

Congregation Notes

May 24, 2026

Inside Out: Faith for Your Inner Life, Part 3

Peace of Mind [Mind in Pieces]

Text: Colossians 3:15–16 (NKJV) - “And let the peace of God rule in your hearts... Let the word of Christ dwell in you richly...”

UNDERSTANDING BIBLICAL PEACE

Paul writes Colossians:

- from prison
- under pressure
- in uncertainty

Yet he says: “Let the peace of God **rule** in your hearts.”

The word “rule” means:

- umpire
- govern
- arbitrate

I. PEACE KILLERS — WHAT DISRUPTS THE MIND?

1. Constant Comparison

- **2 Corinthians 10:12**
- Comparing your real life to someone else’s highlight reel destroys peace.

“Comparison is the thief of joy.”

2. Fear Controlling the Mind

- **2 Timothy 1:7**
- Fear rehearses disaster before anything happens.

Truth: Fear may visit, but fear does not have to govern.

3. Living in the Past or Future

- **Matthew 6:25–34**
- Depression often pulls backward
- Anxiety often pulls forward
- Peace lives in the present with God

4. Trying to Control Everything

Trying to control:

- people
- outcomes
- timing
- circumstances

creates emotional exhaustion.

5. Toxic Relationships

Chaos, offense, drama, and manipulation will eventually affect your peace.

Truth: You cannot consistently live in emotional chaos and expect inward calm.

6. Being Your Own Worst Critic

- self-condemnation
- shame
- self-loathing

Conviction leads to growth. Condemnation destroys peace.

II. PEACE BUILDERS — HOW GOD RENEWS THE MIND

1. Let the Word Shape the Mind

- **Colossians 3:16** - “Let the word of Christ dwell in you richly...”

Truth: Whatever consistently fills your mind eventually shapes your life.

- If your mind is filled with outrage, your life will reflect agitation.
- If negativity dominates your thoughts, discouragement will dominate your outlook.
- If you live life in fear, you’ll make decisions from panic instead of purpose.
- A noisy life often produces a restless soul.

2. Worship Your Way Through

Paul and Silas worshiped in prison.

Truth: Worship interrupts emotional spirals.

3. Speak Life

- **Proverbs 18:21**

Peace grows when truth becomes louder than fear.

4. Turn Down the Noise

Jesus often withdrew to quiet places. Silence is not emptiness. Sometimes silence is where God repairs the mind.

5. Share the Burden

- **Galatians 6:2**

You were never meant to carry everything alone.

FINAL ENCOURAGEMENT

Biblical peace is not:

- emotional numbness
- pretending problems do not exist
- denial

Biblical peace is: stability in the middle of instability.