

城北華人基督教會 國語部每日靈修

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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
聖靈的能力大有盼望

敬錄羅馬書十五章十三節



2019.01.20 (Sunday) Devotion

Title: [You Already Have God's Acceptance]

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light” (1 Peter 2:9 NIV).

Most of us spend our entire lives trying to earn acceptance. We want to earn it from our parents, peers, partners in life, people we respect, and even people we envy. The desire to be accepted drives us to do all kinds of things. It can influence the kind of clothes you wear, the kind of car you drive, the kind of house you buy, even the career you choose.

Would you agree that people do the craziest things to be accepted? As a kid you wanted so badly to be in the in-crowd that someone would say to you, “I dare you to do this,” and you’d do something stupid. You did it because your desire to be accepted overruled the desire for personal safety in your life. When you played baseball as a kid and teams were chosen, remember how great it felt to be picked by the best player? Remember how bad you felt when they got down to the last two or three and you still weren’t chosen?

We love the feeling of being accepted.

Being chosen does tremendous things for your self-esteem. The Bible says in 1 Peter 2:9, “*You are a chosen people*” (NIV). That ought to raise your self-esteem! Christ has accepted you — not based on your performance, something that you earned, or something that you deserve. God simply says, “I chose you.”

You may have accepted Jesus into your life, but have you ever realized that Christ has accepted you? You don’t have to earn it; you don’t have to prove yourself.

“*Even if my father and mother abandon me, the Lord will take care of me*” (Psalm 27:10 GW). The fact is, some of you had parents whom you could never please. No matter what you did, it wasn’t good

2019.01.20 (週日) 靈修

題目: [上帝已經接納了你]

“惟有你們是被揀選的族類，是有君尊的祭司，是聖潔的國度，是屬神的子民，要叫你們宣揚那召你們出黑暗入奇妙光明者的美德。”（彼得前書 2:9）

我們大多數人一生都在努力爭取獲得認可。我們希望從我們的父母、同齡人、生活中的合作夥伴、我們尊重的人，甚至是我們羨慕的人那裡得到認可。被人接納的願望促使我們做各種各樣的事情。它可以影響到你穿什麼樣的衣服，開什麼樣的車，買什麼樣的房子，甚至你選擇什麼樣的職業。

你是否贊同人們為了被人接納而做最瘋狂的事情？作為一個孩子，你非常想合群，有人會對你說，“我諒你也不敢做到這一點”，於是你做了一些愚蠢的事情。你之所以這樣做，是因為你渴望被接納的願望超過了你生活中對人身安全的考慮。你小時候打棒球要選擇球隊，還記得被最好的球隊選中的感覺嗎？還記得當他們挑選到僅剩最後兩三個空缺而你還沒被選中，那時候你感覺有多糟糕嗎？

我們喜歡被接納的感覺。

被選中會極大地增強你的自信心。彼得前書 2:9 說：“你們是被揀選的族類。”這應該會提升你的自我價值感！基督接納了你——不是基於你的表現，也不是基於你所獲得或你應得的東西。上帝簡單地說，“我揀選了你。”

你可能已經接受耶穌進入你的生命，但你有沒有意識到基督已經接納了你？這一點你不必靠自身努力來贏得；你也不必證明自己行。

“即使我的父母離棄我，耶和華也必要收留我。”（詩篇 27:10 GW 直譯）事實上，你們中的一些人永遠無法取悅自己的父母。不管你做了什麼，都不夠好。如果你考試得了一堆 C，他們想要你拿到 B。如果你得了一堆 B，他們想要你拿到 A。如果你已經得到 A，他們想要你的考試成績全部都是 A。

可悲的是，今天你們中的一些人仍在努力向父母證明自己。你仍然試圖贏得他們的接納，但是如果他們現在還不曾接納你的話，你很可能永遠不會得到他們的認可，因為這是他們的問題。好消息是：你不一定非要皆大歡喜！世界上有 60 億人口，如果兩個人不喜歡你，誰在乎呢？作為上帝家中的一分子，你已被上帝接納！

生命反思

- 你的自我價值感的基礎是什麼？
- 為其他人所接納的驅動力如何在生理上、情感上和精神上影響到你？
- 你怎麼知道你已經被上帝按照你本來的樣子全然接納？

靈修筆記

2019.01.21 (Monday) Devotion

Title: [How the Cross Proves Your Value]

“Come to the Lord, the living stone rejected by people as worthless but chosen by God as valuable” (1 Peter 2:4 GNT).

