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

2019.04.07 (Sunday) Devotion
Title: [How to Show Love to a Demanding or Selfish Person]

"Love never gives up, never loses faith, is always hopeful, and endures through every circumstance" (1 Corinthians 13:7 NLT, second edition).

Love can be absolutely exhausting. Don't let anyone fool you. The kind of love that really makes a difference in this world will zap everything out of you.

Sometimes you just don't feel like you have any more love to give. Maybe you're in a people-intensive job, such as teacher, salesman, or waitress, and you come home and think, "I just can't face another need, another problem, or another heartache." So you just shut down.

Or you need to show love to a particular person who is demanding, selfish, and never returns your love. And you just think to yourself, "I'm done. No more."

While that's perfectly natural and perfectly human, it's not the standard of love God calls us to in the Bible. The Bible says, "*Love never gives up, never loses faith, is always hopeful, and endures through every circumstance*" (1 Corinthians 13:7 NLT, second edition). Love never gives up.

How can you have that kind of persistent love for another person? You get refueled.

When my kids were young, I remember taking the family to a nearby air show. It was so impressive to see how they would hook up a tanker to a jet in flight to refuel. I'll never forget that.

But, can you imagine someone flying a jet saying, "I don't need to refuel!" The jet would crash and burn. In a long distance flight, a jet has to refuel.

To give the kind of persistent love that God wants you to give, you have to refuel your love tank. Look around at society, and you'll see it's littered with debris from relationships that have crashed and burned because people didn't refuel their love.

How do you refuel your love tank? You start by letting God love you. "*We love because he first loved us*" (1 John 4:19 NIV). When you're worn out, tired, and can't imagine showing love to anyone else, remember that God loved you so much that he sent his Son to die for you.

Now that's real fuel. That's what keeps you going when you want to quit.

Talk It Over

- What do you need to do this week so you can refuel and love others well?
- What are the characteristics of God's love that you can exemplify?
- Who have you lost faith in or given up on? How can you show love to that person today?

2019.04.07 (週日) 靈修
題目: [難以為繼的愛怎樣維持]

「愛是凡事包容， 凡事相信， 凡事盼望， 凡事忍耐。」(哥林多前書 13:7 新譯本)

在這一點上不要被任何人愚弄了: 愛是會讓人心力交瘁的。 能夠真正給這個世界帶來改變的那種愛，會搾乾一切所有。

有些時候你就覺得再也沒有多餘的愛去付出了。 也許你的工作需要面對很多人，例如教師、推銷員或服務員。 當你回到家，你就會想: 「我就是不能再面對另一個需要，另一個問題，或者是另一個心痛了。 」 所以你就「停工」了。

也許你需要愛某個特定的人，這個人需索無度、很自私，也從來沒有對你的愛有任何回報。 你就自個兒想:「我已經受夠了，算了吧。 」

這種想法很自然，也是人之常情，卻不符合聖經中神呼召我們去愛的標準。 聖經說:「凡事包容， 凡事相信，凡事盼望，凡事忍耐。 」爱就是包容，永不放棄。

怎樣才能對另一個人有這樣持續的愛? 你要去加油。

記得當孩子還小的時候，我帶家人去附近看飛行展。 令人印象非常深刻的是，加油機和噴氣式飛機在飛行中連結給飛機加油，我永不會忘記那一幕。

你能想像飛行員說「我不需要加油!」嗎? 那麼這架飛機就會墜毀、燒焦。 在長途飛行中，噴氣式飛機是必須要加油的。

你要是想付出那種神想要你付出的持續的愛，就必須給愛的油箱加油。 環顧這個社會，你會看見因為愛難以為繼而導致關係破裂焚燬後的破碎支離。

怎樣才能給愛的油箱加油呢? 先從讓神愛你開始。「我們愛，因為神先愛我們」(約翰一書 4:19) 。 當你精疲力盡、疲憊不堪的時候，難以設想你還能向其他任何人表達愛意。請記住神愛你，甚至差遣祂的獨生子為你而死。

這才是真正維持動能的燃油補給。 當你想要放棄的時候，這是讓你繼續前行的動力。

生命反思

- 這個星期你需要怎麼做才能讓你愛的油箱重新充滿，去好好地愛他人?
- 神的愛有哪些屬性你可以舉出例證?
- 你對誰已失去信心或已經放棄? 今天你怎樣才能向這個人表達愛?

