

SERMON NOTES

Sunday, October 27, 2024

Upside Down Blessings

God blesses those who work for peace, for they will be called the children of God.

Matthew 5:9 (NLT)

The Greek word used in the Bible for peace is “Shalom,” which is a combination of two words that mean peace and bring forth. As followers of Christ, we are to partner with God to bring peace in the world. Jesus often connects our identity as children of God with the activity of peacemaking, encouraging us to love our enemies and pray for those who persecute us so that we may be called children of God (Matthew 5:43).

Conflict Styles

- Avoiding (Turtle) - unassertive, uncooperative (lose, lose)
- Competing (Shark) - assertive, uncooperative (win, lose)
- Accommodating (Teddy Bear) - unassertive, cooperative (lose, win)
- Compromising (Fox) - kind of assertive and cooperative (win/lose)
- Collaborating (Owl) - assertive, cooperative (win, win)

Steps to collaborative conflict resolution

- Share your position (what do you want?)
- Discover your values and interests (Why do you want it?)
- Brainstorm win-win options
- Rate (1-10) how important your position is to you

How to be a Peacemaker

1. Don't be a jerk



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- Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29 (NIV)
2. Be kind
 - “You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that.” Matthew 5:43-47 (NLT)
 3. Avoid harsh startups
 - A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 (NIV)
 - X,Y,Z Formula – in situation X, when you do Y, I feel Z
 4. Be an exceptional listener
 - My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19 (NIV)
 - Reflective listening – summarize what you heard the other person say in your own words and then switch talker/lister roles
 5. Know your triggers
 - A trigger is something that causes an intense negative emotional reaction and is connected to a painful or traumatic experience in your past
 - Examine me, O God, and know my mind; test me, and discover my thoughts. Psalm 139:23 (GNT)
 6. Deal with your unhealed wounds
 7. Master your emotions



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- But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips...You have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Colossians 3:8, 9-10 (NIV)
8. Practice empathy
 - Rejoice with those who rejoice; mourn with those who mourn. Romans 12:15 (NIV)
 9. Be quick to forgive
 - Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 (NIV)
 10. Advocate for the marginalized
 - Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy. Proverbs 31:8-9 (NIV)
 11. Get close to the Prince of Peace (Jesus)

Questions for thought and discussion:

1. How does the Bible's definition of peace differ from how the world often defines peace? How does the Bible's definition of peace compare to what your personal definition of peace has been?
2. Can you think of an example from Jesus' life where He acted as a peacemaker? How can we learn from this?
3. What are some common obstacles to being a peacemaker in today's world, and how can we overcome them?
4. What are some practical ways that you can participate in being a peacemaker in the coming week?