God says that not only are you accepted; you’re also valuable!

How much do you think you’re worth? I’m not talking about your net worth; I’m talking about your self-worth. Don’t ever confuse your valuables with your value as a person. You can be rich or poor, but it has nothing to do with your value as a person.

Two things determine value in life:

1. Value is what someone is willing to pay for something.
2. Value depends on who has owned something in the past.

Based on these two things, what’s your value? Ask yourself, “*Who owns me?*” and “*What was paid for me?*” The Bible says, “*You have been bought and paid for by Christ, so you belong to him*” (1 Corinthians 7:23a TLB).

You belong to God, and Jesus paid for you with his life. The Cross proves your value.

Nobody has ever paid a greater ransom than God paid for you! You’re acceptable, and you’re valuable.

Peter uses the imagery of a building project to illustrate our value. God is building this stone building that represents the Church, the family of God, and you’re one of the stones. “*Come to the Lord, the living stone rejected by people as worthless*” (1 Peter 2:4a TEV). Jesus is the living stone. He was perfect, but some people still rejected him. Some of you may think, “If I could just be perfect, then I would be accepted.” No! Jesus was perfect, but even he wasn’t accepted by everyone. But he was “chosen by God as valuable.”

2019.01.21 (週一) 靈修

題目: [十字架如何證明你的價值]

“主乃活石。固然是被人所棄的，卻是被神所揀選、所寶貴的。”
(彼得前書 2:4)

上帝說你不僅被接納了，你也很有價值！

你覺得自己有多少價值？我不是在談論你的淨資產；我在談論你的自我價值。不要將擁有的貴重物品與你作為一個人的價值混為一談。你或窮或富都與你作為一個人的價值無關。

決定人生價值的有兩方面：

- 價值是買方願意為被估價物品支付的額度。
- 價值同時取決於被估價物品交易前的所有方。

就這兩方面來看，你的價值是多少？問問自己，“我屬於誰？”“為我付出了什麼代價？”聖經說：“你們是基督重價買贖的，所以你屬於主。”(哥林多前書 7:23 上 TLB 直譯)

你屬於上帝，耶穌為你付出了生命。十字架證明了你的價值。

沒有人支付過比上帝為你所付更多的贖金！你是可以被接納的，而且你很有價值。

彼得使用建築項目的圖景來說明我們的價值。上帝正在建造這座石頭建築，這建築代表教會，上帝的家，你就是這建築上的一塊石頭。“來到主面前，就是被人們看作毫無價值並棄絕的生命活石面前。”(彼得前書 2:4 上 TEV 直譯) 主耶穌是活石。祂很完美，但有些人仍然拒絕了祂。有些人可能會想，“如果我真的很完美，那麼我就會被接納。”不！耶穌是完美的，但即便是祂也並沒有為每個人所接納。然而祂“被上帝揀選，被上帝看為是寶貴的”。

2019.01.22 (Tuesday) Devotion

Title: [Every Christian Is a Minister]

“You come to him as living stones, a spiritual house that is being built into a holy priesthood” (1 Peter 2:5a GW).

God says that you are a priest. Depending on your background, that may be scary or confusing. Peter is saying that the two benefits that priests have are now available to everyone who is a believer.

In the Old Testament, priests did two things:

- They had the right, privilege, and responsibility to go directly to God. They could pray and talk to God, worship, and fellowship with God. Everybody else had to go through a priest.
- The priest had the privilege and responsibility of representing God to the people and ministering to the needs of other people (serving).

Those are the very two things that are true of you when you become a believer.

You now have direct access to God. You don't have to pray through anybody else. You don't have to confess through anybody else. You don't have to fellowship with God through anybody else. You can read your Bible, talk with the Lord, and fellowship directly with him.

