

Undivided Attention

If I were granted an interview with some very famous person, I would feel frustrated and irritated if we were interrupted by some electronic connectivity device. I would make sure my electronic gadgets were *OFF*.

Similarly, when I am spending time with my good God, I want to give *_Him_* my undivided attention.

If I am too addicted to connectivity to turn off my gadgets while focusing on God, I am, quite frankly, *_too_ _attached_ to _connectivity_*.

A quarter hour spent quietly before God is of far greater value than hours and hours spent otherwise.

"Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God and him alone. If we really believe not only that God exists but also that he is actively present in our lives -- healing, teaching, and guiding -- we need to set aside a time and space to give him our undivided attention." -- *Henri Nouwen*



Coffee/tea thought: Heavenly Father, Most High God, "give me an undivided heart that I may fear Your name" (*Psalms 86:11b NIV*)

John

专心

如果和一些名人的谈话被电子通讯仪器打断，我会觉得郁闷恼怒。我一定会关掉它们。

同样地，当我和神相处时，我得专心。

如果我在专注于神时想着通讯而不想关掉它们，说实在话我是太在意通讯了。

与神静处一刻钟比花许多钟头在其他方面有价值多了。

“无法独处也就不可能过一个属灵的生活。独处开始于为神单独空出一段时间空间。如果我们真正不仅相信有神且相信他与我们同在——医治，教导和引领——我们就需要空出时间空间来专注于他。”——卢云

随想：天父，至高的神，“求你使我专心敬畏你的名。”（诗篇86：11b）

史建恩