

“Matters of the Heart: Let Peace Be Your Umpire”

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Sermon Outline Generated by OpenAI

Key Text: Colossians 3:15 — “And let the peace of God rule in your hearts...”

I. Matters of the Heart: The Root of What Happens in Life

A. What happens in the heart manifests in life.

What is right or wrong in our lives is connected to the condition of the heart.

The heart is “the root of everything.”

The original sermon subtopic was *The Root of Everything*, but the focus became “**Let Peace Be Your Umpire.**”

The prayer becomes: “**Lord, let Your peace be my umpire.**”

B. Seasons of change and challenge narrow our focus.

Change and challenge force us to identify what is essential.

Peripheral matters begin to fade in importance.

We learn to put **first things first**.

Sometimes life will not allow us to focus on twenty different things at once.

Few things are more important than:

The condition of the heart.

Understanding how the peace of God operates.

II. The Biblical Context: Colossians 3:1–17

A. Set your mind on things above.

We have been raised with Christ.

The old life is supposed to be dead.

Our new life is hidden with Christ in God.

B. Put off the behaviors of the old life.

Paul identifies: Anger, Wrath, Malice, Blasphemy, Filthy language, Lying, Immoral desires and practices.

C. Put on the character of the new life.

Believers are to put on:

Tender mercies, Kindness, Humility, Meekness, Longsuffering, Patience with one another, Forgiveness,
Above all, love.

D. Then comes the governing principle: peace.

“And let the peace of God rule in your hearts...”

Peace belongs within the larger context of Christian character and spiritual transformation.

The Word of Christ should dwell richly within us.

Everything we do in word or deed should be done in the name of Jesus with thanksgiving.

III. Symptoms Point to Deeper Matters

A. Illustration: An unusual sound in a car.

The solution is not merely to silence the sound.

You must discover where the sound is coming from.

B. Illustration: Pain in the body.

The objective is not only to stop the pain.

Pain can indicate something that needs attention.

C. Anxiety can also function as an indicator.

Anxiety should not simply be denied.

Ask:

Why am I anxious?

What is producing this feeling?

What requires attention?

God's Spirit and His Word can identify what needs to be addressed.

Key Principle

The symptom is not necessarily the problem; the symptom may be an indication of the problem.

IV. Faith Does Not Deny Reality

A. Biblical faith is not denial.

Faith does not call things that **are** as though they are **not**.

Faith calls things that **are not** as though they **were**.

There is an important difference.

B. Denial can become foolishness or presumption.

Examples:

Ignoring the strange noise in your automobile.

Ignoring pain that should be medically addressed.

Pretending fear or anxiety is not present.

C. Rather than denying what you feel, discover what lies beneath it.

Instead of simply saying:

"I'm not afraid."

"I'm not anxious."

"That doesn't bother me."

Ask God to reveal what needs to be addressed.

D. Some things can only be addressed by God at the heart level.

V. Go Beneath the Physical Level to the Heart Level

A. Physical circumstances are real, but the root may lie beneath what we see.

B. Spirituality does not mean ignoring reality.

Walking in the Spirit provides a foundation for properly addressing physical and natural realities.

C. Not every problem is the devil.

The enemy is real.

Spiritual warfare is real.

But believers should not automatically attribute every problem to the devil.

Sometimes the problem involves ourselves, our decisions, or other people.

VI. The Seen World Comes From the Unseen Realm

Hebrews 11:3

“By faith we understand that the entire universe was formed at God’s command...”

A. What is visible came from what could not be seen.

B. God Himself is Spirit.

C. This gives us a principle for understanding matters of the heart.

You cannot physically see the heart in the spiritual sense.

You cannot see thoughts.

You can see their effects through: Words, Actions, Attitudes, Decisions.

D. When life stops making sense, do not merely try harder to make it make sense naturally.

Go to:

Scripture, God’s Word, The Holy Spirit, The heart level.

Prayer: **“Father, help my heart.”**

VII. The Samaritan Woman: Jesus Takes Us to Another Level

John 4

A. Jesus begins with natural water.

Jesus tells the woman, “Give Me a drink.”

B. She responds entirely at the natural level.

She sees:

A well, Water, No bucket, No rope, A Jewish man speaking to a Samaritan woman.

C. Jesus introduces “living water.”

Jesus tells her that if she understood who was speaking to her, she would ask Him for living water.

D. She initially continues thinking naturally.

Her response is essentially:

You have no bucket.

The well is deep.

Where will you get this water?

E. Jesus is trying to move her to another level.

In the same way, believers can become preoccupied with:

Circumstances.

Feelings.

Other people.

Immediate problems.

while Jesus is trying to address something deeper.

VIII. Religion Is Not a Substitute for Spiritual Understanding

A. The woman eventually recognizes that Jesus is a prophet.

B. She then turns the conversation toward religion.

She asks about:

The mountain where Samaritans worship.

Jerusalem as the Jewish place of worship.

C. Jesus moves her beyond religious arguments.

“God is Spirit, and those who worship Him must worship in spirit and truth.”

D. The issue is not merely religious practice—it is spiritual reality.

E. We sometimes cannot recognize what God is doing until the Holy Spirit unfolds it to us.

F. Experience alone is insufficient.

Experience is a teacher.

Experience is **not the best teacher**.

God and His Word must be our highest teacher.

Confession:

“My experiences are not my best teacher. Lord, You are my best teacher.”

IX. What Is the Heart?

1 Thessalonians 5:23

“May the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless...”

A. Human beings consist of spirit, soul, and body.

B. The heart is more than the human spirit alone.

The heart refers to the **center of a person’s physical and spiritual life**.

