

城北華人基督教會 國語部每日靈修

Daily Hope
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但願使人有盼望的神，

因信將諸般的喜樂、

平安充滿你們的心，

使你們借着聖靈的能力大有盼望！

羅馬書十五章十三節

2019.01.06 (Sunday) Devotion

Title: [Four Secrets to Answered Prayer]

Here are four secrets to answered prayer from the life of Nehemiah:

Base your request on God's character. Pray like you *know* God will answer you: "I'm expecting you to answer this prayer because of who you are. You are a faithful God. You are a great God. You are a loving God. You are a wonderful God. You can handle this problem, God!"

Confess the sins of which you're aware. After Nehemiah based his prayer on who God is, he confessed his sins. It wasn't Nehemiah's fault that Israel went into captivity. He wasn't even born when it happened; he was most likely born in captivity. Yet, he's including himself in the national sins. He says, "I've been a part of the problem."

Claim the promises of God. Nehemiah prays to the Lord, saying, "I want you to remember what you told your servant Moses." Can you imagine saying "remember" to God? Nehemiah reminds God of a promise he made to the nation of Israel. In effect, he prays, "God, you warned through Moses that if we were unfaithful, we would lose the land of Israel. But you also promised that if we repent, you'd give it back to us."

Does God have to be reminded? No. Does he forget what he's promised? No. Then why do we do this? Because it helps us remember what God has promised.

Be very specific in what you ask for. If you want specific answers to prayer, then make specific requests. If your prayers consist of general requests, how will you know if they're answered?

Nehemiah is not hesitant to pray for success. He's very bold in his praying. Have you ever prayed, "Lord, make me successful?" If you haven't, why haven't you? What is the alternative — a failure? Is it OK to ask God to make you successful? It all depends on your definition of success! I believe a good definition of success is this: "fulfilling God's purpose for my life in faith, love, and the power of the Holy Spirit and expecting the results from God." That is a worthy life objective that you should be able to pray for with confidence.

2019.01.06 (週日) 靈修

題目: [禱告蒙應允的四個秘訣]

以下是從尼希米生平看到的，禱告蒙應允的四個秘訣：

根據上帝的屬性來求 你禱告要知道，上帝會按祂的屬性應允你：
“我期待祢應允這個禱告，就因為祢是神。是因著祢的信實，祢的偉大，祢的慈愛，祢的良善。上帝啊，因此祢可以幫助我解決這個問題！”

承認已知的過犯 尼希米在按著上帝的屬性禱告之后，他開始認自己的罪。以色列人被擄不是尼希米的錯。被擄之時，他甚至還沒有出生，他很可能是在淪落異邦時出生的。然而，他認為自己有份於整個以色列民的過犯。他說，“我和我的父家都犯了罪。”

按著上帝的應許祈求 尼希米向神禱告說：“求祢記念祢吩咐祢仆摩西的話。”你能想像尼希米竟對上帝用“記念”這個詞嗎？他是在提醒上帝對以色列民曾作過的應許。於是他這樣祈禱：神啊，祢吩咐摩西的話說，我們若犯罪，就會失去應許之地。但祢也承諾，若我們悔改，祢就會把我們招聚回來。
上帝必須被提醒嗎？不用！祂會忘記祂所承諾的嗎？不會！那我們為什麼要這樣做呢？因為這樣能幫助我們記住上帝所應許的。

你所要求的要具體 如果你要知道神是否應允了你的禱告，你就要提出具體的要求。如果你的禱告只是泛泛而求，你又如何知道它們是否得到回應了呢？
尼希米的禱告非常大膽，他甚至還祈求成功。你曾否這樣禱告過：“主啊，讓我成功吧！”如果你從來沒有這樣祈求過，那是什麼原因呢？求上帝讓你成功是否可以？這一切都取決於你對成功的定義！我認為可以這樣定義成功：“靠著信心、愛和聖靈的能力來實現上帝賦予的人生目標，並期待神的成就。”這是值得追求的人生目標，你應該有信心為此禱告。

