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
聖靈的能力大有盼望

敬錄羅馬書十五章十三節

2019.03.10 (Sunday) Devotion
Title: [Four Steps to Make God's Word a Habit]

"If you continue in My word, then you are truly disciples of Mine" (John 8:31b NASB).

It's a really important step to commit to reading your Bible regularly for a short period, maybe a few weeks. It's a great way to get started, but you should never leave it there. Jesus said, "If you continue in My word, then you are truly disciples of Mine" (John 8:31b NASB). It's the long-term commitment to learning from Jesus and his Word that makes us his disciples.

How do you continue in the Word and stay connected with Jesus through his Word for the long term?

- Make the decision to do it. It starts with your commitment. Don't wait for a better time to make God's Word a regular part of your life. Start your commitment today.
- Make a declaration. Announce your intentions to others. Hold yourself accountable. If you keep your commitment to God a secret, it's easier to slip up.
- Make a determination. Don't allow anything to knock you off your commitment. Be absolutely determined to make this a permanent habit in your life, particularly in the early months. If you start skipping days, it'll be much harder to stay committed to God's Word.
- Double up. Get a spiritual partner to come alongside you for support and encouragement. This is someone with whom you can share what you learn in your quiet times. It could be someone in your small group, a friend, or a family member. The Bible says, "*Two people are better off than one, for they can help each other succeed*" (Ecclesiastes 4:9 NLT).

Spending time with God should be a lifelong habit, not a passing fancy. Research shows you need to do something for about six weeks straight to build a habit. Make God's Word part of your life today — and for the rest of your life.

Talk It Over

- What commitment will you make today so that God's Word becomes a habit in your life?
- With whom will you share your commitment, and who will hold you accountable?
- Identify the biggest distractions you will likely face when you determine to be in God's Word every day. What changes can you make in your life to minimize or eliminate those distractions?

2019.03.10 (週日) 靈修
題目: [讓神的道成為習慣的四步驟]

“你們若常常遵守我的道，就真是我的門徒。”（約翰福音 8:31）

在短時間內委身定時讀經是非常重要的一步。這是開始的好方法，但絕不要停在那裏。耶穌說，“你們若常常遵守我的道，就真是我的門徒。”(約翰福音 8:31) 必須長期委身學效耶穌和祂的道，才能使我們成為祂的門徒。你如何持續委身於神的道，並藉著這道連於耶穌？

• **決定去做**。這始於你的委身。不要等待更好的時間，立即開始委身，讓神的話成為你生活的常規部分。
• **作出宣告**。向他人表明你的意圖，讓自己負責任。如果你把對神委身當成祕密，那就更不容易持守。
• **立定心志**。不要讓任何事情破壞你的承諾。務必要下定決心，讓這成為你生活中的永久習慣，尤其是在最初的幾個月。如果你開始跳過幾天，就很難堅持遵守神的道。
• **二人同行**。找一個屬靈伙伴來支持和鼓勵你。這個同伴是你可以分享個人靈修心得的人。他可以是你小組中的兄姊、朋友或家人。聖經說：“兩個人總比一個人好，因為二人勞碌同得美好的果效。”(傳道書 4:9)

花時間與神親近應該成為終生習慣，而不是一時興起。研究顯示，必須連續六個星期做某事，才能養成習慣。讓神的道成為你今日生活以及餘生的一部分。

生命反思

- 你今天願如何委身，讓神的道成為你生活中的習慣？
- 你將與誰分享你的委身，你會向誰負責？
- 確認當你決定每天親近神的道時，可能面臨的最大干擾是什麼。你能做些什麼改變來減少或消除這些干擾呢？

靈修筆記

2019.03.11 (Monday) Devotion
Title: [The Bible Is Meant to Transform You, not Just Inform You]

I was once asked what the best translation of the Bible is. My answer was, "When you translate it into your life." That's what Bible study is all about. If you're not translating God's Word into your life, you're not studying the Bible the way God intended.

God gave us the Bible to transform us, not simply inform us. It should give us a bigger heart, not a bigger head. James 1:22 says, "*Do not merely listen to the word, and so deceive yourselves. Do what it says*" (NIV).

In other words, God wants our beliefs turned into behavior.

God makes his purpose for the Bible even more explicit in 2 Timothy 3:16-17: "*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work*" (NLT).

