

Stress Busters

Session 2

Stress from Work

Dealing with Over-Stress

- Knowledge
- Change
- Faith

Dealing with Worry

- Correct our perspective
- Shift from acquisition to righteousness

Stress in the Workplace

- Did you ever work at a job where you were overworked and underpaid? What were the circumstances and how did you feel?

Stress in the Workplace

- Under what circumstances would you willingly take a lower paying job? What nontangible incentive would make you work for less money?

Opposites

“

I may be a lousy father and husband but when Merrill Lynch needs me, I'm here.

- **A stockbroker**

Opposites



My father taught me to work, but not to love it. I never did like to work and I don't deny it. I'd rather read, tell stories, crack jokes, talk, laugh – anything but work.

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- Abraham Lincoln

Stress from Work

1. Job or co-workers cause the stress

For example:

II Corinthians 11:13-33

**Danger of false Apostles
creeping into the church.**

“I speak as concerning reproach, as though we had been weak. Howbeit whereinsoever any is bold, (I speak foolishly,) I am bold also. Are they Hebrews? so am I. Are they Israelites? so am I. Are they the seed of Abraham? so am I. Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft.”

- II Corinthians 11:21-23

“Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;”

- II Corinthians 11:24-26

“In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches. Who is weak, and I am not weak? who is offended, and I burn not?”

- II Corinthians 11:27-29

“If I must needs glory, I will glory of the things which concern mine infirmities. The God and Father of our Lord Jesus Christ, which is blessed for evermore, knoweth that I lie not. In Damascus the governor under Aretas the king kept the city of the Damascenes with a garrison, desirous to apprehend me: And through a window in a basket was I let down by the wall, and escaped his hands.”

- II Corinthians 11:30-33

Sometimes we don't have the option of changing the situation to avoid stress.

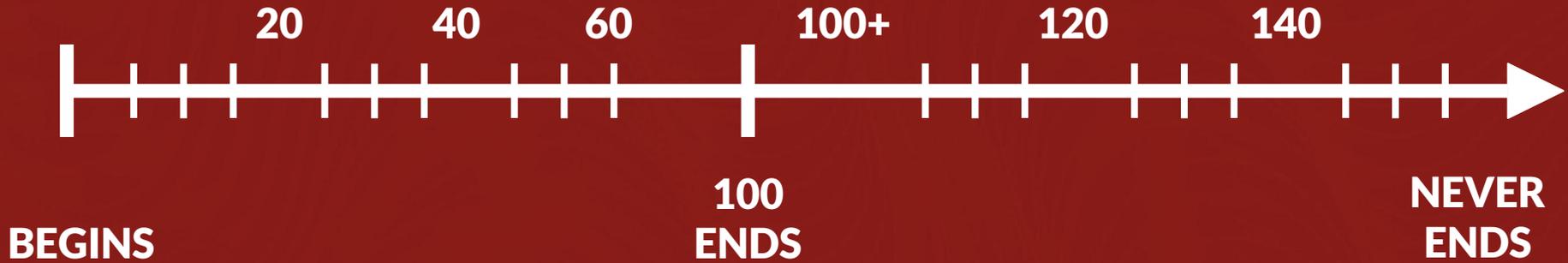
“For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.”

- II Corinthians 12:8-10

**The power we need to deal
with this kind of stress
cannot be self-generated.**

Your Power

Christ's Power



Stress from Work

1. Job or co-workers cause the stress

**2. Stress from a
workaholic attitude**

“For the kingdom of heaven is like unto a man that is an householder, which went out early in the morning to hire labourers into his vineyard. And when he had agreed with the labourers for a penny a day, he sent them into his vineyard. And he went out about the third hour, and saw others standing idle in the marketplace.

- Matthew 20:1-3

“And said unto them; Go ye also into the vineyard, and whatsoever is right I will give you. And they went their way. Again he went out about the sixth and ninth hour, and did likewise. And about the eleventh hour he went out, and found others standing idle, and saith unto them, Why stand ye here all the day idle?”

- Matthew 20:4-6

“They say unto him, Because no man hath hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive. So when even was come, the Lord of the vineyard saith unto his steward, Call the labourers, and give them their hire, beginning from the last unto the first. And when they came that were hired about the eleventh hour, they received every man a penny.”

- Matthew 20:7-9

“But when the first came, they supposed that they should have received more; and they likewise received every man a penny. And when they had received it, they murmured against the goodman of the house, Saying, These last have wrought but one hour, and thou hast made them equal unto us, which have borne the burden and heat of the day.”

- Matthew 20:10-12

“But he answered one of them, and said, Friend, I do thee no wrong: didst not thou agree with me for a penny? Take that thine is, and go thy way: I will give unto this last, even as unto thee. Is it not lawful for me to do what I will with mine own? Is thine eye evil, because I am good? So the last shall be first, and the first last: for many be called, but few chosen.

- Matthew 20:13-16

The stress was caused by
jealousy, not money.

Spiritual things are given
not earned!

“I know that there is no good in them, but for a man to rejoice, and to do good in his life. And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.”

- Ecclesiastes 3:12-13

Stress from work is
usually caused by
imbalance.

Job is too much =
Imbalance / stress

Too much of ourselves
into the job =
Imbalance / stress



Take the
Burnout Assessment Test

Next Session
Stress from Failure