

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



2019.03.31 (Sunday) Devotion

Title: [Today Is the Day to Be Saved!]

“I assure you, today you will be with me in paradise” (Luke 23:43 NLT, second edition).

When the criminal hanging next to Jesus on the cross asked Jesus to remember him, Jesus replied, “I assure you, today you will be with me in paradise” (Luke 23:43 NLT, second edition). With his response, Jesus was also giving us four characteristics of salvation that we can trust and believe in.

First, he said “today.” That means salvation is immediate. The moment you ask Jesus Christ to save you, it is done. When you die, you either go straight into the presence of God or you go straight into separation from God.

Second, salvation is certain. He said, “Today you will.”

Not “You might,” not “I hope.” Not “Let me think about it.” When God says, “You will,” you will. When you accept Christ, you can be certain of your salvation.

Third, salvation is a relationship. He said, “You will be with me.”

Salvation is not a religion. It’s not rules or regulations or rituals. Salvation is a relationship. That relationship doesn’t begin when you get to Heaven. It begins here on Earth. Jesus Christ wants to be your best friend, and he wants to talk to you all the time. God made you for a relationship with him!

Fourth, Jesus said, “Today you will be with me in paradise.” Heaven is a real place, and it is forever.

There were two criminals crucified with Jesus, one on either side. Jesus gave them the choice of salvation, and he gives you the same choice. He’s not going to force you to love him. He’s not going to force you to trust him, and he’s not going to force you to accept Heaven. There are

two responses. One of those criminals rejected Jesus, and the other turned to him in faith. You can make the same choice.

Romans 10:13 says, “Everyone who calls on the name of the Lord will be saved. “If you’re ready to call on the name of the Lord and you acknowledge these truths about salvation, then settle this issue of your eternal destiny once and for all.

“This is the hour to receive God’s favor; today is the day to be saved!” (2 Corinthians 6:2b TEV)

Talk It Over

- What is the proof in your life that you are assured of your salvation?
- How should the reality of Heaven and Hell change the way we share the Gospel with others?
- Ask God to lead you to someone who is calling on the name of the Lord that you can help lead to salvation or disciple. Who is God bringing to your mind?

2019.03.31 (週日) 靈修

題目: [今天就得拯救!]

「耶穌對他說:『我實在告訴你: 今日你要同我在樂園裡了!』」
(路加福音 23:43)

當在旁同釘耶十字架的犯人求耶穌記念他時，耶穌回答說：「我實在告訴你，今天你必定同我在樂園裡了」（路加福音 23:43，新譯本）。耶穌藉著這一回答，也告訴世人救恩的四個特徵，這是我們可以相信並倚靠的。

1. 「今天」：拯救是即時的。

祈求耶穌基督拯救的那一刻，救贖已經成就。人離世之時，要不是直接進入神的同在，就是直接與神分隔。

2. 「你必定」：拯救是確定的。

祂不是說「可能」、「希望」，也不是「讓我想一想」。當神說「必定」，就是確據。接受基督時，就有救恩的確據。

3. 「同我」：拯救是一種關係。

拯救不是宗教，不是一套規則，規定或儀式。拯救是一種關係。這種關係並不是上天堂時才開始，而是從地上開始。耶穌基督要成為你最好的朋友，祂要時常跟你說話。神造你就是為了讓你與祂建立關係！

4. 「在樂園裡」，天堂是真實、永在的地方。

兩個罪犯一邊一個，與耶穌同釘在十字架上。耶穌讓他們有機會選擇救恩，祂也給你同樣的選擇。祂不會強迫你去愛祂、信祂，也不會強迫你接受天堂。有兩種回應。兩個罪犯中有一個拒絕了耶穌，另一個則憑信心轉向祂。你可以做出同樣的選擇。

羅馬書 10:13 說：「凡求告主名的，就必得救。」如果你準備好求告主的名，承認這些關於救恩的真理，那就一次永遠地解決了永恆天命的問題。

「看哪，現在正是悅納的時候！現在正是拯救的日子！」（哥林多後書 6:2 下）

生命反思

- 你生命中有哪些得救的確據？
- 明白了天堂與地獄的真實性，我們應當怎樣改變向別人傳福音的方式？
- 求神引領你接近一位正在呼求主名的人，並能夠帶他得救或者成為門徒。神讓你想到了誰？

靈修筆記

2019.04.01 (Monday) Devotion

Title: [Have You Ever Gone Thirsty to Benefit Someone Else?]

