

The spiritual discipline of focusing on God 2

I need "spiritual discipline" to train my mind to focus on God's perspective, just as I need physical discipline to train and strengthen my physical body.

Recently I had trouble sleeping because of anxieties. But one morning I was encouraged by the spiritual discipline of focusing on God's perspective in Isaiah 35. One example:

"And a highway will be there;

it will be called the Way of Holiness;
it will be for those who walk on that Way.

The unclean will not journey on it;

wicked fools will not go about on it." (verse 8 NIV)

God's point of view, "outside of time," gave me inner stability.



Coffee/tea thought: Take a few moments to read Isaiah 35. What catches your eye in this description of God's plan for the future? What is God's invitation to you?

John

定睛於神的屬靈紀律(2)

我需要“屬靈紀律”來陶冶我的心思，定睛於神的觀點，就像我需要體能訓練來鍛鍊和增強我的體魄一樣。

最近我因為焦慮而睡不好覺。然而有一天早上，我被以賽亞書 35 章定睛於神的屬靈紀律所鼓舞。例如：

“在那裏必有一條大道、稱為聖路。污穢人不得經過、必專為贖民行走、行路的人雖愚昧、也不至失迷。 “（第 8 節）

神對“未來”的觀點，使我內心得安穩。



*隨想：*花點時間閱讀以賽亞書 35 章。在描述神對未來的計劃時，你注意到了什麼？神對你有何呼召？

史建恩