

Take 5

WITH
PASTOR MIKE



A DAILY MOMENT.
GOD'S TRUTH.
LASTING IMPACT.



A MINISTRY OF HEARTSWAY BAPTIST CHURCH

WEEK FIVE • PEACE THAT PASSES UNDERSTANDING



WEDNESDAY



KEY TRUTH

A mind continually
fixed upon God
becomes a heart
continually supported
by peace.

Perfect Peace

TODAY'S SCRIPTURE (KJV)

Isaiah 26:3

*"Thou wilt keep him in
perfect peace, whose
mind is stayed on thee:
because he trusteth in
thee."*

Good Morning!

Our thoughts rarely remain empty. If they are not intentionally directed, they often drift toward fear, regret, comparison, or imagined trouble.

Isaiah connects perfect peace with a mind stayed upon God. This does not mean ignoring reality. It means viewing reality through the truth of God's character, promises, wisdom, and power.

A stayed mind repeatedly returns to the Lord. When anxiety wanders in, faith turns again toward Scripture. When uncertainty grows, trust remembers that God is already present in tomorrow.

Pay attention to where your mind rests today. You cannot always choose what enters your thoughts, but you can choose what receives your attention. Fix your mind upon God and let His truth steady your heart.



TAKE FIVE CHALLENGE

Take five intentional minutes today.

- 1 Read Isaiah 26:3 slowly.
- 2 Identify one thought stealing your peace.
- 3 Replace it with a promise from Scripture.
- 4 Spend five minutes focusing upon God's character.
- 5 Send an encouraging verse to someone today.



SONG FOR THE JOURNEY

"Like a River Glorious"
— Frances R. Havergal



Stayed upon Jehovah, hearts are fully blest.

Steady peace flows from a heart that rests confidently in God's perfect wisdom and care.



SHARE THE BLESSING

Help someone redirect an anxious thought by gently pointing them toward a specific promise from God's Word.



PRAYER

Faithful God, keep my mind stayed upon You. Interrupt fearful thoughts with truth, quiet regret with grace, and replace imagined trouble with trust. Teach me to return continually to Your Word and rest in Your unchanging character. In Jesus' name, Amen.

Walking with you in Christ,

Pastor Mike

Heartsway Baptist Church

Doing God's work, God's way,
in Jesus' name!

THE GOSPEL IN ONE VERSE

*"For God so loved the world, that
he gave his only begotten Son, that
whosoever believeth in him should not
perish, but have everlasting life."*

John 3:16 (KJV)



PASTOR MIKE'S THOUGHT

Peace grows wherever the mind learns to return repeatedly to the faithfulness of God.



TOMORROW'S TAKE FIVE

Week Five • Thursday • Peace in the
Storm • Mark 4:39 (KJV)



Heartsway
Baptist Church

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Sharing God's Truth
Building God's People
Changing Lives