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One technique to develop forgiveness so we can stay calm at work is meditation.

The problems of life will not end.

However, through meditation we can focus our attention on the peace within so we can rise above life's difficulties.

Through meditation we are in touch with

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a place of calm within us that gives us the strength to forgive others, overcome anger, and stay calm at work.

Remaining calm at work - Daily Excelsior

For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ." 2 Corinthians

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1:4-5 - Thank you Lord that through every weakness and hard place, your strength is displayed in our lives. We can't do it on our own. But you can, through us. Your power is Mighty within us, you are our Helper and our Strength.

9 Prayers for When You're Going Through the Storm

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