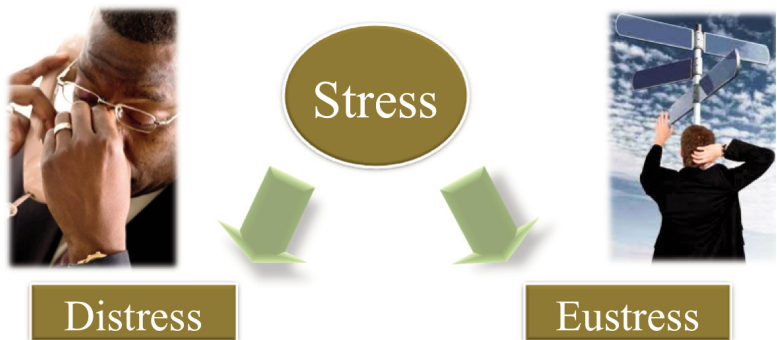


MARANATHA CHAPEL

DR. RON JENSON • FEBRUARY 25 & 26, 2017

The 6 Keys to Conquering Stress

- What is stress?
- What is the biblical response to stress?



has the following characteristics:

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance

has the following characteristics:

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance

- Distress versus Eustress
- It's all a matter of PERSPECTIVE!
- Paul's example

7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are **hard pressed** on every side, but not crushed; **perplexed**, but not in despair; 9 **persecuted**, but not abandoned; **struck down**, but not destroyed. 10 We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. 11 For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. 12 So then, death is at work in us, but life is at work in you.

16 *Therefore we do not lose heart. Though **outwardly we are wasting away**, yet **inwardly we are being renewed day by day**. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we **fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.***

- How do we respond eustressfully?

1. The Principles — 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.

2. The Practice

1. Right Perspective of God — _____
2. Right Perspective of Self — _____
3. Right Perspective of Life — _____
4. Right Perspective of Problems — _____
5. Right Perspective of Others — _____
6. Right Perspective of Time — _____

www.ronjenson.com

drronjenson@gmail.com