

Our Life in The Spirit

By Wes Farrow



When I was hired at WorkLight, it was my first job in ministry. In all honesty, I hadn't previously anticipated working full time for a faith-based organization. How could a career of management consulting, executive leadership, and cross-sector entrepreneurship be relevant to leading a workplace ministry? I soon found out that it was more than I initially realized, and not in the ways I could have imagined.

Within a few months I had applied many of my trusted tools of the trade to the analysis of an organization founded as Christians in Commerce the year after I was born and renamed

WorkLight the year before I was hired. I could say that the alignment of our logic model, participatory SWOT analysis, and constituent survey data informed the discernment of our short-term resource allocation. But those management processes were not as important as what they all pointed to: Living out the fruit of the Holy Spirit.

Time and time again, mental maps and even spreadsheets of cross department workflows pointed back to the central importance of life in the Spirit. As Christians we are called to reflect on

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INSIDE: REFLECTIONS

Living Out the Fruit of the Spirit

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. (Galatians 5:13)

Living out the fruit of the Spirit is evidence that we are truly free in Christ. Being able to make choices is one characteristic of freedom. The Holy Spirit empowers us to make decisions and choices for the Lord as opposed to our human desire which is contrary to the Spirit.



Jesus set us free from the slavery of sin and invited us into union with the Holy Spirit. This union allows us to turn from the acts of the flesh and experience the fruit of the Spirit: Love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.

Jesus can change us when we set aside our will to seek the Spirit's power in our lives.

October Reflections: Pages 2-4

REFLECTIONS WEEK 1

Holding Fast

By Susan Cabrera

The fruit of that righteousness will be peace; its effect will be quietness and confidence forever. (Isaiah 32:17)

A controversial study had been dragging on for months in our county government office and the HR director wanted it resolved. The assistant director asked me, a senior analyst, to take it over.

The study included evaluation of management and professional positions in 12 cities. The outcome could affect salaries, benefits, and organizational structures, so it was a big-ticket item. As with all studies I had been assigned, I prayed to the Lord for guidance.

Given the stakes, I decided to start with a clean slate. I conducted interviews and reviewed internal and external documents and data. Then I began my analysis and formulated recommendations.

The director wanted me to present the report to him directly since he had

already spent months on the topic and wanted immediate answers about my findings and recommendations.

The day we met, he had carefully reviewed my report, and we dove right into it. Fortunately, I was able to answer all his questions; however, he was not in agreement with my recommendations related to compensation. I wanted to make a solid case for the affected employees, and there were times during our discussion that both of us raised our voices. At the end of our meeting, he was still not in agreement with my recommendations, which I accepted.

I returned to my office and after about 10 minutes, the director came in waving his finger at me. I thought, "What now?" As he continued to wave his finger, he said: "Don't ever change. Don't ever stop fighting for what you think is right. Don't ever lose that. Don't ever change." And he walked out. Two days later, I learned he accepted all my recommendations.

With the Lord by my side throughout this controversial study, I was able to present my case with strength and a desire for justice. I felt no pride or trepidation, only the desire for a just

outcome seeking that the fruit of the Holy Spirit would be evident.

Susan Cabrera is a retired executive manager for county government. She is involved in the St. Vincent de Paul Society as a board member and as president of the chapter in Capitola, CA. She can be reached at scpmc@aol.com.

PRAY

Lord, give me the wisdom and strength to persevere in controversial or difficult situations at work, always looking to the Holy Spirit for guidance.

REFLECT

How often do I personally invite the Lord into my work activities asking for his guidance and instruction?

DISCUSS

Did you ever have a contentious discussion at work that you looked back on with regret? What could you have done differently?

PRESIDENT'S NOTE



Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. (John 15:4)

Right or Relationship?

When my best friend from college visited recently with his family, we filled every seat in our van and headed to our local world-class Children's Museum. As sometimes happens, a misunderstanding emerged between my son Kai (5) and my daughter Valory (7).

Valory wanted her little brother to take turns with her on one particular ping-pong ball launching experiment. However, Kai had chosen to play on

his own with a smaller version of that same experiment. Valory claimed it was unfair for Kai to play on his own while also taking turns with her. She wasn't wrong, but her insistence on being right presented as anger. Seeing his big sister angry led Kai to stop playing with her altogether.

As a "recovering type-A" personality, I have often clung to what was right in a way that caused relationships to suffer. When being right and staying in a healthy relationship clash, I tend to experience frustration. Yet as the anger arrives, God offers a profound, albeit challenging, opportunity. He invites us back to the vine of Jesus Christ.

