

Winning The
Battle Of The Mind

Perfect Peace Of Mind



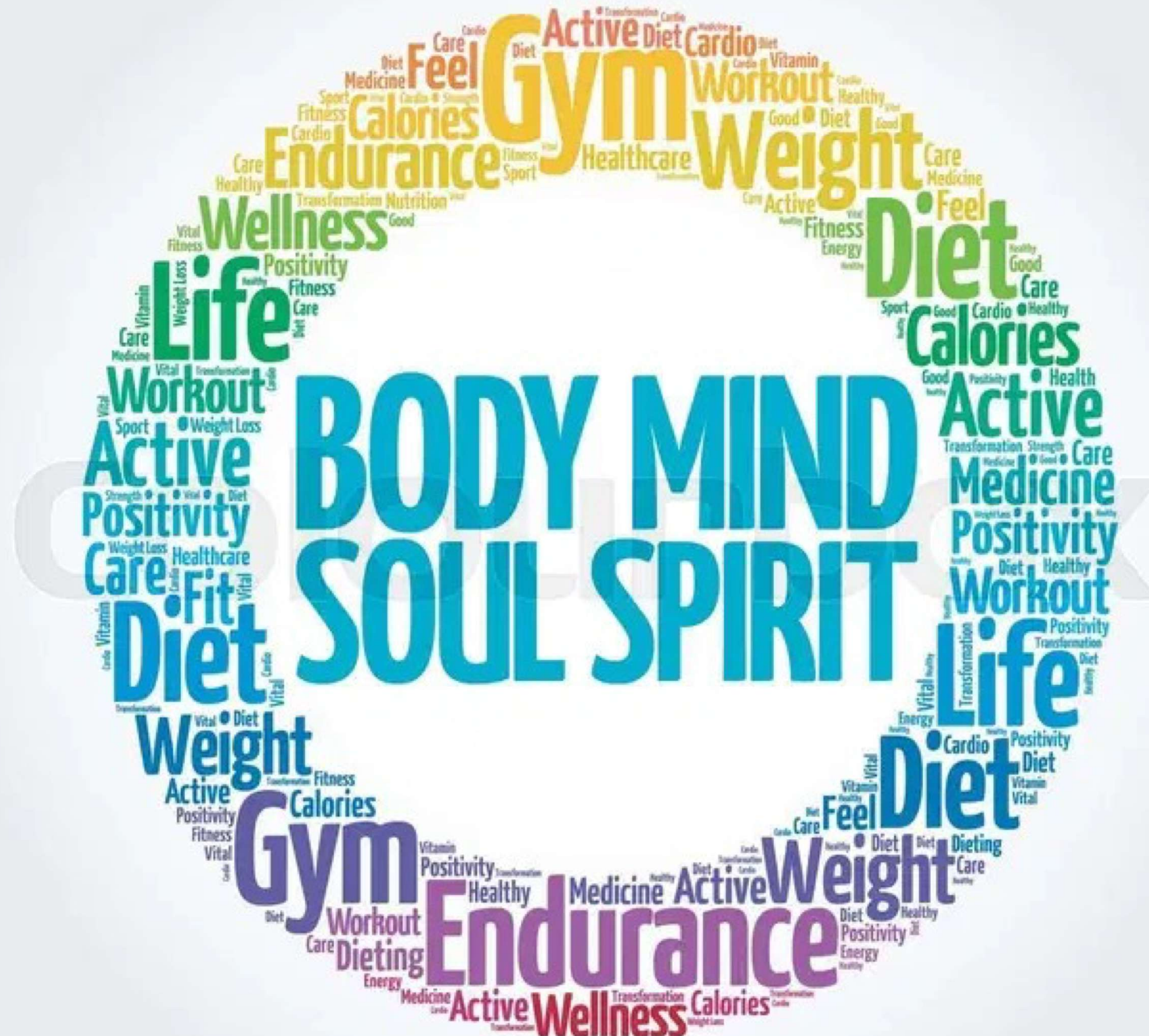
EVERY NATION
CHURCH • PENANG



Isaiah 26:3-4

*“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.”*

TO **HELP** PEOPLE
FIX THEIR MINDS
FIRMLY ON GOD SO THAT THEY
MAY **EXPERIENCE** HIS PERFECT
PEACE AND **STAND** STRONG IN
FAITH, EVEN AMID LIFE'S
CHALLENGES AND STORMS.





