

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 24

WEEK 24

Isaiah 26:3 (NIV)

“You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.”

Life often feels like a whirlwind. Between responsibilities at work, family obligations, unexpected challenges, and the heaviness of the world around us, we can tend to feel very far away from any type of peace. Peace can feel very foreign and unattainable when we focus on the world and everything in it. Yet in the scripture above, we are given a profound promise: God Himself will keep us in perfect peace...if our minds remain steadfast and anchored in Him.

This is not just a fleeting calm or a temporary relief—it's a deep, abiding peace that goes beyond circumstances. The Hebrew phrase for "perfect peace" is shalom shalom, which means wholeness, completeness, and security. It's not something we can manufacture on our own. It is a gift from God to those who trust Him fully.

All of God's Promises come with a condition or a step of faith that is required on our part prior to the promise. The promise of this scripture is perfect peace. The condition is that our minds must be steadfast, trusting in God.

We often think peace comes when everything is under control: bills are paid, relationships are wonderful, or our health is good. But this scripture tells us that peace is rooted in trust and not our circumstances. Peace is not dependent on everything going right. Instead, it flows from a deep trust in the One who is in control, even when life is not. Our minds naturally wander toward worry, fear, and the “what ifs” of life. But to have a steadfast mind requires that we have a disciplined mind so that we bring our thoughts back to God’s truth repeatedly.

So, how do we live in this perfect peace each day?

1. Anchor ourselves in God’s Word. When worries rise, counter them with scripture. Write down verses about God’s faithfulness and speak them out loud.

2. Practice surrender daily. Start each morning by releasing your concerns to God. Sometimes peace begins with simply saying, “Lord, I trust You with this.”

3. Guard your focus. What we feed our minds will determine whether peace or fear takes root. By increasing the time you spend in worship, prayer, and reading scripture, it will limit the negativity in your mind.

4. Remember God's track record. Look back on how God has carried you before. His faithfulness in the past is evidence of His care for the future.

Remember, peace is not found in the absence of problems, but in the presence of God. When our eyes are fixed on Him, He steadies our steps, calms our hearts, and fills us with His perfect peace.

READ:

John 14: 27

Philippians 4: 6–7

Colossians 3: 15

Psalms 46: 1–3

Romans 8: 6

REFLECT:

- When have you experienced God's peace in the past? What did that moment teach you about His character?
- What do you feel like is currently stealing your peace? And how can you surrender each of this to God today?
- What practical steps can you take this week to keep your mind steadfast on God (examples: memorizing or writing out scripture, setting times for prayer, worship, reading bible)?

PRAYER:

Father God, Thank You for Your promises. Your promises are true, and You are faithful. Lord, help me to keep my mind fixed on You even while the world is screaming loudly at me to focus on it. I need Your peace, God. Bring to my mind any areas of my life that I need to surrender to You and help me to trust You with everything. In Jesus name I pray. Amen.