In these moments we can surrender to God's will instead of our own. We

can pray for the Holy Spirit to guide us back to the state of peace and patience that has been waiting for us the whole time. We have the ability to call upon Jesus to lead us away from the frustrations of having to get it right and lead us into the power of relationship through God's presence.

Even after years of repentance I still often find myself wandering away from the fruit of the Spirit. Help me, Jesus! Be with us all! The desire to understand and seek what is true or fair can be intoxicating. Keep us on the vine, Lord, and guide us back to operating in the fruit of your Holy Spirit.

With you all in Christ,
Wes

REFLECTIONS WEEK 2

The Patience Fruit

By Ned Sickle

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of your faith produces patience. Let patience finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4)

Patience is a fruit of the Holy Spirit, but it is a fruit that I have in short supply, especially when it comes to fly fishing. Although I have gained considerable respect for gifted fly fishers, my attempts have ended badly. My efforts were expensive, non-productive, and I am sure that the fish chuckled at my lame attempts to catch them.

But my few attempts at fly fishing have taught me a valuable lesson: There are no coincidences in this world. No accomplished fly fishers

expect the fish to coincidentally jump in their boats or nets.

Being flexible to accommodate changing circumstances is difficult for me. Throughout my career, I have always been a “plan your work, work your plan” kind of guy. But I have also learned that I must be receptive to those unexpected changes that offer an opportunity to spread God’s word.

So, when I received an unsolicited phone call attempting to sell me services I didn’t need, my first reaction was to hang up the phone. In hindsight, I am not sure why I didn’t. I certainly had an array of work-related things to do and purchasing the solicitor’s services wasn’t on my “to do” list.

It was clear to me, however, that the caller was struggling. I asked some open-ended questions and simply listened. We ended up praying together.

Sometimes God wants us to trust him, to be interrupted, and to go where people are to deliver his message.

Ned Sickle recently retired from a career in management consulting and hotel operations. He has two grown children and lives with his wife, Laura, in Scottsdale, AZ. Ned is a Board member of WorkLight and can be reached at ebsickle@gmail.com.

PRAY

Lord, help me be more patient with myself and others.

REFLECT

In what ways, and with whom, do you need to be more patient?

DISCUSS

Share examples of situations at work that you originally thought were coincidences but now believe were God’s handiwork.

REFLECTIONS WEEK 3

Fruit for the Kingdom

By Greg Aitkens

Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” (Mark 8:34)

A few years ago, after I finished up my two-year term as president of a community service organization, a 25+ year veteran of the club took over the role.

Given his experience, I expected a seamless transition. But that’s not what happened. It became clear that he was either too busy, or too unconcerned about the duties of leading or managing the club. So, I decided to help him complete these tasks, which are crucial to the proper operation of the organization. I kept asking myself:

“Why would he agree to take on this role, if he had no intention of actually doing the work?”

Many members came up to me and said: “Greg, if you weren’t doing what you are doing, we’d be in big trouble. Thank you for stepping up!”

I started feeling resentful, bothered, and aggravated about being placed into the role of doing his job, in addition to my role as the secretary on the board. As I prayed regularly, I sensed the Lord saying to me: “Do it anyway, and without complaint. It’s what my disciples do. I have been training you for years to do this exact job!”

Hearing God’s instruction in this situation has helped, as has studying the Beatitudes in Matthew 5:1-12, and living out the fruit of the Holy Spirit in Galatians 5:22-23.

In many ways, I have grown from resentment for doing another’s work, to learning that working in his Kingdom is not always easy but results in fruit for the Kingdom.

*Greg Aitkens is a long-time member of WorkLight who lives in Cambria, CA, with his wife Ginny. He is the author of *A New Mindset for Forgiveness* and can be reached at greg.r.aitkens@gmail.com.*

PRAY

Thank you, Lord, for challenging and difficult situations. Through the fruit of the Holy Spirit, you provide the strength we need to persevere.

REFLECT

When you are faced with a difficult situation, do you see it as a great opportunity to grow in the Lord?

DISCUSS

How can you use Galatians 5:22-23 to overcome challenges you are facing with a challenging work situation?

REFLECTIONS WEEK 4

Shattered Vase

By Annette Lambert

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters... (Colossians 3:23)

Early in my career, I was inspired and enthusiastic about building a work life with the Sierra National Forest.

I began working in the entry-level forestry technician series, and through the years, worked my way up into the senior-level professional series. At that time, the forest recreation officer told me that I was qualified to serve at the forest-level lands officer position. I was really excited about finally being able to get a promotion that I felt I earned through all my hard work, efforts, and loyalty.

Time passed with no mention of any promotion, and then I learned that the position I sought was already filled, and I would be asked to train the new person. I felt betrayed, sad, and resentful. I had been duped!