生命反思

- 試想：你能為你現在正在做的事情，祈求神讓你取得成功嗎？如果不能，是時候要考慮轉變方向了。上帝不希望你浪費你的生命！
- 今天你需要按上帝的哪個應許來祈求？
- 為甚麼我們要努力確認有哪些禱告蒙神應允呢？

靈修筆記

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2019.01.07 (Monday) Devotion

Title: [Your Prayers Have an Impact]

“[God] hears us whenever we ask him; and since we know this is true, we know also that he gives us what we ask from him” (1 John 5:15 TEV).

Do you ever wonder if prayer really works? You’re praying about something and Satan whispers to you, “This is a waste of time. Forget it! Who do you think you are? What do you think you’re doing? God is not listening. Don’t waste your time.”

Prayer works because God is in control. The basis of all miracles is God’s sovereignty. Why does he do one and not another? Because God is in control. We have to trust his wisdom and his goodness.

Ephesians 3:20 says, *“God is able to do far more than we would ever dare to ask or even dream of—ininitely beyond our highest prayers, desires, thoughts or hopes”* (TLB).

Prayer can do whatever God can do. His resources are available to you. Twenty times in the New Testament it says, “Ask.” It’s encouraging to know that things that are out of my control are not out of God’s. I may not be able to change a situation, but I can pray, and God can change it. I know exactly what some of you are thinking right now: “If I can pray and ask God to change things, and if God is really in control of everything, why don’t I get everything I pray for?” Good question. Here are three reasons:

God is not a genie. You don’t just put in a prayer and get whatever you want. If every prayer were answered, we’d be spoiled brats. Do you give your children everything they ask for? I hope not. You know what’s best for them. You can see the bigger picture. If you can see the bigger picture for your kids, how much bigger is the picture God can see?

Sometimes Christians pray in conflict. If two Christians are praying at the Super Bowl for different teams, who’s God going to answer?

Obviously, God can't answer every prayer at the same time. But I think the real reason is this:

God knows what's best, and you don't. If you think you do, that is very presumptuous. The Bible tells us, *"We are sure that [God] hears us if we ask him for anything that is according to his will"* (1 John 5:14 TEV). Look at the phrase "according to his will." The attitude of your prayer needs to be: "Lord, this is my prayer request, but thy will be done." That's what Jesus prayed in Luke 22:42: *"Father, if you are willing, take this cup from me; yet not my will, but yours be done"* (NIV).

Talk It Over

- Why is it important that God is good *and* sovereign?
- “Prayer can do whatever God can do.” How do your prayers reflect what you believe about God’s sovereignty?
- How can you show God that you desire and trust his will and not your own?

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2019.01.07 (週一) 靈修

題目: [你的禱告真的有用]

“既然知道他聽我們一切所求的，就知道我們所求於他的，無不得著。”（約翰一書 5:15）

你有沒有想過，禱告真的有用嗎？當你禱告時，撒旦會對你耳語：“這是浪費時間。算了吧！你以為你是誰？你覺得你在做什麼？上帝不聽的，不要浪費時間。”

禱告是有用的，因為上帝在掌權。所有神跡的基礎都是上帝的主權。但是為什麼祂會做這事而不是那事呢？因為上帝有祂的主權。我們必須相信祂的智慧和良善。

“神能照著運行在我們心裡的大力充充足足地成就一切，超過我們所求所想的。”（以弗所書 3:20）

禱告可以做任何上帝所能做的事，你可以使用祂一切的資源。

“求”這個字在新約聖經中出現過 20 次。令人鼓舞的是，我知道我無法掌控的事情，仍有上帝在掌控。我有無法改變的事情，但我可以禱告，讓上帝來改變。

我知道你們當中有人一定在想：如果我能通過禱告讓上帝改變一切，並且上帝真的掌控著一切，為什麼我的有些祈求不能實現呢？”很好的問題。這裡列出三個原因：

上帝不是童話中用魔法召來的魔僕 你不應期待通過祈求來得到你想要的所有東西。如果每一個禱告都能成就，我們就會被寵壞了。孩子要求的一切你都會給嗎？我想不是。因為你知道什麼對他們最好。你比孩子看得更全面更長遠，那麼上帝所見的豈不是比你更全面更長遠？

