



Business Leadership Group

Dr. Ron Jenson, 6 Keys to Handling Stress—Session 1of3

I'm the kind of guy that likes principles from the Word, very practical applications and the power that flows out of that process...We don't want to be guilty of gaining information without application, for that leads to stagnation—at best. Instead, we pray for information with application that leads to transformation.” Dr. Ron Jenson

Ron opens with a challenging thought, that **the greater our commitment to Christ, the greater the stress we will likely experience.** Based on your personal experience, do you agree or disagree? Why? [discuss with your group]

Ron states: “If we are not experiencing spiritual warfare, it is probably Satan just saying: “Hey look, this person is not making a lot of difference, so I can focus my attention on other places.” Can you think of Bible verses or principles that uphold this statement?

Ron very strategically points out that stress can have a negative connotation [distress] and a positive connotation [eustress]. Eustress is defined as: *moderate or normal psychological stress interpreted as being beneficial for the experiencer.* What Biblical principles or passages help you change your perspective on challenges from stress to eustress? [especially consider Paul’s prison epistles Ephesians, Philippians, Colossians & Philemon]

Select the item above that would make the most impact or warrants immediate attention and answer the following questions:

1. Should I apply this concept or practice to my business or personal life?
2. Can I commit to a schedule to implement this application? [explain and discuss with the group, if necessary]

Comment:

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. Philippians 4:6-8, 13 NLT.



Development Objectives: Life, Leadership, Excellence, Kingdom



Business Leadership Group

Dr. Ron Jenson, 6 Keys to Handling Stress—Session 2of3

The problem we get into as believers and where the church is today, is that we have lost our smell, our aroma.”

Ron quotes from II Corinthians 2:14-16 saying that when we handle stress well, it can be an like an appealing aroma, attracting people of Christ and persuading them of the value of an Abundant Life in Him. Why do you think [Biblically speaking] this testimony is so attractive to many? [consider both the power that God releases in you and the appeal to a non-Christian when you’re serene in challenges]

In II Corinthians 4:10-18, Ron contrasts a *stress producing view* of circumstance to a *eustress producing view*, due to with *eternal perspective*. The eternal view gives positive meaning to God’s motives and His work in us and through us during stressful moments and seasons. Vs. 17 says “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” What are the benefits for you as you assign eternal benefits of your trials?

Ron’s slide [around time mark 19:20] with the old/young woman is worth reviewing and pausing as a group. It can illustrate how different perspectives can lead to dramatically different conclusions regarding the identical circumstance. What do you gain from an eternal perspective on yourself?

Select the item above that would make the most impact or warrants immediate attention and answer the following questions:

1. Should I apply this concept or practice to my business or personal life?
2. Can I commit to a schedule to implement this application? [explain and discuss with the group, if necessary]

Comment:

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)



Development Objectives:
Life, Leadership, Excellence, Kingdom



Business Leadership Group

Dr. Ron Jenson, 6 Keys to Handling Stress—Session 3of3

“We have soft spots, weaknesses. ...we want to hide those; but God wants us to be open and transparent. We don’t win by how good we are, we win by being open & transparent.” Ron Jenson

Ron begins this segment with a quote from James 1:2 (JB Phillips) When all kinds of trials and temptations crowd into your lives my brothers, don’t resent them as intruders, but welcome them as friends!” It can be productive to: 1. meditate on passages like this and predetermine stress responses or 2. seek out Biblical applications in the midst of stress. Which do you think would bear the most fruit?

Ron applies James 1:2 to make the following statement: “God is constantly weaning us from circumstances including people, health and everything else, as the source of our joy and weaning us to himself?” [recall that the full text of James 1:2-4 is at the bottom of the previous page] Name at least three of God’s motives in doing so and consider how these should impact your perspective on trials.

Ron suggests focusing on the six areas covered in his talk that can **reduce your stress, transform your leadership and enhance your influence**--focal areas for follow up in the table on the next page. Accept Ron’s challenge by: 1. Brainstorming with your group to identify action steps you could undertake immediately to positively impact your life, leadership and the lives of those in your circle of influence. 2. Begin to practice these action steps daily, pray for God’s empowerment and wisdom toward these ends. 3. Encourage one another, pace and celebrate your progress.

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Development Objectives:
Life,
Leadership,
Excellence,

Focus	Attribute	Action Step for Transformation
Self	Self-Affirming	
Life	Thanking Others	
Problems	Embracing Them	
People	Building Up Others	
Time	Focusing on the Important	
God	Meditating	