

Stress Versus Distress

How to be UP with things are down!

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Greater True Success = Greater Stress

1. Greater commitment to glorify God and make a difference in all areas of life
2. Greater spiritual warfare

Two Ways to Handle Stress!



The **Key** to Handling Stress

Your Perspective



Philippians 4:2-8, 13

2 And now I want to plead with those two women, Euodia and Syntyche. Please, because you belong to the Lord, **settle your disagreement**. 3 And I ask you, my true **teammate**... 4 Always be **full of joy** in the Lord. I say it again -- rejoice! 5 Let everyone see that you are **considerate** in all you do. Remember, the Lord is coming soon. 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and **thank** him for all he has done. 7 If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, let me say one more thing as I close this letter. **Fix your thoughts** on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.... **13 For I can do everything with the help of Christ** who gives me the strength I need.

Right Perspective

- | | |
|-------------|---------------------------|
| 1. God | Meditating |
| 2. Self | Affirming |
| 3. Life | Thanking |
| 4. Problems | Embracing them |
| 5. People | Building up others |
| 6. Time | Focusing on the important |

1. God by Meditating

- Key passages
- Key principles
- Key process
 - Memorize a passage
 - Mull over the meaning of the principles
 - Master (practice what you are learning)

2. Self by Affirming

1. You are Special
2. You have Soft Spots

3. Life by Thanking

In everything give thanks for this is the will of God in Christ Jesus concerning you.

1 Thess. 5:18

"We would worry less if we praised more. Thanksgiving is the enemy of discontent and dissatisfaction."

Harry A. Ironside

4. Problems by Rejoicing

When all kinds of trials and temptations **crowd** into your lives my brothers, **don't resent** them as intruders, but **welcome** them as friends! Realize that they come to **test** your faith and to produce in you the quality of **endurance**. But let the **process go on** until that **endurance** is fully developed, and you will find you have become men of **mature character** with the right sort of **independence**.

James 1:2-4 (JB Phillips)

The Life Changing Equation

Problems + Embracing = Patience

Patience + Repetition = Completeness

5. People by Building Up

- Thoughts
- Words
- Actions

6. Time by Focusing the Important

1. Urgent and Important
2. Not Urgent but Important
3. Urgent but not Important
4. Not Urgent and not Important

1. Important & Urgent	2. Important & not urgent
3. Not important & urgent	4. Not important & not urgent

Now, what will you do?

1. Choose 1 major area of stress in your life.
2. Identify which of the 6 perspective areas you need to apply.
3. Write down what you will do daily this week.
4. Tell a friend and report your progress weekly for 1 month.

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