

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

新錄羅馬書十五章十三節



2019.03.17 (Sunday) Devotion

Title: [Making Biblical Application Personal, Practical, Possible, Provable]

“But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves” (James 1:22 NLT).

Nothing becomes dynamic until it becomes specific. That’s why when you read God’s Word, you try to move it to what you need to do now — your application.

A great habit to get into after you read your Bible is to write a one-sentence application for what you’ve just read. It’ll help you become a “doer of the Word,” not just a hearer.

What makes a good application sentence? It has four characteristics:

It’s personal. You can’t write an application for somebody else. It’s not about what the world needs to do or what your spouse needs to do or what your kids need to do. It’s about what you need to do!

It’s practical. Your application should be something you can actually do and something you are able to make a plan to do. Broad generalities won’t help you. In fact, they’ll produce little action and will make you feel helpless.

It’s possible. If you can’t actually accomplish your application, you’ll likely get discouraged. If your application is that you need to pray five hours a day, you won’t do it. Don’t go a day without prayer. That’s practical. Praying for five hours isn’t practical.

It’s provable. You need to set yourself a deadline to check on yourself. Until you set a deadline and a goal, you can’t check yourself. Then it’s just a dream.

You can do this with any portion of the Bible you’re reading. The Bible says, “*But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves*” (James 1:22 NLT).

Talk It Over

- After reading this devotional, how will your quiet time change?
- What one-sentence application will you try to put into practice today?
- Do you have a desire to do what God's Word says? How is that reflected in your life?

[illegible]

2019.03.17 (週日) 靈修

題目: [聖經應用四特性]

“只是你們要行道，不要單單聽道，自己欺哄自己。”（雅各書 1:22）

任何事情如果不講清楚，就很難產生動力。這就是為什麼當你學習神的道時，要更進一步做現在該做的事-你要應用！

你可以建立一個很棒的習慣，幫助自己從聽道者變成行道者，就是在讀過聖經後，把剛讀的內容寫成一個應用句。

什麼是一個好的應用句呢？它要具有 4 方面的特性：

1. **個人化**：聖經應用不是為別人而寫。這無關乎這個世界該做什麼，你的配偶該做什麼，或你的孩子該做什麼？而是你該做什麼！
2. **實用性**：應用應該是實際可行，而且能夠定出計劃去執行的事。大而空泛的事於你無益。事實上，它產生不了什麼行動，卻讓你感到無助。
3. **可行性**：如果不能實際完成應用，你會感到很氣餒。假如你的應用是每天要禱告 5 個小時，你不可能做到。每天禱告 5 個小時不可能實現。如果是每天都要有禱告，就比較實際了。
4. **可檢驗**：要設定一個自我檢驗的截止時間。除非設定了時間和目標，否則你就無法自我檢查，那麼一切也就是個夢想。

你可以用正在讀的聖經任何部分來做上面的練習。聖經說：“只是你們要行道，不要單單聽道，自己欺哄自己。”（雅各書 1:22）

2019.03.18 (Monday) Devotion

Title: [What Does a Daily Quiet Time Look Like?]

“The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty” (Proverbs 21:5 ESV).

Having a quiet time is like many other activities you might do in life — in at least one respect. To be successful, it helps to have a plan. The Bible says, “*The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty*” (Proverbs 21:5 ESV).

If you’ve never had a quiet time before, you may not have a good, simple plan for doing one. Simplicity is important with any plan you develop. If you make it complicated, you’re more likely to get off track. All you really need for an effective quiet time is a Bible, notebook, and maybe some quiet worship music or a hymnal or songbook.

So what does a daily quiet time look like?

First, be quiet before the Lord. The Bible calls it waiting on God. You start by simply sitting down and shutting up.

Second, pray briefly. Start off with a short opening prayer. Ask God to open your mind and guide you. Ask him to cleanse your mind.

Read a portion of Scripture slowly. This is where your conversation with God begins. He starts speaking to you through his Word, and then you speak back to him through prayer. Read the Bible slowly. Don’t try to read too quickly or too much. The more slowly you read Scripture, the more you’re forced to think about what you’re reading.

Meditate on the Word. Spend some time chewing on what God is saying. Chew on the Word like cows chew on cud. Ponder and wrestle with it in your mind. There are lots of great methods for meditating on

the Word. You can find specific ideas on how to meditate on the Bible in my book Rick Warren’s Bible Study Methods.

