

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



2019.03.24 (Sunday) Devotion

Title: [Five Ways to Pray God's Purposes for Your Children]

"I pray for them. I am not praying for the world, but for those you have given me, for they are yours" (John 17:9 NIV).

Jesus reflected the father heart of God when he prayed for the disciples. As a father or mother, you can pray that your children will focus on the five purposes of God.

God's five purposes for your children are the same as God's five purposes for your life. Jesus prayed for all five purposes in the lives of those he was leading: *"I pray for them. I am not praying for the world, but for those you have given me, for they are yours"* (John 17:9 NIV).

We can pray that our children will **live for Christ** joyfully: *"I say these things while I'm still in the world so that they will have the same joy that I have"* (John 17:13b GW).

We can pray that our children will **grow strong** spiritually: *"I'm not asking you to take them out of the world, but to keep them safe from the evil one"* (John 17:15 NLT, second edition).

We can pray that our children will **serve Christ** effectively: *"Make them ready for your service through your truth; your teaching is truth"* (John 17:17 NCV).

We can pray that our children will **experience fellowship** personally: *"My prayer . . . is that they will be of one heart and mind, just as you and I are, Father . . . and the world will believe you sent me"* (John 17:21 TLB).

We can pray that our children will **bring others to Christ** regularly: *"I pray not only for them, but also for those who believe in me because of their message"* (John 17:20 GNT).

Talk It Over

- What are specific prayers you can pray for your children to live for Christ? Grow strong? Serve Christ? Experience fellowship? Bring others to Christ?
- How are you modeling these qualities in your own life?
- What action steps can you take to help your children grow in the five purposes?

2019.03.24 (週日) 靈修

題目: [依神旨意為子女求五事]

「我為他們求；我不為世人求，而是為祢賜給我的人求，因為他們是祢的。」（約翰福音 17:9，新譯本，下同）

主耶穌為門徒禱告時，流露神為父的心腸。為人父母者也可以為子女能專注於神的五項旨意而祈求。

神對我們子女的五項旨意，跟神對我們人生的五項旨意相同。主耶穌祈求，這五項旨意，都在祂所帶領的人的生命裏成就：「我為他們求；我不為世人求，而是為祢賜給我的人求，因為他們是祢的。」（約翰福音 17:9）」

我們可以為子女祈求:

1. **喜樂為主而活**：「我在世上說這些話，是要他們心裏充滿我的喜樂。」（約翰福音 17:13 下）

2. **靈命成長茁壯**：「我不求祢使他們離開世界，只求祢保守他們脫離那惡者。」（約翰福音 17:15）

3. **有力侍奉恩主**：「求祢用真理使他們成聖；祢的道就是真理。」（約翰福音 17:17）[譯註：作者在此採用 New Century Version：「求祢用真理使他們可以隨時候命；祢的教導就是真理。」]

4. **親歷神的同在**：「使他們都合而為一，像父祢在我裏面，我在祢裏面一樣；使他們也在我們裏面，讓世人相信祢差了我來。」（約翰福音 17:21）

5. **恆常領人歸主**：「我不但為他們求，也為那些因他們的話而信我的人求……」（約翰福音 17:20）

生命反思

- 大家可以為子女獻上什麼具體的禱告，好叫他們為主而活、成長茁壯、侍奉恩主、親歷神同在、領人歸主？
- 大家如何在自己的生活中，成為上述素質的好榜樣？
- 大家可以採取什麼行動、步驟，幫助子女在上述旨意中成長茁壯？

靈修筆記

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2019.03.25 (Monday) Devotion

Title: [Life: a Lesson in Love]

“Love the Lord your God with all your heart, soul, and mind.’ This is the first and greatest commandment. The second most important is similar: ‘Love your neighbor as much as you love yourself” (Matthew 22:37-39 TLB)

If you want your life to count, you have to focus it. You don’t have time for everything, and not everything is of equal value.

