



FINDING PERFECT PEACE

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the LORD forever,
for the LORD GOD is an everlasting rock.*

Isaiah 26:3-4 (ESV)

We worry about things, stew about them, can't take our minds off them. We wish things were easier. We wish we could find peace.

Many of us who live with mental health challenges (and doesn't everyone at times?), tend to have trouble coping with stress. We hear about finding peace in God, but how can we do that? Is it as easy as it sounds?

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The answer is in the scripture above. We need to keep our “mind stayed—or focused—on God.” The wonderful thing is, we don’t have to do it all by ourselves. God will help us. And prayer is the ingredient that helps it happen.

Try this: As you start the day, tell God you belong to him and ask him to stay with you. Open yourself to him. Trust him and he *will* stay with you. We cannot make God’s perfect peace happen on our own. We can only *receive* it from him. How? By accepting that God is in control.

When stress and pain and turmoil come, destroying any peace we might have had, we need to pray our way out of it, our minds stayed on God. He can quiet our heart if we seek him and place our trust in him.

If you have trouble keeping focused during prayer, you might want to try what I do. By writing your prayers, you’ll find it easier to keep your thoughts organized. Take your time as you write, and in comfort tell God everything that’s bothering you. And there’s a bonus. You might very well find yourself having a closer relationship with him.

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