

## Scripture:

Isaiah 26:3 "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

## Introduction:

Since the dawn of time mankind has battled with his or her mind. The word states that the "mind is at odds with the Spirit" {Romans 8:7} because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. A volume of writings can be written concerning this subject. For the sake of time I would like to address Gods ability and willingness to transform the mind of humanity.

To give peace of mind in the mist of mental anguish, to establish and secure the mind of one who fight's daily to hold on to sanity. I hope this morning you and I will leave with a renewed hope in Christ's ability to transform, and to bring perfect peace to mind of those suffering in this battle for the mind.

### I. Understanding the mind.

- A. It is a processor of human emotions.
- B. It gathers billions of bits of sensory data every second which tell us how to feel, think, and react, giving us a sense of well-being.
- C. It can be deceived as well as it can be deceptive.

### II. Steps to obtaining a peace of mind.

- A. Put your trust in God.  
Isaiah 26:3 "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."
- B. Live by faith not by feeling.  
Hebrews 11:1 "Now faith is the substance of things hoped for, the evidence of things not seen."
- C. Confess any sins, failures or shortcomings to the Lord.  
Psalm 51:9-12 "Hide Your face from my sins, and blot out all my iniquities. <sup>10</sup> Create in me a clean heart, O God, and renew a steadfast spirit within me. <sup>11</sup> Do not cast me away from Your presence, and do not take Your Holy Spirit from me. <sup>12</sup> Restore to me the joy of Your salvation, and uphold me by Your generous Spirit."
- D. Spend time waiting on the Lord. Get your mind focused on the Lord.  
Isaiah 40:29-31 "He gives power to the weak, and to those who have no might He increases strength. <sup>30</sup> Even the youths shall faint and be weary, And the young men shall utterly fall, <sup>31</sup> But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."
- E. Quit trying to live up to the world's standards.  
Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."
- F. Pray in your prayer language and let the Holy Spirit heal your mind.  
Romans 8:26-27 "Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. <sup>28</sup> Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God."
- G. Understand that you are Gods possession.  
Romans 8:28-31 "And we know that all things work together for good to those who love God, to those who are the called according to His purpose. <sup>29</sup> For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn

- then shall we say to these things? If God is for us, who can be against us?*
1. God's got a plan for our lives.
  2. God is bringing us into conformity to His will for our lives.
  3. With God on our side, nothing has the power to defeat us spiritually.
- H. Make a decision to involve yourself in the work of God.  
Matthew 11:28-30 *"Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For My yoke is easy and My burden is light."*

### III. **Begin to expect the best.**

- A. Did you ever notice that you generally see what you look for, find what you search for, and experience what you expect?
- B. Remember the last time you went shopping at Wal-Mart, or at a mall? You passed hundreds of items without even noticing them. Why, because you were expecting to find something else.
- C. God will supply all we have need of.  
Philippians 4:19 *"And my God shall supply all your need according to His riches in glory by Christ Jesus."*