Matthew 22:37-39 says, “*Love the Lord your God with all your heart, soul, and mind.’ This is the first and greatest commandment. The second most important is similar: ‘Love your neighbor as much as you love yourself”* (TLB).

Jesus said there are two things that are more valuable in life than anything else: loving God and loving each other.

Have you ever wondered why God didn’t just take you to Heaven when he created you? Why did he put you on Earth? You’re only here for 100 years at the most, and you’re going to live for eternity in Heaven or Hell. Why didn’t God just take everybody to Heaven?

The Bible is very clear that God put you here on Earth to do two things: to learn to love God and to learn to love other people. Life is not about acquisition, accomplishment, or achievement. It’s not about all the things the world tells you it’s about. You’re not taking your career to Heaven. You’re not taking your car to Heaven. You’re not taking your house to Heaven. But you are taking your character. You’re taking *you*.

God put you on Earth for 80 to 100 years so you can learn to love him with all your heart and learn to love others. Life is one giant lesson in love.

2019.03.25 (週一) 靈修

題目: [生命是愛的功課]

「…… “你要全心、全性、全意愛主你的神。這是最重要的第一條誡命。第二條也和它相似，就是要愛人如己……” 」(馬太福音 22:37-39，新譯本，下同)

要活得有意義，就必須專注。我們沒有時間事事兼顧，而每件事的重要性也不相同。

馬太福音廿二 37-39 這樣說：「…… “你要全心、全性、全意愛主你的 神。這是最重要的第一條誡命。第二條也和它相似，就是要愛人如己……” 」主耶穌指出，在人生裡，有兩件事比其他事情更重要：愛神、愛人。

可曾想過，為什麼神創造人的時候，不乾脆把大家提到天堂去？為什麼祂要把我們安置在大地上？人最多只會待在地上 100 年，然後就永遠活在天堂或地獄。為什麼神不乾脆把我們提到天堂去？

聖經非常清楚告知，神把人安置在大地上，是要我們做好兩件事：學會愛神和愛人。生活非關得到什麼、完成什麼、成就什麼。生命也不在於世俗告訴大家的那些俗套。我們不能把事業、車子、房子帶進天堂。不過，卻可以把品格帶進天堂。可以把自己帶進天堂。

神將我們安置在大地上 80 至 100 年，好叫我們學會全心全意愛祂，並且學會愛人。生命是一門關乎愛的重大功課。

生命反思

- 哪些事該不再分心，好騰出時間，關愛他人？
- 該如何善用在世時間？自問花了多少時間，學效基督之愛？
- 假設有人品評你的生命。這人會指出，哪些事情對你至關重要呢？

靈修筆記

2019.03.26 (Tuesday) Devotion

Title: [Can God Love You More Than He Does Now?]

Human love wears out — that's why we have so many divorces. I know a lot of people who are not divorced, but they don't love their spouses anymore. There's a limit to human love. It dries up!

That's why you have to have God's love in your marriage — in every relationship — if it is going to last. God's love never wears out. God's love is patient, persistent, and persevering.

Isn't it good news that God never gives up on you? No matter what you do, his love never gives up. It's wide enough to include everybody, and it's long enough to last forever.

God will never love you any more than he does right now. But he also will never love you any less than he does right now.

He loves you on your good days. He loves you on your bad days. His love is not conditioned by your response. God is love, and his love is given freely. It cannot be earned, and it is undeserved.

Accept his love and worship him, knowing that his love is long enough to last for all time: *"I know that your love will last for all time, that your faithfulness is as permanent as the sky"* (Psalm 89:2 TEV).

Talk It Over

- What do you experience freedom to do in your life when you understand that God will never give up on you?
- What could you do to make God love you more? What could you do to make God love you less?
- How do you think God wants you to respond to his love?

