

"Four Ways to Manage Stress in the Home"

Proverbs 15:13-22

August 24, 2014

Important "stress" words in Proverbs 15:13-22:

v. 13: sad

v. 15: afflicted

v. 16: turmoil

v. 17: hatred

v. 18: strife and contention

v. 22: frustrated

Principle #1: Learn to laugh. (v.13)

"A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken." (v.13)

Principle #2: Cultivate contentment. (v. 16)

"Better is a little with the fear of the LORD Than great treasure and turmoil with it. Better is a dish of vegetables where love is than a fattened ox served with hatred." (v.16-17)

Principle #3: Control your anger. (v.18)

"A hot-tempered man stirs up strife, but the slow to anger calms a dispute." (v.18)

Principle #4: Walk in wisdom. (v.21)

"Folly is joy to him who lacks sense, but a man of understanding walks straight." (v.21)