



**Sunday July 03, 2022**  
**Staying in Perfect Peace**

All of us face life's challenges that seem to disturb our peace and rest.

The pandemic has aggravated serious mental health challenges, as many struggled to cope through the restrictions that were imposed.

The God we serve is Jehovah Shalom, the God of Peace, who is the Source of peace.

Today we wish to share few insights that will help us stay in a place of perfect peace. There will be challenges that tend to disturb our peace and attempt to push us out of our place of perfect peace. But as we practice these truths from God's Word we can learn to abide and rest in our place of perfect peace.

Let's begin by looking at what we are promised in the Word of God:

**Isaiah 26:3-4**

**3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.**

**4 Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.**

The Young's literal translation brings out an interesting thought:

**Isaiah 26:3 (Young's Literal Translation)**

**An imagination supported **Thou fortifiest peace**—peace! For in Thee it is confident.**

To have a mind that is "stayed" is to have a mind (our thoughts and imaginations) that is "supported", rested, leaning on God. More on this later.

And such a mind is "fortified" with peace. The Hebrew uses the word "shalom" twice, "shalom, shalom". We can be fortified with peace, peace or perfect peace.

The Amplified Bible brings out additional aspects in this verse:

**Isaiah 26:3 (Amplified Bible)**

**You will keep in **perfect and constant peace** the one whose mind is steadfast [that is, committed and focused on You—in both inclination and character], Because he trusts and takes refuge in You [with hope and confident expectation].**

We can live in perfect and constant peace.



Our mind needs to be “stayed” that is steadfast, committed and focused on the Lord, in its inclination (i.e. responses) and character (i.e. essence).

### **Peace Disrupters**

Before we delve further into staying in a perfect peace, let's identify things that disrupt our peace.

***Vain Imaginations:*** When we let our imaginations run out of control, and we have all kinds of disturbing things happening in our mind. These are not real, and yet they rob us of our place of perfect peace.

***Unexpected Disturbances (news, situations, etc.):*** Things happen. Things we did not expect or anticipate.

***Worry:*** Worry is a preoccupation in our mind with a problem (e.g. a situation). Our worrying about it is not going to change it.

***Anxiety:*** Concern about the unknown, e.g. the future.

***Fear:*** Belief that something bad will happen

These are somethings that rob us of our place of peace.

So what should we do as believers?

### **Mind is Stayed**

#### **Isaiah 26:3-4**

**3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.**

**4 Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.**

The word “stayed” in Hebrew has a dual connotation:  
= to lean upon, to rest upon, to lean against, to rest self  
= take hold of, stand fast, stand firm on

We noted earlier the Young's Literal Translation renders this as being “**supported**” or to **have a mind (our thoughts and imaginations) that is rested, leaning on God.**



The Amplified Bible renders this as having our mind **steadfast, committed and focused** on the Lord, in its inclination (i.e. responses) and character (i.e. essence).

Most peace disrupters are a preoccupation in our minds with wrong things.

What can we do practically?

REPLACE WORRY WITH GOD'S WORD

REPLACE FEAR WITH FAITH

REPLACE ANXIETY WITH ASSURANCE

Anxiety, depression, anger, fears (phobias), panic attacks, addictions, eating disorders could be addressed by what is known in Psychology as "Cognitive Behavior Therapy". Simply put in CBT, we are taught to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotions. Through CBT, these negative, disturbing, disruptive, destructive thoughts are identified, challenged, and replaced with more objective, realistic and positive thoughts. Now, as believers, we have a strong basis for these positive thoughts - God's own Word!

### **Because He Trusts**

#### **Isaiah 26:3-4**

**3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.**

**4 Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.**

The second action we take is to express our trust in God.

Trust = Faith = Believe

One of the ways we express our trust in God is to SPEAK and ACT our faith. In order to have that trust, faith or belief, we need to MEDIATATE in the Word. Then we SPEAK and ACT our faith.