有時基督徒的禱告會相互沖突 如果兩位基督徒在 NBA 聯賽上為不同的隊伍祈禱，那麼上帝會回應誰呢？顯然，上帝不能同時應允兩邊的禱告。但我認為真正的原因是：

上帝知道什麼是最好的，而你卻不知道 如果你認為你知道，那你真是太自以為是了。聖經告訴我們，“我們若照他的旨意求甚麼，他就聽我們。”（約翰一書 5:14 上）。仔細看看“照他的旨意”這句話，那麼你禱告時應有的態度必須是：“主啊，這是我的祈求，但請按祢的旨意成就。”這也就是耶穌在路加福音 22:42 中所禱告的：“父啊，你若願意，就把這杯撤去。然而，不要成就我的意思，只要成就你的意思。”

生命反思

- 為什麼一定要認識到這一點，就是上帝兼有良善和完全的主權？
- “禱告可以達成任何上帝主權所能成就的事。”關於上帝的主權，你的禱告如何反映出你所信的呢？
- 你怎樣才能向上帝表明，你是渴慕並信靠祂的旨意，而不是任憑自己的意願呢？

靈修筆記

2019.01.08 (Tuesday) Devotion

Title: [To Bear Fruit, Get Connected]

Right before Jesus goes to the cross, he gives his last minute instructions to his followers: *“Live in me, and I will live in you. A branch cannot produce any fruit by itself. It has to stay attached to the vine. In the same way, you cannot produce fruit unless you live in me”* (John 15:4 GW).

Jesus says that being spiritually connected is like being attached to a vine. You’re not going to have any fruitfulness or productivity in your life if you’re out there on your own. You’ve got to stay connected.

In plants, a disconnected branch can’t bear fruit. Not only do you lack support and start to wither and die, but you also don’t have any productivity in your life if you’re not spiritually connected.

I grow a lot of vegetables and fruit every spring. If I cut off a branch, those branches aren’t going to produce any tomatoes or anything else. They’ve got to be connected in order to produce fruit.

What kind of fruit should you produce when you are connected to the Body of Christ? *“The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control”* (Galatians 5:22-23a NIV).

I don’t know about you, but I’d like to be more loving. I’d like to be more joyful. I’d like to be more at peace, no matter what happens to the economy. I’d like to be more kind to people who are mean to me. I’d like to be a good person. I want to be faithful, not unfaithful. I want to keep my promises. I’d like to be gentle with people who are not very gentle. And I’d like to have more self-control.

That’s called the fruit of the Spirit, and it’s the evidence that you are spiritually connected. If you are not seeing yourself grow in all these things, guess what? It means you’re not spiritually connected.

He’s saying this is so important that not only do you need the support like in a building, and not only do you need the life blood like being in

2019.01.08 (週二) 靈修

題目: [連於主，結果子]

“你們要常在我裡面，我也常在你們裡面。枝子若不常在葡萄樹上，自己就不能結果子；你們若不常在我裡面，也是這樣。”
(約翰福音 15:4)

在走向十字架之前，主耶穌這樣最后一次教導他的追隨者。

耶穌說，靈裡的連結就像枝子連於葡萄樹。如果你沒有連結，還是靠自己，那麼你的生命就不會結出任何果子。你必須要連於主。

一棵植物，枝子不連在主干上就不會結出果實。這不只是缺乏營養的供給(逐漸枯萎凋亡)那麼簡單，如果你沒有與主有靈裡的連結，你就會失去生命中一切的豐富。

我每年春天都會種植很多蔬菜和水果。如果我切掉一些枝子，那麼這些枝子就不會有任何出產。要結果子，枝子必須連在主干上。

當你連於基督的身體時，你會結出怎樣的果子呢？“聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。”（加拉太書 5:22-23 上）