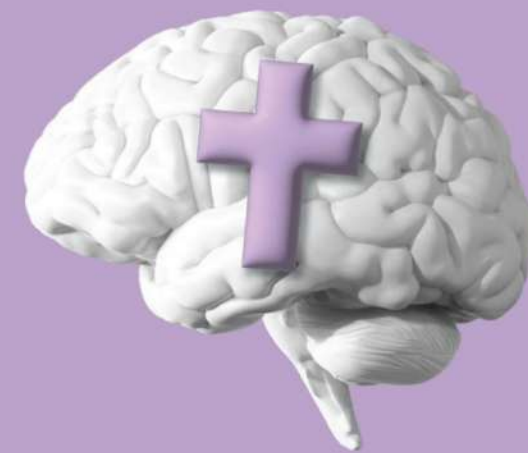
HOW WE THINK,
WHAT WE FOCUS,
WHAT WE LOVE,
SHAPE OUR
LIVES AND
SPIRITUAL
DIRECTION.



The
Promise



The
Love



The
Focus

WHAT'S
HAPPENING TO
THE WORLD
AROUND US?

THE **WAR** IN
OUR MIND



THE TENSION WE LIVE IN.

We live in an age of
mental overload.

Our mind is constantly :

- Crowded with endless information,
- Restless from busyness,
- Tired from overthinking,
- Distracted by screens,
- Overly entertained yet spiritually empty,
- Bombarded by bad news and worldly values.





We are
**constantly
CONNECTED**
but deeply
DISCONNECTED
- peace?

Our minds often find:

- **Drifting** toward fear and anxiety,
- **Distracted** by what's urgent instead of what's eternal,
- **Dragged** : Weighed down by problems instead of resting in God's promises.

WE MAY HAVE
FAITH IN OUR
HEARTS,
BUT CHAOS IN
OUR MINDS.

GOD HAS
WARNED US
ABOUT WHAT
THE WORLD
DOES TO OUR
MIND

THE **ENEMY** OF
PEACE

- The world today constantly fights for your attention because whoever wins your mind, wins your peace.

THE ENEMY OF PEACE

The Scripture
Warns us of 4 Dangers :

- **Defiled** Mind —

Titus 1:15

*“To the pure, all things are pure,
but to the defiled and unbelieving,
nothing is pure; but both their
minds and their consciences are
defiled.”*

THE ENEMY OF PEACE

The Scripture
Warns us of 4 Dangers :

- Defiled Mind —
- **Blinded** Mind —

2 Corinthians 4:3-4

*“The god of this world has blinded
the minds of unbelievers.”*

THE ENEMY OF PEACE

The Scripture
Warns us of 4 Dangers :

- Defiled Mind —
- Blinded Mind —
- **Darkened** Mind —

Ephesians 4:17-18

“They are darkened in their understanding and separated from the life of God.”

THE ENEMY OF PEACE

The Scripture
Warns us of 4 Dangers :

- Defiled Mind —
- Blinded Mind —
- Darkened Mind —
- **Rebellious** Mind —

Romans 8:7

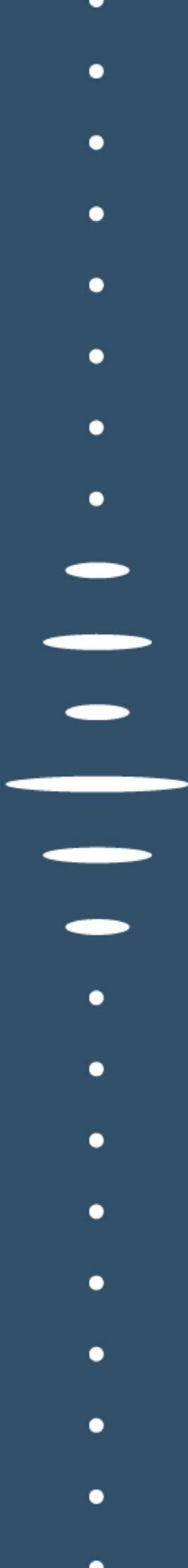
*“The mind governed by the flesh is
hostile to God.”*



Isaiah 26:3-4

*“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.”*

WHAT CAN WE
LEARN TODAY
AS TO SET THE
FOUNDATION/
OPENING of this
series?



