

Trust God with Your Thoughts · Week 14 | Day 1

· Scripture ·

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

Isaiah 26:3

· What We're Learning Today ·

Trusting God isn't just about big decisions, it shows up in your thoughts. In what you replay in your mind, worry about, and what you can't seem to let go of. And if we're being real, that's where a lot of the struggle is. Isaiah 26:3 reminds us: peace isn't found in having everything figured out. It's found in fixing your mind on God.

· Did You Know ·

Peace is often less about your situation and more about your focus.

· Real Life Example ·

You may not be able to control every thought, but you can choose where your mind stays.

· Prayer ·

Dear God,
Help me trust You with my thoughts and choose to focus on
You.
Amen.

· Activity ·

What have you been holding onto in your thoughts instead of
giving to God?

· Optional Supplies ·

Bible, Journal, Pen or Pencil

· Looking Ahead ·

Tomorrow we will learn how to commit our lives and situations
fully into God's hands.