



November 16, 2025

Blessed or Stressed

Part 3: Find Rest

John 16:33 NIV “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Psalms 34:19 NKJV Many are the afflictions of the righteous, But the Lord delivers him out of them all.

Peace Thieves

Psalms 62:5-10 NIV Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath. Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.

✓ Time.

Daniel 5:25-28 NIV “This is the inscription that was written: mene, mene, tekel, parsin “Here is what these words mean: Mene: God has numbered the days of your reign and brought it to an end. Tekel: You have been weighed on the scales and found wanting. Peres: Your kingdom is divided and given to the Medes and Persians.”

✓ Money.

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.

Take Rest

Jeremiah 6:16 NIV This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”

1. Live with a sense of purpose and urgency.

Psalms 39:4-5 NLT “Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand. My entire lifetime is just a moment to you; at best, each of us is but a breath.”

- Freedom Conference Slide

Matthew 13:44 NIV The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

- Serve Day Slide

2. Put first things first.

Psalms 90:12 TLB Teach us to number our days and recognize how few they are; help us to spend them as we should.

- PrayerLIFE Slide

Matthew 6:33 NIV But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- 21 Days of Prayer Slide

3. Keep my heart set on heaven.

2 Corinthians 4:16-18 NIV Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day

by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

- Tis The Season Slide

John 14:1-2 NIV "Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?"

Jesus offers more than a better now.
He offers a better place.