The purpose of the Bible is more than just showing us what is wrong in our lives or how we should live. God gave us his Word to radically transform our lives.

The Bible describes itself in different ways. For example, it calls itself a hammer, a sword, and a scalpel. All of these are tools designed to make radical changes. God intends for the Bible to dramatically change our lives.

The Bible also describes God's truth as milk, water, bread, and meat. What do all those things have in common? If you don't eat or drink them regularly, you'll die. We were never meant to live without the Bible.

The Bible is essential to our lives because it gives us life. In fact, the Bible also talks about Jesus as the Word of God. John 1:14 says, "*So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son*" (NLT). God gave you the Living Word, Jesus, to be the author and finisher of your faith, and he gave you the written Word to prepare you to live out your faith.

Talk It Over

- The Bible is more than a mere wisdom dispenser or repository of information. How do you see God using the Bible to transform your life?
- Jesus is the Word of God. Talk about how intimacy with the Bible is connected to intimacy with Jesus.
- What are some ways you can practice doing God's Word and not just reading it?

2019.03.11 (週一) 靈修
題目: [聖經要改變你，而不僅是告訴你]

我曾被問到聖經的最佳詮釋是什麼? 我的回答是:“把聖經詮釋為你的生活。” 讀經的目的全在此。如果你沒有把神的道詮釋到生活中，你就沒有按照神的心意讀經。

神賜給聖經來改變我們，而不僅是告訴我們。它應該給我們更大的心志，而非更多的知識。雅各書 1:22 說：“只是你們要行道，不要單單聽道，自己欺哄自己。”

換句話說，神希望我們的信仰變成行為。

在提摩太後書 3:16-17 中，神對聖經的目的更加明確：“聖經都是神所默示的，於教訓、督責、使人歸正、教導人學義都是有益的。叫屬神的人得以完全，預備行各樣的善事。”

聖經的目的不僅在指明我們生活中的錯誤或應該如何活，神把祂的道賜給我們，是要根本改變我們的生命。

聖經以不同的方式描述神的道。例如，它自稱為鐵錘、刀以及兩刃的劍。這些都是根本改變的工具。神定意用聖經大大改變我們的生命。

聖經也將神的真理描述為奶、水、糧和肉。所有這些東西有什麼共同之處？如果你不經常吃喝，你會死的。我們不應該過沒有聖經的生活。

聖經對我們的生活至關重要，因為它給了我們生命。事實上，聖經也談到耶穌是神的道。約翰福音 1:14 說：“道成了肉身，住在我們中間，充充滿滿的有恩典有真理。我們也見過他的榮光，

正是父獨生子的榮光。”神賜給你生命的道就是主耶穌，成為你信心的創始成終者；祂也賜給你寫成的道，裝備你活出信仰。

生命反思

- 聖經不僅僅是個智慧藥房分配器或信息庫。你如何看待神用聖經改變你的生命？
- 耶穌就是神的道。談談個人與聖經親近如何與個人親近耶穌相連結。
- 你有什麼方法可以實踐神的道而不只是閱讀它？

靈修筆記

2019.03.12 (Tuesday) Devotion

Title: [Biblical Meditation Helps You Digest God's Word]

I can remember hearing great sermons and in-depth Bible teaching and wondering how the teacher found all those great nuggets of truth in God's Word. That's why I wrote my first book 35 years ago: to help people like me. *Rick Warren's Bible Study Methods* shares 12 methods of Bible study, such as the chapter summary method, the topical method, and the verse-by-verse method.

One of my favorites is the devotional Bible study method. If I were to summarize the devotional method in one word, it would be "meditate." For many, the word "meditate" is a bad word. They associate it with Eastern or New Age religions. When some Christians think of meditation, they picture people folding their bodies into pretzels and contemplating the lint on their navel.

That may be Eastern or Buddhist meditation, but it's not Christian meditation. The Bible uses the word "meditate" 29 times in the New International Version to describe a believer's devotional life. God wants us to meditate.

He promises us that if we meditate on Scripture, he'll bless us. Joshua 1:8 says, "*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful*" (NIV).

So according to God, you have to meditate on his Word if you want to be successful.

