



November 30, 2025

Blessed or Stressed

Part 5: Principles Of Peace

Luke 21:34 NIV Be careful, or your hearts will be **weighed down** with carousing, drunkenness and the **anxieties of life**, and that day will close on you suddenly like a trap.

More Or Less

Luke 15:11-12 NIV ¹¹ Jesus continued: "There was a man who had two sons. ¹² The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

1. We're more stressed when we're **consumed with more.**

Luke 15:13 NIV ¹³ "Not long after that, the younger son got together all he had, set off for a distant country...

2. We're more stressed when want **everything now.**

Luke 15:13 NIV ...and there squandered his wealth in wild living.

3. We're more stressed when we engage in **self-destructive behavior.**

Luke 15:14 NIV After he had spent everything...

4. We're more stressed when we **spend everything we have.**

Luke 15:14 NIV ...there was a severe famine in that whole country, and he began to be in need.

5. We're more stressed when we're **unprepared for storms.**

Luke 15:17 NIV "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death!

Isaiah 9:6 NIV For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Sar: Lord, chief, general, the one in charge.

Shalom: Rest, tranquility, wholeness, completeness, contentment.

Psalms 4:8 NIV In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Romans 5:1-2 NIV Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

Principles of Peace

1. Obedience

Malachi 3:7-12 NIV ⁷ Ever since the time of your ancestors you have turned away from my decrees and have not kept them. Return to me, and I will return to you," says the Lord Almighty. "But you ask, 'How are we to return?' ⁸ "Will a mere mortal rob God? Yet you rob me. "But you ask, 'How are we robbing you?' "In tithes and offerings. ⁹ You are under a curse—your whole nation—because you are robbing me. ¹⁰ Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. ¹¹ I will prevent pests from devouring your crops, and the vines in your fields will not drop their fruit before it is ripe," says the Lord Almighty. ¹² "Then all the nations will call you blessed, for yours will be a delightful land," says the Lord Almighty.

2. Contentment

1 Timothy 6:6-10 NIV ⁶But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it. ⁸But if we have food and clothing, we will be content with that. ⁹Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. ¹⁰For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

Proverbs 30:8-9 NIV Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.

⁹Otherwise, I may have too much and disown you and say, 'Who is the Lord?' Or I may become poor and steal, and so dishonor the name of my God.

3. Margin

Proverbs 21:20 NIV The wise store up choice food and olive oil, but fools gulp theirs down.

"I thought maybe we could eat gingerbread houses, and eat cookie dough, and go ice skating, and maybe even hold hands." – Buddy the Elf

4. Generosity

Psalms 112:5 NIV Good will come to those who are generous and lend freely, who conduct their affairs with justice.

Proverbs 11:25 NIV A generous person will prosper; whoever refreshes others will be refreshed.

5. Integrity

Proverbs 20:23 NIV The Lord detests differing weights, and dishonest scales do not please him.

6. Dependence

John 16:24 NIV Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

Luke 15:18-20 NIV ¹⁸I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹I am no longer worthy to be called your son; make me like one of your hired servants.' ²⁰So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.