我不了解你，但我希望不管外面經濟狀況如何變化，我會更有愛心，更喜樂，更有平安。我希望我會更善待傷害我的人。我想成為一個好人。我希望自己是信實而非悖逆的。我希望自己信守承諾，能夠溫柔對待那些不太溫柔的人，並且能有更多的自控力。

這就是聖靈的果子，是你與主連結的證明。如果你沒有看到自己在這些方面的成長，你猜怎麼著？這意味著你還沒有與主有生命的連結。

2019.01.09 (Wednesday) Devotion

Title: [Christianity: A Belong System]

“You will all be joined together, and you will give glory to God the Father of our Lord Jesus Christ. Christ accepted you, so you should accept each other, which will bring glory to God” (Romans 15:6-7 NCV).

There are only two ways to get into a family: You can either be born into it, or you can be adopted into it. God does both for you! It's called being born again, and it's called being adopted into the family of God. God does both.

In Roman law, which people followed in the New Testament, you could disown a child you birthed. But if you adopted a child, you were forbidden to ever disown them. God says you are not only born again into his family, but he has adopted you, and there is no way he could ever disown you. That's good news!

You may ask, “No matter what I do? Really?” That's right — no matter what you do!

Once you're born, you cannot be unborn. Once you are born again, you cannot be unborn again. You can grieve the Father, just like we often do to our earthly parents. The fellowship may be broken, but no matter what your parents say, everybody knows you are still their child. In the same way, once you become a child in the family of God, you're in!

The Bible says in 1 Timothy 3:15, *“I want you to know how people who are members of God's family must live. God's family is the church”* (GW). We are the family of God. Church is not something you go to. Church is something you *belong to*. You're welded into the building of the temple of God. You're grafted into the vine and the tree of life. You're born again and adopted into the family of God. You're joined into the body of Christ. These are all connection models.

Most people think that Christianity is a belief system. There are beliefs that are involved, but it's more than that. It's a *belong* system.

It means you belong to the family of God. It means you are a part of the body of Christ.

The Bible says it's like being born into a family.

Romans 15:6-7 says, “*You will all be joined together, and you will give glory to God the Father of our Lord Jesus Christ. Christ accepted you, so you should accept each other, which will bring glory to God*” (NCV).

Talk It Over

- What are the benefits to belonging to the family of God?
- What is the evidence in your life that you belong to the family of God? Do you represent your family well?
- How would you rate yourself on being accepting of others in the Body of Christ?

[illegible]

2019.01.09 (週三) 靈修

題目: [基督教是種 “歸屬”]

“一心一口榮耀神——我們主耶穌基督的父！所以，你們要彼此接納，如同基督接納你們一樣，使榮耀歸與神。”（羅馬書 15:6-7）

進入一個家庭只有兩種方式：出生在其中，或者被收養。這兩樣上帝都為你做了！你被重生，你也被收養，進入了神的家。

在新約時代，人們遵循羅馬法的規定，你可以同親生兒子脫離關係，但你不能與你收養的孩子脫離關係。上帝說你不僅重生於祂的家，而且祂還收養了你，祂再也不會遺棄你。這是大好的信息！

你可能會問：“不管我做什麼(都可以被接納)，真的嗎？”是的，沒錯，不管你做什麼！

一旦你出生了，你就不可能是未出生的。一旦你重生了，你就不可能是未重生的。就像我們經常對肉身父母所做的一樣，你會讓他們傷心，你們之間的親密關係也可能受損。但是無論怎樣，每個人都知道你仍然是他們的孩子。同樣，一旦你成為神家中的兒女，你就永遠是神家裡的人！

提摩太前書 3:15 中說：“你也可以知道在神的家中當怎樣行。這家就是永生神的教會，真理的柱石和根基。”我們是在神的家中。教會不只是你去的一個地方。教會是你的歸屬。你已牢固地銲接在聖殿的建築中，你已嫁接在葡萄樹和生命樹上。你重生了，被收養進了神的家中。你成了基督身體的一部分。