“After this, Jesus knew that everything had been done. So that the Scripture would come true, he said, ‘I am thirsty.’ There was a jar full of vinegar there, so the soldiers soaked a sponge in it, put the sponge on a branch of a hyssop plant, and lifted it to Jesus’ mouth” (John 19:28-29 NCV).

The Bible says that as Jesus hung on the cross, he “knew that everything had been done. So that the Scripture would come true, he said, ‘I am thirsty.’ There was a jar full of vinegar there, so the soldiers soaked a sponge in it, put the sponge on a branch of a hyssop plant, and lifted it to Jesus’ mouth” (John 19:28-29 NCV).

When Jesus said, “I’m thirsty,” it shows how much he really loves you and me.

Jesus was willing to suffer and thirst for you so that you can go to Heaven. This is called redemptive suffering — when you suffer not for your own sins but on behalf of other people. Jesus had done nothing wrong. He was perfect, yet they killed him. Why? He died for the redemption of others. He was thirsty for our benefit.

Have you ever gone thirsty for anybody else’s benefit? Romans 5:8 says, “God demonstrates his own love for us in this: While we were still sinners, Christ died for us” (NIV).

Back in 1987, my brother Jim was sitting in a plane on the tarmac at the Detroit airport, waiting to take off. He was looking out the window, watching the plane in front of his, which happened to be Northwest 225. My brother watched as the plane took off and then 20 seconds later crashed and killed 155 people.

Only one person on that plane survived the crash — a 4-year-old girl named Cecilia from Tempe, Ariz. They couldn’t figure out why she

lived when everybody else died until they asked her what happened. When the plane began to decline and everybody realized they were going to crash, Cecilia’s mother took off her seatbelt, turned around, and got in front of her child. She surrounded her with her arms and legs and body, smothering her in her love, protecting her little girl. The mother gave her life for another.

That’s exactly what redemption is. It’s what Jesus did for you! He went through Hell on the cross so you don’t have to go through Hell for eternity. He covered you and protected you from the punishment, the flames, and the pain.

God demonstrated his love for us by thirsting and dying on the cross.

Talk It Over

- Why do you think Jesus had to fulfill Old Testament Scripture by saying “I am thirsty”?
- When you think of redemptive suffering, what adjectives come to mind to describe God?

2019.04.01 (週一) 靈修

題目: [曾否因捨己為人而乾渴?]

「這事以後，耶穌知道各樣的事已經成了，為要使經上的話應驗，就說：『我渴了。』有一個器皿盛滿了醋，放在那裡；他們就拿海絨蘸滿了醋，綁在牛膝草上，送到他口。」(約翰福音 19:28-29)

當主耶穌釘在十字架上時，祂「知道各樣的事已經成了，為要使經上的話應驗，就說：『我渴了。』有一個器皿盛滿了醋，放在那裡；他們就拿海絨蘸滿了醋，綁在牛膝草上，送到他口。」(約翰福音 19:28-29)

當耶穌說：「我渴了」的時候，這表明祂真是愛我們。

耶穌願意為世人忍受苦楚和乾渴，就是為使他們可以上天堂。不是為自己的罪而是代替他人受苦，這叫做代贖性的受苦 (redemptive suffering)。耶穌沒有做錯任何事。祂完美無瑕，卻遭戕害。為甚麼？祂為救贖他人而死。祂為我們的益處而乾渴。

