Winning The Battle Of The Mind

# Perfect Peace Of Mind





Isaiah 26:3-4

Perfect peace of mind comes when we fix our minds
on God.

### Our Minds Today:

Distracted Overthinking Antious

Vistracted Distressed Overly-entertained Overwhelmed Restless Attention deficit Information overload Crowded

Wednesday 05 Nov 2025



# Average Malaysian spends 141 days a year browsing Internet — data

By Surin Murugiah / theedgemarkets.com

28 Jan 2022, 10:18 am

#### STRAITSTIMES BUSINESS TIMES

Malaysians spend 8 hours online daily, among region's heaviest internet users

By New Straits Times October 29, 2025 @ 10:04am







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# The world brings not peace, but chaos into our minds

#### The Bible Warns Us

- Defiled Minds (Titus 1:15)
- Blinded Minds (2 Corinthians 4:3-4)
- Numb/Darkened Minds (Ephesians 4:17-18)
- Rebellious Minds (Romans 8:7)

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#### Isaiah 26

- Song of praise
- Time of oppression and hardship
- A glimpse of resurrection hope
- Celebrates God's faithfulness the promise of perfect peace in the midst of chaos for those who trust Him

Isaiah 26:3-4

# Perfect Peace (Shalom)

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Peace, completeness, welfare, well-being, safety, soundness

# Perfect Peace (Shalom)

- Not an absence of problems
- Not dependent on external circumstances
- Quiet confidence
- Hopeful outlook
- Inner rest

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Trusting God

Isaiah 26:3-4

# Stayed On You (Sawmak)

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To establish firmly, to fasten upon, to lean on, to fix, to sustain by, to stand on, to rest upon God

Isaiah 26:3-4

## John 14:27 - Jesus promised us peace

- Peace I leave with you; my peace I give to you.
- Not as the world gives do I give to you.
- Let not your hearts be troubled,
- neither let them be afraid.

## John 14:27 - Jesus promised us peace

- I have said these things to you that in me you
- may have peace. In the world you will have
- tribulation. But take heart;
- I have overcome the world.

# Perfect peace of mind comes when we fix our minds on God.