

## We Can Have Peace of Mind and Heart

Message 2 of 3 in the series: "With God's Help, We Can!"

### A. God wants our lives to shine out like bright lights of peace of mind and heart in our fearful, exhausted, stressed-out culture.

"Live clean, innocent lives as children of God, **shining like bright lights** in a world full of crooked and perverse people." Philippians 2:15b (NLT)

"Be careful to live properly among your unbelieving neighbors. Then even if they accuse you of doing wrong, **they will see your honorable behavior**, and they will give honor to God when he judges the world."

1 Peter 2:12 (NLT)

**IMPORTANT!** With God's help, we can do this. **"I am leaving you with a gift—peace of mind and heart.** And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27 (NLT)

**IMPORTANT!** We receive peace of mind and heart when we allow Christ to rule in our hearts. **"And let the peace that comes from Christ rule in your hearts.** For as members of one body you are called to live in peace." Colossians 3:15a (NLT)

### B. With God's help, we can make some lifestyle changes that will help us have peace of mind and heart.

1. We can devote one day each week to the Lord as a sabbath day.

**IMPORTANT!** As New Testament Christians, we are NOT required to observe the Sabbath day in order to have a right relationship with God. "So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or **Sabbaths**. For these rules are only shadows of the reality yet to come. And Christ himself is that reality." Colossians 2:16-17 (NLT) That being said, Jesus also made it clear that God's intent behind the Sabbath day was that it be a benefit to all mankind. "Then Jesus said to them, **'The Sabbath was made to meet the needs of people**, and not people to meet the requirements of the Sabbath.'" Mark 2:27 (NLT)

- A weekly sabbath day gives us time to worship God and delight in Him. "Keep the Sabbath day holy. Don't pursue your own interests on that day, but **enjoy the Sabbath and speak of it with delight as the LORD's holy day**. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the LORD will be your delight." Isaiah 58:13-14a (NLT)

"**I was glad** when they said to me, 'Let us go to the house of the LORD.'" Psalm 122:1 (NLT)

**IMPORTANT!** We can delight in surrendering to God's rule in our hearts because we can trust that He wants what's best for us more than we do. **"The Lord says, 'I will guide you along the best pathway for your life.** I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.'" Psalm 32:8-9 (NLT)

- A weekly sabbath day gives us time to be still and pray. **"Be still** and know that I am God!" Psalm 46:10a (NLT) "But Jesus often **withdrew** to lonely places and prayed." Luke 5:16 (NIV)
- A weekly sabbath day gives us time to rest and recharge. "Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a **Sabbath day of rest dedicated to the Lord your God**. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day." Deuteronomy 5:12-15 (NLT)

**IMPORTANT!** God did not create us to be working machines. "It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for **God gives rest to his loved ones**." Psalm 127:2 (NLT)

Some ideas for making the most of a weekly sabbath day:

- Attend worship together as a family.
- Invite a neighbor to join you for worship and brunch/lunch.

- Take a nap.
  - Spend an hour reading the Bible and praying.
  - Unplug for an afternoon. (No radio, video games, cell phones, email, internet, social media, or TV)
  - Prayerfully review your schedule for the upcoming week and discuss calendars with your family.
  - Visit/call/reach out to someone the Lord has placed on your heart.
  - Go for a leisurely walk.
  - Have dinner together as a family and discuss what's going on in everyone's life. Then pray for each other.
  - Go to bed early.
2. We can limit our daily screen time.

Limiting our screen time helps us have more peace of mind and heart by keeping us away from negative, filthy, false, or deceptive content/conversations that can drag our hearts and minds into frightening, selfish, and sinful places. **“Run from anything that stimulates youthful lusts.** Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” 2 Timothy 2:22 (NLT)

**WARNING!** The devil is constantly tempting us to feed the desires of our old sinful nature through all forms of media because he wants to rob us of peace of mind and heart. “So letting your sinful nature control your mind leads to death. But **letting the Spirit control your mind leads to life and peace.**” Romans 8:6 (NLT)

**“Stay alert! Watch out for your great enemy, the devil.** He prowls around like a roaring lion, looking for someone to devour. **Stand firm against him, and be strong in your faith.** Remember that your family of believers all over the world is going through the same kind of suffering you are.”

1 Peter 5:8-9 (NLT)

3. We can devote time each morning to Bible reading and prayer.

- Devoting time each morning to Bible reading and prayer brings us more peace of mind and heart because it helps us fix our thoughts on God rather than our circumstances. **“You will keep in perfect peace all who trust in you,** all whose thoughts are fixed on you!” Isaiah 26:3 (NLT)
- Devoting time each morning to Bible reading and prayer brings us more peace of mind and heart because it changes the way we think. “And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.** Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. **Then the God of peace will be with you.**” Philippians 4:8-9 (NLT)

**IMPORTANT!** We can tell how much peace of mind and heart we have by what we say/post. “A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” Luke 6:45 (NIV)

**IMPORTANT!** With God's help, we can do these things. “For God is working in you, giving you the desire and the power to do what pleases him.” Philippians 2:13 (NLT)

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### Connect Group Questions:

1. Read John 14:7 & Colossians 3:15. How valuable to you is peace of mind and heart? Why can't the world give this to us?
2. Describe someone you know who works way too much. Why do they do it? How would they benefit from a weekly day of rest? (Deuteronomy 5:12-15, Psalm 127:2)
3. What does it look like to delight in worshiping the Lord? (Isaiah 58:13-14, Psalm 122:1)
4. What do you think Jesus meant when He said, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath”? (Mark 2:27)

5. Discuss the following statements:

- Limiting our screen time helps us have more peace of mind and heart by keeping us away from negative, filthy, false, or deceptive content/conversations that can drag our hearts and minds into frightening, selfish, and sinful places. (2 Timothy 2:22)
- The devil is constantly tempting us to feed the desires of our old sinful nature through all forms of media because he wants to rob us of peace of mind and heart. (Romans 8:6,1 Peter 5:8-9)
- Devoting time each morning to Bible reading and prayer brings us more peace of mind and heart because it helps us fix our thoughts on God rather than our circumstances. (Isaiah 26:3)
- Devoting time each morning to Bible reading and prayer brings us more peace of mind and heart because it changes the way we think. (Philippians 4:8-9)
- We can tell how much peace of mind and heart we have by what we say/post. (Luke 6:45)