你曾為他人的益處而乾渴過嗎？羅馬書 5:8 說：“惟有基督在我們還作罪人的時候為我們死，神的愛就在此向我們顯明了。”

1987 年，在底特律機場停機坪上，我的兄弟吉姆坐在一架飛機上等待起飛。他看向窗外，看著前面的飛機，恰好是西北航空 225 號班機。他看著飛機起飛，然後 20 秒後墜毀，155 人罹難。

在這架飛機上只有一個人倖存下來，來自亞利桑那州坦佩市的一個 4 歲女孩名叫塞西莉亞。大家都想不通為甚麼其他人都死了，只有她活著，直到他們問她發生了甚麼事：當飛機開始下降並且每個人都意識到將要墜毀時，塞西莉亞的母親解下安全帶，轉身

這正是救贖的意思，這就是耶穌為你所做的！祂在十字架上經歷苦難，因此你不必經歷地獄之苦就能得永生。祂遮蓋了你，保護你免受刑罰、火刑和痛苦。

生命反思

- 在你看來，為甚麼耶穌必須說“我渴了”來應驗舊約聖經的話？
- 當你想到救贖的痛苦時，你會想到甚麼詞來形容神呢？

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.

2019.04.02 (Tuesday) Devotion

Title: [Love in Action: Meeting the Needs of Others]

“The time is surely coming ... when I will send a famine on the land — not a famine of bread or water but of hearing the words of the Lord. People will stagger from sea to sea and wander from border to border searching for the word of the Lord, but they will not find it. Beautiful girls and strong young men will grow faint in that day, thirsting for the Lord’s word” (Amos 8:11-13 NLT, second edition).

The Bible says in John 19:28-29, “After this, Jesus knew that everything had been done. So that the Scripture would come true, he said, ‘I am thirsty.’ There was a jar full of vinegar there, so the soldiers soaked a sponge in it, put the sponge on a branch of a hyssop plant, and lifted it to Jesus’ mouth” (NCV).

The phrase “I thirst” was the life verse and the theme of Mother Teresa, who founded the Order of the Missionaries of Charity and Mother Teresa’s Home for the Dying. In every Home for the Dying around the world, where they take in the poorest of the poor, there is a picture of Jesus hanging on the cross and underneath the words “I thirst,” because Mother Teresa said that is our duty — to quench the thirst of Christ by helping those in need.

We cannot help Jesus on the cross. That’s long past. Can you imagine being that soldier who gave Jesus the drink? What a privilege! We can’t do that. But we can help those around us.

The aim of our existence is to satiate the thirst of Jesus on the cross for every soul, and it is shown by our love in action.

Love in action is when we meet the needs of other people in their thirst — physical, emotional, or spiritual — out of love for Christ, who was thirsty for us.

There are people all around you who are spiritually thirsty, but nobody ever uses that term. Here are some synonyms for spiritual thirst: boredom, unhappiness, dissatisfaction, stress, and desperation.

People who are spiritually thirsty have a need for meaning, purpose, and significance. They want to hear a word from God. They want to know what to do with their lives.

“The time is surely coming ... when I will send a famine on the land — not a famine of bread or water but of hearing the words of the Lord. People will stagger from sea to sea and wander from border to border searching for the word of the Lord, but they will not find it. Beautiful girls and strong young men will grow faint in that day, thirsting for the Lord’s word” (Amos 8:11-13 NLT, second edition).

Is that not a perfect description of our society today? People look good on the outside, but they’re empty on the inside. They’re depressed, discouraged, defeated, in despair, unsatisfied, hopping from thing to thing, looking for what’s going to give them fulfillment and quench their thirst.

What is your responsibility as a believer to these people, to the world?

The only way you can serve God is by serving people and helping others in his name. Help quench their thirst by sharing with them what God has done to make them whole.

