

SERMON NOTES

Peace through Focus (Isaiah 26:3)

Is 26:3 – ³ You keep him in perfect peace whose mind is stayed on You, because he trusts in You.

Main Point: *The more we trust in the Lord, the more our minds are stayed on Him, the more we'll have perfect peace of mind no matter what we face in life.*

1. The Age of Anxiety

The Problem – Why are we anxious and why does it matter?

Anxiety of the Fallen World –

Anxiety Intensified by Tech –

Anxiety from the Fear of Death –

Heb 2:14-15 – ¹⁴ Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, ¹⁵ and might free those who through fear of death were subject to lifelong bondage.

2. Perfect Peace of Mind

The Solution – What did the Lord-who-loves-us do about it?

Jesus Overcomes the World –

Jesus Commands “Be Anxious for Nothing” –

Jesus Gives Shalom –

Perfect Peace of Mind (Shalom Shalom) –

John 16:33 – ³³ These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but be of good cheer, for I have overcome the world.

John 14:27 – ²⁷ Peace I leave you. My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled nor let it be fearful.

3. Stayed on Jesus

The Plan -- What does the Lord say for us to do to have perfect peace?

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The More Our Minds Are Stayed on the Lord –

The More We Trust in Him –

Less Distraction –

a)

b)

c)

More Disciplined Thought-Life –

d)

e)

f)

Phil 4:11 – ¹¹ Not that I speak from want, for I have learned to be content in whatever circumstances I am.

4. Because He Trusts in You

The Motivation – Why should we believe Him and do as He says to do?

He longs to be with us –

He wants us to be with Him –

John 14:17 – ¹⁷ "... for (the Holy Spirit) dwells with you and will be in you."

John 14:23 – ²³ "If anyone loves Me, he will keep My word, and My Father will love him, and we will come to him and make our home with him."

2Cor 6:16, Jer 32:38, Heb 8:10, Lev 26:12, Ex 6:7 – "I will be your God, and you shall be My people."

1Cor 6:19 – ¹⁹ Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

Eph 1:13-14 – ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit

For Further Thought and Discussion:

Getting Started:

1. What was helpful to you in this sermon? What didn't you understand?
2. On a scale of 1 to 10, how anxious are you? On a scale of 1 to 10 how hard is it for you to keep your mind stayed on Jesus? Why did you pick those numbers?

Going Deeper:

3. How much do the times we live in contribute to your anxiety? What specifically are you most anxious about? What about your family? What about your friends? In what ways does the news affect your state of mind? In what ways does culture around affect your state of mind?
4. How much does tech intensify anxiety in society? How specifically does tech use intensify your anxiety? What about your family? What about your friends? What do you think about "social contagions"? What might be examples? How has the pandemic amplified anxiety in the society, in your family, in you?
5. What is perfect peace, and why is it more than the absence of strife? Why would the Lord, who overcomes the world, command us to "fear not"? Why would He command us to "cast all our anxieties upon Him, for He cares for us"?
6. Why is shalom a gift? Why is it tied to experiencing the presence of God? Why does shalom not have to do with the circumstances of our life?
7. What is challenging about staying our minds on Jesus? What do you normally stay your mind on the most in life? Do you think it's true that what we think about determines our state of mind?
8. Which distractions most consume your mind? Which specific thought-life disciplines do you already do?
9. Why is our only real motivation the Lord God's love for us? What about His love for you most moves you to trust in Him more?

Application:

10. Which skill would you like the Lord to further develop in you this week?
Which aspect of His love for you would you like to better know deep down and for good?

11. What's one thing you can do this week to apply this passage?