Write down what you discover. When God speaks to you through his Word, care enough about what he is saying to write it down. Writing enables us to remember what God has said to us and record our discoveries.

Pray again. Be quiet. Ask God to show you his Word. Talk to God about what he has said to you. Tell him what you’re thinking about what he is saying. Talk to him about anything else that’s on your mind.

There’s not just one way to have a quiet time, but following a plan similar to this can get you started on a rewarding devotional journey.

Talk It Over

- Have you ever thought about your quiet time as an intimate conversation with God? Why or why not?
- What distractions do you need to eliminate in order to “be quiet”?
- Why is it sometimes hard for you to read the Bible slowly and meditate on what it says?

2019.03.18 (週一) 靈修

題目: [每日靜修怎樣做?]

“殷勤籌劃的，足致豐裕; 行事急躁的，都必缺乏。” (箴言 21:5)

靜修（安靜靈修）就像你生活中其它活動一樣，至少有一個方面相同，就是：要想取得成功，有個計劃就大有幫助。聖經說：“殷勤籌劃的，足致豐裕; 行事急躁的，都必缺乏。” (箴言 21:5)

如果你還沒有一個靜修的生活，那麼可能你也沒有一個又好又簡單的靜修計劃。你做任何計劃，都要力求簡單。如果弄得很複雜，你就很容易脫離軌道。有效靜修中真正需要的就是聖經和筆記本，也許再加上敬拜音樂，讚美詩歌本。

每日靜修該怎麼做呢？

1. **安靜在主前：**聖經稱之為等候神。你開始要做的就是單純地坐下，讓自己安靜。
2. **先簡短禱告：**從一個簡短的禱告開始，求神打開你的心來引領你。求祂潔淨你的內心。
3. **慢慢讀一段：**你與神的對話就在這裏開始。祂藉著經文向你說話，你藉著禱告來回應祂。經文要慢慢讀，不要試圖讀得太多太快。你讀得越慢，就會越多勉強自己來思想所讀的經文。
4. **默想神的道：**要花一些時間來咀嚼神的話。就像牛反芻咀嚼食物一樣，放在自己心中反覆思想。默想經文的好方法很多，在我寫的《華理克讀經法》中就有具體幫助默想的方法。
5. **寫下所發現：**當神通過祂的道向你說話時，你要刻意地將它們寫下來。書寫能夠記錄我們的發現，也幫助我們記住神對我們所說的話。

6. **再安靜禱告：**求神將祂的道顯現給你。就神跟你所說的話與神傾談，也向他訴說你的理解，還要跟祂說說你心中的其它想法。

靜修的方式不只有這一種。你若遵循與此相似的計劃，就可以開始有益的靈修之旅。

生命反思

- 你可曾想過個人靜修是與神的親密對話？為什麼？
- 你該清除什麼干擾，來保持靈修時的安靜？
- 為什麼有時很難慢慢地讀經，並默想祂所說的話呢？

靈修筆記

[illegible]

2019.03.19 (Tuesday) Devotion

Title: [Applying God's Word Is Vitally Important]

“Knowledge puffs up while love builds up” (1 Corinthians 8:1bNIV)

Did you know studying the Bible can be dangerous? In fact, the results of Bible study could be disastrous.

Sounds strange, I know. But God intended for us to apply the Bible to our lives, not just read it. The Bible is about transformation, not just information. At the end of the Sermon on the Mount, Jesus said, “*Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock*” (Matthew 7:24 NIV). Applying God's Word is vitally important.

So why is it important that we apply God's Word to our lives?

1. Knowledge produces pride if we don't apply truth to our lives. The Bible says in 1 Corinthians 8:1b, “*Knowledge puffs up while love builds up*” (NIV). We've all seen people who know the Bible backward and forward, but they've never let it seep into their lives. They use the Bible as a hammer to pound on other people. We can be the most cantankerous, evil, mean-spirited, cranky, critical, judgmental people anyone will ever meet — if we never take the extra step and apply the Bible to our lives.

Knowledge without application produces pride. It'll “puff” you up without a love-based application. It'll cause harm, not help.

2. Knowledge requires action. >James 1:22 says, “*Do not merely listen to the word, and so deceive yourselves. Do what it says*” (NIV). What a person knows should find expression in what he or she does. We're deceiving ourselves if we think we're growing simply by taking notes on a Bible study. God's commands are not optional.