大多數人認為基督教是一種信仰體系。它雖涉及信仰，但不止於

此，它是一種歸屬，意味著你屬於神的家，意味著你是基督身體的一部分。聖經說這就像生於一個家中一樣！

羅馬書 15:6-7 說：“一心一口榮耀神——我們主耶穌基督的父！
所以你們要彼此接納，如同基督接納你們一樣，使榮耀歸神。”

生命反思

- 屬於上帝的家有什麼益處？
- 你生活中有什麼証據表明你屬於神的家了？ 你的表現像神家的人嗎？
- 評估一下，在接納基督身體中的其他成員方面，你做得如何？

靈修筆記

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2019.01.10 (Thursday) Devotion

Title: [God Is Aware, and He Cares]

“As a father has compassion on his children, so the Lord has compassion on those who fear him” (Psalm 103:13 NIV).

God is a caring, loving, compassionate father. He loves you more than you will ever understand. He loves you more than you can ever comprehend. God is love, and he made you to love you. He is loving toward you in everything that he does, and his compassion is his most outstanding quality. God is a caring father.

The Bible says in Psalm 103:13, *“As a father has compassion on his children, so the Lord has compassion on those who fear him” (NIV).* He cares about everything in your life — compassionately.

Most of the disciples were professional fishermen. One day when they were out fishing, Jesus got tired and curled up in one end of the boat and went to sleep. When a storm came up, it shouldn't have bothered the disciples. As fishermen, they were used to storms. But this must have been a big one, because they got scared. The ship was rocking and rolling, and water was coming into the boat. They were frantic and woke up Jesus to ask him one of the most important questions in life: *“Lord, don't you care?”*

You and I ask that question of God all the time and in a thousand ways: “God, did you see that doctor's report? Don't you care? Do you see what a mess my marriage is in? Don't you care? Do you see how little money we've got in the bank and all the bills we've got? Don't you care? Do you see how my kids are struggling in school? Don't you care? You know this fear that grips my mind that I can't seem to get rid of. Don't you care?”

The answer is yes, God cares. In fact, he cares more than you care. He wants to help more than you want help. He knows what will help you more than you know what will help you. He is aware, and he cares.

“Cast all your anxiety on him because he cares for you” (1 Peter 5:7).

If you knew and felt how much your heavenly Father cares compassionately and constantly about you, you'd have to love him back. If you feel like God is a million miles away, it's because you don't understand the kind of caring Father he really is. That understanding is the first step to inner peace.

Talk It Over

- What are the things in your life right now that are troubling you?
- Do you believe that God cares about your concerns?
- What does it mean to “cast” your anxiety on God?

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2019.01.10 (週四) 靈修

題目: [上帝了解你，上帝關心你]

“父親怎樣憐恤他的兒女，耶和華也怎樣憐恤敬畏他的人。”
(詩篇 103:13)

上帝是一位充滿關愛，富有憐恤的父親。祂比你能理解、能領悟到的更加愛你。上帝就是愛，祂創造了你就是為了愛你。祂所做的每一件事都是對你的愛，憐恤就是祂性情中最重要的一面。上帝是一位充滿關愛的父親。

詩篇 103:13 說：“父親怎樣憐恤他的兒女，耶和華也怎樣憐恤敬畏他的人。” 祂顧念你生活中的一切，滿有同情。

大多數門徒都是以捕魚為業。有一天他們外出捕魚時，耶穌累了，蜷縮在船的一端睡著了。暴風雨來臨本不應該對門徒造成困擾，因為他們是漁民，應該習慣了風暴。但這次的確是很大的問題，他們害怕了。船在劇烈搖擺，水涌上了船。他們近乎發瘋，喚醒了耶穌，拿生命中最重要的一個問題問祂：“主啊，你不顧嗎？”

