

Cultivating a Mind Stayed on God

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Isaiah 26:3-4 (NKJV) You will 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.

(AMP) You will keep in perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You in both inclination and character], because he trusts and takes refuge in You [with hope and confident expectation].

Our minds have a way of taking us to places that rob us of peace. They either transport us to our past and fill us with shame for previous failings, or they create ideas of the future that instill anxiety and unrest in our souls.

We cannot undo the past, and we most certainly cannot live in the future; we can only live in the present. How do we keep the failures of the past and fears of the future from robbing us of peace in the present? How do we live with peace while walking through the craziness of life?

The verses we read offer us a roadmap for navigating the craziness of life with a steadfast mind and unwavering trust in God. Isaiah's words assure us that when our thoughts are anchored in God and we wholeheartedly rely on Him, He will keep us in perfect peace.

Context: The prophet Isaiah knows and has prophesied that all nations will be judged by God for their sins. Yet he also declares that God has promised, in His mercy, to restore those who place their trust in Him. The prophet knows that although people may sometimes be unfaithful to God, God always remains faithful to His people.

Isaiah's message is one of hope and redemption for God's people. In this passage, he encourages the Israelites and future generations to draw near to God and place their trust in Him. Only then will they find perfect peace even when things around them are in turmoil.

To live with peace has more to do with an inward state of being than with outward conditions.

Consider Jesus sleeping at the stern of the boat as the storm on the sea rages while everyone on the boat is in a panic. This is the picture of absolute peace.

We can never avoid strife in the world around us, but we can know perfect peace even in the midst of the storm.

The key is to keep our thoughts on Yahweh.

As Christians, we talk about Yahweh every day, but what we really know about Him makes all the difference in the world when it comes to living with peace.

The book of Isaiah is filled with popular and frequently used passages about who God is and how He is still with us today. You and I can find peace and courage from the truth of His word that never changes.

I find that fear loses its grip on my mind when I focus on the truth concerning God and what He has said to me through His word.

If you find yourself needing encouragement and hope today, or help fighting fear and worries, here are a few truths about God to focus on:

1. He doesn't grow tired of you

Isaiah 40:28-29 (NKJV) Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. ²⁹ He gives power to the weak, and to those who have no might He increases strength.

God is not asleep, and He is aware of what we are going through. He created the cosmos and knows exactly what He's doing. We'll never fully grasp how things operate, but we may be confident that He doesn't get tired of us. We cannot wear Him down. He does not give up on us. We can take comfort in the fact that He empowers and strengthens the weak.

2. He is our creator and redeemer

Isaiah 43:1-3 (NKJV) But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you.

God tells the people that He is their creator and redeemer. Even though they will walk through challenging times, they will not be consumed by the things they face. They are to trust Him with their life. He is their God and Savior who ransomed them from slavery.

This is a specific word for the people of Israel, but it is also a word for us. For God is our Creator, the one who formed us and ransomed us from slavery to sin with the very life of His one and only Son, Jesus.

We may pass through the waters, but He is with us. We may cross the treacherous rivers of life, but we will not be overwhelmed with grief and sorrow. We may walk through the fire of trials, but we will not be consumed with fear. He is our peace, our creator, and redeemer.

3. He is our God and supporter

Isaiah 41:10 (NLT) Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Isaiah 41:10 (AMP) Do not fear [anything], for I am with you; Do not be afraid, for I am your God. I will strengthen you; be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].

Isaiah 40:30-31 (NLT) Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

There is no peace where fear resides, and where fear resides, there is weariness of mind, and where there is weariness of mind, there is discouragement. But when we intentionally focus on God and His faithfulness, our strength is renewed so that we can move into our God-given purpose and destiny.

We don't have to let our past failures and fear of the future hold us captive. God is always doing something new.

4. He is doing something new

Isaiah 43:18-19 (NKJV) "Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert."

God instructs the people of Israel to stop reminiscing about how things used to be and start looking to the new things He is about to do in them and through them.

It's so easy for us to think that the best of life is behind us and that we are now in the twilight years of our life, waiting for the clock to unwind and give its last tick. But God is always doing something new.

2 Corinthians 4:16 (NKJV) Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.

5. He is our guide and sustainer

Isaiah 58:11 (ESV) And the LORD will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.

God not only walks with us, He leads us to a place of rest and refreshes us when we are emotionally tired and worn out.

Psalms 23:1-3 (NKJV) The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.

God is the creator who redeemed us from the slavery of sin and the fear of death through Christ, His Son. He is our strength, our guide, our sustainer, and our provider, who leads us into green pastures and by still waters. He is the rock of our salvation. He is our peace!

Isaiah 26:3-4 (NKJV) You will 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 Isaiah penned so many years ago through God's leading is real hope that flows through its pages, offering us assurance in a world that often seems dark and uncertain. It is a hope built on the goodness of God offered through the gift of His Son, Jesus, who promises comfort for the weary, deliverance from sin, restoration in the midst of brokenness, and courage when we face fear.

Isaiah 61:1-3 (NKJV) "The Spirit of the Lord GOD is upon Me, because the LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified."

This is the passage that Jesus read after overcoming the temptations of the devil and coming out of the wilderness (Luke 4).

When we fill our hearts and minds with the truth of who God is and what He has done through Christ, faith matures in our hearts and peace floods our soul.

Practical Steps for Cultivating a Mind Stayed on God

1. Seek God through prayer

In prayer, we pour out our hearts to God, seeking His guidance and wisdom while finding solace in knowing that He hears and cares about us. It is in these times that we invite God to align our thoughts and concerns to His will, allowing His peace to fill our soul.

Philippians 4:6-7 (NKJV) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

2. Fill your mind with His Word

God's word is His thoughts. When we read, study, memorize, and meditate on the word of God, it begins to shape our minds and way of thinking and seeing things in life.

God's word is the source of wisdom and guidance. Actively engaging with it enables us to fill our minds with the truth about who God is and His promises. The word of God becomes a compass that directs our minds away from distractions and towards the peace of knowing who He is.

Philippians 4:8 (NKJV) Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy meditate on these things.

3. Let go of worry and fear

Worry and fear are like weights that keep us from running the race that is before us. They also rob us of peace.

No amount of worry has ever changed anything. This is why Paul tells us to worry about nothing and pray about everything.

1 Peter 5:6-7 (NKJV) Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

1 Peter 5:8-10 (NKJV) Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. To Him be the glory and the dominion forever and ever. Amen.

By implementing these practical steps, we create an environment that nurtures a mind stayed on God. As we seek Him through prayer, fill our minds with His Word, and surrender our worries

to Him, we will develop a habit of trust. It is in this place that we experience the transformative power of perfect peace.

Benediction: Romans 15:13 (NKJV) Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

2 Thessalonians 3:16 (NKJV) Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all.