

WHAT'S TRUE WHEN YOUR MIND WON'T QUIT

TRUTHS TO COME BACK TO WHEN YOUR THOUGHTS WON'T LET YOU REST.

Your mind never stops—the fears you rehearse, the scenarios you run, the voice that says you should be handling this better. Peace doesn't start by pretending those thoughts aren't there. It starts by having something truer to come back to. Read these truths slowly. Save them. Come back to them when your head gets loud.

DISTRACTION

When my mind is running all day and I haven't stopped once to connect with God—Peace doesn't come from getting through my list. It comes from staying connected to the One who holds it all. The Holy Spirit is with me right now, not waiting for me at the end of the day.

CONTROL

When I feel like I have to hold everything together or it all falls apart—God is in control of my life. I don't have to strive for peace. I can work from a place of grace, not a place of panic.

NEGATIVE THOUGHTS

When my inner dialogue is tearing me apart with negativity, self-criticism, or worst-case thinking—God has given me the authority to take those thoughts captive. I am winning the war in my mind by replacing what is false with what God says is true.

PRESSURE

When the weight of everything feels like too much to carry—I don't have to figure it all out before I pray. God invites me to bring bold, honest, unpolished prayers. Peace grows when I stop managing my life alone and start partnering with God in it.

MARRIAGE

When I'm so drained that I have nothing left for my marriage—God is shaping me into someone who is present and attentive to the person I married. Peace at home starts with being emotionally available, not emotionally empty. I'm choosing to show up, not shut down.

PARENTING

When I'm anxious about my kids and whether I'm doing enough—God hears my prayers for them. I am the parent he chose for my kids. Peace in parenting doesn't come from getting it all right. It comes from trusting that God is working in their lives, not just in mine.

HARDSHIP

When life gets painful and I want to quit—God gives me the grace to endure. Peace doesn't mean the absence of hardship. It means I can be honest with God in the middle of it and still choose to keep going. My pain is not the end of my story.

HEALTH

When I'm running on empty and treating my body like it's an afterthought—God designed this body to carry his purposes. Peace in my mind is connected to how I care for myself physically. I am choosing discipline, not punishment, because I want to be fully alive for the life God has given me.

MONEY

When I catch myself gripping tighter to my time, my money, and my comfort—Peace doesn't come from accumulating more. God has made me generous. My life, my resources, and my time are not just mine to protect. There is peace in open hands.

PURPOSE

When the chaos of today makes me forget what my life is actually for—I am a child of God, redeemed by his grace. Jesus is alive, and because of that, I have hope. Peace comes from knowing this life is not all there is. Everything I do is pointing toward eternity.

Peace isn't something you achieve once your life calms down. It's something you build one thought at a time, one truth at a time. Come back to these as often as you need to.

To learn more about the Path to Peace message series, visit saddleback.com/pathtopeace