2019.03.26 (週二) 靈修

題目: [神的愛永不改變]

人的愛，總會消退——所以離婚眾多。筆者認識許多沒有離婚的人，但他們不再愛另一半。人的愛，終究有限，終必乾涸！

因此，婚姻——或各種關係若要持久，就必須有神的愛澆灌其中。神的愛永不消退。神的愛是忍耐、一貫且恆久的。

神永不離棄罪人。這豈非大好消息？無論你做了什麼，神的愛永不止息，長闊高深得足以包容所有人，直到永遠。

神的愛不會因時而增，但也不會隨時而減。

無論順逆，神同樣愛你。神的愛不受人的回應影響。神就是愛。祂的愛是白白賜予，是人無法賺取，也不配得的。

既然明白神的愛直到永遠，就接受祂的愛，敬拜祂吧：「……祢的慈愛必永遠建立；祢的信實，祢必堅立在天上。」（詩篇 89:2，新譯本）

生命反思

- 當你明白神永不離棄罪人後，你對生活中的自由有何體驗？
- 人可以做什麼，讓神更愛我們？又可以做什麼，讓神少愛我們？
- 你認為，神要你怎樣回應祂的大愛？

靈修筆記

This image shows a single sheet of white paper with horizontal 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.

2019.03.27 (Wednesday) Devotion

Title: [Time to Tell Yourself the Truth]

“The Lord gave us mind and conscience; we cannot hide from ourselves” (Proverbs 20:27 TEV).

The best way to get off a guilt trip is to first admit your guilt. Don’t bury it, don’t deny it, and don’t ignore it. Just own up to it!

Even when we know this truth, we still try to run from our guilt. But when you run from guilt, it’s going to catch up with you. The problem with always moving is that you take you with you. The problem is in your mind! No matter how busy you are or where you run, you’re going to be just as stressed if your stress is coming from regrets, shame, or guilt. When you finally slow down, all those feelings come crashing back in again. God doesn’t want you to live that way.

The Bible says you can’t run from yourself: “*The Lord gave us mind and conscience; we cannot hide from ourselves*” (Proverbs 20:27 TEV). You may be able to hide your guilt from everybody else, but you can’t hide it from yourself.

We as human beings have an amazing ability to lie to ourselves. You say it’s not bad when it really is bad and it’s getting better when it isn’t getting better. You tell yourself you’re really further along and better than you really are.

To stop defeating yourself, you have to stop deceiving yourself. You have to tell yourself the truth.

What is it that defeats us? All kinds of things. Worry defeats us. Envy defeats us. Bitterness and jealousy and guilt defeat us. Fear and anxiety and insecurity defeat us.

I suggest you do a little spiritual spring cleaning. A lot of people take time in the spring to go through the house and give it an extra scrubbing or organize things that are normally neglected. At least once

a year, you should also do an extended personal inventory of your spiritual condition.

How do you do that?

Talk It Over

- First, set aside a couple hours and go somewhere by yourself with paper and pencil. Sit down and say, “God, I want you to bring to mind all my sin. What have I messed up? What mistakes have I made? What do I feel guilty about, either consciously or unconsciously?”
- If you’re genuinely repentant with God and honest with yourself, God’s Spirit will start bringing these things to mind. Then, start writing them down.
- Why do you have to write it down? Because it helps you be more specific. You committed those things one by one; you’re going to need to confess them one by one and show God that you care enough to point them out and be specific.

2019.03.27 (週三) 靈修

題目: [該向自己說實話了]

「上主賜給我們心智和良心，誰也無法隱瞞自己。」（箴言 20:27，現代中文譯本，下同）

脫離罪疚的最好方法，就是先要認罪。不要隱藏，不要否認，不要視若無睹。只要坦承！

即使我們明白這個道理，我們仍然試圖逃避罪責。但當你逃避，罪責就會緊咬不放。不斷逃避，問題在於，罪人仍然背負著自己。問題在於，人的心思意念！如果壓力來自遺憾、羞愧、罪疚，無論有多忙碌、無論往哪裡跑，必依然心事重重。當你終於慢下來，所有這些情緒又再排山倒海而來！神絕不要你這樣過活。

