shape) adds to our self-confidence and strengthens our resolve to deal with the challenges around us.

Look Up...

To heaven. If you're a person of faith, make time over the holidays to draw from the reservoir of comfort that can be found in belief. Celebrate the traditions of your religion, spend time in prayer, and partake of the hope offered by your faith.

Printed from the GiANT Impact website (www.giantimpact.com).

The online version of this article can be found at
http://www.giantimpact.com/articles/read/article_peace/

Content from this article may be used, but must be accompanied by the following credit line in its entirety:
"This article is used by permission from GiANT Impact. Find other leadership content, resources, training, and events at www.giantimpact.com."