The Bible says that when Jesus died on the cross, there was a veil in the Temple that separated the Holy of Holies, where God's Spirit was, from where man was. Only priests could go behind that veil once a year. When Jesus died on the cross, God ripped that veil — about 70 feet — from top to bottom, symbolizing that there is no longer a barrier.

You have also been gifted for ministry to serve other people. Every Christian is a minister — not a pastor, but a minister. Any time you use your talents and gifts to help others, you are ministering.

“It is he who saved us and chose us for his holy work not because we deserved it but because that was his plan long before the world began” (2 Timothy 1:9a TLB). Why did God save you? So you could serve him. A non-serving Christian is a contradiction.

How do you know what your ministry is? Look at your talents, gifts, and abilities. When you use those talents and gifts to help other people, that’s called ministry — nothing fancy or scary about it. It’s just helping others. Can you be a priest in a sales office? You bet you can. Can you be a priest as an accountant? Of course. Driving a truck? Sure. Any time you’re helping other people in God’s name, you’re ministering.

Talk It Over

- What are your spiritual gifts and abilities? How are you using them to serve God and others?
- With what attitude do you think God wants you to serve? Why?
- How do you make the most of your status as a priest? Do you take full advantage of your direct access to God?

2019.01.22 (週二) 靈修

題目: [每個基督徒都在供職服事]

“你們來到主面前，也就像活石，被建造成為靈宮…”（彼得前書 2:5 上）

上帝說你是一個祭司。根據你的背景，這可能會讓你感到恐懼或困惑。彼得說，每個信徒都擁有祭司才有的兩大福利。

舊約中的祭司做兩方面的事：

- 他們有權利、特權和責任直接與上帝接觸。他們可以祈禱並與上帝交談，敬拜和與上帝相交。其他人都必須經過祭司。
- 祭司有特權和責任向人民代表上帝並服務於其他人的需要(服事)。

在你信主以後，這些恰恰就是你當供職的兩方面。

你現在可以直接接觸上帝。你不必通過任何其他人祈禱。你不必通過任何其他人來認罪悔改。你不必通過任何其他人與上帝交通。你可以閱讀聖經，與主交談，並直接與祂相交。

聖經說，當耶穌在十字架上受死時，聖殿中有一層幔子將神的靈所在的至聖所與人所在的地方分開。每年只有祭司可以進入這幔子後面一次。當耶穌死在十字架上時，上帝將大約 70 英尺長的幔子從上到下撕開，象徵著不再有障礙。

你也有恩賜去服事他人。每個基督徒都在供職---不是作牧師，是在供職。每當你使用你的才能和恩賜來幫助別人時，你就是在供職服事。

“神救了我們，以聖召召我們，不是按我們的行為，乃是按祂的旨意和恩典。這恩典是萬古之先在基督耶穌裏賜給我們的。”

（提摩太後書 1:9）為什麼上帝拯救你？因為只有這樣你才可以服事祂。基督徒不服事就是自相矛盾。

你怎麼知道你的事工是什麼？看看你的天賦、恩賜和能力。當你使用這些才能和恩賜來幫助其他人時，這就是所謂的事工---這沒有什麼新奇或可怕的。事工只是要幫助別人。你能成為銷售辦公室裡的祭司嗎？我確定你可以。在會計師的位置上你能同時作祭司嗎？當然可以。開卡車？一定也沒問題。每當你以上帝的名義幫助別人時，你就在服事。

生命反思

- 你的屬靈恩賜和能力是什麼？你是如何利用這些來服事神並服事人的？
- 你認為上帝希望你服事的態度是什麼？為什麼？
- 你如何充分利用自己作為祭司的身份？你是否充分享用了你與上帝直接接觸的恩典？

靈修筆記

2019.01.23 (Wednesday) Devotion

Title: [Be Confident in Whose You Are]

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life’” (John 8:12 NIV).

When Jesus said, *“I am the light of the world,”* he was defining himself. He was saying, “I know who I am.” At least 18 times in the Bible, Jesus said, “I am” and then gave a description. He described himself as the door, the bread of life, the way, the truth, the resurrection, and the life. Over and over, he defined himself. Jesus knew who he was (and still is) and, as a result, he was not under pressure.

