



Dear Friends,

Greetings in the name of our Lord and Saviour, Jesus Christ.

God has a plan for each of us and it is so much better than anything we could devise. God's plan will give us much joy and pleasure and will help Him fulfil His purpose for us and others. Why do we not always follow God's plan for our lives? Perhaps we do not know what it is. Let us all spend some time with God asking for His guidance and listening to what He would have us take on this year. Perhaps it will surprise you where He will lead. Perhaps there are tasks at church, in our neighbourhood or in organizations that He would have us tackle. Do you feel inadequate for some things? Remember that God will equip us for whatever He wants us to do. Think about what Jesus did here on earth. He was always serving others. How could we follow His lead? Let us ponder that question and open ourselves to God's plan for each of us now. If we listen to His leading and follow the example of Jesus, we will experience joy beyond belief.

Betty Hitchcock

May the mind of Christ my Saviour, live in me from day to day. By His love and power controlling all I do and say.

May the Word of God dwell richly in my heart from hour to hour, So that all may see I triumph only through His power.

May the peace of God my Father, rule my life in everything, That I may be calm to comfort sick and sorrowing.

May the love of Jesus fill me, as the waters fill the sea; Him exalting, self-abasing, this is victory.

### **1 STUDY Philippians 2: 1 - 8**

1. If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy,
2. be of the same mind, having the same love, being in full accord and of one mind.
3. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. 4. Let each of you look not to your own interests, but to the interests of others.
5. Let the same mind be in you that was in Christ Jesus,
6. who, though he was in the form of God, did not regard equality with God as something to be exploited,
7. but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form,
8. he humbled himself and became obedient to the point of death – even death on a cross.

### **Study on Philippians 2 : 1 - 8**

1-2 Paul is speaking to people where there may have been some dissension. What does he pray for them? Think about the words, encouragement, love, compassion, sympathy – what is the meaning of each word? How might each be shown in Christian life? How might each be shown in your nursing practice? Is it different from what would be shown in Christian life? What does he mean when he encourages them to be of one mind. What would that mind look like?

3. What does Paul say about selfish ambition vs humility? How would you define each of these? Can you think of an example? How are we to regard others?



4. What should we look to? What should we not look to? Why? If we did this consistently, how would our lives be different?
5. How does Paul describe the world? What does Paul say about Jesus? What does Paul say about us? What does it mean to “know” God? How would others know that we know God?
6. What does verse 5 mean? How would you describe the mind of Christ? Think about Christ here on earth – how did he see people? How did He hear them? How did He treat them? How can we have that same mind in us? How is that possible? Think about a very close friend – sometimes we can even tell what they are thinking and understand what they do. How is that possible? We know them so well because we have spent so much time with them. It is the same with Christ. The more time we spend with Him, the more we will understand the mind of Christ and be able to tap into that same mind as we journey day by day.
- 6-8. Here we have a description of the mind of Christ and how He thought. Christ was in the form of God but He did not exploit this. What did He do instead? How obedient was He? What does it mean for us to be obedient?

### **May the Mind of Christ My Savior**

The hymn “May the mind of Christ My Savior” is one of my favorites. The first part of this hymn is printed at the end of the opening letter this month. I often use this hymn as a prayer and it has been a wonderful way for me to focus during my quiet times with God. It is also the focus of the scripture study I have included in this edition. Why not try using it as an opening for your quiet time for a period. I believe it will enrich your time and help you to realize more of what it means to have the mind of Christ in our daily walk. How wonderful it would be if all who call themselves Christians were to develop the mind of Christ.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee.” Isaiah 26:3

We often sang that hymn in our NCF meetings – it was a favorite – and we often quoted that verse - but what does it really mean? Do you know the peace of God in your life? The real peace – so deep and so wonderful that it stills the soul as nothing else can. Not a superficial peace – on top of the world’s problems or a peace from the fighting and war in the world – Rather, this is a peace like no other – one that comes from God himself, one that permeates our whole being and allows us to experience the calm of God in the midst of any earthly situation. It is a peace that only He can give and it is available to each of us now – this very day. It does not depend on what is happening in our lives, we can be in the midst of earthly turmoil, there can be problems and difficulties surrounding us, and still we can have God’s peace within. How is that possible? Well, the last half of the verse tells us – “whose mind is stayed on thee”. God’s perfect peace is available only if our mind is stayed on Him. We can only have one thing in our mind at a time – so if our mind is stayed on God, there is no room for negative thoughts, evil thoughts, thoughts that would lead us in the wrong direction or cause us anxiety and fear. We can have that perfect peace that only He can give. So when negative thoughts, anxieties, or fears start to enter our mind, we must immediately turn our attention to Him and he will give us what He has promised – that perfect peace. How wonderful and amazing! It is as simple and as profound as that. We do not have to be burdened with those negative 3 thoughts, God wants us to be joyful at all times, and he has provided the way. All we have to do is turn our thoughts to Him – and He will take care of the rest. We do not need to carry those burdens – He doesn’t want us to labor under them – but to be free to experience all the wonderful things He has for us in this life – so, turn your eyes to Him, turn your mind to Him – “He is” and that is enough for me.