#1- GOD
WANTS TO
KEEP YOU IN
PEACE

Isaiah 26:3-4

***“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.”***

THE PROMISE OF PEACE

*“You **keep** him...” (v.3a)*

The word “*keep*” in Hebrew
=means to **guard**, to **watch** over,
preserve, or protect — it’s active,
not passive.



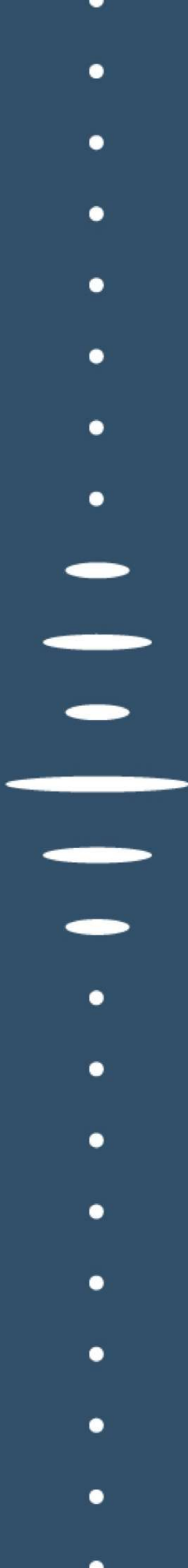
*“The peace of God, which surpasses all
understanding, will guard your hearts and
minds in Christ Jesus.”*

Philippians 4:7

THE PROMISE OF PEACE

*You don't have to chase peace —
you can **rest** in the One who
keeps it.*

God doesn't just give peace;
He **keeps** you in peace.



#2- GOD
OFFERS
WHOLENESS
NOT JUST
CALM

Isaiah 26:3-4

*“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.”*

THE NATURE OF PEACE

“In perfect peace...” (v.3b)

In Hebrew, the phrase is literally means “**shalom shalom**” — peace repeated twice.

- “**Perfect peace**” (shalom shalom) means **total well-being** — emotional, spiritual, mental, and relational wholeness.

It's not just “I'm okay for now.”
It's *“I'm steady no matter what.”*

THE NATURE OF PEACE

“Perfect peace” (shalom shalom):
it means **more than** the absence
of conflict : it means...

- Wholeness of **being**;
- Soundness of **mind**;
- Harmony in **relationships**;
- Rest in your **spirit**;

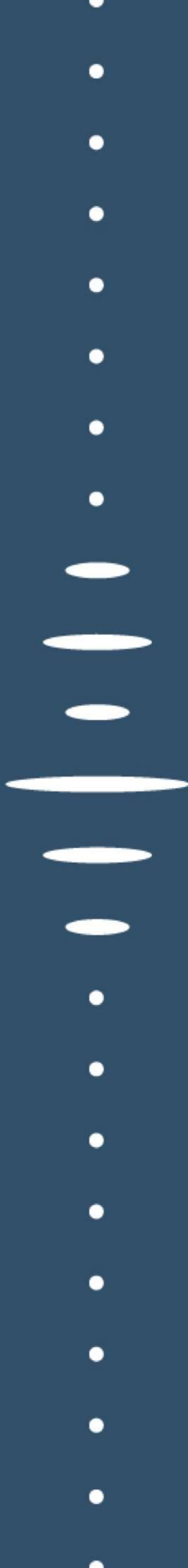


*Jesus said, "Peace I leave with you; My
peace I give you. I do not give to you as the
world gives."
John 14:27*

THE NATURE OF PEACE

God doesn't promise to take us out of the storm, but to bring us into the calm of His presence in the middle of it."

God's peace doesn't depend on what's happening around you but on who's reigning within you.



#3- GOD
CALLS US TO
FIX OUR MIND
ON HIM

Isaiah 26:3-4

*“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.”*

THE CONDITION OF PEACE

*“whose mind is **stayed** on You...”*
(v.3c)

The Hebrew word for “*stayed*” :
“*sawmak*” means “to **lean** on, to
rest upon, to be **supported** by.”