3. Knowledge increases responsibility. “*Remember, it is sin to know what you ought to do and then not do it*” (James 4:17 NLT). With a

2019.03.19 (週二) 靈修

題目: [活出真理至重要]

“但知識是叫人自高自大，唯有愛心能造就人。”(哥林多前書 8:1 下)

你知道學習聖經也會有危險嗎？事實上學習聖經也可能引起災難性的後果。

我知道，這聽起來很奇怪。因為神本來就是要我們將經上的話應用在生活中，而不單單是讀經。聖經關乎生命轉變，而不僅僅是傳遞信息。在登山寶訓結束時，耶穌說：“所以，凡聽見我這話就去行的，好比一個聰明人，把房子蓋在磐石上。”(馬太福音 7:24) 應用神的道至關重要。

為什麼將神的話應用在我們的生活中是如此重要？

1. 知識產生驕傲: 如果我們不把真理應用在生活中。哥林多前書 8:1 下說：“但知識是叫人自高自大，惟有愛心能造就人。”我們都看過那些把聖經能倒背如流的人，但他們沒有真正讓神的道進入自己的生活，而是把聖經當作榔頭砸向別人。如果我們不採取這一必要的步驟，將神的話語應用在我們的生活中，我們就會成為別人常常遇到的那種脾氣暴躁，邪惡，卑鄙，總是愛批評別人的人。如果只有知識而沒有應用就會產生驕傲。如果沒有基於愛的應用，就會使你膨脹起來，帶來的是傷害，而不是幫助。

2. 知識需要行動: 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。”我們的知識要通過我們的行為表現出來。如果我們認為只通過簡簡單單的學習聖經，記些筆記就可以讓我們成長，那我們是自欺欺人。神的命令是必須要執行的！

3. **知識增加責任：**"人若知道行善，卻不去行，這就是他的罪了。" (雅各書 4:17) 如果我們不能把神的道應用在自己的生活中，對經文瞭解越多，面對的審判越重。當我們開始研習聖經時，神就開始指出我們生命的哪些方面需要改變，神這樣做時，也呼召我們承擔起越來越大的責任。

生命反思

- 聽講道或靈修時所做的筆記，你會如何使用呢？
- 想想自己一個小時內的言行，是否能夠反映出神最近對你的教導呢？
- 分享神是如何呼召你把研習聖經時所得的啟示去行出來的？

靈修筆記

[illegible]

2019.03.20 (Wednesday) Devotion

Title: [Three Questions to Ask of Any Bible Passage]

“Does the LORD really want sacrifices and offerings? No! He doesn’t want your sacrifices. He wants you to obey him” (1 Samuel 15:22b CEV).

If you aren’t experienced in applying God’s Word to your life, you might be frustrated. How do you do it? Today I want to give you three questions you can ask of any passage that will help you apply the Bible to your life. Here are the three questions:

1. What did this Scripture mean when it was written?

2. What is the timeless truth behind what God is saying?

3. How does it apply now to me?

We call this the “application bridge.” We’re building a bridge between the world of the Bible and our world. Let’s try to build this bridge when applying what Paul tells us in 1 Corinthians 8 about eating the food sacrificed to idols. Read 1 Corinthians 8:1-13, and then ask yourself the questions above.

1. What did this Scripture mean when it was written? There were people in the church of Corinth who knew that idols meant nothing and that the food offered to them had no magic power. It was just hamburger or a good steak. There was no harm in eating it because the idols to which they were sacrificed weren’t real. So this group would eat freely but with no regard to what other people might think. Yet there were also new believers who were offended by that practice. They didn’t think that believers should eat food sacrificed to gods of other religions. Paul tells the mature believers not to allow their freedom in Christ to offend their brothers.

2. What is the timeless truth behind what God is saying? Don’t use your freedom in Christ to offend others. Freedom must be used in love.

3. How does it apply to me now? It’s not very common to come into contact with food being offered to idols where I live in Southern California. I’m guessing it doesn’t happen in your area, either. So does that mean it’s irrelevant for us? Of course not! If the timeless truth is: “Don’t use your freedom to offend others; freedom must be used in love,” then I need to be sensitive to people around me, because that’s how we demonstrate love. Ask yourself, “Lord, am I doing anything out of selfishness, arrogance, or deliberate insensitivity to other people that could be causing a fellow brother or sister to stumble? Am I being puffed up by my own knowledge of freedom, or am I building up others in love?”