But somehow, God softened my heart. He told me not to take out my anger on the new person, but instead, help him learn how to do his job. He was very eager to learn, and we had many fun field trips to the forest.

Eventually, I was able to let go of the anger toward the forest recreation officer. The Holy Spirit was surely involved, because I never would have been able to do this on my own. My transformation was an example of the “Shattered Vase” theory, a metaphor developed by psychologist Stephen Joseph. This theory suggests that after a shattering event, individuals can rebuild and emerge stronger by accepting the changes rather than trying to restore the past.

By cultivating a mindset of gratitude and acceptance, we can learn to find purpose in the midst of chaos and change. God can transform even the most broken and shattered pieces into something truly extraordinary as happened to me.

Annette Lambert is a retired natural resource manager. She volunteers as a Stephen Minister at her church and is a member of the WorkLight Fresno Women’s Chapter.

PRAY

Dear Lord, help us to pray for the fruit of the Holy Spirit. These gifts bring us empowerment to help us make decisions and choices for the Lord rather than for ourselves.

REFLECT

Examine your actions, motivation, and prayer life. Then Pray: “Heavenly Father, show me how I can be remade stronger whenever I face challenges, suffering, and disappointments.”

DISCUSS

The fruit of the Spirit are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. What are some situations in your own life that demonstrate you are choosing the fruit of the Spirit over desires of the flesh?

WE ARE WORKLIGHT

YOU ARE NOT JUST PART OF A MINISTRY. YOU ARE THE MINISTRY.

Together, we shine God’s light where we work. As year-end approaches, we celebrate how the Holy Spirit is at work in our communities, changing lives and transforming us more into the image of Christ.

Let’s join together to fuel this beautiful mission we share. Make your year-end gift today and help more Christians shine for Christ in their work.

Ways you can donate:

- + Scan the QR code
- + Online at worklight.org/donate
- + Mail your check with your mailing address and email to WorkLight



*“From him the whole body... grows and builds itself up in love, as each part does its work.”
Ephesians 4:16*

CHALLENGE WEEKEND

Come and See

Partner with Others

...Then Jesus went around teaching from village to village. Calling the twelve to him, he began to send them out two by two and gave them authority over impure spirits. (Mark 6:6-7)

It can be tempting to think that inviting someone to a Challenge Weekend puts all the responsibility on each of us individually. But we will be more effective in achieving our goal of 500 first-time attendees to Challenge Weekends when we join with our WorkLight brothers and sisters to make connections and invitations.

Added to Their Number

Partnering with others creates a larger network of people to reach, with a greater likelihood of matching interests with an invitee. For instance, if you are retired, a younger member of your Chapter may have more in common with a potential invitee who

is a young working parent. At the same time, you may be able to help your younger colleague if he or she is reaching out to someone seeking an experienced mentor.

Making outreach a team effort also allows us to magnify an invitation, reinforcing that there is a broad community of interest endorsing the benefits of a Challenge Weekend.

Mutual Encouragement

When we work with others to extend invitations it also benefits the inviter. Being in community encourages accountability and provides mutual support to follow through on invitations. Those who are more introverted can be encouraged by those who are more comfortable striking up conversations. For those who may be uncomfortable broaching an invitation, being able to practice with a brother or sister can help relieve any anxiety

about asking. It is much less daunting to invite people to a Challenge Weekend when you have the support of your teammates.

Biblical Model

Finally, partnering with others to extend invitations to Challenge Weekends follows the example established by Jesus. As he sent the disciples out to share the good news, he sent them in pairs to help encourage and support them, and to make full use of each individual's strengths.

Perhaps most importantly, partnering with others allows for mutual prayer. We come together with others to pray for discernment about who to ask, to pray for wise words to convey the value of a Challenge Weekend, and to pray for a heart for others to extend an invitation out of love. Our prayers are amplified when two or more are gathered together to seek the Holy Spirit's guidance and success in our invitation efforts.

It can be a profound opportunity to invite someone to the life-changing experience of a Challenge Weekend. When we join with others in that effort we can be encouraged, strengthened, and held accountable.

When we are a team inviting others to "come and see" what an experience with Jesus can be, it's not just the person we invite who benefits. We can grow in the process, too!

This is the tenth in a series of articles designed to inspire WorkLight members to extend invitations to connect with others.

WORKLIGHT

CHALLENGE WEEKEND

"The night is over, the day is almost here." Romans 13:12

**Awake
the Dawn.**

**Host a
Weekend.**

This is our year for Challenge Weekends. Our National Conference introduced a new look and new resources. Schedule a weekend now so a new generation in your area can experience its power.

