

A Steadfast Mind

Isaiah 26:3

A man who had just suffered the sudden loss of his wife shared this story: Soon after she passed away, he was visited by a friend who spoke to him for an hour. It was a virtual monologue focused on the nature of life, hope beyond the grave, and various reasons why such a tragedy might come. The grieving man found himself wishing he would go away, and finally he did.

Then another man visited this new widower. He simply sat beside him. He didn't ask leading questions or sermonize about the nature of God or the meaning of life. He just listened, prayed, listened, and prayed some more. This time the sorrowful man was comforted. He hated to see this friend go.

It's a common reaction in times of grief to try to understand why things happen, to grapple with what it all means. Yet as we go through the process of dealing with that loss, we eventually come to grips with the fact that lofty words and profound thoughts won't bring peace or fulfillment. True, healing peace is found in simple times spent with God, trusting Him and reflecting on the joy of a close relationship dwelling in His presence. The prophet Isaiah said it this way in Isaiah 26:3.

**You will keep in perfect peace him whose mind is steadfast,
because he trusts in you.**

It's interesting that we're encouraged to keep our minds "steadfast" as we plod through difficult days. That word doesn't relate to our knowledge or understanding, though we're always wise to search God's Word in hard times. No, steadfast points toward a commitment of the will, to focus on God, relying on His goodness and strength to help us move ahead. That kind of trust will carry us through the darkest hours of grief, sorrow, remorse, and struggle.

Do you know someone near who's going through a difficult time of loss? The first reaction might be to formulate answers, to help them make some kind of sense from what they've experienced. Instead, try taking the time to simply pray with that one, and for that one, asking God to be their peace, strength, and consolation.

If you're struggling through a time of grief today, rest in the Lord. Answers may not come. Understanding might elude you, but God is always there. He will keep you in perfect peace as you place your trust in Him.

Why can it be difficult to keep our minds "steadfast" on the Lord in times of grief?

Why will it often be necessary for us to move ahead in times of grief, even if we haven't yet found the kind of answers or understanding we desire?