Talk It Over

- Think of a deeply familiar Bible story. When you re-read the passage and use the three questions above, what new truths or applications do you discover about the story?
- Do you believe that God intended for you to use the Bible as a guide for life? Do you believe that its truths are timeless, that the messages and applications are still relevant today?
- How can you show what you believe through your actions?

2019.03.20 (週三) 靈修

題目: [研習經文三提問]

“耶和華喜悅燔祭和平安祭，豈如喜悅人聽從他的話呢？”（撒母耳記上 15:22 下）

如果你還沒有將神的話語應用到你生活中的經歷，是不是會有些沮喪。那你如何去做呢？今天我想給你三個問題，對你所讀的經文提問，來幫助你將聖經應用到你的生活中。下面是這三個問題：

1. 這段經文當時的含義是什麼？
2. 隱含的不變真理是什麼？
3. 現在我當如何應用？

我們將這個稱之為“應用橋”。我們在聖經世界和現今世界之間建起了一座橋梁。我們以保羅在哥林多前書第 8 章中關於吃祭偶像之物為例，來試搭這座橋。先閱讀哥林多前書 8:1-13，然後問自己上面的問題。

1. 這段經文當時的含義是什麼？在哥林多教會中，有人知道偶像算不得甚麼，獻給它們的食物也沒有魔力，就像漢堡包或好一點的牛排一樣。吃它們並無害處，因為它們所獻祭的偶像不是真的。所以這些人會毫無禁忌地吃，並不考慮其他人的想法。然而，有些新信徒就這樣被冒犯了。他們認為基督徒不應該吃異教祭獻過的食物。保羅在此教導成熟的基督徒，不要讓自己在基督裏的自由得罪了弟兄。
2. 隱含的不變真理是什麼？不要用你在基督裏的自由去得罪別人。這自由是要在愛中使用的。
3. 現在我當如何應用？我生活在南加州，很少碰到祭偶像的食物。我想你生活的地區也同樣。那麼這段經文是不是意味著與我們無關呢？當然不是！這裏有一個不變的真理：“不要使用你在基督裏的自由去得罪別人。這自由是要在愛中去使用的。” 這樣我就

需要對周圍的人足夠體貼，因為這就是我們顯明愛的方式，問問自己：“主啊，我是否因為自私，傲慢，或故意對其他人不體貼，而做了任何可能叫弟兄姊妹跌倒的事情呢？我是因自己對自由的認知而自我膨脹，還是在愛中造就人？”

生命反思

- 想一個你很熟悉的聖經故事，重讀這段經文，並問自己以上三個問題。你發現了什麼新的真理或應用？
- 你是否相信神藉著聖經引領你的生活？是否相信聖經所揭示的真理是永恆的，而且其中的信息和應用與我們今日的生活息息相關？
- 你如何通過行為來表明你的信仰？

靈修筆記

2019.03.21 (Thursday) Devotion

Title: [Biblical Interpretation: God Doesn't Leave You in the Dark]

“No one knows the thoughts of God except the Spirit of God” (1 Corinthians 2:11b NIV).

Have you ever heard someone say, “Well, that’s just your interpretation of the Bible”? It’s as if that little phrase disproves everything that’s been said. But it really doesn’t disprove anything.

There are right ways and wrong ways to interpret Scripture. Here are six principles of interpretation that are accepted just about everywhere.

1. You need faith and the Holy Spirit to interpret Scripture. The Bible doesn’t make sense to non-believers. It is God’s love letter to believers. When an unbeliever reads the Word, he is reading someone else’s mail. The Bible is a spiritual book that must be understood by spiritual people. The Bible says in 1 Corinthians 2:11, “No one knows the thoughts of God except the Spirit of God” (NIV).

2. The Bible is its own best commentary. Scripture interprets Scripture. Practice this principle by getting a Bible with cross-references in the margin. By looking up cross-references, you’ll get a much bigger and clearer picture of what God has said in all of his Word, not just that one context.

3. Read the Old Testament with the New Testament in mind, and read the New Testament with the Old Testament in mind. The New Testament is hidden in the Old Testament. The Old Testament is revealed in the New Testament.