This is the principle of identity. As long as you are unsure of your identity, you’re going to be pressured to fit into other people’s molds. They will manipulate you. They will try to make you into what they think you ought to be, rather than what God made you to be.

One of the major causes of stress comes from trying to be somebody that you’re not. When you are fearful that someone’s going to find out what you’re really like and that you might not be able to keep up the façade, it causes stress.

The only way you can counterbalance outside external pressures is to have an internal sense of satisfaction about who you are and who God made you to be. You discover who you are by knowing whose you are.

The Bible says that you were created by God. You are deeply loved by him. You are accepted as you are. He has a plan for your life. Until you settle this issue of identity, you will be insecure and you will be pressured by stress. You cannot serve other people until you settle this issue.

Jesus constantly did things that surprised everybody else. He put himself below others and served them. None of the other disciples

2019.01.23 (週三) 靈修

題目: [要對自己屬於誰有信心]

“耶穌又對眾人說：‘我是世界的光，跟從我的，就不在黑暗裏走，必要得著生命的光。’”（約翰福音 8:12）

當耶穌說“我是世界的光”時，祂正在定義自己。祂在說，“我知道我是誰。”在聖經中耶穌至少 18 次說“我是...”，然後給出了描述。祂形容自己是門，是生命的糧，是道路，真理，復活和生命。祂一遍又一遍地定義自己。耶穌知道祂是誰（現在祂仍然是），因此祂不在壓力之下。

這是身份的定律：只要你不確定自己的身份，你就會感受到壓力，因为你不得不適應其他人的模式，他們會操縱你，他們會試圖讓你進入他們認為你應該成為的樣式，而不是上帝讓你成為的樣式。

壓力的一個主要來源就是：試圖成為一個你本來不是的人。如果你害怕有人會發現你真正的面目，而且你可能無法保持體面的外在形象，那就會造成壓力。

你可以抵消外部壓力的唯一方法就是，在關於你是誰以及上帝讓你成為怎樣一個人這方面，擁有內在的滿足感。你知道自己屬於誰，就能發現自己是誰。

聖經說你是上帝創造的。你深受祂的喜愛。祂已按照你的所是接納了你。祂已規劃好了你的一生。在你解決這個身份問題之前，你會有不安，焦慮和壓力。在解決此問題之前，你無法服事他人。

耶穌經常做一些令其他人感到驚訝的事情。祂把自己置於別人之下並服事他們。由於他們的不安全感，門徒都沒想到會在樓上的房間（吃逾越節晚餐的地方）彼此洗腳。但耶穌總是在一個有力

的地位上服事。祂知道祂是誰，知道祂屬於誰，所以並不介意降卑自己去服事他人。

服事來自對自身價值的認可。在你克服自己的不安全感並對自己感覺良好之前，你不會想要幫助別人。先要在自己是誰和自己屬於誰的問題上平靖安穩，你才能有效地服事他人。

生命反思

- 世界和其他人對你的看法與你相信上帝對你的看法有何不同？
- 在有力的地位上服事是什麼意思？
- 當我們在基督裡的身份得到保障時，為什麼我們會更有效地服事？

靈修筆記

[illegible]

2019.01.24 (Thursday) Devotion

Title: [The Truth Will Set You Free]

The secret to personal change is not willpower. The secret is to know and face the truth. You must know and face the truth about yourself, your relationships, and your own nature if you want to change anything in your life.

Why is it necessary to learn the truth before anything can change in your life? Because behind every self-defeating habit in your life is a lie that you believe. If you get in debt, it's because you believed some lies like, "I can spend and get away with it" or "I can always pay it back." You might have overestimated how much you were going to make, or you believed the lie that you needed a much bigger house.

But do you? Are you sure it's the truth? Can you prove it's the truth? Are you absolutely certain that what you believe you've said about your finances is true? What about your relationships? What about the things you say to yourself about yourself? Is the way you think about your past or about some event the truth, or is the truth what God says about it?