Talk It Over

- Who are the people around you who are spiritually thirsty?
- Why is it important to consider how someone may be suffering internally even when it looks like they have it all together on the outside?
- How does it serve God to serve others?

2019.04.02 (週二) 靈修

題目: [行出愛: 滿足別人的需要]

「日子將到，我必命饑荒降在地上。人飢餓非因無餅，乾渴非因無水，乃因不聽耶和華的話。他們必飄流，從這海到那海，從北邊到東邊，往來奔跑，尋求耶和華的話，卻尋不著。當那日，美貌的處女和少年的男子必因乾渴發昏。」（阿摩司書 8:11-13）

約翰福音 19:28-29 說：「在此之後，耶穌知道各樣的事已經成了，為要使經上的話應驗，就說：『我渴了。』有一個器皿盛滿了醋，放在那裡；他們就拿海絨蘸滿了醋，綁在牛膝草上，送到他口。」

「我渴了」一詞是特蕾莎修女的主題和生命經節，她創立了神愛宣教教會和特蕾莎修女臨終關懷院。在世界各地，當地窮人中最窮的被收容進臨終關懷院，在每個關懷院都有這樣一張圖片：耶穌掛在十字架上，下面寫著「我渴了」——特蕾莎修女說這是機構的責任：通過幫助有需要的人來紓解基督的乾渴。

我們無法幫助在十字架上的耶穌，那是很久以前的事。你能想像自己成為那個給耶穌喝醋的士兵嗎？那是何等的特權！我們做不到。但我們可以幫助自己周圍的人。

我們存留在世的目的就是為每一個靈魂解除十架上耶穌的乾渴，這要以愛的行動來表現。

行出來的愛就是出於基督為我們忍受乾渴的愛，去滿足他人乾渴的需要——身體、情感或心靈的乾渴。

我們身邊很多人都有心靈的乾渴，但沒有人用這個詞。以下是靈裡乾渴的一些同義詞：無聊、不快樂、不滿、壓力和絕望。

靈裡乾渴的人缺乏意義、目的和重要性。他們想聽到神的話。他們想知道如何面對自己的人生。

「日子將到，我必命饑荒降在地上。人飢餓非因無餅，乾渴非因無水，乃因不聽耶和華的話。他們必飄流，從這海到那海，從北邊到東邊，往來奔跑，尋求耶和華的話，卻尋不著。當那日，美貌的處女和少年的男子必因乾渴發昏。」（阿摩司書 8:11-13）

這不正是當今社會的寫照嗎？人們外表光鮮，內心空虛。他們抑鬱、沮喪、挫敗、絕望、不滿，不斷跳槽轉換，找尋能夠讓他們心滿意足、解除乾渴的事物。

身為信徒，你對這些人、對這個世界有甚麼責任？

你能事奉神的唯一方式，就是奉祂的名來服事眾人，幫助他人。將神為了他們痊癒所成就的，分享給他們，幫助他們解除心靈的乾渴。

生命反思

- 在你身邊，心靈乾渴的人有誰？
- 一個人外表看起來身心平衡、應有盡有，內心卻很可能在遭受痛苦。為甚麼考慮到這一點很重要？
- 服事他人怎麼能服事神？

靈修筆記

2019.04.03 (Wednesday) Devotion

Title: [How to Satisfy Your Spiritual Thirst]

“Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life” (John 4:13-14 NLT, second edition).

If you feel unsatisfied with your life and you want to live a fulfilled, meaningful life, you need to stop looking for satisfaction somewhere besides Jesus.

We’re always looking around, trying to find something to make our lives happy and significant. We think, “If I could just wear this kind of clothes, then I’ll be cool. If I could just have plastic surgery and get this fixed, then life would be grand. If I could just get this job, I’ll be satisfied.”

The Bible says in Jeremiah 2:13, “My people have done two evils: They have turned away from me, the spring of living water. And they have dug their own wells, which are broken wells that cannot hold water” (NCV).

