

Wholeness

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." *Phil. 4.6 NLT*

"In nothing be anxious" according to the original Greek. I have chosen this as my "verse of the year," because I am a worrier; I *_am_* frequently anxious.

One of my specialties is thinking of all the things that are, or could go, wrong, which works well in a physics lab, but can be a problem in normal life. Rather than this, my verse tells me I am to turn to (read: *_choose_*) God, and tell Him what I need.

I am to resist the temptation to stew over the issue and tell God "how-to-do-it." I must simply say, Lord, these are my needs. Thank You for all You have done for me in the past. Thank You for hearing me now.

"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." *Phil. 4.7 NLT*

A picture comes to mind of a guard on duty at the U. S. Capitol building. God cares for me as a whole person, both my *_emotions_* and my *_thoughts_*.



Coffee/tea thought: Lord, there are my needs Thank You for meeting *_all_* my needs in the past on many different levels. Thank You for hearing me now. I leave my needs, worries, anxious thoughts in Your hands, and now turn to my duties of this day.

John

全部

“应当一无挂虑，只要凡事借着祷告，祈求，和感谢，将你们所要的告诉神。”腓利比书 4: 6

希腊原文的意思是“凡事都不担忧”。我把这句话当作我今年的金句，因为我是个爱担心的人；我经常都在担忧。

我精于把所有事往糟的方面想，在物理实验室里还好，可是在生活中却是个问题。不仅这样，我的金句也叫我转向神，告诉他我的所需。

我得拒绝这个试探，就是焦虑和想要告诉神该怎样作。我必须简单地说，主，这些是我的需要。谢谢你过去为我所成就的。谢谢你现在也听我的祷告。

“神所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。”腓利比书4: 7

我头脑中涌现出美国国会门口警卫站岗时的情景。神关心我整个人，包括情感和思想。

随想：主，这些是我的需要……谢谢你过去满足了我所有不同层面的需要。谢谢你听我的祷告。我把我的需要，担心和忧虑留在你手中，现在去作我今天所当作的。

史建恩