

Victory Connect Lesson
Shalom or Stress
Pastor Paul Daugherty
November 26, 2023

Key Passage: Isa 26:3 KJV: Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.

Introduction: Shalom is the Hebrew word for peace. It also means, calm, well-being, soundness, and welfare. Peace in adversity is a supernatural promise. Peace is possible. Peace is the result of focusing our attention on Jesus and His promises. The choice is ours whether we live in shalom or in stress.

1. God promises us a permanent covenant of His peace.

[Isa 54:10 KJV] 10 For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the **covenant of my peace** be removed, saith the LORD that hath mercy on thee.

2. Jesus is the promised and prophesied Prince of Peace.

[Isa 9:6 KJV] 6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, **The Prince of Peace.**

3. Common sources of stress:

a. a place b. the pace c. a problem d. a person

4. Love is patient and kind, stress is impatient and rude.

[1Co 13:4 ESV] 4 Love is patient and kind; love does not envy or boast; it is not arrogant

5. Peace is a fruit of the spirit that grows.

[Gal 5:22 KJV] 22 But the fruit of the Spirit is love, joy, **peace**, longsuffering, gentleness, goodness, faith,

6. Great peace is a result of commitment to God.

[Phl 4:6-7 KJV] 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **7 And the peace of God, which passeth all understanding,** shall keep your hearts and minds through Christ Jesus.

Discussion Questions:

1. What is your stress level on a scale of 1-10?
2. What is the biggest source of stress in your life?
3. Share a time the Lord gave you great peace when facing a time of stress?

Victory Connect Lesson
Shalom or Stress
Pastor Paul Daugherty
November 26, 2023

Key Passage: Isa 26:3 KJV: Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.

Introduction: Shalom is the Hebrew word for peace. It also means, calm, well-being, soundness, and welfare. Peace in adversity is a supernatural promise. Peace is possible. Peace is the result of focusing our attention on Jesus and His promises. The choice is ours whether we live in shalom or in stress.

1. God promises us a permanent covenant of His peace.

[Isa 54:10 KJV] 10 For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the **covenant of my peace** be removed, saith the LORD that hath mercy on thee.

2. Jesus is the promised and prophesied Prince of Peace.

[Isa 9:6 KJV] 6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, **The Prince of Peace.**

3. Common sources of stress:

a. a place b. the pace c. a problem d. a person

4. Love is patient and kind, stress is impatient and rude.

[1Co 13:4 ESV] 4 Love is patient and kind; love does not envy or boast; it is not arrogant

5. Peace is a fruit of the spirit that grows.

[Gal 5:22 KJV] 22 But the fruit of the Spirit is love, joy, **peace**, longsuffering, gentleness, goodness, faith,

6. Great peace is a result of commitment to God.

[Phl 4:6-7 KJV] 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **7 And the peace of God, which passeth all understanding,** shall keep your hearts and minds through Christ Jesus.

Discussion Questions:

1. What is your stress level on a scale of 1-10?
2. What is the biggest source of stress in your life?
3. Share a time the Lord gave you great peace when facing a time of stress?