

Morning Strength

This morning I was again strengthened by thoughts from Charles de Foucauld who lived a century ago (1858-1916).

As a young man he was caught up in sex and gluttony, then became a follower of Christ. He chose to live among Islamic peoples in the Sahara Desert, to spend his life loving them for Christ. He was murdered by insurgents in a time of political unrest.

"One thing we owe to Our Lord is never to be afraid. To be afraid is doubly an injury to him. Firstly, it means that we forget him; we forget he is with us and is all powerful; secondly it means that we are not conformed to his will; for since all that happens is willed or permitted by him, we ought to rejoice in all that happens to us and feel neither anxiety nor fear. Let us then have the faith that banishes fear. Our Lord is at our side, with us, upholding us." - *C. De Foucauld*



Coffee/tea thought: Lord, so often I fail to trust you! I don't want to grieve you by being afraid, by forgetting that you are with me and all powerful. I need your grace and power to rejoice in all that happens today. Amen

John

Ref: Charles de Foucauld, *Meditations of a Hermit*; quoted in *A Guide To Prayer* by R. P. Job and N. Shawchuck (1983). ISBN 0-8358-0559-X

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清早得力

今早我再次从嘉禄·富高的想法中得力。

他年轻时放纵于声色犬马之中，后来成为基督徒。他选择去撒哈拉沙漠与伊斯兰教徒住在一起，向他们传扬基督的爱。后来他在政治暴乱中被杀害。

“我们都欠主一份不惧怕。惧怕是对他双倍的伤害。首先，它意味着我们忘了他；我们忘了他与我们同在并是全能者。其次，它意味着我们没有遵守他的旨意；因为所有事情都有他的旨意或许可，我们当凡事喜乐，而不当惧怕。愿我们的信除灭惧怕。我们的神在我们这边，与我们同在，扶持着我们。”——嘉禄·富高

随想：主，我常常没有信靠你！我不愿因我的惧怕而使你担忧，因我忘了你与我同在，并你的全能。今天我需要你的恩典和力量在凡事上喜乐。阿门。

史建恩