



MESSAGE NOTES

In Quietness and Trust

Isaiah 30:15
James Brown

1. Christian meditation

Isaiah 30:15 “In repentance and rest is your salvation, in quietness and trust is your strength.”

Christian meditation is when we free our mind of everything else and choose to focus only on God and on His Word.

Psalm 1:2-3 Whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.

To meditate on God’s Word means to read it slowly, dwelling on it, repeating it over in your head and applying it to your life.

2. Peace in knowing God

Knowing God is the foundation for our peace. Our peace is based on His love and care for us.

Psalm 46:1-3 God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah

Matthew 10:29-31 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.

3. Peace in His presence

God is with us, He’s for us, He’s on our side. We have the peace of God’s presence with us in our hearts.

John 7:38 “Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

Hebrews 13:5-6 God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid.”

Colossians 3:15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body.