你和我也總是用千變萬化的形式問上帝同樣的問題：“上帝，你看到我的病歷和醫檢報告了嗎？你不在意嗎？你看我的婚姻到底有多麼糟糕？你不在意嗎？你看我們在銀行裡的存款就這麼一點兒了，我們還要付所有的賬單，你不在乎我們嗎？你看到我的孩子在學校裡掙扎嗎？你不在意嗎？你知道這種恐懼抓住了我，讓我無法擺脫，你不在意嗎？”

答案是肯定的，上帝關心著你。事實上，祂比你更關心你。祂要給你的幫助超過了你想要的！祂知道什麼能幫到你，超過你所能知道的。祂知道你的一切，祂很在乎你。

“你們要將一切的憂慮卸給神，因為他顧念你們。” (彼得前書 5:7)

如果你明白並感受到天父對你有多麼關愛，你也就必然會愛祂。如果你覺得上帝離你很遙遠，那是因為你還不真知道天父愛的本性。這種真知道是我們獲得內裡平安的第一步。

生命反思

- 你現在生活中有什麼事情正困擾你？
- 你相信上帝正關心著你心中的憂慮嗎？
- “要將一切的憂慮卸給神”。卸給神，“交托”在上帝身上，究竟意味著什麼？

靈修筆記

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

2019.01.11 (Friday) Devotion

Title: [You Can Count on God]

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows” (James 1:17 NIV).

When everything’s changing around you, it’s important to remember that God is a consistent Father. He will never let you down. He can be counted on. He is reliable. He is worthy of trust.

James 1:17 says, *“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows”* (NIV). God is an unchanging, consistent Father.

Human fathers are often unpredictable. I’ve talked to people who said, “Growing up, I never knew how my dad was going to treat me. I never knew if he was going to be silent or violent. I never knew whether he was going to hug me or slug me. I never knew if he was going to take me in or reject me.” Inconsistent fathers produce insecure children.

But God is not moody. Your heavenly Father is consistent. One of the things you can count on is that God always acts the same toward you.

“If we are faithless, he remains faithful, for he cannot disown himself.”
(2 Timothy 2:13)

We know that the world is changing faster than ever before. Alvin Toffler wrote a book called “Future Shock,” in which he said that in times of rapid change, people need what he calls islands of stability. When everything else is up in the air, you need something in your life that never changes as an anchor for your soul. You need an island of stability in order to handle the stress.

2019.01.11 (週五) 靈修

題目: [上帝是你的指望]

“各樣美善的恩賜和各樣全備的賞賜都是從上頭來的，從眾光之父那裡降下來的；在他並沒有改變，也沒有轉動的影兒。”（雅各書 1:17）

當你周圍的一切都在改變時，你要記住上帝是你從不改變的天父。祂永遠不會讓你失望。祂值得你信靠。

雅各書 1:17 說：“各樣美善的恩賜和各樣全備的賞賜都是從上頭來的，從眾光之父那裡降下來的；在他並沒有改變，也沒有轉動的影兒。”上帝是一位不變的，始終如一的父親。

我們肉身的父親往往難以預料。我聽人說過：“在長大過程中，我不知道爸爸會怎麼對待我，他可能是什麼也不說，也可能是暴力。我從來不知道他是要擁抱我，還是揍我。我從來不知道他是否打算與我親密或拒絕我。”表現不一的父親會讓孩子產生不安全感。

但上帝並不會喜怒無常。天父始終如一。你可以指望的一件事是，上帝對你所做的總是一致的。

提摩太后書 2:13 說：“我們縱然失信，他仍是可信的，因為他不能背乎自己。”

我們知道世界變化比以往任何時候都快。阿爾溫·托夫勒寫了一本名為《未來沖擊》的書，書中說，在快速變化的時代，人們需要有個“穩定島”。當其它一切都變得虛浮的時候，你生活中需要永遠不會改變的東西作為你靈魂的錨。你需要一個“穩定島”來應對壓力。