The Bible teaches that personal change starts with truth. It is the truth that sets you free! The Apostle Paul says, "*Since you have heard about Jesus and have learned the truth that comes from him...*" (Ephesians 4:21 NLT, second edition). Who is the truth? Jesus, and because Jesus is the truth, he will always tell you the truth. His Word is the truth. The Bible is his Word, and that means the Bible is truth (2 Timothy 3:16-17).

What you hear on television or read in books isn't always going to help you, because it's not always the truth. Have you learned that? But what God tells you is always going to be the truth. God's Word shows you how to get back to the life you were created to live, and then it shows you how to stay on God's path.

This is why it is so important for you to have a daily quiet time in the Word of God: Change requires learning the truth. As long as you build

your life on a foundation of lies, misconceptions, deceptions, or half-truths, you will never change. But when you face the truth and respond to the truth, you will begin to see change in your life.

Talk It Over

- Think about a self-defeating behavior in your life. What lies have you believed that led you to that behavior?
- How might you change your routine or schedule so that you can spend more time in God's Word every day?
- Why does it seem easier sometimes to keep believing the lies about ourselves or our circumstances instead of facing the truth?

[illegible]

2019.01.24 (週四) 靈修

題目: [真理會讓你自由]

“如果你們聽過他的道，領了他的教，學了他的真理...”（以弗所書 4:21）

個人變化的秘訣不是意志力。秘訣是要了解並面對真相。如果你想改變生活中的任何事情，你必須知道並面對關於你自己的，你的人際關係和你自己的本性的真相。

為什麼有必要在生活中發生任何變化之前先了解真相？因為你生活中每一個自我毀滅的習慣背後都是你所相信的謊言。如果你欠債，那是因為你相信一些謊言，“花掉這些錢，無所謂的”或“我可以隨時償還”。你可能高估了你能賺多少，或者你相信謊言說你需要一座更大的房子。

但是你確定這是真的嗎？你能證明這是真的嗎？關於你的財務狀況，你的人際關係，在自我認知方面你對自己說的話，你絕對肯定你所說的是真的嗎？關於自己的過去或曾經發生的某些事，你的看法更真實，還是上帝對此所說的更真實？

聖經教導說，個人的改變始於真相。是真理讓你自由！使徒保羅說：“既然你已經聽說過耶穌並且已經從他身上學到了真理。”

（以弗所書 4:21 NLT 第二版直譯）誰是真理？耶穌，因為耶穌是真理，祂總是會告訴你真相。祂的話是真理。聖經是祂的話語，這意味著聖經就是真理。（提摩太後書 3:16-17）

你在電視上看到或在書本上讀到的東西並不總能幫助你，因為那些並非總是真的。你學到這一點了嗎？但是上帝告訴你的事情一定會成為事實。上帝的話語告訴你如何回到你受造當過的生活，然後告訴你如何保守自己在上帝所定的道路上。

這就是為什麼每天安靜在上帝的話語中對你來說如此重要：若想改變，就要學習真理。只要你還在謊言、誤解、欺騙或半真半假的基礎上建立自己的生活，你就永遠不會改變。但是，當你面對真相並回應真相時，你將開始看到生活中的變化。

生命反思

- 想想你生活中的自我毀滅行為。你認為是什麼導致了你的行為？
- 你當如何改變日常生活或日程安排，以便每天花更多時間在神的話語上？
- 為什麼有時候讓自己相信謊言(關於自己和環境的謊言)而不是面對真相似乎更容易？

靈修筆記

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

2019.01.25 (Friday) Devotion

Title: [Change Requires You to Make a Choice]

“Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception” (Ephesians 4:22 NLT, second edition).

Change requires making choices. It's not enough to dream of changing. It's not enough to desire change. In order for you to change, you will need to make a decision. You must choose to change.

Change is intentional: Are you going to be any different in six months? Are you going to be better a year from now? Are you going to be healthier, stronger, and more mature? Are you going to be happier? Are you going to be less in debt? Are you going to be more like God wants you to be?

I can tell you the answer right now: It will only happen if you choose to change, because it isn't going to happen accidentally. I want you to be better in 10 years than you are now, but you won't be unless you choose to be.

It requires a choice.

A lot of times we think we're waiting on God to change us. No. You are not waiting on God. God is waiting on you! He's waiting on you to say, “Yes, Lord, I'm willing to make these changes.”