It comes from the root “to prop,”
and has the idea “to lean upon or
take hold of...bear up, establish,
uphold, lay, lean, lie hard, put, rest
self, set self, stand fast, stay (self),
sustain.”



THE CONDITION OF PEACE

Peace comes when our mind **leans fully on God's truth**, not on our fears or what-ifs — not on the world, not on worry.

A mind that is **stayed** on God is:

- **Anchored**, not anxious.
- **Focused**, not fragmented.
- **Trusting**, not trembling.



**A compass always points
north no matter how you
turn it. Likewise, a mind
stayed on God always
returns to peace no matter
what direction life spins.**

A dramatic illustration of Jesus walking on water towards a boat of disciples during a storm. Jesus, on the right, is shown in a long robe with his arms outstretched, walking on the dark, choppy sea. To his left, a small wooden boat with several figures inside is visible. The sky is dark and filled with heavy clouds, with bright lightning bolts striking down. The overall mood is one of divine power and miraculous intervention.

When Peter **walked** on water,
as long as his eyes (**fixed**/
focus) were on Jesus, he
walked above the waves.

A dramatic scene of Jesus walking on water towards a small boat in a storm. Jesus, on the right, is dressed in a long robe and has his arms outstretched. A path of light leads from him to a small boat on the left, where four people are inside. The sky is dark and filled with lightning, and the water is choppy. The text 'The storm didn't change — his *focus* did. Peace was not about the **storm** — it was about his **focus**.' is overlaid on the right side of the image.

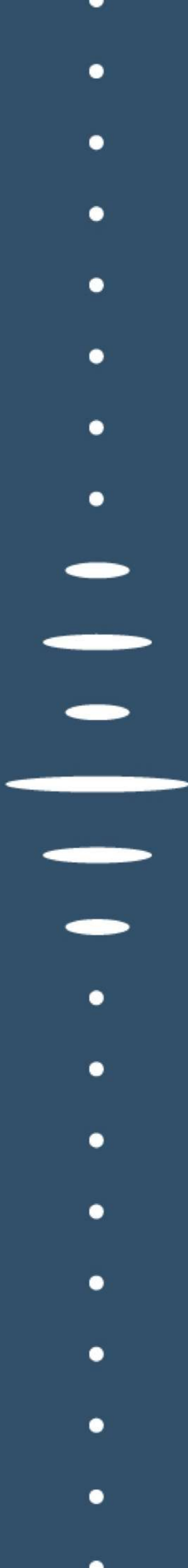
**The storm didn't change —
his *focus* did. Peace was not
about the **storm** — it was
about his **focus**.**

THE CONDITION OF PEACE

Peace follows focus.

What you **fix** your mind on
determines what **fills** your heart.

What your mind **stays** on
determines whether you **stand** in
peace or **fall** into pieces.



#4- GOD
INVITES US
TO TRUST
HIM
COMPLETELY

Isaiah 26:3-4

*“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.”*

THE FOUNDATION OF PEACE

*“... because he **trusts** in you.
Trust in the Lord forever, for the
Lord God is an everlasting rock.”
(V3d-4)*

The word “**trust**” (*Heb : batach*)
means be bold confident, secure,
sure, careless one, put
confidence, make to hope, put.

THE CONDITION OF PEACE

Isaiah says, “*Trust in the Lord forever, for the Lord God is an **everlasting rock**.*”

- That means He’s solid, stable, unshakable — unlike this shifting world.



**GOD IS THE
KEEPER OF
PEACE**

**OUR MIND IS
THE CARRIER OF
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.”***

Isaiah 26:3-4



**The
Promise**
In summary

**OUR TRUST IS
THE CONDITION
FOR PEACE**

Application Questions

For Group
discussion

1-What are some things that have been **stealing** your peace lately?
Which of the four “worldly minds” (defiled, blinded, darkened, rebellious) do you sometimes **struggle** with most?

2-What does it practically look like for you to “stay your mind on God” this week? Or
In what area of your life do you need to *trust the Lord forever?*