

Humble King of Peace

We have many possible causes of stress: our environment, a busy lifestyle, various physical conditions, difficult relationships, personality factors, spiritual issues, financial stress, the daily news.

There can be effects from stress . physically, emotionally and in our relationships

Peace = inner rest when (1) trusting God and (2) living in harmony with others. Shalom includes peace, tranquility, safety, well-being, welfare, health, contentment, success, comfort, and wholeness.

Phil 2: 1-11 God used humility to defeat evil.

What small acts by another have changed our life for good?

Review of all the turbulence for Mary & Joseph in the Christmas Story. How did Mary & Joseph find peace?

What things are you thankful for this week or yet to come in the Christmas season. If there some distress going on now in my life, will I ask God for guidance?

Isaiah 9:1-7 The Prince of Peace. Israel had experience gloom, but Isaiah prophecies reasons for joy and peace in the future.

- Peace with God through Christ
- Peace to us from God . there is more grace and peace to receive! Jude 1:2, 2 John 1:3
- Peace in our Relationships . bless the person next to you outloud (pass the peace)

Will I offer others the gift of peace and harmony this Christmas?