4. Always interpret unclear passages in the light of clear passages. Look at the full counsel of God in Scripture to get a clear understanding when you find a passage that seems contradictory or confusing. For example, 1 Corinthians 15:29 has a very obscure

reference to baptism for the dead. It's the only time the idea is mentioned in Scripture. Paul isn't condoning this. Nothing in Scripture condones it. Let clear passages about salvation and baptism interpret this unclear one, not vice versa.

5. Don't form a doctrine based solely on a historical event. Take historical passages of the Bible for what they're meant to be: good lessons. Don't build your doctrine upon them. For example, in Mark 1:35, the Bible says Jesus got up very early, went to a place of solitude, and prayed. Does that mean you must get up every morning at 4 a.m., leave your house, and go somewhere and pray? Of course not! God may convince you that it's a good idea, but it's not a command. Use doctrinal passages to base doctrine on. Use narratives to teach lessons.

6. Never interpret Scripture based on your own experiences. The point of Bible study is not to shape Scripture to agree with your subjective opinions or your experiences. Feelings lie. Emotions lie. Instead, discover God's timeless truth, and let it shape your life. Study the Bible with an open heart, and invite God to conform you to his will.

God doesn't want to leave you in the dark when you study Scripture. Following these basic rules of Bible study can help to ensure you read the Word from God's perspective.

Talk It Over

- With these points in mind, re-read a passage from one of your quiet times this past week. What new insight does God reveal to you?
- Are you open to letting the Holy Spirit work in your life? How do you keep an open mind and heart when interpreting Scripture so that the Holy Spirit can direct your thoughts?
- How does your perspective change when you understand that the Bible does not make sense to non-believers?

2019.03.21 (週四) 靈修

題目: [聖經解讀六原則]

“除了神的靈，也沒有人知道神的事。”（哥林多前書 2:11 下）

你有沒有聽人說過“嗯，這只是你對聖經的解讀”？這短短的一句話好像就否定了你所說的一切。其實這話甚麼都不能否定，因為解讀是否正確是有一定的原則的。

詮釋聖經有正確的方法，也有錯誤的方法。下面是 6 種大家能夠普遍接受的釋經原則：

1. **靠著信心和聖靈**。聖經對非信徒而言毫無意義。聖經是神給信徒的家書。當不信的人讀聖經時，他只是在讀別人的信件。聖經是一本屬靈書籍，必須是屬靈的人才能讀懂。哥林多前書 2:11 下說：“除了神的靈，也沒有人知道神的事。”
2. **能以經解經最佳**。找一本附有經文交叉引用的串珠聖經來操練這一原則。查考交叉引用的經文，你可以更加清晰、全面地了解神在整本聖經中話語的全貌，而不單單局限於你所查找的上下文。
3. **新舊兩約同存心**。因為新約蘊含在舊約裏，而舊約顯明在新約中。
4. **以明確解不明確**。當一段經文看似矛盾或混亂時，要察看神在聖經中的全盤籌劃，以便清楚地理解這段經文。例如，哥林多前書 15:29 對為死者行洗禮的說法很模糊。這是聖經中唯一一次提到的。保羅並沒有縱容這樣做，整本聖經中也沒有一處縱容這樣做。要用關於救恩和洗禮的明確經文來解讀此處的不明確，不可以不明確來解讀明確。
5. **不以一事定教條**。接受聖經中有關歷史段落的原意，就是叫人記取教訓，但不要把教義建立在個別事件上。例如，在馬可福音 1:35 中，耶穌很早就起來，去了一個安靜的地方禱告。這是否意

味著你必須每天 4:00 起床，離開家，去某個地方禱告呢？當然不是！神告訴你這是個好主意，但不是命令。要用教義的段落去建立教義，用敘述的段落來傳承教訓。

6. 不以私意解聖經。聖經學習不是要強迫聖經來配合個人的主觀意見或經驗。感覺和情緒都會撒謊。要反過來，發現神永恆的真理，讓它來塑造自己的生命。要用一顆開放的心來研讀聖經，並祈求神幫助自己順從祂的旨意。

當你學習聖經時，神不想讓你陷入混沌不明之中。遵循這些基本釋經原則，可以幫助你從神的角度來閱讀聖經。

生命反思

- 使用上述這些原則，再重讀一段上周你靈修時所讀的經文，神又給了你什麼新的亮光？
- 你敞開心讓聖靈在自己生命中做工嗎？在解讀聖經時，如何保持一個開放的心，讓聖靈來引導你的心思意念呢？
- 當你明白聖經對非信徒沒有意義時，你的觀點有什麼改變呢？

靈修筆記

2019.03.22 (Friday) Devotion

Title: [Build Your Life on a Solid Foundation: God's Word]

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock” (Matthew 7:24NIV).

