

## **Sermon Notes: Finding Peace in a Busy Mind**

Date: May 25, 2025

Series: Soul Restoration: Body – Mind – Spirit (Part 2: Mind)

Preacher: Taylor Buschman

Scripture Focus: Isaiah 26:3

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### **Welcome, and Series Introduction:**

Good morning, Transformation Church! We welcome you with joy—whether you're here in person or joining us online. We continue our Soul Restoration series as we pursue restoration in our bodies, minds, and spirits through Christ.

Today, we turn our attention to the mind with the message titled "Finding Peace in a Busy Mind." We live in a world filled with constant motion, noise, and distraction. Anxiety surrounds us. But God offers peace that transcends our circumstances. We anchor today's message in Isaiah 26:3: "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Let's explore how to find peace amidst the chaos of daily life.

### **Point 1: A Busy Mind Blocks Peace**

- We live in an era of nonstop information.
- Our notifications, news, social media, and to-do lists keep our minds overloaded.
- When mental clutter overwhelms us, we struggle to focus on God or sense His presence.
- Illustration: Picture walking into a room covered in scattered clothes, boxes, and mess. You can't think or rest until you clear the space. Our minds operate the same way.
- Application: Start by identifying what clutters your thoughts. What worries, fears, or distractions demand your mental energy?

- Scripture Tie-In: Philippians 4:6-7 urges us to present our anxieties to God with thanksgiving. His peace then guards our hearts and minds.

### **Point 2: Focus Creates Peace**

- Isaiah reveals that God grants perfect peace to steadfast minds.
- A steadfast mind remains anchored—secure, focused, unwavering.
- Peace doesn't result from silence but from spiritual focus—fixing our minds on God.
- When we focus our attention on God's truth and character, peace begins to settle in.
- Quote: "Peace does not dwell in outward things, but within the soul." — François Fénelon
- Application: Build focus by spending time in Scripture, journaling, breathing prayers, and practicing quiet reflection. Release what you can't control. Grasp what God has promised.

### **Point 3: Trust Sustains Peace**

- Isaiah 26:3 ties peace to trust: "because they trust in You."
- Trust births peace. Trust believes that God is good, sovereign, and near.
- Trust doesn't rely on feelings; it chooses to believe God's promises.
- Illustration: Think of someone floating on water. The more they flail, the more they sink. But when they trust the water to hold them, they stay afloat. We remain at peace with God by choosing to trust Him.
- Scripture Reinforcement: Proverbs 3:5-6 tells us to trust God fully, lean not on our understanding, and watch Him direct our paths.

### **Sermon Summary:**

- Perfect peace doesn't come from ideal conditions.
- We find peace when we declutter our minds, focus on God, and trust Him completely.
- Declutter. Refocus. Trust. Peace will follow.

### **Call to Action:**

- Identify the mental clutter and surrender it to God.
- Memorize Isaiah 26:3 and pray it throughout your week.
- Set aside five minutes daily to be still in God's presence.

**Closing Prayer:**

Heavenly Father, we thank You for offering peace even in our busiest moments. We admit that our minds often spin with distractions and fear. Today, we ask You to declutter our thoughts and center our minds on You. Keep us in perfect peace as we remain steadfast in Your Word and promises. Teach us to trust You deeply. Let Your presence still be in our racing minds and renew our spirits. In Jesus' powerful name, we pray, Amen.