靈修筆記

2019.04.08 (Monday) Devotion
Title: [God Wants to Give You Freedom]

"So if the Son sets you free, you will be free indeed" (John 8:36 NIV).

The world defines freedom as a life without any restraint: "I can do anything I want to do and say anything I want to say without anybody telling me what to do." Everybody else may get burned by you, but you get to do it your own way. The world says you can have your freedom, but only by being totally selfish.

Yet, the Bible says the only way to true freedom is through Jesus: "So if the Son sets you free, you will be free indeed" (John 8:36 NIV).

Real freedom is freedom from fear, where you're truly free from guilt, worry, bitterness, and death. You're free to quit pretending because you're free to be yourself.

How do you get rid of those kinds of fears? By letting God love you! The apostle John teaches that "there is no fear in love. But perfect love drives out fear" (1 John 4:18a).

When you realize how much God loves you, you'll begin to live in true freedom. In fact, you worship God when you recognize that "God is love." It is an act of worship to agree that he is a loving, caring, generous God and that we can "rely on the love God has for us" (1 John 4:16a).

Talk It Over

- If you struggle to believe God loves you, why do you think you have unbelief in this area of faith?
- How has God shown his love to you?
- In what ways does realizing God's great love for you help you love others well?

2019.04.08 (週一) 靈修
題目: [神要賜給你自由]

「所以天父的兒子若叫你們自由，你們就真自由了。」(約翰福音 8:36)

俗世對自由的定義是生活沒有任何約束:「我可以做任何事， 不需要任何人告訴我應該做甚麼、說甚麼。 」也許所有人都因你而惱怒，但你就是要自行其是。 這個世界說人可以有自由，但只有全然自私才行。

然而聖經說，只有藉著耶穌基督才能達到真正的自由:「所以天父的兒子若叫你們自由，你們就真自由了。」 (約翰福音 8:36)

真正的自由是免於恐懼的自由，就是從內疚、焦慮、苦毒和死亡中完全解脫出來。 因為可以自由地作自己，所以你不用再裝模做樣。

怎樣免於這些恐懼呢? 要讓神來愛你! 使徒約翰這樣教導: 「愛裡沒有懼怕; 愛既完全，就把懼怕除去。」 (約翰一書 4:18 上)

當人意識到神有多愛自己時，就會開始活在真自由裡。 實際上，當你認識到「神就是愛」時，你就會去敬拜神。認同神就是愛、關懷和恩慈的神，曉得並信靠祂愛我們的心:「神愛我們的心，我們也知道，也信」(約翰一書 4:16 上) ， 這就是敬拜的行動。

生命反思

- 你若竭力相信神愛你，那麼在你看來，為甚麼自己在信心裡仍有不信的成分呢?
- 神是怎樣向你顯明祂的愛的?
- 意識到神對你的大愛，將怎樣帮助你更好地愛別人?

靈修筆記

2019.04.09 (Tuesday) Devotion
Title: [The Width of God's Love]

"And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God" (Ephesians 3:18-19 NLT, second edition).

The width of God's love extends across the entire world and includes everyone he has created: "*The Lord is righteous in all his ways and faithful in all he does*" (Psalm 145:17 NIV).

God never made a person that he didn't love. He made you and he loves you — and God doesn't make junk! He loves you unconditionally. He loves you very, very much.

Everybody matters to God. In fact, we see in the life of Jesus that he even loves the unlovely and those who may feel unlovable. Do you want to know the secret of self-esteem? Here it is: If you want confidence, then understand how much you matter to God. If God loves you, who cares what anybody else thinks?

Because God loves you, there's no need to prove your self-worth. We don't have to wear certain kinds of clothes to make us feel like we're OK or drive a certain kind of car to prop up our faltering egos. We don't need status symbols anymore.

