



Christian Business Leaders

Supporting Christians in Business Leadership

God at Work

Stress & Work Life Balance



God at Work

- God at Work is based on the book by Ken Costa published by Continuum International Publishing Group ISBN 978-0826496355 and the course of the same name produced by Holy Trinity Brompton
- For more information go to www.godatwork.org.uk

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Stress & Work / Life Balance

Impacts of Stress:

■ Physical

- Sleep problems
- Blood pressure ↑

■ Psychological

- Poor concentration
- Irrational fears

■ Spiritual

- Relationship with God



Stress & Work / Life Balance

Your experience of Stress?

■ In past

- Technique to cope?

■ Current Job?

- What is most stressful?

■ Your position on Pressure graph?

■ JS



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
3. Fight Fear
4. Celebrate JOY!
5. Emotional break
6. Thought control
7. Minister in opposite spirit



Stress – Internal Approach

1. Be Healthy

- Body as Temple of Holy Spirit

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own” 1 Cor 6 v 19



Stress & Work / Life Balance

1. Be Healthy

2. Pray & read Bible

“and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

2 Timothy 3 v15-17

■ Spiritual Armor



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
- 3. Fight Fear**

“He will have no fear of bad news; his heart is steadfast, trusting in the LORD.”

Psalm 112 v 7



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
3. Fight Fear
4. **Celebrate JOY!**
“Be joyful always”
1 Thessalonians 5 v 16



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
3. Fight Fear
4. Celebrate JOY!
- 5. Emotional break**
eg Jesus retreating to a quiet place



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
3. Fight Fear
4. Celebrate JOY!
5. Emotional break
- 6. Thought control**

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things.” Philippians 4:8



Stress – Internal Approach

1. Be Healthy
2. Pray & read Bible
3. Fight Fear
4. Celebrate JOY!
5. Emotional break
6. Thought control
7. **Minister in opposite spirit**
Criticism → Complement (?!)



Stress – External Approach

1. Set right Priorities
2. Manage Time
3. Compulsions
4. Idols



Stress – External Approach

1. Set right Priorities

Work

Family

God

What are **your** priorities?

Books: Purpose driven Life – Rick Warren

Get a Life – Paul Valler

Mentors



Stress – External Approach

1. Set right Priorities
- 2. Manage Time**

*“We shall never have more time. We have ,
and always have had, all the time there is”*

Arnold Bennett



Stress – External Approach

1. Set right Priorities
2. Manage Time
3. **Compulsions**

What is your poison?



Stress – External Approach

1. Set right Priorities
2. Manage Time
3. Compulsions
4. **Idols**

“Anything that pushes out God”

Workaholism

Alcoholism

Gambling

How to break?

Only through God’s power



Stress & Work / Life Balance

Discussion questions:

- What have you found useful from this talk?
- How might you be creating stress in other people's lives?
- How can we spot stress and so how to support people going through it?



Stress & Work / Life Balance

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6 v 33-34