聖經告訴我們，人無法逃避自己：「上主賜給我們心智和良心，誰也無法隱瞞自己。」（箴言 20:27）人或許能向所有人隱瞞罪責，但卻不能隱瞞自己。

生而為人，有著令人詫異的自欺能力。當情況其實很差，卻仍然會說情況不差；當情況其實沒有改善，卻仍然會說正在改善；人會言過其實地告訴自己：我真的在向前邁進。

想不再打垮自己，就先要不再自欺。必須向自己說實話。

什麼會擊潰我們？各樣的事：憂慮會擊潰我們。羨慕、苦毒、妒忌、罪疚會擊潰我們。恐懼、焦慮、不安也會擊潰我們。

建議大家做一次春季屬靈大掃除。許多人趁春季，檢查全屋，多加洗擦，或清理通常被忽略的東西。至少每年一次，大家也應該為自己的屬靈光景做一次清點。

大家會怎麼做？

生命反思

- 首先，撥出幾小時，帶著紙和筆去一個地方。坐下，禱告：「神啊，求祢讓我想起所有罪過。我搞砸了什麼？我做錯了什麼？我對哪些有意、無意的過犯仍有罪疚感？」
- 如果你向神真心悔罪，並且誠實面對自己，神的靈會開始讓那些事情浮現腦海。接著，將這些事情寫下。
- 為什麼要寫下？因為這樣能幫助你更明確。這些罪過是逐一犯下的。你須要逐一認罪，讓神知道，你在意這些事情，要清楚陳明。

靈修筆記

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2019.03.28 (Thursday) Devotion

Title: [When We Confess, We Begin to Heal]

“Admit your faults to one another and pray for each other so that you may be healed” (James 5:16a TLB).

The first step in forgiveness is admitting your guilt. Then, you have to accept responsibility for your sin.

What’s the best way to ensure that you are really accepting responsibility for your sin? You’re not going to like the answer, but you need to hear it anyway: The best way to get over your guilt is to tell one other person who loves you unconditionally and who will listen and not judge you.

This is important: You don’t have to confess to another person to be forgiven. All you have to do is confess your sin to God, and you’ll be forgiven. But many of you have already been forgiven, and you still feel guilty. If you want to be forgiven, you tell God. If you want to feel forgiven, you’ve got to tell one other person. That’s the way God wired it. Revealing your feeling is the beginning of healing. We only get well in community! You don’t have to tell a bunch of people. You really only need to tell one person. If your sin is between you and another person, you go to that person.

James 5:16 says, “*Admit your faults to one another and pray for each other so that you may be healed*” (TLB). It doesn’t say “so that you may be forgiven” but so that you may be healed. Forgiveness comes from God. Healing comes in relationships.

So why do you need to drag another person into your own personal sin?

Because the root of all of our problems is relational. We are dishonest with each other. We play games with each other. We wear masks all the time. We fake it. We pretend to have it all together when everybody knows we don’t have it all together. We’re all broken.

There are only two kinds of people in the world: people who are broken and sinful and know it and people who are broken and sinful and won't admit it. When we refuse to be real with each other, it creates all kinds of fears in our lives and isolates us from each other. It is a roadblock to intimacy, and it creates insecurity.

God wired us to need each other. You need a friend who's going to love you unconditionally and won't think less of you when you share your guilt. If you're not in a small group, you probably don't know anybody like that. If you're in a small group, you need to find one person you can share your heart with.

Talk It Over

- Why do you think it's so hard for people to admit their guilt or sin to another person?
- What difference has confession with another person made in your life?
- Describe the kind of person you trust the most and with whom you would be willing to share your sin. Are you that kind of friend to someone else?

