

Connect 301 – Week 10

Distress Signals & Overcoming Obstacles

I. THE STRESSES AND PRESSURES OF LEADERSHIP

Stress=inner reaction to outer pressure

- A. Negative stress
 - 1. Drone zone
 - 2. Panic zone

- B. Positive stress
 - 1. Challenge zone

SIGNS OF STRESS

II. METHODS OF COPING WITH OBSTACLES

- A. Deal _____
- B. Withdraw
- C. Direct _____ to another
- D. Turn on self
- E. Talk to _____

III. HANDLING OBSTACLES AND STRESS CORRECTLY

- A. Get alone.
- B. Get a _____ to take over for a while.
- C. See God working.
- D. Get back to _____.

VII. ADDITIONAL REMINDERS WHEN HANDLING OBSTACLES

- A. Double check your direction.
- B. Put your hand to the plow, fully committed to seeing your vision fulfilled.
- C. Starting always requires the most _____.
- D. Cast all your cares on Jesus because He cares for you (1 Peter 5:7).
- E. Steady plodding brings _____ (tenacity, perseverance, patience). Hang in there!
Don't give up!