Not only have we rejected God and not looked to him to meet all our needs and satisfy our lives. We’re also trying to meet our needs on our own. These wells we’ve dug called a career or good looks or a golf game aren’t going to hold water.

In John 4:13-14, Jesus says, “Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life” (NLT, second edition).

Sin is addictive. It only makes you thirstier! If you don’t believe that, ask anybody who’s looked at pornography — once is not enough. If you are addicted to prescription medication, one pill is not enough. If you have a problem with anger, you’re not going to get angry just once. Sin creates greater thirst for satisfaction.

2019.04.03 (週三) 靈修

題目: [如何滿足心靈的乾渴]

「耶穌回答說：凡喝這水的還要再渴；人若喝我所賜的水就永遠不渴。我所賜的水要在他裡頭成為泉源，直湧到永生。」(約翰福音 4:13-14)

如果不滿意自己的人生，希望活得充實而有意義，就該不再尋求耶穌以外的滿足。

我們總是四處尋找，試圖找到讓人生變得又快樂又有意義的東西。我們想，「如果能穿上這種衣服，那一定很酷。如果可以整形修復這個部位，就會活得很稱心。如果能得到這份工作，我就會很滿意。」

耶利米書 2:13 說：「因為我的百姓做了兩件惡事，就是離棄我這活水的泉源，為自己鑿出池子，是破裂不能存水的池子。」

我們不僅拒絕了神，不仰望祂賜給所有需要並滿足我們的生命，我們還試著靠自己應付一切需求。我們挖過的這些井，名字叫職業、好看、高爾夫球比賽，這些都是不能存水的。

在約翰福音 4:13-14，耶穌說：「凡喝這水的還要再渴；人若喝我所賜的水就永遠不渴。我所賜的水要在他裡頭成為泉源，直湧到永生。」

罪是會上癮的。罪只會讓人更加乾渴！如果不信，可以問任何看過色情媒體的人——一次是不夠的。如果用藥成癮，一粒藥是不夠的。如果不能控制自己的脾氣，不會只生氣一次。罪會引起對滿足感更大的渴求。

但耶穌賜給生命活水，永遠滿足人的渴求。如果對自己的人生感到不滿，那就是心靈乾渴。唯一可以解渴的就是說「我渴了」的

那位。耶穌在十字架上忍受乾渴，使你不必再乾渴。祂支付了你不必支付的代價。祂渴了，所以你再也不必乾渴了。

生命反思

- 在一個人的生命中，耶穌所賜“湧流的泉源”應該是甚麼樣子？
- 人生的意義只有在耶穌身上才能找到，你曾經以何種方式靠自己提供這種意義呢？
- 在你的生活中，有誰需要了解一下耶穌所賜的生命活水？

靈修筆記

[illegible]

2019.04.04 (Thursday) Devotion

Title: [Who Can You Trust?]

“For the word of the Lord holds true, and we can trust everything he does” (Psalm 33:4 NLT, second edition).

One of the great questions of life is, “Who are you going to trust?” The way you answer that question will determine whether you’re happy or miserable, whether you succeed or fail, whether you make something of your life or you waste your life.

Who always has your best interest in mind? Who will help you make decisions important to your life? Should you trust popular opinion? That may not be a good idea since it constantly changes. Should you trust celebrities who set the latest trends? Trends change, and fads fade. Should you make critical life decisions based on what you read on social media? Just because it's online doesn't mean it's truly trustworthy or reliable.

What about trusting yourself? The truth is, our emotions can lie to us. The Bible says, “The heart is deceitful above all things, and desperately wicked: who can know it?” (Jeremiah 17:9 KJV). When we live by our emotions, we can be easily manipulated by other people and by our changing moods.

If you’re going to entrust your life and your future to someone or something, you’d better choose someone who has your best interest at heart, knows everything, is perfect, and will never lie to you. That kind of limits your options — to God.