2019.03.28 (週四) 靈修

題目: [認罪就得醫治]

「所以，你們要互相認罪，彼此代禱，使你們得醫治。」（雅各書 5:16 上，現代中文譯本，下同）

得蒙寬恕的第一步，就是認罪。然後，你得承擔過犯的責任。

什麼方法最能確保自己真的已經承擔過犯的責任？你不會喜歡這個答案，但仍得聽清楚：最能醫治罪疚的方法，就是告訴那無條件愛你、聽你、不論斷你的人。

這一點很重要：你不必向他人告白，才得到寬恕。你只須向神認罪，就會得到饒恕。不少人早已得到寬恕，但仍感內疚。如果你想得到饒恕，就向神傾訴。如果你想感受到寬恕，就得告訴另一人。神就是這樣，將認罪和恕罪連貫起來：剖白感受是醫治的開始。只有在群體裏面我們才會得痊癒！你不用告訴許多人。你只須告訴一個人。如果你的過犯是關乎你和另一個人，你就要走向那人面前認罪。

雅各書 5:16 告訴我們：「所以，你們要互相認罪，彼此代禱，使你們得醫治。」聖經並非說「使你們得饒恕」，而是使你們得醫治。饒恕乃從神而來。醫治乃從關係而來。所以，何必將別人拉進自己的過犯中呢？

因為所有問題的根源都是來自關係。我們彼此欠缺誠實，勾心鬥角，總是戴著假面具。我們裝假，假裝面面俱到，但所有人都知道並非如此。我們都是破碎的。

世界上只有兩種人：一種是破碎、罪孽深重、知罪的人；另一種是同樣破碎、罪孽深重，但不承認的人。當我們不願坦承相待時，

2019.03.29 (Friday) Devotion

Title: [Forgiveness: There's a Right Way and a Wrong Way to Ask]

"Yet now God declares us 'not guilty' of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins" (Romans 3:24 TLB).

When you confess your sin to God, he does not rub it in. He wipes it out!

But, there's a right way and a wrong way to ask for forgiveness. Let me tell you the wrong way.

First, don't beg. God wants to forgive you more than you want to ask for it. You're not waiting on God. He's waiting on you.

Second, don't bargain. Bargaining is saying, "God, if you will forgive me, I will never do this again!" If that's your area of weakness, you will be back in that area of sin in a matter of hours or days. Don't bargain with God and say, "I'll never do it again," because you will.

Third, don't bribe. Bribing is saying, "God, if you'll just forgive me for *this*, I will ..." You'll go to church every week. You will read your Bible every day. You will tithe 15 ... 20 percent! But God doesn't want or need your bribe.

So what do you do?

You don't beg, bargain, or bribe. You just *believe*.

You believe the many promises of God that tell you if you confess your sins, he will forgive your sins. Period.

Another great verse of promise is Romans 3:24: "*Yet now God declares us 'not guilty' of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins*" (TLB).

2019.03.29 (週五) 靈修

題目: [求饒恕避免三誤]

「但他們卻因著神的恩典，藉著在基督耶穌裏的救贖，就白白地稱義。」（羅馬書 3:24，新譯本，下同）

[譯註：原文在此採用 The Living Bible：「但如今，如果我們信靠耶穌基督，神就宣告，我們即使得罪了祂，但仍然『無罪』；耶穌基督以恩慈將我們的眾多過犯白白除掉。」]

當我們向神認罪，祂不會在傷口上撒鹽反覆提及，而是將罪過塗抹掉！

然而求饒恕既有正確之道，也有錯誤之道。在此要說的是錯誤之道。

1. **不反覆乞求**：神要饒恕你，過於你想求饒恕。你這麼做就沒有等候神，而是神在等候你。

2. **不討價還價**：討價還價，無疑在說：「神啊，如果祢饒恕我，我就永不再犯！」如果這是你的軟弱，不消幾小時、幾天，你必再犯。不要向神討價還價，說「絕不再犯」，因為你必定再犯。

3. **不行使賄賂**：賄賂，無疑在說：「神啊，如果祢這次饒恕我，我就……」你會每週上教會、每天讀聖經，你會把十一奉獻增加到 15%或 20%！但神不要、也不需你的賄賂。

