

FROM OVERWHELMING FEAR TO PERFECT PEACE

Isaiah 26:3 ESV

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

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**First, we have to make sure we are building our
lives on a solid foundation.**

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Matthew 7 ESV

24 "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.

25 And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.

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Matthew 7 ESV

26 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand.

27 And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

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**If we build our lives on what God's Word says we
will be able to weather storms of live.**

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1 Peter 2 ESV

4 As you come to him, a living stone rejected by men but in the sight of God chosen and precious,

5 you yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.

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1 Peter 2 ESV

6 For it stands in Scripture:

“Behold, I am laying in Zion a stone, a cornerstone chosen and precious and whoever believes in him will not be put to shame.”

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Part of building our lives on the Word of God is listening to what the Bible says about Jesus Christ and how we are to “come to Him” and believe in Him.

Doing so gives us access to the peace that on God can give us.

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This verse tells us a key way to experience the perfect peace of God is to focus on God (a mind “stayed on” on God is focused on Him).

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**This verse also expresses the fact that TRUST IN
GOD is key to experiencing His peace**

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How can we grow in trusting God?

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**We grow in trusting God as we grow in our
understanding of Him as revealed in the Bible.**

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We grow in trusting God as we act on what God shows us in His Word.

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John 14:21 ESV

Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him

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**We grow in trusting God as let go of our ideas of
how things should go in life.**

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Proverbs 3:5-6 ESV

5 Trust in the Lord with all your heart, and do not lean on your own understanding.

6 In all your ways acknowledge him, and he will make straight your paths.

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We grow in trusting God as we turn to God in prayer.

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Philippians 4:6-7 ESV

6 do not be anxious about anything, 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 your minds in Christ Jesus.

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Psalm 5:11 ESV

But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you.