

*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. Isaiah 26:3-4 (NIV)*

## **Trust Me**

**What is your experience with worry and anxiety?** Lord, you know that I have been filled with worry and anxiety throughout my entire life. **Yes, I do. Tell me about your worry and anxiety.** I have worried and been anxious in a multitude of different situations and circumstances. Some of my worries and anxieties have been based in reality. Theoretically I have had good cause to be anxious and to worry. I have been in worrisome circumstances. **Yes, I know.** At other times my worries and anxieties were not based in reality. I really had no cause to worry or to be anxious. I worried and was anxious because I imagined the worst that could happen. **Would you say that you set your mind on worrisome thoughts of the worst that could happen?** Yes, I would. **How has doing that helped you?** It hasn't helped me at all. Thinking about the worst-case scenarios is my sure way to be filled with worry and anxiety. **Yes, it is.**

**So, it isn't the situation that causes you to be anxious and to worry as much as it is what you do with a potentially worrisome situation.** I need you to say more. **Say again, what do you when you face a worrisome situation?** I look at it from every angle. I consider every possibility. I imagine what could happen if things go wrong. I prepare myself as best I can to face every conceivable worst-case scenario. **This then fills you up with worry and anxiety.** Yes, it does.

**Can you see that you are setting your mind on the wrong things?** Like what? **You tell me.** I'm setting my mind on my circumstances and my ability to handle them. **That hasn't worked well at all has it?** No, it hasn't. **Do you trust me?** Yes Lord, I trust you. **When you are filled with worry and anxiety are you trusting me?** No, I suppose not. **What would you do if you wanted to place your complete trust in me?** I want to place my complete trust in you. **Then, how will you do it?** In trusting you I would keep my heart and mind and eyes focused on you. Instead of looking at potentially worrisome circumstances I will keep my eyes focused on you. I will trust and rely on you for your help. **Do you know why you can be confident in trusting me?** You are a rock of eternal strength that can be trusted. **Yes, I am.** You are my rock of eternal strength that I can trust. **Yes, I am.**

**How will you allow yourself to be reminded that I am your rock of eternal strength that you can trust? What will you do so that you do not fall into the temptation to worry and be filled with anxiety?** I will keep my heart and mind and eyes focused on you. I will meet with you in your word. I will allow you to speak into my life so that I can receive strength and encouragement from you. I will allow you to replace my worrisome thoughts with all that you have to say to me. **That will be very good.** Then I will be placing my complete trust in you so that I will be able to receive your perfect peace. **Yes, you will.**

*Lord, you are my eternal rock of strength. You are worthy of my complete trust. I will keep my eyes focused on you as I go through worrisome situations in life. I will allow my heart and mind to hear your word as I keep all my thoughts on you. Amen*

**Promises** *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

**Promises** *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

**Promises** *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

**Promises** *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

**Promises** *Keep In 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

**Promises** *Keep Completely Whole*

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

**Promises** *Perfect And Constant 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

**Promises** *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

**Promises** *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

**Promises** *True 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 \_\_\_\_\_

**Promises** – 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?)***

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. Isaiah 26:3-4

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

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. Isaiah 26:3-4

**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, you are my eternal rock of strength. You are worthy of my complete trust. I will keep my eyes focused on you as I go through worrisome situations in life. I will allow my heart and mind to hear your word as I keep all my thoughts on you. Amen

**What It Means:**

***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When have you been so worried about something that you had no peace?

What have been the subjects of some of your most troublesome worries in life?

When are you most vulnerable to fall into the temptation to worry?

Why will relying on yourself always leave you filled with worry and anxiety?

**How has relying on the Lord and keeping your eyes focused on Him given you peace in life?**

**How have you allowed God’s word to speak into your life so that you could have His peace?**

**When has the Lord been your rock of strength giving you His peace in a worrisome situation?**

**Living It Out:**

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

Place your complete trust in the Lord your eternal rock so that you will receive His perfect peace.

**Seeing It Happen:**

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

Have faith to believe that you will have perfect peace as you place your complete trust in the Lord.

**Get Ready To Share:**

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

Share with another person or your small group how placing your trust in the Lord has brought you His perfect peace.

**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?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

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

*May you receive perfect peace from the Lord as you place your complete trust in Him.*

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**Prayer To Carry**

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

*Lord, help me to receive your perfect peace as I place my complete trust in you.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, is there any way in which I am not placing my complete trust in you?*

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