The foundation of a house tells you how big the house can get. You can't put a big house on a small or faulty foundation. It'll collapse every time.

The same is true for our lives. You can't become what God wants you to be on a faulty foundation. We're given a lot of different options for what will be the foundation of our lives:

- **Popular culture.** Some people think they'll simply do what every other person is doing. If it's popular, that's what they do, too. Yet what's popular today won't be popular tomorrow. Basing your life on popular culture is like building a house on a constantly moving foundation. It doesn't work!
- **Tradition.** Other people build their lives on what has always been done or how their parents did it. That does make a little sense. Tradition becomes tradition because it works. But no tradition lasts forever. It eventually wears out, becomes obsolete, and is invalid. In Mark 7:8 Jesus tells the Pharisees never to put tradition before truth. It's a good reminder for all of us.
- **Reason.** God gave us the ability to reason; we need to use it. But our reason isn't infallible. Proverbs 16:25 says, “*There is a way that appears to be right, but in the end it leads to death*” (NIV). The smartest among us will falter at times; it's to be expected. Only God can be trusted all the time.
- **Emotions.** Some build their lives on a feeling. If it feels right, they do it. But feelings lie — they lie all the time! You lie to yourself more

than anyone else. If you live by your feelings, you'll spend your life manipulated by your moods.

If it doesn't work to build your life on popular culture, tradition, reason, or emotion, what should you build your life upon? God's Word.

Jesus says this in Matthew 7:24: *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock”* (NIV).

Popular culture changes, traditions grow stale, reason can be faulty, and emotions lie. Yet God's Word never changes.

You may not always understand his Word. You may not always like it. It won't always be politically correct.

But it's the only thing stable enough to build our lives upon.

Talk It Over

- On what have you built the foundation of your life? How is it holding up?
- What distractions in your life keep you from fully building your foundation on God's Word?
- Why is it difficult sometimes to put God's truth before tradition?

2019.03.22 (週五) 靈修

題目: [立生命於神的道]

“所以，凡聽見我這話就去行的，好比一個聰明人，把房子蓋在磐石上。”（馬太福音 7:24）

從房子的地基就能看出它能建多大。你不可能把一座大房子建造在很小或有缺陷的地基上，否則房子必然坍塌。

我們的生命也是如此。在錯誤的根基上，你不可能成為合神心意的樣式。這個世界為我們生命的根基提供了眾多選擇。

1. **流行文化**。有些人認為大家在做什麼，就可以毫不猶豫地跟著做。既然是流行，那就跟著流行走吧。然而今天流行的，明天不一定流行。把生命的根基建於流行文化上，就像在不斷移動的地基上建房子，這樣肯定是行不通的。

2. **傳統**。還有些人把自己的生命建立在個人習慣或父母的行事方式上。這有點道理。傳統是因為有效才成為傳統。但是沒有傳統可以存到永恆。它終究會老舊不堪，變得過時無效。在馬太福音 7:8 中，耶穌告訴法利賽人絕不可把傳統放在真理的前面。這對所有人都是很好的提醒。

3. **推理**。神賜給人推理的能力，我們需要去使用它。但人的推論並不是不會出錯。箴言 16:25 說：“有一條路，人以為正，至終成為死亡之路。”就算是最聰明的人，有時也會犯錯，這是可以預期的。只有神可以永遠被信靠。

4. **情緒**。有些人把生命建立在感覺之上，感覺對，就做。但是感覺會撒謊，總是在撒謊。人自欺多過被人欺騙。如果依靠感覺來活，那麼就會在心情的操控下過日子。

如果把你的生活建立在流行文化、傳統、推理或情緒上，都不可行的話，那麼該把自己的生命建立在怎樣的根基上呢？只有神的道！

耶穌在馬太福音 7:24 中說：“所以，凡聽見我這話就去行的，好比一個聰明人，把房子蓋在磐石上。”

