

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock. Isaiah 26:3-4 (ESV)

Your Thoughts

What occupies your thoughts? What causes you to be filled with anxiety and stress? When are you most likely to be under attack? Those are all very good questions for me. **Why is that?** As you know, I am quite a worrier. I have a life filled with stress. **Why is that? Do you think it is my will for you to worry and carry a heavy load of stress?** No, I'm sure that you want me to be filled with your peace. **That's right. Why are you so often not filled with my peace?** My mind is set on the wrong things. **Like what?** I think about my problems. I think about real problems that I have in the here and now. I think about future problems that might never come. I think about imaginary problems that don't really exist in any place other than in my mind. **You actually make up things to worry about?** I guess so. **That's not good.** I know. I would like it if I didn't worry. I would be very happy if I were not full of anxiety. **Is that a prayer of yours?** Yes, it is. I would like you to relieve me of my worry and free me from my stress.

Why do worry? Worry is the way that I try to solve my problems. I think about my problems from every angle. I think about what could happen. I think about ways to solve what might happen. **Do you worry about your worry? Do you worry about your anxiety and stress?** Yes, I do. **That's certainly worth thinking about.** Why is that? **All your worry and anxiety and stress will either make you ineffective for me or ruin your health.** Now that is something to worry about. **Stop it.**

Let me ask you some questions. Has worrying improved your life? Has worrying solved your problems? No, worry has not improved my life or solved my problems. **Has worrying sapped your energy and increased your anxiety and stress?** Yes, it has. **Instead of worrying about problems why don't you ask me for help? Would you like my help? Do you believe that I can and will help you with your problems?** I believe that you can and will help me with my problems. **Do you think that your life would be relieved of stress and filled with my peace if you placed your trust in me?** I know that if I placed my trust fully in you I would be filled with your peace. **Will you place your trust in me? Will you allow me to fill your life with my peace?** Yes, Lord, I will. **That will be very good.**

Lord, you are my everlasting rock. You are my fortress. You are my deliverer. You are my helper in time of need. You are worthy of all my faith and trust and hope. I will fix all my thoughts on you. I will rely on you for your help. I will trust in you now and forever. Amen

Trust *Perfect Peace*

You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.

NIV Isaiah 26:3-4

Trust *Perfect Peace*

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock.

ESV Isaiah 26:3-4

Trust *Perfect Peace*

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the LORD always, for the LORD GOD is the eternal Rock.

NLT Isaiah 26:3-4

Trust *Perfect Peace*

You will keep *him* in perfect peace, *Whose* mind is stayed *on You*, Because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.

NKJV Isaiah 26:3-4

Trust *Perfect Peace*

Those of steadfast mind you keep in peace— in peace because they trust in you. Trust in the LORD forever, for in the LORD God you have an everlasting rock.

NRSV Isaiah 26:3-4

Trust *Perfect Peace*

People with their minds set on you, you keep completely whole, Steady on their feet, because they keep at it and don't quit. Depend on GOD and keep at it because in the LORD GOD you have a sure thing.

MSG Isaiah 26:3-4

Trust *Perfect Peace*

You will guard him *and* keep him in perfect *and* constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, *and* hopes confidently in You. So trust in the Lord (commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock [the Rock of Ages].

AMP Isaiah 26:3-4

Trust *Perfect Peace*

He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord! Trust in the Lord God always, for in the Lord Jehovah is your everlasting strength.

TLB Isaiah 26:3-4

Trust *Perfect Peace*

"The steadfast of mind You will keep in perfect peace, Because he trusts in You. "Trust in the LORD forever, For in GOD the LORD, *we have* an everlasting Rock.

NASB Isaiah 26:3-4

Trust *Perfect Peace*

You, LORD, give true peace to those who depend on you, because they trust you. So, trust the LORD always, because he is our Rock forever.

NCV Isaiah 26:3-4

Perfect Peace

Year ____ Week ____ Day ____ Date ____

Trust – Isaiah 26:3-4

In Context: Read Isaiah 26

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

You | keep him | in | perfect peace | whose mind | is stayed | on you, | because | he trusts | in you. | Trust | in | the LORD | forever, for | the | LORD GOD | is | an | everlasting | rock. Isaiah 26:3-4 (ESV)

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, you are my everlasting rock. You are my fortress. You are my deliverer. You are my helper in time of need. You are worthy of all my faith and trust and hope. I will fix all my thoughts on you. I will rely on you for your help. I will trust in you now and forever. Amen

What It Means: ***(What questions speak to your heart?)***

(Suggested questions for small group discussion are in bold)

When have you experienced turbulent times that were filled with stress and anxiety?

Why will trusting in yourself often bring stress and anxiety into your life?

How have you typically responded to difficult situations that were filled with stress and anxiety?

What has helped you to keep your heart and mind fixed on the Lord?

How has meditating on promises in God’s word helped you to live in His peace?

Why is the Lord worthy of you placing all your trust in Him?

How has the Lord given you peace and brought you through difficult and painful trials in life?

Living It Out:

(What action step is God guiding your heart to take?)

Trust in the Lord and keep your thoughts on Him so you will be able to live in His peace.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that you will have peace as you trust in the Lord and keep your thoughts fixed on Him.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how the Lord has given you peace through difficult trials in life.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you trust in the Lord by keeping your thoughts fixed on Him so you can live in His peace.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will trust you and keep my thoughts fixed on you so I can live in your peace.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how can I trust you and live in your peace today?