Learn more at WorkLight.org/Challenge-Weekends



We Are WorkLight

By Julie Winslett

As autumn settles in, the vibrant landscape of changing color reminds us that the beauty of the season comes not from a single leaf, but from the glorious canopy that these leaves form together. In the same way, scripture tells us, “Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” (1 Corinthians 12:12).

We see this truth in action every day at WorkLight. Although our thousands of participants and subscribers are spread across the country, we are united in our calling to shine God’s light where we live, work, and worship.

Our ministry is blessed to have so many faithful followers of Christ who are committed to the spiritual growth of the men and women in their own communities. With prayers and collaboration, we are well on our way toward bringing 500 igniters to Challenge Weekends by the end of this year. Come, Holy Spirit!

Across Chapters and communities, we have witnessed the Lord drawing us closer together, and relationships are flourishing in new ways as brothers and sisters share wisdom, prayer, and powerful testimonies. As a result, even more people are connecting with each other, our ministry, and their faith.

When we are united as one body, his fruit becomes visible and abundant. Love is shown when we support one another through both victories and challenges. Joy overflows when new igniters join Chapters and Small Groups after a Challenge Weekend. Peace,

kindness, and goodness are present in every word of encouragement and every shared resource. Faithfulness is evident in the steady, unseen work of those who guide others in Christ. Gentleness and self-control shine when we handle differences with humility and grace.

This shared identity—this “one body” reality—is at the heart of our ministry this year, reflected in the theme for our year-end campaign: We Are WorkLight. In the coming weeks, you will begin seeing messages that celebrate how God has worked through our community this year and invite us to look forward together for what he will do next.

As we step into this new season, may we remember that unity in Christ is not simply something to aspire to—it is a command to be a spiritual witness to the world. When we live out the fruit of the Holy Spirit together, our light reaches further, our testimony grows stronger, and our workplaces, homes, and communities become places where God’s presence is unmistakable.

Together, We Are WorkLight—and together, we shine for him.

Julie Winslett, WorkLight’s ministry advancement advisor, is an independent fund development consultant from Scottsdale, AZ, who empowers mission-driven organizations to reach their goals. She has collaborated with WorkLight since 2023. In her free time, she enjoys hiking, classical music, and mentoring others.

Our Life in The Spirit

Continued from page 1

the presence of the fruit of the Holy Spirit in our lives. This applies to our work, as well. Acknowledging that God has work for all of us to do each day can help us to see that we are each called to our own life in the Spirit.

God created humans to be social creatures. We are meant to walk alongside one another, and by doing so experience the presence of Christ. You may have experienced this on your last Challenge Weekend when you and your Coworker in Christ encountered Jesus on your Emmaus Walk. If so, I pray that you’ve continued to invest in those relationships that act as building blocks for God’s Kingdom. (If you haven’t been on an Emmaus Walk yet I suggest attending a Challenge Weekend as soon as possible to experience this life of the Spirit you keep hearing about!)

It’s worth considering that the two disciples on the walk to Emmaus didn’t merge into one another. To the contrary, they each bore witness to the miracle that was Jesus in their midst. Perhaps it’s important to remember that we are meant to support one another. But that doesn’t mean we need to make the burdens of others our own. God created each of us in his divine image and has an individual plan for each of our lives. While these threads are overlapping, each of us is precious and unique as a child of our Father in Heaven.

We are saved by and sent with Jesus to work together with our diverse gifts, experiences, and burdens. By the grace of God and the power of the Holy Spirit, together we can live out our faith and be encouraged by each observance of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. What’s the next step Jesus might be inviting you to take toward a life in the Spirit?

Wes Farrow is the president of WorkLight and lives in Woodbury, MN. He can be reached at wesley@worklight.org.

NEWS

COHORTS IN CHRIST

A wise person once said, “If you want to go fast, go alone. If you want to go far, go together.” Unity is key to advancing God’s Kingdom. This year, directors of our Board are reaching out to longtime friends as well as new brothers and sisters through the Cohorts in Christ initiative. Stay tuned and don’t be surprised if your phone rings with a Board director seeking to better understand your experience, prayers, and intentions for the future of WorkLight. If you would like to request such a call, please contact the home office at admin@worklight.org, with “Cohorts in Christ” as the subject line, or by calling (612) 552-5656.

500 BY 2025: ON PACE FOR SUCCESS

A destination that once seemed impossible is now within reach. Praise God! As of the writing of this newsletter, we have surpassed 400 igniters on Challenge Weekends with more than enough Challenge Weekends scheduled to see us reach 500 by the end of 2025. Hallelujah! Special thanks to the Small Groups, Chapters, and leaders who have led the way in hosting weekends and inviting igniters. Please join us in prayer that these 500 new brothers

and sisters find their way into Christ-centered relationships and local communities after their weekend experiences. Come Holy Spirit!

