

Study Guide

From Overthinking to Perfect Peace

Isaiah 26:3 (KJV)

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

This guide is designed for:

- Personal reflection
 - Small group discussion
 - Leadership circles
 - Women’s Bible study settings
 - Journal-based spiritual growth
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SECTION 1: Understanding Overthinking

1. Define It Honestly

In your own words, what does overthinking look like in your life?

- What situations trigger it most?
- Is it connected to fear? Rejection? Control? Failure? Uncertainty?
- When do you notice it most — at night? Before decisions? After conversations?



Journal Prompt:

“What thought pattern has been looping in my mind lately?”

2. Distinguish Wisdom from Anxiety

Read James 1:5 and Matthew 6:27.

- What is the difference between seeking wisdom and spiraling in fear?
- Does your thinking lead to clarity or confusion?
- Does it produce peace or tension?

Reflection:

Is my thinking productive or protective?

SECTION 2: The Promise of Perfect Peace

Read Isaiah 26:3 slowly three times.

1. What Does “Perfect Peace” Mean?

Research or reflect on the meaning of *shalom shalom*:

- Nothing missing
- Nothing broken
- Wholeness
- Completion

Questions:

- What area of your life feels “broken” or “unstable” right now?
- What would wholeness look like there?

 Journal Prompt:

“If I truly believed God would keep me in peace, I would...”

2. Peace vs. Circumstances

Read John 14:27.

- What is the difference between worldly peace and God’s peace?
- Do you wait for circumstances to change before expecting peace?

Reflection:

Am I chasing relief or cultivating trust?

SECTION 3: The Stayed Mind

Read Romans 8:6 and Philippians 4:7–8.

1. What Is My Mind “Stayed” On?

Be honest.


Is your mind stayed on:

- What could go wrong?

- What someone thinks?
- What hasn't happened yet?
- Your own understanding?

Or:

- God's promises?
- God's character?
- God's past faithfulness?

 Exercise: Write down your top three recurring thoughts this week.

Now ask: Are these thoughts aligned with Scripture?

2. Mental Habits

Overthinking is often a learned pattern.

- What thought habit have you normalized?
- Do you assume worst-case scenarios?
- Do you replay conversations excessively?

Reflection: What would it look like to retrain my mind?

SECTION 4: Trust — The Root Issue


Read Proverbs 3:5–6.

1. What Am I Trying to Control?

List the specific areas where you feel the need to:

- Predict outcomes
- Prevent failure
- Avoid rejection
- Secure approval

Now answer: Why is it difficult to trust God here?

 Journal Prompt:

“I struggle to trust God with _____ because _____.”

2. Surrender Exercise

Write a surrender statement:


“Lord, I release my need to control _____. I choose to trust You with _____.”

Say it out loud.

✨ SECTION 5: Breaking the Cycle

Practical Spiritual Action Plan

1. Identify your main trigger.
2. Choose one replacement Scripture.
3. Set a daily 5-minute stillness practice.
4. Reduce one source of mental noise this week.

 Action Commitment: “This week, I will practice staying my mind by _____.”

✨ Ponder this 🤔

1. What does overthinking cost you spiritually?
 2. How has overthinking affected your sleep, prayer life, or decision-making?
 3. What area do you struggle most to trust God in?
 4. What Scripture helps anchor your thoughts?
 5. What practical change can you implement immediately?
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✨ Reflection & Prayer Page

Read Psalm 131.

Quiet yourself for 2 minutes.

Then write:

- What am I ready to release?
- What truth will I hold onto?
- What does trust look like in action?

Close by praying:

“Lord, anchor my mind in You.”

Weekly Challenge

For 7 days:

When a spiral begins, say:

“That is not mine to carry.
My mind is stayed on Him.”

Then quote Isaiah 26:3 aloud.

Track what changes.
