

CHURCH IN REGINA

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Go therefore and disciple all the nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit.
~ Matt.28:19

When we have problems in our daily life, we do not have to seek advice from others, because **we have a spirit in us** and the Lord as the Spirit dwelling in our spirit is very near to us. We can ask Him about everything, without any need to use the telephone or the fax machine, for He can talk with us right within us. You can talk with Him and confer with Him in everything. The Lord's Word says, 'In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God' (Phil. 4:6). Hence, **if you have some problem, you just need to tell Him**. He is right within you, and He is with you face to face. The Triune God—the Father, the Son, and the Spirit—is in us not to trouble us but to be our Paraclete, Comforter, and Supporter. I always pray, 'O Lord, now I am going to take a walk. Support me, sustain me, and strengthen me.' This is to drink the Lord. In this way I have no anxiety. When anxiety comes, you should say, 'O Lord, this anxiety is Yours, not mine; I give it to You because You bear it for me.' Thus, you receive the Lord's element into you, and metabolism will work constantly in you. Consequently, what is expressed through you outwardly is Christ. This is to live Christ. Those who do not know this **secret** consider that to live Christ is a difficult thing. Actually, you just need **to practice speaking with the Lord constantly**; then spontaneously, you will live Christ (Excerpts from The Organic Aspect of God's Salvation, pp. 54-55).

There are many excuses for us to be anxious. There are many good reasons in this world for us to be anxious every day. It is not difficult to find these reasons. We argue that it is unavoidable for us to be anxious when we are faced with these circumstances. **But God considers that we have no excuse to be anxious.** All the anxieties are without a reason. Therefore, God tells us, "In nothing be anxious." We think the problems of our living, family affairs, and personal difficulties are matters for us to be anxious about. But the Bible says, "In nothing be anxious." Not a single anxiety is legitimate, nor is it allowed by God. **Every anxiety is forbidden by Him.**

... "Should not one be anxious about one or two things in a year?" **No. Why? It is because "the Lord is near."** **Your anxiety indicates that you do not trust in His heart or in His promise. You are shaming the Lord.** The Lord is near, but you are anxious; you doubt the power of His hand and the kindness of His heart. **The reason you are anxious is because you do not know that the Lord is near.**

It would be wonderful if we would commit the things we encounter into God's hand item by item. Otherwise, when the first thing comes up, we lay it upon ourselves. Then when the second and third things come up, we also lay them upon ourselves. In this way, we are pressed and lose our joy. Once I saw builders moving tiles to the roof of a house. Three men stood on a ladder, one at the top, the second in the middle, and the third at the bottom. The one at the bottom would hand the tiles over to the one in the middle. After the one in the middle received the tiles, he would hand them to the one at the top. They continued this way unceasingly. When I saw this I thought, "What if the man in the middle did not pass on the tiles he received, or what if the man on the top refused to take the tiles passed to him?" If that happened, the one in the middle would eventually be crushed to death by the tiles that were continuously coming to him. We deal with anxiety in this manner. **If we do not send all the anxieties to God to let Him bear them, all the anxieties of this world will crush us to death.** **We must not allow the anxieties of the world to keep pressing upon us; we must place them on God's side.** The moment we have anxiety, we must immediately entrust it to the Lord. We do not have to tolerantly accumulate anxieties upon ourselves item by item. **There is a way out.** The way is, "In everything, by prayer and petition with thanksgiving, let your requests be made known to God." This is something that the world and sinners cannot do. Only Christians can do this because we have the Lord, and the Lord is near. Not only can we pray for great things, but for small things as well. We can pray for everything that we have a reason to be anxious about. Everything which affords an opportunity to worry about can be prayed for. The reason we can be anxious in nothing is not that we are naturally optimistic or that we try to be mindless in everything like foolish ones. Such conduct is indeed foolish. Rather, **we can be anxious in nothing because we have One to talk to, One whom we can trust, and One who will be responsible.** We can rejoice and be free from anxiety because we have God and because we can entrust all things to God through prayers. **Prayer is our way out.** God is our way out (Excerpts from The Collected Works of Watchman Nee, Notes on Scriptural Messages 2, vol. 18).

Church Announcements:

1. Prayer Mtg by Area
2. Welcome Dinner – Jan. 16 at the University of Regina
3. Planning Meeting – Jan. 17
4. Brothers' Meeting – Jan. 25
5. Tax receipt issuance – early February. Please check if your code name is listed. If not, contact Sister Berly.

Conferences & Trainings

1. Chinese-Speaking Conference – Feb. 13-15 Anaheim CA USA
2. Spring ITERO – Mar. 20-22 Anaheim CA USA
3. Memorial Day Conference – May 22-25, Dallas TX USA
4. Summer Training – Jun. 29-Jul.4 Anaheim CA USA
5. Fall ITERO – Sept. 24-26 Amsterdam Netherlands
6. Thanksgiving Conference – Nov. 26-29 Denver CO USA
7. Winter Training – Dec. 21-26 Anaheim CA USA

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PRAYER BURDENS:

1. We take You as our pattern for living the proper Christian life – a life with forbearance without anxiety. Save us from anxious living, from self-ambition and vainglory that we may express Your virtues in our living.
2. Lord, forgive us for we lack forbearance. Remind us again that You are our forbearance and that You are near. For us “to live is Christ, and to die is gain”. May our forbearance be made known to all men.
3. Lord, we take You as our pattern as the only One who lived a life full of forbearance. Make us forbearing persons who fit in any environment because of Your all-inclusive, bountiful supply.
4. Give us a realization with full assurance that our circumstances come from You. We give everything back to You in prayer and petition with thanksgiving that Your peace would guard our hearts and thoughts.
5. Lord, strengthen us to live a proper human life that expresses Your divine attributes with our human virtues. Cause our living to be ethically truthful, dignified, pure, right, lovely and well spoken of.
6. Lord, we want to learn to be content, in whatever circumstances we are in. Teach us the secret of experiencing Christ and empower us to do all thing in You. May we all live You, pursue You, gain You, magnify You, and express You.

North America/Europe/Other Burdens

1. Distribution of Bibles in Europe: Please pray for the spreading of the translated, interpreted, and understood divine truths in Europe for the Lord’s recovery and restoration.
2. Meeting Halls in Europe: Stuttgart, Germany / Riga, Latvia / Dublin, Ireland. Please pray for the Lord’s need for meeting halls in these key cities. Enrich the saints and enlarge their hearts to be faithful in their offering.

Local Burdens:

1. Pray for the purchase of the meeting hall.
2. Pray for next week’s welcome dinner at the University of Regina and the upcoming semester’s college meetings. Pray that they will be brought to the home/small group meetings.
3. Pray for positive and immediate approval of the permanent resident immigration papers of Alforte and Gonzales families.

WEEKLY SCHEDULE OF MEETINGS:

- ✓ Lord’s Table & Prophesying—Lord’s Day 10:00-12:00PM
- ✓ Prayer Meeting—Tuesdays 7:00-8:00PM
- ✓ Chinese-Speaking Bible Reading—Mondays 7:15-8:15PM
- ✓ College Meetings—Fridays 6:30-8:30PM
- ✓ YP Meetings—Sundays 4:00-5:30 PM
- ✓ Children’s Meeting—Saturdays 10:00-11:00AM
- ✓ Small Group Meetings—Fridays/Saturdays 7:00-8:30PM