GENEROSITY COMMITTEE

After months of planning and discernment, our Generosity Committee met for the first time this summer. Praise God! We are well on our way to rally brothers and sisters in Christ around the growth and expansion of WorkLight. If you would like to help foster a spirit of philanthropy and build meaningful relationships across the country, please consider joining us by sending an email to admin@worklight.org with “Generosity Committee” as the subject line.

COMING SOON: THE WORKLIGHT CHALLENGE

As we move into the fourth quarter of the year, the staff and Board of Directors are working together to intensify our prayer for discernment and leadership around what we call the “WorkLight Challenge.” The idea is simple: Provide brothers and sisters an opportunity to both say “yes” to being part of this movement of the Holy Spirit, and to discern what actionable

UPCOMING CHALLENGE WEEKENDS

Fresno Men’s Chapter

- October 18–19, Santa Teresita Youth Conference Center, 43816 Sierra Drive, Three Rivers, CA.

Salinas Valley Men’s Chapter

- November 14–16, Mission San Antonio De Padua, 1 Mission Creek Road, Fort Hunter Liggett, CA.

Santa Cruz Men’s Chapter

- November 14–16, St. Francis Retreat, 549 Mission Vineyard Road, San Juan Bautista, CA.

West Gilbert Men’s Chapter

- March 27–29, 2026, Chapel Rock, 1131 Country Club Drive, Prescott, AZ.

Check out these events and more at worklight.org/events/.

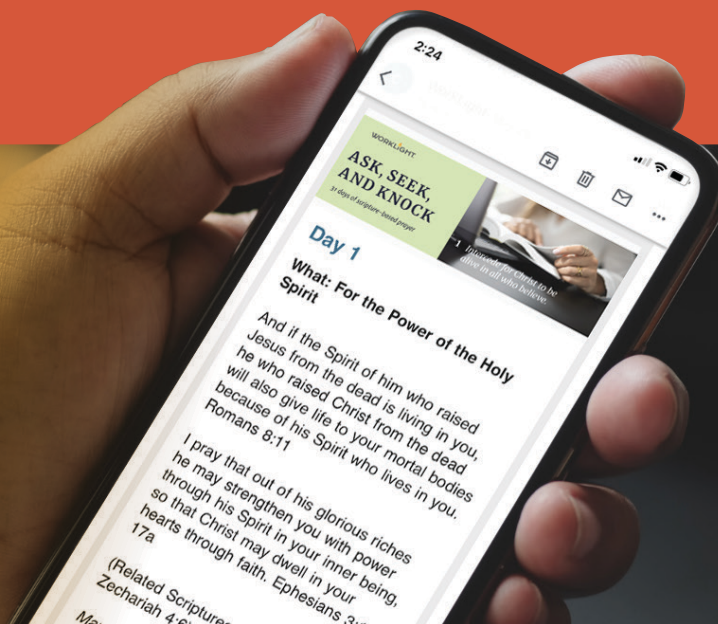
next steps and ongoing life in the Spirit God might be guiding them into. If you feel a nudge to be among our early adopters of this potential path forward, please send an email to seth@worklight.org with “WorkLight Challenge” as the subject line.

Let’s Pray for Our Work

31 DAYS OF SCRIPTURE-BASED PRAYER

Using the power of Scripture intercede for the coming of the Kingdom in our workday world. Daily emails select scriptures and provide prayers in five critical areas.

Learn more and sign up at WorkLight.org/ask



*"I have been
crucified with Christ
and I no longer live,
but Christ lives in me."*

Galatians 2:20

OCTOBER 2025

WorkLight.org

THE FLAME™

WORKLIGHT PRAYER

Father,

*Fill us with your Holy Spirit
that we may be made new
and bring the presence of Christ into all we do;
That we may grow in love for you, and for all;
That we may be humble and wise stewards of your creation;
That we may bring your light into our workplaces;
That we may lead all to unity in you;
Through Jesus, our Lord.*


Amen

VISION Being Christ in the workplace

MISSION To encourage and equip Christians to be God's presence in the workplace by the power of the Holy Spirit, exercising faith, integrity, and excellence

VALUES Christians in Commerce (DBA WorkLight) is an ecumenical organization committed to:

- Growing and being transformed in Jesus Christ
- Manifesting the gifts of the Holy Spirit
- Building strong brotherhood and sisterhood
- Serving God and expanding his Kingdom in all aspects of our lives

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