It involves: Passions, Desires, Appetites, Intelligence, Will, Character.

C. The heart can be understood as the spirit and soul together.

“My heart is my spirit and soul together.”

X. Your Born-Again Spirit Is Your Stable Foundation

A. We are born again in our spirit.

Jesus taught:

“That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.”

B. The human spirit is where the life and light of God reside.

C. We are:

A spirit, We have a soul, We live in a body.

D. The born-again spirit is not the source of the believer’s struggle.

The struggle occurs primarily within the soul:

Mind, Will, Emotions.

XI. Scriptures Showing the Stability of the Born-Again Spirit

A. Romans 8:16

“The Spirit Himself bears witness with our spirit that we are children of God.”

Assurance of salvation comes through the witness of the Spirit.

If our assurance depended solely on feelings and thoughts, we might constantly question our salvation.

B. 1 Corinthians 6:17

“He who is joined to the Lord is one spirit with Him.”

The believer's spirit is joined to God.

C. 2 Corinthians 5:17

“If anyone is in Christ, he is a new creation...”

The new birth has already occurred in the spirit.

D. The soul continues to require transformation.

Romans 12 teaches transformation through the **renewing of the mind**.

Therefore:

The spirit has been made new.

The soul is being renewed.

The body remains part of our earthly existence.

XII. The Soul Part of the Heart Requires Work

Because we live in a world filled with pressures, influences, temptations, and confusion, the soul requires:

Transformation.

Training.

Renewal.

Sanctification.

We must **“go to work on our hearts,” particularly the soul dimension of the heart.**

XIII. “Let the Peace of God Rule”

Colossians 3:15

A. The key word is “rule.”

The Greek word carries the idea of:

Acting as an umpire.

Deciding.

Directing.

Determining an outcome.

B. Peace already belongs to us through God.

C. That peace can influence our:

Mind.

Will.

Emotions.

D. But we must “let” peace rule.

The word **let** indicates cooperation.

God does not force His peace upon us.

God provides the peace; we allow it to govern us.

XIV. The Baseball Umpire Illustration

A. The umpire watches the pitch.

B. The umpire determines:

Ball or strike.

Inside or outside the strike zone.

Safe or out.

Whether a checked swing went around.

C. The umpire has authority to make the call.

This illustrates Colossians 3:15.

Spiritual Application

Let peace make the call.

Let the peace of God determine:

How you respond.

What you say.

What you do.

What decision you make.

Whether something should proceed or stop.

Peace becomes the authorized umpire of the heart.

XV. Why We Need an Umpire

A. We cannot always accurately interpret our own condition.

Self-awareness is important, but pain and confusion can create a fog.

B. Sometimes the very mind attempting to solve the problem is involved in creating the problem.

C. Illustration: Alcoholism.

A person may continually drink while insisting:

"I don't have a problem."

Healing cannot begin until reality is acknowledged.

Principle

You cannot always use the problem to solve the problem.

Sometimes you must go beyond:

Your reasoning.

Your understanding.

Your perceptions.

and go to **the heart level**, where God can help you.

God may also use other people to help bring clarity.

XVI. Peace Is More Than an Emotion

A. Peace is not merely something we feel.

B. Peace is something we allow to govern us.

Peace should: Umpire, Decide, Determine, Direct.

C. Let peace make the ruling in your interactions and circumstances.

God's peace becomes the standard by which we evaluate our responses.

XVII. Get Quiet Before You Act

Instead of immediately reacting:

Become quiet.

Do not act merely from emotion.

Go to the heart level.

Listen to God's Spirit.

Consult God's Word.

Allow trusted people to help when necessary.

Let God's peace make the call.

Prayer:

"Lord, help me let Your peace make the call—not just what I feel."

XVIII. "Let" Means Cooperation With God

A. God does not force peace upon us.

B. The command "let peace rule" requires a response from us.

C. God provides peace; we yield to its influence.

D. Yielding to peace means refusing to yield to competing emotions.

Confession:

"I will yield to the peace of God."

XIX. Jesus Gives a Different Kind of Peace

John 14:27

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you."

A. Jesus has already made His peace available.

B. The world also offers substitutes for peace.

Those substitutes may:

Cost a great deal.

Consume time.

Create unhealthy dependencies.

Attach us to people or things that do not ultimately help us.

C. Jesus offers His own peace.

Key declaration:

Jesus gives the peace that umpires.

XX. Choose Peace Over Everything

The concluding decision of faith is: "We choose peace over everything."

Those feelings may be real, but they will not determine our direction.

Peace provides the foundation from which we can properly address the real problems we face.

Closing Confession

I will allow the peace of God to rule my heart. Peace will be my umpire. Peace will decide what I will do or not do

When I am facing a challenge, I won't try to reason my way around it without the help of the Holy Spirit and Scripture. As a matter of the heart, I will go to the heart level to address things that I don't fully understand.

God is Spirit, so I must worship and live through him in spirit and in truth.

According to 1 Thessalonians 5:23, I will allow the God of peace to sanctify me completely so that my whole spirit, soul, and body will be preserved blameless at the coming of our Lord Jesus Christ.

I will live, according to the order of spirit, soul, body. Not the reverse order of body, soul, spirit.

Peace will govern my heart and mind, not mindsets and emotions such as hurt, trauma, disappointment, things that have not worked as I expected, envy, unforgiveness, bitterness, resentment, and entitlement.

Jesus Gives the Peace That Umpires my life

I agree with what He said in John 14:27 *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you"*