



# Daily Reflections

**November 5, 2016**

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## Scripture

### **Philippians 4:10-19**

Brothers and sisters:

I rejoice greatly in the Lord

that now at last you revived your concern for me.

You were, of course, concerned about me but lacked an opportunity.

Not that I say this because of need,

for I have learned, in whatever situation I find myself,

to be self-sufficient.

I know indeed how to live in humble circumstances;

I know also how to live with abundance.

In every circumstance and in all things

I have learned the secret of being well fed and of going hungry,

of living in abundance and of being in need.

I have the strength for everything through him who empowers me.

Still, it was kind of you to share in my distress.

You Philippians indeed know that at the beginning of the Gospel,

when I left Macedonia,  
not a single church shared with me  
in an account of giving and receiving, except you alone.  
For even when I was at Thessalonica  
you sent me something for my needs,  
not only once but more than once.  
It is not that I am eager for the gift;  
rather, I am eager for the profit that accrues to your account.  
I have received full payment and I abound.  
I am very well supplied because of what I received from you  
through Epaphroditus,  
"a fragrant aroma," an acceptable sacrifice, pleasing to God.  
My God will fully supply whatever you need,  
in accord with his glorious riches in Christ Jesus.

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## **Our Scripture Reflection**

Nothing, absolutely nothing causes anxiety for Paul. Why? Because Paul has turned everything, including his very life over to Jesus. Wouldn't you love to life free of anxiety?

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## **Food for your Journey**

Is anxiety over things you cannot control holding you back from fully participating in life?

"You miss 100 percent of the shots you never take." -Hockey star Wayne Gretzky of the Los Angeles Kings.

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## **Prayer from the Heart**

Dear Jesus, Please give me the love and courage to surrender my life to You completely. May I live a life of faith in You and free from fear. Amen.