God loves you!

Talk It Over

- There's no place you can be where God's love isn't. How does that change the way you love others?
- If God is everywhere, why do so many people struggle with loneliness?

- In what ways have you been trying to prove your worth to God and to others? How does the truth of this devotional change the way you view yourself?

2019.04.09 (週二) 靈修
題目: [神的愛無所不在]

「能和眾聖徒一同明白基督的愛是何等長闊高深; 並知道這愛是過於人所能測度的，變叫神一切所充滿的，充滿了你們。」(以弗所書 3:18-19)

神的愛廣闊，延展到了整個世界，包括祂造的每一個人:「耶和華在他一切所行的，無不公義; 在他一切所做的都有慈愛。」(詩篇 145:17)

神從來不曾造一個祂不愛的人。祂造了你，祂就愛你。 神不會造一個廢物出來。 神無條件地愛你。 神很愛很愛你。

每個人對神都很重要。 事實上，在耶穌生平中，可以看見祂甚至愛那些不可愛或者感覺自己不可愛也不被愛的人。 你想知道自我價值感的秘密嗎? 那就是: 如果你想有自信，那麼你就要明白你對神有多重要。 如果神愛你，其他人怎麼想，何必在意呢?

因為神愛你，你不需要去證明你的自我價值。不需要去穿某些名牌衣服來讓自己感覺良好，或者開名車來為搖搖欲墜的自我撐場面。 我們不再需要任何社會地位的象徵符號。

生命反思

- 神的愛無處不在。 這句話怎樣改變你去愛別人的方式?
- 如果神無處不在，為甚麼那麼多人在孤獨中掙扎?
- 你曾用甚麼方式試著向神和其他人證明你的價值? 今天靈修的真理怎樣改變你看待自己的方式?

靈修筆記

2019.04.10 (Wednesday) Devotion
Title: [The Length of God's Love]

"I know that your love will last for all time, that your faithfulness is as permanent as the sky" (Psalm 89:2 TEV).

There's a limit to human love. It wears out. It dries up.

That's why you have to have God's love in all your relationships if they are going to last. God's love never wears out. God's love is patient, persistent, and persevering.

Isn't it good news to know 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 not deserved.

Accept his love and worship him, knowing that his love is long enough to last for all time: "*And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully*" (Ephesians 3:18-19a NLT, second edition).

Talk It Over

- How do you make God's love the center of your relationships?
- What is your response to God's love?
- What can you do to make God love you more? What can you do to make God love you less?

2019.04.10 (週三) 靈修
題目: [神的愛永不止息]

「我要歌唱耶和華的慈愛，直到永遠。 我要用口將你的信實傳與萬代。」(詩篇 89:2)

人的愛是有限的，會耗盡，會乾涸。

因此，若要讓愛持久，在所有的關係中必須要有神的愛。 神的愛永不枯竭。神的愛是忍耐，始終如一，恆久不息。

神從不放棄我們，這豈不是一個好消息? 不管我們做甚麼，神的愛永不放棄。神的愛足夠寬廣，可以包容每一個人，神的愛也足夠長久，可以持續到永遠。

神的愛永不不變。祂此刻如何愛著你，將來也是這樣，不會加多，也不會減少。

在順境中，神愛你; 在逆境中，祂也愛你。神的愛不是取決於你的回應。 神的愛乃是白白地給你的。神的愛是不能去賺取的，也是沒有人配得的。

既知道神的愛永遠長存，就要領受神的愛，且要敬拜祂:「能以和眾聖徒一同明白基督的愛是何等長闊高深，並知道這是過於人所能測度的。」(以弗所書 3:18-19 上)

生命反思

- 怎樣使神的愛成為你所有關係的中心?
- 你對神的愛怎樣回應？
- 你能做甚麼讓神愛你更多或更少？

靈修筆記

2019.04.11 (Thursday) Devotion
Title: [The Height of God's Love]

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:38-39 NIV).

There is no place that you can go where God's love isn't. You'll never be separated from God's love.