這裡有一個問題：在這個地球上，沒有什麼可以持續到永恆。那麼你只有一件事永遠也不會改變，是你可以指望的：天父對你始終如一的關懷和愛護。

“我的神要以慈愛迎接我。”（詩篇 59:10 上）祂對你的愛永不改變，這就是你的指望！

生命反思

- 你在生活中曾用作“穩定島”的是什麼？
- 在你生命中有什麼好的和完美的禮物，是上帝對你不變的愛的証據？
- 對上帝始終如一這一屬性的認識可以怎樣減輕你生活中承受的壓力？

靈修筆記

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2019.01.12 (Saturday) Devotion

Title: [God is Close]

“The Lord is near to all who call on him” (Psalm 145:18a NIV).

God is not as far away as the furthest star. He’s as close as your next heartbeat. He’s right there with you every moment. The Bible says in Acts 17:27, *“God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us”* (NIV).

You might feel like God is a million miles away. But your feelings and reality don’t always match — we all know that’s true. The truth is, God is with you right now.

Because he is a close Father:

God is never too busy for you. That’s how close he is. That’s the kind of love that he has. Psalm 145:18 says, *“The Lord is near to all who call on him.”* Every time you call, God is near. He thinks about you a lot more than you think about him. He thought about you before you were born. He thinks about you every moment of every day. The truth is that too many times, we get too busy for God. But he never gets too busy for us.

God loves to meet your needs. He doesn’t do it begrudgingly. He loves it! Mathew 7:11 says, *“If you ... know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”* You can enjoy the fact that God enjoys giving good gifts to you.

God is sympathetic to your hurts. Some of you are going through something tough this week, and you need this verse: *“The Lord is close to the broken-hearted and saves those who are crushed in spirit”* (Psalm 34:18).

God is close to you, and he understands. Turn to him.

Talk It Over

- What do you need to call on God for today?
- How can you know that God is close to you?
- What changes do you need to make in your life so that you are not too busy for God?

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2019.01.12 (週六) 靈修

題目: [上帝就在你身邊]

“凡求告耶和華的，就是誠心求告他的，耶和華便與他們相近。”
(詩篇 145:18)

上帝並不像天邊的星那麼遙遠。祂近得就像你依偎在祂的身旁。祂每時每刻都和你在一起。使徒行傳 17:27 中說：“要叫他們尋求神，或者可以揣摩而得，其實他離我們各人不遠。”

你可能覺得上帝距離自己有百萬里之遙。但我們知道，你的感受和現實並不總是相符。事實上，上帝現在就正和你在一起。

因為祂是與你很親密的父親：

上帝永遠不會忙到不顧你 祂就是與你這麼親密。這就是祂所擁有的那種愛。詩篇 145:18 說：“凡求告耶和華的，就是誠心求告他的，耶和華便與他們相近。”每次你呼求祂的時候，祂就在你身邊。祂想著你的比你想著祂的要多得多。在你出生之前祂就想著你了。祂每一天的每一時刻都在想著你。事實是，我們太多次因為忙而忘了上帝。但祂永遠不會為因為忙而忘了我們。

上帝很願意滿足你的需要 祂從不吝惜，祂很高興這樣做！馬太福音 7:11 說：“你們雖然不好，尚且知道拿好東西給兒女，何況你們在天上的父，豈不更把好東西給求他的人嗎？”上帝樂意將好東西給你，你可以為此感到快樂。

上帝同情你的痛苦 你們當中有些人正在經歷一些艱難的事情，你們需要這節經文：“耶和華靠近傷心的人，拯救靈性痛悔的人。”(詩篇 34:18)

上帝就在你身邊，祂知道你。現在就轉向祂吧！

生命反思

- 今天你需要為哪些事呼求神？
- 你怎麼知道上帝就在你身邊？
- 為避免因忙碌而忽略了上帝，你需要在生活中做出哪些改變？

靈修筆記

各樣美善的恩賜和各樣全備
的賞賜都是從上頭來的，
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雅各書一章十七節