

“You will keep him in perfect peace, whose mind is stayed on You, because He trusts in You.”

Isaiah 26:3

The Lord wants nothing more than to keep us in perfect peace. This is a heavenly state but we can experience something of this peace at times during our lives on earth.

Think about:

- What does it mean to have one’s mind “stayed” on the Lord?
- Are we more aware of the Lord’s presence when we are trusting in Him?
- What kinds of activities help you focus your mind on the Lord and on your spiritual goals?