No one is ever going to always tell you the truth. They’re going to shade it. They’re going to filter it. They’re going to make it sound nice. They won’t tell you what you need to hear. But what you need to hear is the truth, because it is the truth that sets you free. Lies about yourself, others, the world, and how life really is only keep you in bondage.

To be set free, you must have the truth. As I’ve said many times, the truth will set you free, but first it makes you miserable. We don’t like

the truth. We don't want to hear that most of the problems in our lives were brought on by poor decisions. We don't want to hear that it's our own stubbornness and ego and insecurity that cause the stress in our lives, but it's true.

Psalm 33:4 says, “For the word of the Lord holds true, and we can trust everything he does” (NLT, second edition).

God said it, and that settles it — whether or not you believe it. God isn't waiting on your opinion to figure out what's right and what's wrong. If God says it, it's true.

You can trust God.

Talk It Over

- What will you trust God for today?
- Why is it often easier to believe the lies we hear from other people or the media instead of trusting in God's truth?
- Do you accept all of God's Word as truth? Why or why not?

2019.04.04 (週四) 靈修

題目: [你能信靠誰?]

「因為耶和華的話是真理，祂的作為信實可靠。」（詩篇 33:4, 中文現代譯本, 下同）

人生最重要的一個問題是，「你會信靠誰？」你回答這個問題的方式將決定你或喜或悲，無論你是成是敗，你是善用人生還是浪費生命。

誰總是最關心你的最佳利益？誰會幫你做出人生至關重要的決定？應該相信主流觀念嗎？這可能不是個好主意，因為民意不斷變化。是否應該信任那些引領風潮的名人？趨勢不斷更新，時尚漸漸消退。是否應根據社交媒體上閱讀的內容做出重要的人生決定？僅僅在線，並不意味著它真正可信或可靠。

相信自己嗎？事實是，情緒會騙我們。聖經說：「人心比萬物都詭詐，壞到極處，誰能識透呢？」（耶利米書 17:9）。我們若跟著情緒走，就會很容易被他人或自己不斷變化的情緒所操縱。

如果你要把人生和未來託付給誰，最好選擇一個心裡想著你最大利益，全知、完美、永遠不會騙你的人。而這限制了你的選擇，你只能託付給神。

沒有人會總是告訴你真相。他們會遮掩、過濾、把話說得很漂亮，而你需要聽到的，他們卻不會告訴你。但你需要聽到真理，因為真理叫你得以自由。關於你自己、別人、世界以及人生到底如何的謊言，只會讓你被綑綁。

要得自由，必須有真理。正如我多次說過的那樣，真理必讓你自由，但首先它會讓你痛苦不堪。我們不喜歡真理，不願聽自己生

活中的大多問題都是由拙劣決定引起的。我們不希望聽到自己的固執、自負和不安全感導致生活中的壓力，但這是真的。

詩篇 33:4 說：「因為耶和華的話是真理，祂的作為信實可靠。」

神說了就算，無論你是否相信。神不會等你的意見來弄清楚孰對孰錯。如果神說出來，那就是真的。

你可以信靠神。

生命反思

- 你今天在哪些方面可以信靠神？
- 為甚麼通常相信我們從別人或媒體那裡聽到的謊言，比相信神的真理更容易？
- 你將神的道當作真理全部接受嗎？為甚麼或者為甚麼不？

靈修筆記

2019.04.05 (Friday) Devotion

Title: [Why Should I Trust God with My Pain?]

“I am suffering here in prison. But I am not ashamed of it, for I know the one in whom I trust, and I am sure that he is able to guard what I have entrusted to him until the day of his return” (2 Timothy 1:12 NLT, second edition).

When you’ve got something that is very precious to you, whether it’s rare, expensive, or an heirloom, and you don’t want it to be stolen, broken, or burned up, you take it to the bank and entrust it to the protection of a safety deposit box.

Even more than a locked box in your bank, whatever you entrust to God, he’s going to take care of. You can count on it. He has a track record. Other people may not have a consistent track record of taking care of things for you. But whatever you entrust to God, he will take care of.