We have to make intentional choices in order to grow. There is no growth without change, there is no change without loss, and there is no loss without pain. If you are going to grow, you will have to change, and change means letting go of some old things in order to grab hold of some new things.

It's like swinging on a trapeze: The trapeze artist swings out on one bar, and then he has to reach out and grab the other one. At some point, he has to let go of one to grab the other, or he's not going to make it to

the other side. If he thinks he can hold on to both, what happens? He gets stuck in the middle, and he’s going down.

Some of you are stuck in the middle, and you’re going down because you haven’t let go of the old patterns, the old habits, and the old ways of thinking. You have to let go of your old ways.

The Bible says, “*Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception*” (Ephesians 4:22 NLT, second edition). In other words, let it go. Those old habits, those old hurts, those old patterns, those old sins in your life — let them go. The Bible says to throw them off and trust that God is working in you “*to will and to act in order to fulfill his good purpose*” (Philippians 2:13b NIV).

Talk It Over

- What is a change you’ve been wanting to make in your life but have been waiting on God to do for you?
- How do you think God wants you to move forward with that change? What practical steps do you need to take?
- How do you want your life to be different one year from now? What will it take to accomplish that goal?

2019.01.25 (週五) 靈修

題目: [改變需要你作出選擇]

“就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑漸漸變壞的。”（以弗所書 4:22）

是否改變需要你作出選擇。僅僅夢想著改變是不夠的。渴望改變也是不夠的。為了讓自己有所改變，你需要作出決定。你必須選擇去改變。

改變是有意而為：你會在六個月內變得不同嗎？從現在起一年後你會變得更好嗎？你會變得更健康，更強壯，更成熟嗎？你會更喜樂嗎？你會減少債務嗎？你是否會更像上帝希望你成為的人？

我現在就可以告訴你答案：只有你選擇作出改變，改變才會發生，因為它不會偶然發生。我希望你在 10 年之後比現在更好，除非你選擇成為更好的你，否則這是不可能的。

這需要你做出抉擇！

很多時候，我們認為我們正在等待上帝來改變我們。不，不是你在等上帝，是上帝在等你！祂在等著你說：“是的，主啊，我願意作出這些改變。”

為了成長，我們必須作出有意識的選擇。沒有變化就沒有成長，任何變化都會有損失，任何損失都會帶來痛苦。如果你要成長，你將不得不改變，而改變就意味著放棄一些舊東西，以便抓住一些新東西。

就像空中飛人一樣：空中飛人在一個橫桿上擺動，然後他必須伸手抓住另一個橫桿。在某些時候，他不得不放棄一個橫桿去抓住另一個橫桿，否則他就不會過渡到另一邊。如果他認為他可以同

時抓住兩個橫桿，你猜會發生什麼？他就會在兩個橫桿中間無所適從，他就會從空中墜落下來。

你們中一些人的狀況就是“被卡在中間，眼看就要墜落下來”，因為你們沒有放棄舊的模式，舊的習慣和舊的思維定式，從而陷入了困境。你們必須放棄舊的方式。

經上說：“就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑漸漸變壞的。”（以弗所書 4:22）換句話說就是，放手吧。你生活中的那些舊的習慣，舊的傷痛，舊的模式，舊的過犯---統統拋開。聖經說要棄絕這一切，並相信上帝在你們裡面動工：“因為你們立志行事，都是神在你們心裏運行，為要成就他的美意。”（腓立比書 2:13）

生命反思

- 你一生中一直想要但是一直在等待上帝為你作出的改變是什麼？
- 你認為上帝希望你如何進一步作出這一改變？你需要採取哪些實際步驟？
- 你希望一年後你的生活和現在有何不同？如何實現這一目標？

靈修筆記

2019.01.26 (Saturday) Devotion

Title: [To Change How You Act, Change the Way You Think]

Change requires new thinking. In order to change, we must learn the truth and start making good choices, but we also must change the way we think.

The battle for sin starts in your mind, not in your behavior. The way you think determines the way you feel, and the way you feel determines the way you act. If you want to change the way you act, you start by changing the way you think. In addition, if you want to change the way you feel, you must start with changing the way you think.