Nothing — no circumstance, no situation — can separate you, because God's love is everywhere: "*Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord*" (Romans 8:39 NIV).

If you want an antidote for loneliness, here it is: You will never be separated from God's love. The fact is, we do lose loved ones. Even if you're married, one of you is going to die first, and you will grieve over that.

But if you're a Christian, God is with you always and forever. You can look to his love for you whenever you feel lonely. I'm not talking about religion. I'm talking about a relationship with Jesus Christ. His love lasts forever, and his love is everywhere.

Talk It Over

- God's love is high enough to overlook your mistakes. Have you accepted his offer to forgive you and help you start over?
- How do you tune into God's love in difficult circumstances or when you feel lonely?
- What is the difference between religion and relationship?

2019.04.11 (週四) 靈修
題目: [神的愛至高]

「因為我深信無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，是高處的，是低處的，是別的受造之物，都不能叫我們與神的愛隔絕; 這愛是在我們的主耶穌基督裡的。」(羅馬書 8:38-39)

你能夠到達的任何一個地方都有神的愛在那裡。 你永遠不會與神的愛隔絕。

沒有一種處境或景況能使人與神的愛隔絕，因為神的愛是無處不在的:「是高處的，是低處的，是別的受造之物，都不能叫我們與神的愛隔絕; 這愛是在我們的主耶穌基督裡的。」(羅馬書 8:39)

如果你很孤獨，想要一劑解藥，這解藥就是; 你永遠不會與神的愛隔絕。 事實上，人都會失去自己所愛的人。即便是已婚者，夫妻中的一個會先去世，鰥寡者仍會為此經歷殤慟。

然而如果你是個基督徒，神總是與你同在，神永遠與你同在。當你感到孤獨，無論何時，你都可以仰望神的愛。我不是在談宗教。我是在說你和耶穌基督的關係。祂的愛永遠長存，祂的愛無處不在。

生命反思

- 神的愛足夠高，可以忽略不計你的過犯。你是否已經接受祂進入你心，饒恕你並帮助你重新開始？
- 當你在逆境或者感到孤獨無助時，你的心是怎樣接收神的愛的？
- 宗教和與神建立關係這兩者之間有甚麼區別？

靈修筆記

2019.04.12 (Friday) Devotion
Title: [God's Love Is Deep Enough]

"The Lord reached down from above and took hold of me; he pulled me out of the deep waters" (Psalm 18:16 TEV)

There are times when we all think, "I'm going under for the last time! I'm about to sink!" But no matter how deep you are, God's love is deeper than your problem.

Corrie ten Boom and Betsy ten Boom were Christians who lived in the Netherlands during World War II. They hid Jews in their home to protect them from the Nazis. When they were discovered, not only were the Jews taken to the concentration camp, but Corrie and Betsy were taken as well, and they spent the rest of the war there.

After watching one atrocity after another, Corrie told Betsy, "This place is the pit of Hell!" Betsy replied, "There is no pit so deep that God's love is not deeper."

In the last few months, you may have hit bottom financially and thought, "I am going broke!" Or, maybe you've hit bottom emotionally, or your marriage has hit bottom, or you're having health problems. You're frustrated and can't help but think, "I'm going under."

Where is God when you hit bottom? He's right there underneath you. He is "*your refuge, and his everlasting arms are under you*" (Deuteronomy 33:27a NLT, second edition).

Drop into his arms of love. Let him catch you and support you when you have nowhere else to go.

Talk It Over

- God's love is deep enough to handle anything. What pain or hurt or problem do you need to hand over to him today?

- How should an eternal perspective — God's everlasting arms under you — change your attitude toward your problems?
- What does it mean to surrender and let God support you?