So, what do you need to entrust to God today? I’ll tell you what it is — it’s whatever you’re worrying about. Whatever you’re worrying about, you need to entrust it to the safety deposit box of God’s love.

Worry is practical atheism, because it’s acting like you don’t have a Father in Heaven who loves you and who can be trusted, like you’re a spiritual orphan. Worry is unbelief; it’s saying you don’t believe the 6,000 promises God made in the Bible.

The most difficult time for you to put stuff in God’s safety deposit box is when you’re in pain. When you are suffering, you don’t want to trust even God. You want to pull it back and hold it to yourself.

Paul knew this, but he also knew that when you’re in pain, that’s when you need to trust God the most. He said, “I am suffering here in prison. But I am not ashamed of it, for I know the one in whom I trust, and I am sure that he is able to guard what I have entrusted to him until the day of his return” (2 Timothy 1:12NLT, second edition).

I talk to people sometimes who say, “I’m afraid to give my life to Jesus Christ because I’m afraid I won’t be able to keep the commitment.”

Let me just be honest with you: You can't keep your commitment. You will mess up! Fortunately your salvation isn't based on your keeping the commitment. It's based on Christ keeping his promise and taking care of what you've committed to him.

Talk It Over

- What does worry do to your life?
- Why do you think it's sometimes easier to hold onto your pain than release it to God?
- What do you need to entrust to God today?

[illegible]

2019.04.05 (週五) 靈修

題目: [為甚麼要把痛苦交託給神?]

「為這緣故，我也受這些苦難。然而我不以為恥；因為知道我所信的是誰，也深信他能保全我所交付他的，直到那日。」（提摩太後書 1:12）

如果你得到一件非常珍貴的東西，無論它是稀有、昂貴還是傳家寶，你不希望它被盜、破碎或燒毀，你會把它收藏在銀行的保險箱裡。

無論你交託給神甚麼，祂都會照顧好，甚至比銀行裡上了鎖的箱子更好。這是可靠的，祂有可查的紀錄，一貫信實。別人照料你的事情不一定會有一致可查的紀錄。但只要你交託給神，祂都會看顧。

那麼今天你該把甚麼交託給神呢？我會告訴你要交託甚麼——就是你所憂慮的。無論你憂慮甚麼，你都應該把它放進另一個保險箱，就是交託給神的愛來看管。

憂慮實質上就是無神論，因為這樣就好像你沒有一位愛你而且你也可以信靠的天父，好像你是個屬靈的孤兒。憂慮就是不信，表明你不相信神在聖經中所作的 6,000 個應許。

最難把事情交託給神的時候，就是在痛苦中時。當你受苦時，你甚至連神都不相信，就想收回來自己忍著。

保羅知道這一點，但他也知道，你痛苦的時候，就是你最需要信靠神的時候。他說：「為這緣故，我也受這些苦難。然而我不以為恥；因為知道我所信的是誰，也深信他能保全我所交付他的，直到那日。」（提摩太後書 1:12）

2019.04.06 (Saturday) Devotion

Title: [How Big Are God's Hands?]

"I give them eternal life, and they shall never perish My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand" (John 10:28-29 NIV).

When I was growing up, one of the things that impressed me about my dad was his big hands. I have big hands now, but my dad had huge hands! When he would do carpentry, the hammer just looked so small in his hands.

My heavenly Father has really big hands. He's got the whole world in his hands!

How big are God's hands?

God's hands are big enough to bless you. Jesus often touched people in order to bless them. He would lay his hands on people and bless them. He does the same for you. Isaiah 62:3 says, "The Lord will hold you in his hand for all to see — a splendid crown in the hand of God" (NLT, second edition).

God's hands are scarred to never forget you. In Heaven, the only scars will be on Jesus. Do you think God can forget you? He has a constant reminder in his nail-scarred hands. The Bible says, "Can a mother forget the baby at her breast and have no compassion for the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands"(Isaiah 49:15-16a NIV).

