**Friday 31st July**

Isaiah 26: 3, 4

You will keep in perfect peace
    those whose minds are steadfast,
    because they trust in you.
Trust in the Lord for ever,
    for the Lord, the Lord himself, is the Rock eternal.

Have you ever experienced perfect peace? Sound so good doesn’t it?! The world is not a particularly peaceful place at the moment. It can feel rather chaotic – out of control even. We are assaulted by words and images on a daily basis that could very easily rob us of our peace. Again, we see the pivotal role that our minds play in keeping us steady. Did you ever watch Crackerjack? There was a game in that show where you had to answer questions – a right answer gave you a prize, but a wrong answer gave you a cabbage and meant that you had less room for prizes! Isaiah writes, ‘you will keep in perfect peace those whose minds are steadfast, because they trust in you’. If we want to experience peace, we have to be willing to lay down the things that could rob us of peace so that we have ‘hands free’ to receive that peace. Cabbages grow if we dwell on them! We have to let go of the cabbages! That’s what it is to trust in the Lord – to know that He can hold on to those things – He can be trusted with them. We exchange our anxiety for His peace.

*Father, today I bring you everything that seeks to rob me of peace [name those things before the Lord]. I lay down the ‘cabbages’ and ask for your help to keep my mind steadfast, trusting in you. I chose to build my life on you – the Rock eternal – and pray that I would know perfect peace. Amen*

