



PHILIPPIANS 2:13-16

THE LESS YOU COMPLAIN, THE HAPPIER YOU ARE

When people are not pleased with something, they start to complain. To complain is to express unhappiness about something, or to find fault with something.

Too much complaining can be quite depressing for you and the people around you. You will think more on the negative side rather than the positive side. People might also have second thoughts about being friends with someone who loves to complain because a complainer is not fun to be with.

When we are put in a situation where we think we are not treated fairly, we will feel like complaining straight away. However, it is important to think thoroughly before complaining. After thinking thoroughly, if you still feel that you need to express your complaint, do it properly and politely. Control yourself and don't let your feeling take control of your attitude. When you complain, try to suggest things that could be done to solve the problem.

Always try to think about the good things instead of the bad things around you. The less you complain, the happier you and the people around you will be.

Key verse:

*Philippians 2:14
Do everything
without
complaining or
arguing.*

Prayer

*Dear God, help
me to shine Your
light through my
attitude and the
words I say. Let
me be more and
more like Jesus.
Amen.*





PHILIPPIANS 4:7-9

THE MIND GAME

Just imagine, you keep thinking of the scary book that you have read earlier before sleeping. It will make you unable to sleep because you feel so scared. Each time you close your eyes, you immediately remember the scary part in that book and eventually you don't dare to close your eyes and sleep.

What we think about is very important. If we keep thinking of bad thoughts, we will always feel unhappy and become an unpleasant person. God doesn't want us to be like that. Our thoughts matter because how we feel and behave is very much affected by what we think.

The Bible says that we have to think about what is right and beautiful. So, we have to purposely think about what is nice and true. God's word is the ultimate truth. If we fill our mind with God's word and promises, we will be happy, hopeful, courageous and confident.

Let everything that is sweet, true, honourable, right, pure, beautiful and respectful fill your mind every single day.

Key verse:

*Philippians 4:8b
Think about
what is true and
honourable and
right and pure
and beautiful
and respected.*

Prayer

*Dear God, let my
mind always be
filled with Your
truth. Amen.*





COLOSSIANS 1:15-18

GOD IS THE SUPREME COMMANDER

God created the sun, the stars, the moon, the earth and everything in it, including you and me. He created the whole universe. He created all things and He sustains all things.

The same God who created everything is also the God who is in control of everything, including our lives. Nothing takes place outside of His control. He is a God who can be trusted all the time. He is a God who never disappoints at all.

God has got the whole world in His hands and in His hands is the safest place to be. Everything in God is bound together in perfect harmony because of His love.

God is above your test results as God is in control over your future.

God is above your sickness as He is in charge of your body and health.

God is above your fear as He takes control of your life.

God is above your brokenness as He is willing to fix it with His gentle love.

God is the Supreme Commander of your life.

Key verse:

*Colossians 1:17
He is before all things, and in Him all things hold together.*

Prayer

Dear God, open my eyes to always see Your greatness over my problems. Take full control of my life every day. Amen.





COLOSSIANS 3:12-15

JESUS' ATTRIBUTES NEVER BECOME OUT OF STYLE

When we are going to a party, we will choose our most favourite and nicest outfit so that we will look great in the party! We'll make sure there is no hole or stain on our clothes. Sometimes boys might add additional attributes like a vest or a cap, while girls might have a matching handbag or earrings to go with the outfit.

The Bible says there is an attribute that we should wear every day. It says that we should clothe ourselves with mercy, kindness, humility, gentleness, patience, forgiveness, love, peace and thankfulness. These are Jesus' attributes that never become out of style. We should wear them wherever we go. They will always be fashionable, meaningful and impactful.

It is more important to spend more time to show mercy to others, to be humble, to give love to the needy or to be thankful to God rather than spending more time on deciding which clothes or bags or shoes to wear.

Key verse:

*Colossians 3:17
Everything you say and everything you do should be done for Jesus your Lord.*

Prayer

Dear God, help me to be kind and loving today. Remind me to always wear Jesus' attributes every day. Amen.





1 THESSALONIANS 4:1-12

LIVE A QUIET LIFE

According to Paul, one of the ways to live a pleasing life to God is by living a quiet life. Living a quiet life does not mean being silent and disconnected from anyone, or being uninterested in sharing the good news about Jesus.

Living a quiet life means not being easily provoked. We should not be easily swayed by the attractive things the world might offer us. We should focus on what we are working on and not meddle in other people's business.

In our daily life, we should set a goal to achieve and work hard towards that goal. Avoid things that can distract or delay you from achieving that goal. In your personal prayer time, pray to God so that He will help and guide you in whatever you do. Stay positive and optimistic, surrendering each day to God. With this type of attitude, you are leading a quiet life as what the Bible says, and you will be a living testimony to others.

Let's strive toward living a quiet and peaceful life, focusing on carrying our daily responsibilities faithfully, as well as helping others when needed. It will please God and He will bless you in whatever you do.

Key verse:

1 Thessalonians 4:11

and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you.

Prayer

Dear God, it's my desire to have a peaceful and quiet life as I walk daily with You.

*Let my life show Your power and love to the people I meet.
Amen.*





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1 THESSALONIANS 5:16-22

GOD WANTS TO KEEP IN TOUCH WITH YOU

A cell phone has many purposes. We just need to dial a number and we can immediately talk to the person we wish to speak to. We can also meet with the person we miss so much via video call. For emergency, we can dial an emergency hotline. Through our cell phone, we can also get the latest update of what is happening in the world. Bottom line, a cell phone is very useful for keeping us in touch with others and with the world.

The Bible says “pray continually”. Praying is how we keep in touch with God personally. Just like when we use a phone to call our family or friends, we can always reach to God by praying to Him.

Praying is even simpler, faster and easier than using a cell phone.

When it’s an emergency call, He will surely send His help.

Whenever you need someone to talk to, He is more than happy to listen to you!

He will not miss out your call as each of your calls is so precious to Him!

Stay in touch with God continuously.

Key verse:

*1 Thessalonians
5:17
Never stop
praying.*

Prayer

*Dear God, thank
You for always
taking my call. I
want to always
stay in touch with
You each day.
Amen.*





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2 THESSALONIANS 3:1-5

PRAYER SUPPORT

Paul always had a remarkable confidence in God and he taught us how to surrender everything in prayer especially when the situation around us is beyond our control. Moreover, he also knew that he needed some prayer support from fellow believers.

Paul asked the people in Thessalonica to pray for him and his team so that the word of God would spread and reach out to more pre-believers.

Paul also asked them to pray so that he and his team would be protected from wicked and evil people. Paul wrote, "The Lord is faithful, and He will strengthen you and protect you from the evil one." That's what Paul believed.

On the other hand, Paul himself also prayed for the Thessalonians so the Lord would cause them to feel God's love and remember Christ's patient endurance.

From today's Bible reading, we can learn to always come to God in prayer and have confidence in God. Moreover, we should also remember that as Christians, we always need to pray for one another. Do not be reluctant to ask for prayer support whenever you need it.

Key verse:

*2 Thessalonians
3:5*

*We pray that
the Lord will
cause you to
feel God's love
and remember
Christ's patient
endurance.*

Prayer

*Dear God,
I put all my
confidence in
You alone and I
am thankful for
my family and
friends who can
support me in
prayer whenever
I need it.
Amen.*