God's hands are strong enough to keep you eternally secure. John 10:28-29 says, "I give them eternal life, and they shall never perish My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand" (NIV).

Once you put your life in God’s hands, nobody can snatch you out. You may wonder, “Can’t you just jump out?” How big do you think God’s hands are? You’re never going to get to the edge of his hands. Every aspect of your life is in his hands.

When my kids were little, I used to stand at the edge of the pool in the water and say, “Trust me. Jump to me.” They were always afraid. Is he strong enough to catch me? Are his hands slippery? What happens if he doesn’t catch me? But finally they would get up enough faith to jump into my arms, and of course I would catch them. Then they’d want to do it a hundred more times!

Your Father is waiting for you to jump today. He’s saying, “Trust me. I can be trusted. I’m working behind the scenes. And I can handle anything you give me.” Don’t you want God’s hand to be on your life? Don’t you want your life to be in God’s hands? You can trust him with your life and your future.

Talk It Over

- What big problem or circumstance in your life have you been reluctant to hand over to God?
- How have you seen God provide for you and take care of you in the past?
- Is it comforting or frustrating to you that God works “behind the scenes”? Why?

2019.04.06 (週六) 靈修

題目: [神的手有多大?]

「我又賜給他們永生，他們永不滅亡.....我父把羊賜給我，他比萬有都大，誰也不能從我父手裡把他們奪去。」（約翰福音 10:28-29）

在我成長過程中，讓我印象深刻的一點就是我父親的那雙大手。我現在也有一雙大手，但我爸爸的是巨手！當他做木工時，錘子在他手中看起來真小。

天父的手才是真正的大手。整個世界掌握在祂手中！

神的手有多大？

神的雙手足以祝福你。耶穌常會用手觸摸，為要給人祝福。祂會把手放在人身上祝福他們，祂也為你做同樣的事。以賽亞書 62:3 說：「你在耶和華的手中要作為華冠，在你神的掌上必作為冕旒。」

神的雙手傷痕累累，為了永遠不忘記你。在天堂裡，唯獨耶穌身上仍有疤痕。你認為神會忘記你嗎？釘痕累累的雙手一直在提醒祂。聖經說：「婦人焉能忘記她吃奶的嬰孩，不憐恤她所生的兒子？即或有忘記的，我卻不忘記你。看哪，我將你銘刻在我掌上 ...」（以賽亞書 49:15-16 上）

神的雙手足夠強大，可以永遠保證你的安全。約翰福音 10:28-29 說：「我又賜給他們永生，他們永不滅亡.....我父把羊賜給我，他比萬有都大，誰也不能從我父手裡把他們奪去。」

一旦你把生命放在神的手中，沒有人能把你奪去。你可能想知道：「難道我不能跳出去嗎？」你以為神的手有多大？你永遠不會離開祂的手掌心。你人生的方方面面都掌握在祂手中。

當我的孩子還小的時候，我常會站在泳池邊緣的水中，說：「相信我，跳到我這邊來。」他們總是害怕：他強壯得足以接住我嗎？他的手會不會很滑？如果沒有接住我，會怎麼樣？但最後他們會鼓起足夠的信心跳進我的懷抱，當然我會接住他們，然後他們就會想要再跳一百次！

你的天父如今正在等你跳。祂說：「相信我，我值得信任。我總在幕後做工。任何事你交給我，我都可以應付。」難道你不希望神的手來掌管你的生命嗎？難道你不想把自己的生命放在神的手中嗎？你可以將一生和未來交託給祂。

生命反思

- 你人生中有甚麼大問題或處境使你猶疑不願意交託給神？
- 神以往的供應和照顧，你是如何看到的？
- 神在“幕後”做工，這一點令你感到安慰，還是沮喪？為甚麼？

靈修筆記

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