那麼該怎麼做？

不反覆乞求、不討價還價、不行使賄賂。**只要信靠。**

只要相信神眾多應許所說的：如果承認自己的罪，神就會赦免罪。

另一處很棒並帶著應許的金句是羅馬書 3:24：「但他們卻因著神的恩典，藉著在基督耶穌裏的救贖，就白白地稱義。」

我曉得，你們當中有些人會想：「華理克牧師，你不知道我做過什麼。」對！我不知道你做過什麼。我也不需要知道你做過什麼。但我可以告訴你：你做過什麼無關緊要。

罪得赦免，不在於罪的多少。做過什麼並不要緊。要緊的是：主耶穌為你做了什麼。這正是十字架的道理。當主耶穌說：「成了」，祂是真心的。祂付上贖價成就了救恩，今天你就得蒙赦免。

生命反思

- 神既然早已知道你所做的每一件事，為什麼還要你認罪？
- 聖經還有哪些別的應許，讓你確信神的大愛與饒恕？
- 今天，神正等候你坦承什麼過犯？

靈修筆記

2019.03.30 (Saturday) Devotion

Title: [How Do I Know I'm Saved?]

In Luke 23:42, one of the criminals hanging next to Jesus on the cross prayed, “*Jesus, remember me when you come into your kingdom*” (NIV).

Notice that he didn’t ask Jesus to stop his pain, although he would have been in excruciating pain on the cross. By that time, Jesus was famous for doing miracles, but the man didn’t ask Jesus to save him from death, either.

He said, “Jesus, remember me.” Why? Because he knew that his deepest need was salvation from sin — not just salvation to get into Heaven. He believed in Jesus.

The Bible says in Acts 16:31, “*Believe in the Lord Jesus, and you will be saved.*”

So how do you know for sure that you’re saved? How do you know you’re going to Heaven when you die? How can you be certain? How can you eliminate your doubt?

Your assurance of salvation is not by your works, because you can’t earn your salvation. Your assurance of salvation is not by your feelings, because feelings come and go.

What is your assurance of salvation? The promise of God’s Word. If God says it, that settles it, because God cannot lie. You can trust the promise of God’s Word. You can rest in it.

Jesus replied to the criminal hanging on the cross, “*I assure you, today you will be with me in paradise*” (Luke 23:43b NLT, second edition). Your assurance of salvation is the same: God’s promise that you will be in Heaven with him one day if you believe in faith.

2019.03.30 (週六) 靈修

題目: [如何確知已得救?]

在路加福音 23:42，跟主耶穌同釘十字架的犯人之一提出這樣的請求：「耶穌啊，你得國降臨的時候，求你記念我。」（新譯本，下同）

值得注意的是，縱然十字架上的痛苦極其難當，但這位犯人沒有求主耶穌停止他的苦楚。當時，主耶穌已因行神蹟而聞名，但這人也沒有求主耶穌將他從死亡中解救出來。

這人說：「耶穌啊…… 求你記念我。」為什麼？因為他清楚，自己最深切的需要，是從罪中得救——不單是得救上天堂。他信靠主耶穌。

使徒行傳 16:31 告訴我們：「當信主耶穌，你和你一家人都必定得救。」你如何確知自己已得救？如何確知死後上天堂？你如何有這把握？如何消除疑慮？

得救的確據，不是靠你的行為，因為你無法為自己賺取救恩。得救的確據不是憑你的感覺，因為感覺可以來來去去、變化不斷。

你得救的確據是什麼？是聖經的應許。如果神說過，就一言為定，因為神不會說謊。你信靠聖經的應許，就可以安心倚靠。

主耶穌這樣回答那名釘十字架的犯人：「我實在告訴你，今天你必定同我在樂園裏了。」你得救的確據也是這樣：神應許過，如果你憑著信心相信，終有一天，你會與祂同在天堂裏。

This image shows a blank sheet of white paper with horizontal 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.

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