For instance, I can say, “I need to love my kids more,” but that isn’t going to work. You can’t fight your way into a feeling. You must change the way you think about your kids, about your husband, about your wife, and that will change the way you feel, which will then change the way you act. The Bible says, “*Let the Spirit renew your thoughts and attitudes*” (Ephesians 4:23 NLT, second edition).

Let me sum it up this way: You are not what you think you are. Rather, what you think, you are. The battle to deal with those defects in your life that you don’t like starts in your mind. If you want to change anything in your behavior or anything in your emotions, start with your thoughts and your attitude.

The renewal of your mind is related to the word “repentance.” I know repentance is a murky word for a lot of people. They think it means something you don’t really want to do or something painful. They think of a guy standing on a street corner with a sign that says, “Repent! The world’s about to end!”

Repentance has nothing to do with your behavior. It’s about learning to think differently. “Repent” simply means to make a mental U-turn.

It's something you do in your mind, not with your behavior. Changing the way you think will then affect your emotions and your behavior.

When I repent, I turn from guilt to forgiveness. I turn from Hell to Heaven. I turn from purposelessness to purpose in life. I turn from no hope to new hope. I turn from frustration to freedom. I turn from darkness to light!

That's the kind of change I need to be able to change the rest of my life.

Talk It Over

- What do you watch or listen to that affects the way you think? Do those things help with the renewal of your mind?
- What do you say to God when you repent?
- How can you change the way you think about your relationships so that you feel more love toward the people in your life?

2019.01.26 (週六) 靈修

題目: [想法改變，做法才會改變]

“又要將你們的心志改換一新。”（以弗所書 4:23）

變革需要新思維。為了改變，我們必須了解真相並開始作出好的選擇，但我們也必須改變我們的思維方式。

與罪爭戰始於你的思想，而不是你的行為。你的思維定式(想法)決定了你的感受方式(看法)，你的感受方式決定了你的行為模式(做法)。如果你想改變你的做法，首先要改變你的想法。此外，如果你想改變自己的看法，首先必須改變你的想法。

例如，我可以說“我需要更多地愛我的孩子”，但這不會起作用。你無法用自己的方式進入一種感覺。你必須改變你對孩子的，對丈夫或妻子的想法，這會改變你對他們的看法，看法變了，你的做法也會相應地改變。聖經說：“又要將你們的心志改換一新（讓聖靈更新你的思想和態度）。”（以弗所書 4:23 NLT 第二版直譯）

讓我這樣總結一下：你不是你認為自己是的樣子。毋寧說，你怎樣想，你就是怎樣的人。與你生活中那些你不喜歡的缺陷爭戰，要從你的心思裡面開始。如果你想改變你的行為或情緒中的任何方面，那就要從你的想法和態度開始。

心意的更新與“悔改”這個詞有關。我知道對許多人來說，悔改是一個相當晦暗的詞。他們認為這個詞意味著你不想做的事或感覺痛苦的事。這個詞讓他們聯想到一個站在街角的傢伙手中舉著牌子，上面寫著：“懺悔吧！世界末日就要到了！”

悔改與你的行為無關，只是意味著精神上的轉變，意味著學習以不同的方式思考。這是心思中的變化，而不是外面的行為。想法的改變會影響你的情緒和行為。

當我悔改時，我會從內疚轉向寬恕，我從地獄轉到了天堂。在生活中，我從毫無目的轉向使命人生，從沒有希望轉向新的希望。我從沮喪轉向自由。我從黑暗進入光明！

這是我需要的轉變，這一轉變能夠重塑我的餘生。

生命反思

- 你觀看或聆聽的內容會影響你的思維定式嗎？那些視聽內容有助於你的心意更新嗎？
- 當你悔改時，你對上帝說什麼？
- 如果你想要對那些出現在自己生命中的人有更多的愛，你當如何改變在人際關係方面的思維定式？

靈修筆記

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各樣美善的恩賜和怎樣全
備的賞賜都是從上頭來的從
眾光之父那里來的在他沒有
改變也沒有轉動的影子

敬錄雅各書一章十七節

