

Week 4- Unshakable Women's Bible Study

5/26/26 Pastor Carolyn Shuttlesworth // www.carolynshuttlesworth.com

'A Sound Disciplined Mind' by Pastor Nancy Dufresne

Chapter 12- A Disciplined Mind In Prayer

Chapter 13- Perfect Peace

Week 4—Keeping a Sound & Disciplined Mind

Main Truth: When the mind is disciplined by God's Word, it learns to pray instead of panic and trust instead of torment.

(Week 3 Main Truth: Forget the past, stand through the test, and keep your joy.)

(Week 2 Main Truth: What you rehearse, you strengthen)

(Week 1 Main Truth: Your life will move in the direction of your dominant thoughts)

Scripture Focus:

Hebrews 4:16 (AMP)— Therefore let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence *and* without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].

1 Thessalonians 5:16-18 (AMP)—**16** Rejoice always *and* delight in your faith; **17** be unceasing *and* persistent in prayer; **18** in every situation [no matter what the circumstances] be thankful *and* continually give thanks *to God*; for this is the will of God for you in Christ Jesus.

Colossians 3:15 (AMP) — Let the peace of Christ [the inner calm of one who walks daily with Him] be the controlling factor in your hearts [deciding and settling questions that arise]. To this *peace* indeed you were called as members in one body [of believers]. And be thankful [to God always].

4 Key Points:

1. A disciplined mind goes to prayer first, not panic.

***An **undisciplined** mind reacts quickly.

***A **disciplined** mind responds spiritually.

When pressure comes, the natural tendency is to overthink, rehearse the worst, fight back, say our exact feelings, talk to anyone and everyone, type away on our social media pages, or mentally spiral.

But a disciplined mind has been trained to turn to God first. How? Praying in English and praying in the Spirit. It's our lifeline to Heaven. **Prayer is not a voicemail system — it's a live connection to heaven. He answers every call!**

Hymn — “What a Friend We Have In Jesus” (Poem in 1855 // Song 1868)

What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged,
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer;
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.

- Prayer is not a last resort. It is a first response!
- Prayer keeps the mind from being ruled by emotion. Kick emotions from the driver's seat.
- Prayer redirects attention from the problem to God. Your thinking shifts as you pray. As you exalt His name, peace fills your hearts.
- A praying person is not powerless. You are engaging heaven.

- When the mind is disciplined, it does not just think about the problem — it brings the matter before the Lord. There's action to faith.

*****When your mind is trained, pressure becomes a cue to pray, not permission to panic.**

Jeremiah 33:3 (AMP) — **3** Call to Me and I will answer you, and tell you [and even show you] great and mighty things, [things which have been confined and hidden], which you do not know *and* understand *and* cannot distinguish.

2. Prayer is how we refuse mental overload

We can carry problems mentally all day long. From the moment we wake until we lay our head down on the pillow at night.

What we do.....

We replay.

We forecast.

We worry.

We mentally manage outcomes.

We imagine every conversation and every possibility.

*****Prayer is how you unload what you were never meant to keep carrying.**

Psalm 55:22 (AMP) — Cast your burden on the Lord [release it] and He will sustain *and* uphold you; He will never allow the righteous to be shaken (slip, fall, fail).

What your prayer time does:

- Prayer releases burdens. Everything bottled up goes to Jesus.
- Prayer breaks mental cycling. No more hamster wheel.
- Prayer helps you exchange care for confidence.
- Prayer is not just asking; it is yielding, trusting, and releasing.
- A disciplined mind refuses to keep holding what it has already handed to God.

Your head may have gotten rattled during an opposition, but your spirit man remains unshakable. If you have really prayed about it, you should not still be carrying it the same way.

3. Perfect peace belongs to the stayed mind.

Peace is not just something God gives when life gets quiet.

Peace is something that flows when the mind stays fixed on Him.

A disciplined mind does not wander into every fearful thought and every possible outcome. It learns where to stay. Look at peace as an anchor.

- Perfect peace is connected to mental focus.
- Peace is not the absence of trouble; it is stability in the middle of it.
- A stayed mind is a fixed mind.
- Peace must be protected by what you allow your thoughts to dwell on.
- You cannot meditate on chaos all day and expect peace to dominate your life.

Nothing we activate from the Word is accidental. Peace is not accidental. It is the fruit of a mind that has learned where to stay.

Galatians 5:22-23 (AMP)— But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law.

*****Whatever your mind keeps sitting on will shape your level of peace.**

4. Peace must be practiced, not just desired.

Most people want peace, but not everyone trains for peace. Peace rules where the Word rules.

Peace is practiced when:

- You reject anxious thoughts.
- You return to the Word.
- You choose trust.
- You pray instead of rehearsing.
- You praise and worship instead of spiraling out of control.
- Your disciplined mind learns how to come back to peace quickly.

*****A peaceful life is built by repeated decisions to return your mind to God.**

Joshua 1:8 (AMP) — This Book of the Law shall not depart from your mouth, but you shall read **[and meditate on]** it day and night, so that you may be careful to do [everything] in accordance with all that is written in it; for then you will make your way prosperous, and then you will be successful.

*Page 132 // Chapter 12 — “As you pray the enemy will send every fiery dart against the mind, but these attacks come to try to distract you from the Spirit; he’s trying to hold you in the mental arena. Never back down from moving with God in prayer, but take with you to prayer an accurate and clear understanding of the Word of God; judge all things in the light of His Word.”
— Pastor Nancy Dufresne*

Page 141 // Chapter 13 — “As you grow in the correct knowledge of God’s Word, so does your peace — your peace is multiplied. As you gain knowledge of God’s Word and act on that Word, your mind becomes renewed, and the result is peace. As you see your all-conquering position in Christ and take your place in Christ, exercising your God-given authority, you will reign in life over all circumstances, and peace will be your flow.” — Pastor Nancy Dufresne

Final Weekly Challenge:

In the upcoming weeks, when something tries to disturb your mind, do these three things:

1. Pray immediately.

Do not let the thought sit and grow. Don’t keep watering it with more bad thoughts and confessions.

2. Release the burden.

Tell the Lord clearly what you are handing over to Him.

3. Re-center/Re-focus your mind.

Choose one Scripture and come back to it every time your thoughts try to drift.

4. Confess the Word.

Write down confessions to declare during the day. Tape them to your mirror. Keep them in your car. Keep them in your purse. But say them even if you don’t believe it or feel like it. Make it a reality!

Discussion Questions/Food for Thought:

- What am I still carrying that I need to release?
- What keeps pulling my mind out of peace?
- What truth do I need to stay fixed on this week?

NOTES:

OUR DAILY DECLARATION: Psalm 131

- I do not occupy myself with things too great.
- I have calmed and quieted my soul
- I bring my soul into rest before the Lord