### **Anxious for Nothing**

#### **Philippians 4:6-8**

**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.**

**8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.**

Prayer is a great way for us to lay our anxieties down before God.

The promise of experiencing the peace of God, fortifying our hearts is wrapped in between prayer and a mind focused on good thoughts.

### **Why Worry?**

#### **Matthew 6:25-34**

**25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?**

**26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?**

**27 Which of you by worrying can add one cubit to his stature?**

**28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;**

**29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.**

**30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?**

**31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'**

**32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.**

**33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

**34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.**

Let's outline what the Lord is teaching us in this passage in a simple way:

The things that matter to me, matter to God and are known to Him (Matthew 6:32).



The things that matter to me, will be given to me, and added to my life (Matthew 6:33).

I must have faith in God (Matthew 6:30).

I must focus on the Kingdom of God (Matthew 6:33).

### **Asleep In A Storm**

#### **Matthew 8:23-27**

**23 Now when He got into a boat, His disciples followed Him.**

**24 And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep.**

**25 Then His disciples came to Him and awoke Him, saying, "Lord, save us! We are perishing!"**

**26 But He said to them, "Why are you fearful, O you of little faith?" Then He arose and rebuked the winds and the sea, and there was a great calm.**

**27 So the men marveled, saying, "Who can this be, that even the winds and the sea obey Him?"**

This is a wonderful picture of faith and authority.

When we know our place in God, we will not allow our place in the middle of the storm disturb us.

We will stay in our place of perfect peace and walk in faith and dominion.

This is a choice we make.

All of us can learn to stay in perfect peace.

### **SALVATION CALL (BY YOUR FREE CHOICE AND FREE WILL)**

If you ask, does God love me? We can tell you what the Bible says: John 3:16, Romans 5:8

If you ask, how can I have my sins forgiven? We can tell you what the Bible says: Acts 10:43; 1 John 2:2,12

If you ask, what is the way to God? We can tell you what the Bible says: John 14:6

If you ask, how can I become a child of God? We can tell you what the Bible says: John 1:12

If you ask, where can I find salvation? We can tell you what the Bible says: Acts 4:12

If you ask, what must I do to experience salvation? We can tell you what the Bible says: Acts 16:30-31



As an act of your own free choice, we invite you to make this decision to follow Jesus.

### **SUPERNATURAL MINISTRY TIME**

**Minister as the Spirit leads**



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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

#### **Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

#### **Welcome**

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

#### **LISTEN to God's Word**

Read the following Scripture references: *Isaiah 26:3-4; Philippians 4:6-8; Matthew 6:25-34*

#### **INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.



- 1, Discuss some practical ways how we can keep our mind stayed on God in the midst of things that would disturb our peace?*
- 2, How do we strengthen and express our faith in God in the midst of things that would disturb our peace?*
- 3, Discuss what Paul teaches us on putting anxiety aside in Philippians 4:6-8?*
- 4, What are the key points that stand out in the passage where the Lord addresses worry Matthew 6:25-34?*

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

#### **FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

#### **ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



## USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>

### SERMON OUTLINE

In this sermon we share few insights that will help us stay in a place of perfect peace. There will be challenges that tend to disturb our peace and attempt to push us out of our place of perfect peace. But as we practice these truths from God's Word we can learn to abide and rest in our place of perfect peace. How do we battle peace disruptors such as wrong imaginations, unexpected disturbances, worry, anxiety and fear? Replace worry with God's Word. Replace fear with faith. Replace anxiety with assurance. The promise of experiencing the peace of God, fortifying our hearts is wrapped in between prayer and a mind focused on good thoughts. When we know our place in God, we will not allow our place in the middle of the storm disturb us. We will stay in our place of perfect peace and walk in faith and dominion.

### KEYWORDS :

Perfect peace, shalom, peace of mind, overcoming anxiety, worry, fear, negative thoughts, mental health, emotional health, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

### REFERENCES/CITATIONS





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Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

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