How do you do it? Look up a synonym for "meditation," and you may find the word "rumination." You probably don't know that word unless you happen to be a farmer. Rumination is what a cow does when she chews her cud. She rolls her cud over and over in her mouth.

That's similar to how you meditate on Scripture. Cows eat the grass, chew it up, and send it to their stomachs pretty quickly. There it lies in the stomach, soaking up all of those acids and chemicals. Then, after a

while, the cow burps it back up with a new and renewed flavor, chews on that grass and some other grass, and does the whole process over again. Cows repeat this several times. They get every ounce of nutrition out of the grass.

Biblical meditation is kind of like that; it's thought digestion. God wants us to get every ounce of spiritual nutrition out of his Word. He wants us to chew on it, digest it, and then chew on it some more.

Talk It Over

- Do you have a place, time, or process for how you spend time with God? How can meditation enhance your quiet time with God?
- What distractions do you need to eliminate so you can meditate on God's Word?
- What does it mean to you to be "prosperous" or "successful"? What do you think God equates with success?

2019.03.12 (週二) 靈修
題目: [默想聖經幫助你消化神的道]

我記得聽過很好的講道和深入的聖經教導，並想知道老師是如何在神的道中找到那些寶貴的真理。我 35 年前寫第一本書，就是要幫助像我這樣的人。《華理克讀經法》中有 12 種聖經研讀法，例如分章總結法、主題分類法和逐句讀經法。

我最喜歡的一種方法是靈修讀經法。如果用一個詞來總結靈修法，那就是“默想”。對許多人來說，“默想”這個詞是負面的。他們把它與東方或新時代宗教連在一起。當一些基督徒想到默想時，就會聯想到人們盤膝而坐並俯視肚臍。

這可能是東方或佛教的冥想，卻不是基督徒的默想。聖經在新國際版中使用“默想”一詞 29 次來描述信徒的靈修生活。神要我們默想。

祂應許我們: 如果我們默想聖經，祂就會祝福我們。約書亞記 1:8 說：“這律法書不可離開你的口，總要晝夜思想，好使你謹守遵行這書上所寫的一切話。如此，你的道路就可以亨通，凡事順利。”

所以根據神的說法，如果你想凡事順利，就必須默想祂的道。

你怎麼做呢？查找“默想”的同義詞，你可能會找到“反芻”這個詞。除非你恰好是一個農民，否則你可能沒聽說過這個詞。反芻是牛在咀嚼草料時所做的事情。牛在嘴裏翻來覆去地反芻草料。

這與你默想聖經的方式類似。牛吃草咀嚼，很快就把草送到胃裏。草在胃中吸收各種酸和化學物質。然後過了一段時間，胃裏這些食物帶著變化過的新口味倒流回口腔中。牛將這些食物和其它草一起咀嚼，然後整個過程再次完成。就這樣重複數次，牛就能從草中獲得全部的營養。

聖經默想與之類似；把默想當作消化吸收。神希望我們從祂的道中獲得完全的屬靈營養。祂希望我們咀嚼，消化，然後再咀嚼這道。

生命反思

- 你是否有專用於親近神的場所、時間或程序? 怎樣增強你與神獨處的靜默時間?
- 你需要排除哪些干擾，才能默想神的道?
- “亨通和順利”對你來說意味著什麼? 你認為神看什麼等同於順利?

靈修筆記

2019.03.13 (Wednesday) Devotion

Title: [Start Unlocking Scripture with This Study Method]

Studying the Bible in a way that changes your life doesn't take a bunch of expensive tools. You don't need commentaries or Bible study software. In fact, if you were stuck on a desert island with just a Bible, you could simply use the method you'll learn about in this devotional.

God says that if we meditate on his Word, we'll be successful. Here's a method you can use to meditate on God's Word in a way that'll please God.

The "pronounce it" method of biblical meditation is an easy method for meditating on Scripture — and getting every ounce of spiritual nutrition you can out of it.

You start with a verse and read it over and over again. Each time you read the verse, you emphasize a different word. It's the simplest way to start unlocking Scripture. You can do it even if it's the first time you've ever opened up a Bible. It's simple but amazingly powerful. Each time you emphasize a different word, you get a different perspective.

Take the first part of Colossians 3:16 for example. The verse says, "*Let the message about Christ, in all its richness, fill your lives*" (NLT).

