

**LEARNING TO THRIVE IN THE BEST ENVIRONMENT****By Robert J. Tamasy**

Have you gone to a public aquarium and observed the fish calmly swimming around, content in their watery environment? Do you suppose they are even aware of the water in which they live? I doubt it. That is their natural habitat, and they have never known anything else.

In a sense, we are like that. Every morning, we wake up without paying attention to the air filling our lungs with every breath we take. That is unless some physical ailment makes breathing difficult. Such struggles can make us acutely aware of the oxygen-saturated atmosphere in which we live.

The reason I point this out is because of the other “environment” in which we all live. Humans have been described as physical, mental, emotional and spiritual beings. We are aware of our physical surroundings, as well as our mental and emotional makeup. But what about the spiritual aspect of our lives?

A friend served many years as a top executive in the convention and events industry, overseeing major conferences and public events being hosted in his city. In that hectic, demanding working environment, the thing that enabled him to cope with the stresses was what he regarded as his spiritual environment.

A former atheist who had a life-changing encounter with Jesus Christ, my friend adopted one particular Bible verse as his credo: “For in Him we live and move and have our being” (Acts 17:28). His desire was to focus every waking moment on what God had done in His life, a living testimony in word and deed.

He never attempted to impose his faith on anyone, but always kept in mind Jesus’ instructions to His followers: “But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” (Acts 1:8). He understood that wherever he went, whatever he was doing, it was as “Christ’s ambassador” (2 Corinthians 5:20).

If we are followers of Jesus Christ, how can we also succeed in desiring to “live and move and have our being in Him”? Here are just a few of the guidelines from the Bible:

**Trust the Word of God for guidance and wisdom.** In seeking to make difficult decisions, as well as for addressing challenges at work and in our personal lives, the Scriptures are the best guide we can use. “Your word is a lamp to my feet and a light for my path” (Psalm 119:105).

**Meditate on and memorize the Word of God.** Another key for being able to live and move and have our being in God is to make His revealed Word – the Bible – central to our thoughts and actions. It is good when we have time to read the Scriptures, but even when we do not, if we have committed key passages to memory, it is available to us at a moment’s notice. “I have hidden Your word in my heart that I might not sin against you” (Psalm 119:11).

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**香港工商基督徒協會 (CBMC Hong Kong Ltd)**

地址：香港上環禧利街2號東寧大廈11樓1102室 Tel: (852) 2805-1923

Email: [enquiry@cbmc.org.hk](mailto:enquiry@cbmc.org.hk) Web: [www.cbmc.org.hk](http://www.cbmc.org.hk)

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**Never forget who we are living for and who we serve.** We tend to focus on our own needs, our personal advancement, and our accomplishments. But it is God who has given us the skills, experiences and talents we utilize in the marketplace. Because of this, He deserves our honor and worship. “So, whether you eat or drink or whatever you do, do it all for the glory of God” (1 Corinthians 10:31).

© 2025. Robert J. Tamasy has written *Marketplace Ambassadors: CBMC's Continuing Legacy of Evangelism and Discipleship*; *Business at Its Best: Timeless Wisdom from Proverbs for Today's Workplace*; *Pursuing Life With a Shepherd's Heart*, coauthored with Ken Johnson; and *The Heart of Mentoring*, coauthored with David A. Stoddard.

### Reflection/Discussion Questions

1. When was the last time you felt consciously aware of breathing or your heart beating in your chest? Why do you think we take such things for granted, giving them little if any thought?
2. Humans are described as physical, mental, emotional and spiritual beings. What are your thoughts about the spiritual dimension or aspect of your life? Do you think it is an important consideration, something that deserves our attention? Why or why not?
3. It was the apostle Paul who first said about God, “In Him we live and move and have our being.” How would you express in your own words what that means in a practical sense?
4. Several ways are suggested for keeping God and our relationship to Him foremost in our lives, even in the workplace. Can you think of any other ways for doing that – especially applying principles from the Bible?

### Challenge for This Week

Understanding that the only way we can enjoy the experience of life every day is because we are in harmony with our physical environment, take some time this week to consider how well you are doing in your spiritual environment. Are you thriving in it, or are you struggling?

We are not designed to live our lives in a vacuum, isolated and totally independent from other people. Try this week to have a meaningful conversation with a close friend, mentor, or even a small group of people you trust and that you know care about you and your well-being.

If you are part of a CBMC team, that might be a good place for doing that. Discuss ways in which you can hold one another accountable in striving to grow spiritually – and to effectively live out your faith every day.

### NOTE:

For more about what the Bible says, consider the following passages:  
Psalm 1:1-6, 63:1, 119:33-36, 57-60; Romans 6:4; Galatians 2:20; Hebrews 10:24-25

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