

## Remembering God During The Day

Years ago I went through an identity crisis as I struggled to become proficient in a new career direction. I had been a Christian many years, but felt very anxious and vulnerable.

I look back now with deep appreciation for that time because God used it to develop in me the longing for deeper relationship with Him. One thing that encouraged me was learning about the life of Brother Lawrence who, like me, often felt inadequate. He worked in a kitchen in 17th-century France, yet eventually many people recognized his closeness to God and came to him to learn how to love God more.

When beginning a task, Lawrence would pray:

"O my God, since you are with me and I must now obey your command to apply my mind to these outward things, I pray that you will continue to be with me, assist me, receive all my works, and possess all my affections."

But how, I wondered, could I be reminded of God when my mind needed to be immersed with atmospheric physics? I decided to set my watch to "beep" on the hour. It was, I see now, a form of "spiritual discipline," which helped me develop the habit of briefly turning to my good God throughout the day.



*Coffee/tea thought:* Is there a creative "spiritual discipline" that might help me be more aware of God during my day?

John

Read more: *NEARER TO THE HEART OF GOD -- Daily Readings With The Christian Mystics, ed. Bernard Bangley.*

## 整天都纪念神

许多年前，我经历了一些自我认同危机，在我拼命要在新的事业上成功时。我已经信主好几年了，但仍感到焦虑和脆弱。

现在我回过头来看那段时间，里面真是充满了感谢，因为神用它使我渴望与他有更亲近的关系。有件事使我备受鼓舞，就是劳伦斯弟兄的生活，他也像我一样常觉不足。他在十七世纪法国的一个厨房中工作，可后来许多人发觉他与神相当亲近，并开始向他学习如何更爱神。

开始工作前，劳伦斯会祷告：

“哦我的神，既然你与我同在，而我现在必须照你的旨意投身在这些外面的事情中，就求你继续与我同在，帮助我，悦纳我手中的工作，并掌握我所有的情感。”

但是，我如何才能沉浸在沉浸于大气物理之时想起神呢？我决定让我的时钟每小时闹一次。这是一种属灵的操练，帮助我培养整天都转向神的习惯。

随想：有没有什么有新意的属灵操练可以帮助我整天更多想起神？

史建恩