The first time you read the verse, emphasize the word "let." "*Let* the word of Christ richly dwell within you." What does it mean to *let*? It means "give permission." You open the door; it's your choice. You have to choose to let the Word of God dwell in you richly.
Then read the verse again and emphasize "message." "Let the *message* of Christ dwell in you richly." That means you need to get God's Word in your mind.
Then emphasize the word "Christ." You're not dwelling on what some philosopher, guru, or talk show host has to say. You're ***dwelling***

on the words of Christ! You may not want to let the word of the world dwell in you, but that's what happens when you spend your time watching TV instead of reading God's Word.

Then you focus on the word "richness." What does that mean? It means the opposite of *poorly*. In other words, *richness* means lusciously, extravagantly, and profoundly. God doesn't want his Word to be a poor substitute in your life. He wants it to create beauty in your life.

Then emphasize the word "fill." Don't rush through God's Word so you can get on with the rest of your day. To let the Word of Christ fill you is to let it live within you.

Finally, focus on the words "*your lives*." The Bible isn't just God's Word for your pastor, a seminary professor, or your small group leader; it's God's Word for *you*! The Bible is instruction for every single believer.

See all the great jewels you discovered in this passage just by focusing on one word at a time? You didn't need a seminary degree or a great library of reference tools. You can do this!

Talk It Over

- How will you dwell on God's Word throughout your day?
- How does your life reflect the richness of God's Word and his grace? How would it look different to other people if you allowed God's Word to make a greater difference in your life?
- Practice the "pronounce it" method during your next quiet time. What difference does it make?

2019.03.13 (週三) 靈修
題目: [用強調法學聖經]

以改變你生命的方式學習聖經並不需要一堆昂貴的工具。你不需要註釋書也不需要聖經學習軟件。事實上，如果你被困在一個只有聖經的荒島上，你可以簡單地使用在本次靈修中學到的方法。

神說如果我們默想祂的話，我們就會凡事順利。這里有一種討神喜悅的方法，可以用來思想神的道。

聖經默想“強調”法是一種默想聖經的簡單方法——人都可以盡其所能從中獲得完全的屬靈養分。

你從一節經文開始，一遍又一遍地讀。每次讀這節經文時，你都強調一個不同的詞。這是開始明白聖經的最簡單方法。即使這是你第一次打開聖經，你也可以做到。它很簡單，卻非常有效。每當你強調一個不同的單詞，你就會得到一個不同的視角。

以歌羅西書 3:16 的第一部分為例。這節經文說：“當用各樣的智慧，把基督的道理豐豐富富的存在心裏。”

第一次讀，強調“**當用**”。“當用”意味著什麼？意味著“你理當選擇”，讓神的道豐富地住在你心裏。

第二次讀，強調“**各樣的智慧**”。願基督的道，豐豐富富的住在你們心裏。這意味著你需要藉著各樣的智慧把神的話記在心裏。

第三次讀，強調“**基督**”。你不是在談論某個哲學家、宗師或脫口秀主持人說的話，而是住在基督的話語裏面！你可能不想讓世俗的話存在你心裏，但當你花時間看電視而不是讀神的道時，就會發生這種情況。

第四次讀，專註於“**豐豐富富**”。這意味著什麼？它的意思是貧乏的對立面。換句話說，豐富意味著甜美、昂貴和深刻。神不希望祂的道成為你生命中廉價的替代品。神要基督的道理在你的生命中創造美好。

第五次讀，強調“**存在**”。這個詞的英文是“**充滿**”。不要為了趕辦其它事而匆匆讀過神的道，讓基督的話充滿你，就是讓基督的道理活在你裏面。

最後，關注在“**（你）心裏**”。英文是“**你們的生命**”。聖經不只是神對你的牧師、神學院教授或你的小組長說的話，同樣是神在對你說話! 聖經教導每一位信徒。

看見了嗎？通過一次只關注一個詞，你在這段經文中可以發現所有的珍寶。你不需要神學學位或完備的參考書工具書庫。 你做得到！

生命反思

- 你將如何整天都活在神的道中？
- 你的生命如何反映出神話語的豐富和祂的恩典？如果你讓神的道在你的生命中帶來更大的改變，在其他人看來會有何不同？
- 在下一次安靜時間練習“強調”讀經法。看看會有什麼不同？

靈修筆記

2019.03.14 (Thursday) Devotion
Title: [Steps to Effective Bible Study (Part 1)]

"Open my eyes, that I may behold wondrous things out of your law" (Psalm 119:18 ESV).