2019.04.12 (週五) 靈修
題目: [神的愛至深]

「他從高天伸手抓住我，把我從大水中拉上來。」(詩篇 18:16)

我們有時候都會想:「我最後還是要垮掉了! 我要沉沒了!」但不管你沉得有多深，神的愛總是深過你的問題。

彭柯麗和彭貝琪(Corrie ten Boom and Betsy ten Boom) 兩姊妹是基督徒，第二次世界大戰期間她們生活在荷蘭。她們把猶太人藏在家中保護，以免被納粹發現。 當他們被納粹發現時，不僅那些猶太人被送到集中營，柯麗和貝琪也被送到集中營，被關押在那裡，直到戰爭結束。

目睹戰爭中一個接著一個的暴行，柯麗對貝琪說:「這個地方就是地獄深坑!」貝琪回答說: 「神的愛比任何地獄深坑還要深。」

在過去幾個月中，你也許已在財務上陷入谷底，想著說:「我要破產了!」 也許你的情感走到了谷底，婚姻走到了谷底，健康出了問題。 你很沮喪，情不自禁地去想:「我要垮掉了。」

當你沉到谷底時，神在哪裡? 神就在這裡，就在你下面。神說:「永生的神是你的居所，他永久的膀臂在你以下。」(申命記 33:27)

倒在祂愛的膀臂裡。當你走投無路時，讓祂接住你、支持你。

生命反思

- 神的愛足夠深，可以掌管任何事。今天你需要將甚麼樣的痛苦、傷害或者問題交託給神?
- 「神永久的膀臂在你以下」，這一永恆的視角可以怎樣改變你對自身問題的態度?
- 「順服神並讓神來支持你」是甚麼意思?

靈修筆記

2019.04.13 (Saturday) Devotion
Title: [We Love Because God Loves Us]

"We love because he first loved us" (1 John 4:19 NIV).

We were created in God's image to do two things on Earth: learn to love God and learn to love other people. Life is all about love.

But love started with God. He loved us first, and that gives us the ability to love others (1 John 4:19). The only reason you can love God or love anybody else is because God first loved you. And he showed that love by sending Jesus Christ to Earth to die for you. He showed that love by creating you. He showed that love by everything you have in life. It's all a gift of God's love!

In order to love others and to become great lovers, we first need to understand and feel how much God loves us. We don't want to just talk about love, read about love, or discuss love. We need to experience the love of God.

We need to reach a day when we finally, fully understand how God loves us completely and unconditionally. We need to become secure in the truth that we cannot make God stop loving us.

Once we're secure inside God's unconditional love, we'll start cutting people a lot of slack. We won't be as angry as we were before.

Talk It Over

Think about the following:

- Who needs more patience from you?
- Who needs more time from you?
- Who do you need to forgive?
- Who needs your mercy and grace?

What will you do about these things this week?

2019.04.13 (週六) 靈修
題目: [我們愛因為神先愛我們]

「我們愛，因為神先愛我們。」(約翰一書 4:19)

神照著祂的形象造我們，就是讓我們在地上做兩件事: 學習愛神和愛人。 生命全然是關於愛。

然而愛是從神而來。 神先愛了我們，給了我們能力去愛別人 (約翰一書 4:19)。 因為神先愛了你，這是你能夠去愛神或愛人的唯一原因。 神差遣耶穌基督降世為你而死，從而顯明了祂的愛。 神造你，顯明了祂的愛。 神藉著你生命中擁有的一切顯明了祂的愛。這都是神愛的餽贈!

為了愛別人並成為一個大愛者，我們首先需要明白和感受神有多麼愛我們。 我們不想只是談論神的愛，閱讀或討論神的愛，我們需要經歷神的愛。

我們需要有這麼一天，日子成熟，我們終於能夠對神的愛有充分的認識，就是神怎樣完全且無條件地愛著我們。 我們需要在真理中得安穩，這真理就是我們無法讓神停止愛我們。

一旦我們在神無條件的愛中得安穩，我們就會對人有更多理解，就不會像以前那樣易怒。

生命反思

請思想以下幾點:

- 誰需要你有更多的耐心?
- 誰需要你花更多的時間陪伴?
- 你應該原諒誰?
- 誰需要你的憐恤和恩待?

在這個星期你將會怎樣去做這些事?

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
並他并沒有改變的影兒
動的影兒 雅各書一章十七節