流行文化會變，傳統會過時，理性會犯錯，感覺會撒謊。唯有神的道永遠不改變。

你也許不總是理解神的道，也許不總是喜歡它，它也不總是政治正確的。

但它是唯一可以建立我們生命的穩固根基！

生命反思

- 現在你的生命是建立在怎樣的根基之上？它怎麼起作用呢？
- 生活中有哪些干擾讓你不能將根基完全建立在神的道之上？
- 有時很難把神的真理放在傳統之前，為什麼？

靈修筆記

2019.03.23 (Saturday) Devotion

Title: [You Need Spiritual Food for Spiritual Strength]

“Search for the LORD and his strength. Always seek his presence” (1 Chronicles 16:11 GW).

Just like you need physical food for physical strength, you need spiritual food for spiritual strength. The Bible describes itself as spiritual food — the water, milk, bread, and meat of our spiritual lives. It’s everything you need for sustenance.

If you were a construction contractor, you wouldn’t consider sending out a guy who hadn’t eaten anything in two weeks. If you were a commander in the Army, you wouldn’t send a person into battle who hadn’t eaten in a month. Right? We need to feed ourselves to have the strength to accomplish the tasks ahead of us.

You’re not going to have much success in winning the spiritual battles you face if you’re starving yourself to death. That’s why we need to feed on the Word of God.

Unlike eating physical food, whenever I feed on God’s Word, I get even hungrier. The more I taste and see how good God is, the more I want.

The Bible says in Colossians 3:16a, “*Let the message of Christ dwell among you richly*” (NIV). Paul is telling us to let the Bible take up residence in our lives in a rich, profound, and life-giving way.

So how do we feed ourselves on the Word of God and allow that to happen?

- **Receive the Word with your ears.** Commit yourself to go to church and listen to God’s Word being preached.

- **Read the Word with your eyes.** Having a Bible in your house is not going to bless your life. You have to have the Bible in your heart.
- **Research the Word with your hands and mouth.** When studying the Word of God, keep a pencil in your hand. Write down what God teaches. Talk about what you’re discovering with other believers in a small-group environment.
- **Reflect on the Word with your mind.** Think about and chew on God’s Word.
- **Remember the Word with your heart.** You’ll rarely have a Bible with you when you need it. Commit God’s Word to memory.

Talk It Over

- What changes do you need to make in your life so that you are spiritually nourished?
- Do you write down what God teaches you? What you are memorizing from Scripture?
- What spiritual battle are you fighting today? Have you turned to God’s Word for sustenance?

2019.03.23 (週六) 靈修

題目: [要靠靈糧得靈力]

“要尋求耶和華與他的能力，時常尋求他的面。”（歷代志上 16:11）

就像獲取體力需要食物一樣，獲取屬靈的力量也需要屬靈的食物。聖經自稱是屬靈的糧，是屬靈生命的水、奶、餅和肉，是用來維生的一切。

如果你是建築承包商，你不會考慮派出一個兩週內沒吃過任何東西的人。如果你是軍隊的指揮官，你不會派一個月內都沒有吃東西的戰士參加戰鬥。對吧？我們需要餵養自己，以便有力量完成前面的任務。

如果把自己餓得要死，所面對的屬靈征戰就勝算不大。這就是我們需要神的道來餵養的原因。

和吃日常的食物不同，每當我品嚐神的道時，就會覺得更飢渴。我越品味神的美善，就越渴慕。

歌羅西書 3:16 節上說：“把基督的道理豐豐富富地存在心裏”。保羅在這裏告訴我們，要讓聖經以豐富、深刻、賜予生命的方式，住在我們生命中。

那麼我們如何用神的道來餵養自己，讓神的道住在我們生命中呢？

1. **用耳聽神的道。**要委身去教會，聽講台上宣講神的道。
2. **用眼讀神的道。**聖經放在家中並不能使人蒙福，你必須將聖經存在心裏。
3. **用手用口研習聖經。**在學習神的道時，手裏要拿著一只筆，寫下神對你的教導。也要在小組中與弟兄姊妹分享你的得著。

各樣美善的恩賜和怎樣
全備的賞賜都是從上頭來的
從眾光之父那裏降下來的
立他並沒有改變也沒有轉

動的光兒
羅馬書二章十七節