Studying God's Word will change your life if you put what you learn in practice — but it all starts with your willingness to study his Word.

The Bible says, **"***Open my eyes, that I may behold wondrous things out of your law"* (Psalm 119:18 ESV).

God has so much he wants to show us, but we must be willing to look into his Word with open eyes.

So how should we study God's Word? Effective Bible study, no matter what Bible study method we use, has five parts. I'll look at two today and three tomorrow.

• **Ask the right questions.** Learning to study the Bible means learning to ask good questions from the text. There's no limit to how many questions you can ask of the Bible, because there's no limit to its wisdom and insight. The deeper you dig, the more gold you'll find. Asking questions of the text you're reading will help you look at the text through a whole new set of eyes. Suddenly, every time you pick up God's Word to study it, new truths will jump out at you.

• **Write down your observations.** Never study the Bible without pen and paper in hand (or a keyboard if you prefer). When you ask your questions and find your answers, write down what you learn. You can *read* the Bible without writing something down, but you can't *study* it.
Dawson Trotman, who was the founder of the Navigators ministry, used to say, "Thoughts disentangle themselves when they pass through the lips and the fingertips." In other words, if you can't say it and you can't write it, then you haven't really thought about it. Even if you don't see anything in the verse, write down that you don't see anything. Just the act of writing that down will open up new thoughts.

Talk It Over

- Consider the place where you study God's Word each day. How does it help or hinder your focus?
- To whom can you take your questions about the Bible? With whom can you share the insights God reveals to you?
- What tools do you need to make it easier to write down your observations during Bible study?

2019.03.14 (週四) 靈修
題目: [有效研習聖經的步驟（一）]

“求你開我的眼睛，使我看出你律法中的奇妙。”（詩篇 119:18）

如果你把所學付諸實踐，研習神的道會改變你的生命——但這一切都始於你願意研習祂的道。

聖經說：“求你開我的眼睛，使我看出你律法中的奇妙。”（詩篇 119:18）

神向我們啟示的如此豐盛，我們必須願意開眼查考祂的道。

我們該如何研習神的道呢？無論使用何種方法研習聖經，有效的聖經研習都有五個部分。我今天先談兩個，明天再談三個。

• **提出正確問題**。學習研讀聖經意味著學習從經文中提出好問題。因為聖經智慧和洞見浩瀚，所以向它提出多少問題也沒有限制。你鑽得越深，就會發現越豐盛。從正在閱讀的經文中提問會幫你透過一套全新的眼光來查看經文。每當你拿起神的道來研讀時，突然間，新的真理就會躍在眼前。

• **寫下觀察結果**。千萬不要在沒有筆和紙（或鍵盤）的情況下研習聖經。當你提問並找到答案時，請記下所學內容。你可以讀經而不記筆記，但這樣就無法真正研經。

導航者事工創辦人道森·特羅曼曾經說過:“當思想通過嘴唇和指尖流出時，就會自行解開。”換句話說，如果你不能說出來，又不能寫出來，那你就是還沒有真正思想過。即使在這節經文中甚

麼都沒有看到，也寫下你沒有任何心得。單是作筆記就能開啟新思路。

生命反思

- 考慮你每天學習神話語的場所。它如何幫助或阻礙你保持專注？
- 你可以向誰提出有關聖經的問題？你能與誰分享神向你揭示的洞見和亮光？
- 在聖經研習過程中，哪些工具可以幫你更容易寫下觀察所見？

靈修筆記

2019.03.15 (Friday) Devotion
Title: [Steps to Effective Bible Study (Part 2)]

God wants us to apply his Word and let it change our lives, but it starts with studying God's Word. How do you do it? Yesterday I gave you two general principles for Bible study that apply to any Bible study method.

- **Ask the right questions.**
- **Write down your observations.**

Today, I'll share three more.

