

Turn It Around for Good Series – Part 7

Turn It Around: Rise Above Stress With God's Peace

Part 6 Review

G. Be a Generational Godly Giver

1. Summary

- a. A Generational Godly Giver follows God's example as the ultimate provider, expressing faith, love, and obedience through generosity. Believers are called to build a spiritual legacy that goes beyond material wealth, passing down the treasures of a righteous heart to future generations. By breaking destructive generational cycles, they establish a heritage of blessings, faith, and victory.
- b. A Generational Godly Giver shares testimonies, mentors disciples, and fulfills the Great Commission by helping others grow spiritually. Through Christ's redemption, believers inherit the blessing of Abraham and the promise of the Spirit.
- c. Godly givers embody biblical principles of generosity: giving joyfully, serving others with their gifts, supporting their church, and demonstrating that fulfillment comes from giving rather than receiving. God blesses generous people so they can continue refreshing and strengthening others.
- d. Their legacy includes intentionally passing down wealth, wisdom, values, and godly character—teaching future generations about God's mighty works and modeling a life marked by faith, grace, contentment, excellence, responsibility, and perseverance. This inspires descendants to love God, serve Him faithfully, and finish their race well.
- e. A Generational Godly Giver empowers their lineage to experience turnarounds, breakthroughs, and victories. Their spiritual legacy of love and continual blessings provides more for the next generation than they themselves received.
- f. **Affirm: In the Name of Jesus, I am a Generational Godly Giver who empowers my descendants to experience turnarounds, breakthroughs, and victories. My spiritual legacy of love and continual blessings gives them more than I ever had.**

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Part 7

H. Turn It Around: Rise Above Stress With God's Peace

1. Recognizing how stress tries to weigh You down.
 - a. Stress attempts to disrupt your whole being.
 - b. It pressures your heart, soul, mind, and body, trying to drain your strength and steal your peace.
2. Stress can open the door to physical and emotional strain.
 - a. Many medical professionals acknowledge that stress contributes to numerous diseases and chronic conditions.
3. Indicators that stress is causing challenges.
 - a. A weakening prayer life.
 - b. Pulling away from ministry, fellowship, or spiritual support.
 - c. Isolating from your pastor, family, or friends.
 - d. Struggling with anger, urgency, perfectionism, tension, overload, burnout, disappointment, under-achievement, and physical symptoms.
4. Biblical descriptions of stressors.
 - a. Trials, tribulations, troubles, hardships, persecutions, distresses, affliction, suffering, adversity, disaster, chastening, torment, and the enemy's attempts to devour.
5. Rising Above Stress Through Faith and God's Word.
 - a. Jn 16:33: "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."
 - b. Rev 2:7, 11, 17:

7 "He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God."

11 "He who has an ear, let him hear what the Spirit says to the churches. He who overcomes shall not be hurt by the second death."

17 "He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give some of the hidden manna to eat. And I will give him a white stone, and on the stone a new name written which no one knows except him who receives it."
6. Step Into Freedom by Breaking Stress's Control.
 - a. Refuse to be governed by stress, resist it and it will flee.

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- b. Jn 8:31–32, 36, “31 Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. 32 And you shall know the truth, and the truth shall make you free.” “36 Therefore if the Son makes you free, you shall be free indeed.”
- 7. God gives you strength to overcome stress.
 - a. Strong's G2346 “Thlipsis” means pressure or stress.
 - b. God will never pressure you like the world does.
 - c. According to 1 J 5:4–5, faith empowers you to overcome the world.
“4 For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. 5 Who is he who overcomes the world, but he who believes that Jesus is the Son of God?”
 - d. Romans 5:1–5, “1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. 3 And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; 4 and perseverance, character; and character, hope. 5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”
 - e. The world offers quick fixes, but God offers lasting peace.
 - f. Phil 4:6-7, “6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
 - g. Heb 12:1–2, “Lay aside every weight and run your race with endurance, keeping your eyes on Jesus, the Author and Finisher of your faith.”