- **Apply God's Word.** You move from the "what" to the "so what" and do what the Bible says. The ultimate goal of all Bible study is application. In other words, how will this Scripture change my life? We never settle for understanding alone. We want to apply the biblical principles to our daily living. All of our Bible study efforts really don't have any value if, in the final analysis, we don't become more like Christ. In fact, you only believe the part of the Bible you apply. Do you believe in sharing Christ with others? Do you believe in tithing? Do you do those activities? If you don't do them, then you don't really believe what the Bible teaches about them. The problem that most of us have with the Bible isn't what we don't understand; it's applying what we do understand!
- **Study the Bible systematically.** Don't just study the Bible haphazardly. You can study it systematically by studying it verse-by-verse, book-by-book, topic-by-topic, or theme-by-theme. The opposite of that is the old dip-and-skip method, where you just open up the Bible and put a finger down where you want to study. That won't produce the kind of results God wants in your life.
- **Read the Bible over and over again.** This simple tool will change your life. It's amazing how much you can get out of a passage if you study the same passage over and over again and then come back to the

same passage a few months later. The more you read a passage, the more you'll get out of it.

There's no better time than today to start studying the Bible for yourself. No matter how you choose to study, apply these five principles, and you'll get more out of whatever you study.

Talk It Over

- In what specific areas of your life do you believe God wants you to apply his Word today?
- Do you have an accountability partner? If not, do you think having one would help you study the Bible more diligently?
- Do you have a systematic approach or haphazard approach to what you study in the Bible? What will you do to be more intentional in what you are studying?

2019.03.15 (週五) 靈修
題目: [有效研習聖經的步驟（二）]

神要我們應用祂的道，讓這道改變我們的生命，但這始於研習神的道。你怎麼做呢？昨天我分享了兩個適用於聖經研習的一般原則:

- **提出正確問題**。
- **寫下觀察結果**。

今天，我將再分享三個。

- **應用神的道**。你從“什麼”進到“如何”，行出聖經的教導。所有聖經學習的最終目標都是應用。換句話說，這段經文將如何改變我的生命？我們絕不會只滿足於理解。我們要把聖經原則應用於日常生活中。如果最終我們不會變得更像基督，那麼所有聖經學習就徒勞無功了。事實上，你只相信你所應用的聖經部分。你相信要與他人分享基督嗎？你相信要十一奉獻嗎？這些你有沒有真正行出來？如果你沒有這樣行，你就沒有真正相信聖經在這些方面的教導。我們大多數人的問題不是不理解聖經; 而是沒有應用已經理解的的部分！
- **系統學聖經。**不要只是隨意地學習聖經。你可以對聖經逐節、逐卷，按照話題或者分主題來系統地學習。相反的方法，就是老式的蜻蜓點水法，打開聖經把手指放在你想學習的地方。這不會產生神在你生命中想要的那種果效。
- **反覆讀聖經**。這個簡單的方法會改變你的生命。如果反覆學習相同的段落，幾個月後重讀同一段落時，你可以從中領略之多，真是不可思議的。反覆讀同一段落，次數越多，收穫越大。

今天就開始為自己而研習聖經，沒有比現在更好的時機了。無論你選擇如何學習，應用這五個原則，你將從學習中獲得更多。

生命反思

- 你相信神要你在今天生活中哪個特定領域應用祂的道呢？
- 你是否有可靠的問責夥伴？如果沒有，你認為誰會幫助你更加努力學習聖經呢？
- 你學習聖經用的是有系統的方法還是隨意的方法？你當做什麼才能使自己更加用心於當前進度的學習？

靈修筆記

2019.03.16 (Saturday) Devotion
Title: [Probe the Bible with These Questions]

Christian meditation means thinking about Scripture. You meditate on Scripture in the same way a cow chews her cud: by chewing on it and chewing on it and chewing on it.

The "probe-it" method of Bible study is a great way to do that. When you use this method, you probe the text with questions, almost like a jackhammer. To help you do that, I'll share with you one of the strangest acrostics I've ever used: SPACEPETS. Each letter in the phrase is the first letter of a key word in a question you ask of God's Word.

- **Is there a SIN to confess?** Does God's Word make you aware of something you need to make right with God?
- **Is there a PROMISE to claim?** There are more than 7,000 promises in God's Word. Ask yourself if the passage you've read contains a universal promise. Ask whether you've met all the conditions of the promise. Every promise has a premise!
- **Is there an ATTITUDE to change?** Is there something about which you need to think differently? Do you need to work on a negative attitude, worry, guilt, fear, loneliness, bitterness, pride, apathy, or ego?
- **Is there a COMMAND to obey?** Is there a command you need to obey, no matter how you feel?
- **Is there an EXAMPLE to follow?** Are there positive examples to follow or negative examples to avoid?
- **Is there a PRAYER to pray?** Paul, David, Solomon, Elijah, and Isaiah, among others, pray in the Bible. You can use their prayers and know that they'll be answered because they're in the Bible and in God's will.
- **Is there an ERROR to avoid?** It's wise to learn from experience, and it's even wiser to learn from the experience of others! We don't

have time to make all the mistakes ourselves. So what can you learn from the mistakes of those in Scripture?

- **Is there a TRUTH to believe?** Often, we'll read something in Scripture that we can't do anything about. We simply have to believe what it says about God the Father, Jesus, the Holy Spirit, the past, the future, Heaven, Hell, or other topics in the Bible.
- **Is there SOMETHING for which to praise God?** You can always find something in a passage you can be grateful to God for, like something God has protected you from or something God has done.

Every question in this list has a verb in it; there is something you can *do* associated with them. Write them in your Bible or put them on a note card you keep with your Bible. They'll help you be a "doer of the Word" every time you meditate on the Bible.

Talk It Over

- After reading about the "probe-it" method, go back to the Scripture you read yesterday for your quiet time and apply this method to that passage. What new truths do you discover?
- What promise from God are you leaning on today?
- What commands has God given you through your Bible study that you need to obey?

2019.03.16 (週六) 靈修
題目: [帶著問題探索聖經]

基督徒的默想就是要思考經文。就像牛咀嚼反芻草料一樣默想經文：反覆地咀嚼經文。

“探測”法是一種很棒的聖經研習方法。當你使用這一方法時，你可以像使用電鑽一樣來藉一系列問題探索文本。為了便於探索經文，我要分享我曾經使用過的一個奇特縮語：SPACEPETS。縮語中每個字母代表求問神的道的一個發問關鍵詞的第一個字母。

• 有罪(Sin)要認？神的道是否讓你意識到你需要與神合作？
• 有應許（Promise）要宣告？在神的話語中有超過 7,000 個應許。問問自己，你讀過的章節是否包含普遍的應許。問你是否滿足了應許的所有條件。每一個承諾都有一個前提！
• 有態度（Attitude）要改變？在某些事上你是否需要換不同的方式思考？你要處理自己的消極態度，憂慮、內疚、恐懼、孤獨、苦毒、驕傲、冷漠或自我嗎？
• 有誡命（Command）要遵行？無論你感覺如何，是否有誡命需要遵行？
• 有實例（Example）要借鑑？是否有正面例子可以學效或負面例子要避免？
• 有禱告詞（Prayer）可以禱告祈求？保羅、大衛、所羅門、以利亞和以賽亞等人在聖經中都有禱告。你可以使用他們的禱詞，並知道神回應這些禱告，因為這記在聖經裏，也合神的心意。
• 有錯誤（Error）要避免？從經驗中學習是明智的，從別人的經驗中學習更明智！我們沒時間親自犯下所有的錯。那麼你可以從聖經所記的錯誤中學到什麼呢？

• 有真理（Truth）要相信？通常，我們會在聖經中讀到一些自己無能為力的事情。我們只需要相信聖經所說的關於父神、耶穌、聖靈、過去、未來、天堂、地獄或聖經中其它主題的內容。

• 有事（Something）可以頌讚神？你總能在一段經文中找到向神感恩的事，比如神保護你遠離或神成就的事。

這個清單中每個問題都有一個動詞; 你可以使用這個清單來採取行動。把這些關鍵詞寫在你的聖經上，或記在讀經卡片上。每當你默想聖經時，這些都會幫助你成為“行道者”。

生命反思

- 閱讀了聖經研習“探索”法之後，請回到昨天靜默時間所讀的經文，並將這方法應用在那段落中。你發現了什麼新的真理？
- 你今天學到什麼從神而來的應許？
- 透過聖經研習，神賜給你什麼誡命要你遵行？

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
從眾光之父那裏降下來的
並他並沒有改變如沒有轉
動的影兒 雅各書一章十七節