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

2019.05.05 (Sunday) Devotion
Title: [Why Should We Show Mercy?]

"Be merciful, just as your Father is merciful" (Luke 6:36 NIV).

No characteristic describes God more fully than *mercy*. It's the first trait that God uses to describe himself in Scripture. It's also an important characteristic for any serious follower of Jesus to develop. If it's such a core part of who God is, it's got to be essential for us.

But what should motivate us to show mercy to people in our lives?

1. God is merciful.

Jesus said, "*Be merciful, just as your Father is merciful*" (Luke 6:36 NIV).

Before you judge others for their sins and failures, remember how many times God has forgiven you. When it seems inconvenient to help somebody in need, stop and remember how God has comforted you when you were hurting. When you think about those people who try your patience, stop and remember how patient God has been with you. And when you feel like getting even with somebody who has been unkind or unfair to you, stop and remember how kind God was to you when you were his enemy (see Romans 5:10).

2. I need mercy every day.

I can't expect to be perfect from now until the time I die, so I'm going to need more mercy. The Bible says, "*No mercy will be shown to those who show no mercy to others*" (James 2:13a GW). I need God's forgiveness, kindness, patience, and help every day of my life. God says you get what you give. Forgiveness and mercy are a two-way street.

3. Mercy makes me happy.

Jesus said, "*Happy are those who are merciful to others*" (Matthew 5:7a GNT). Doing acts of mercy gets me out of myself. It gets my focus

off of me and onto other people. And that produces happiness. In fact, a tremendous way to treat depression is through acts of mercy. As you give your life away, happiness begins to come back to you, and the clouds of depression begin to lift and blow away.

Talk It Over

- Of the three reasons above on why we should demonstrate mercy, which is the most persuasive to you? Why?
- How is God's mercy toward you more likely to help you demonstrate mercy to others?

2019.05.05 (週日) 靈修
題目: [為甚麼要憐恤人？]

「你們要慈悲，像你們的父慈悲一樣。 」(路加福音 6:36)

沒有任何特徵比憐憫能更充分地描述神。 這是神在聖經中描述自己的第一個特徵。 憐憫也是任何認真跟隨耶穌的人應該發展的重要特徵。 假如憐憫是神屬性的核心部分，對信徒來說，憐憫就是必須的。

但在人生中，我們憐恤人的動機應該是甚麼呢?

1. 神是慈悲的神。

耶穌說:「你們要慈悲，像你們的父慈悲一樣。 」(路加福音 6:36)

在論斷別人的罪和失敗以前，要記得神曾多少次饒恕自己。 當似乎不便幫助某個有需要的人時，要停下來回想，受傷害時神曾怎樣安慰自己。 當覺得別人在測試你的耐心時，要停下來回想，神是怎樣以耐心待你。 當你想要報復那些待你不友善或不公平的人時，要停下來回想，你與神為敵時，神是如何以恩慈待你。 (參羅馬書 5:10)

2. 每天都需要憐憫。

從現在直到死亡之前，我不能期望達到完美，因此我需要更多的憐憫。 聖經說:「因為那不憐憫人的，也要受無憐憫的審判」(雅各書 2:13 上)。 我生命中每一天都需要神的饒恕、恩慈、忍耐和幫助。 神說，人種的是甚麼，收的也是甚麼。 赦免和憐憫是一條雙向道。

3. 憐恤使人蒙福。

耶穌說:「憐恤的人有福了」(馬太福音 5:7 上)。憐恤人可以讓我脫離我自己，讓我改變我的聚焦，從自身轉移到別人身上。而這就產生了喜樂。實際上，憐恤人是治療憂鬱症的極佳方法。你若為人擺上自己的生命，喜樂就開始重返你心，憂鬱的陰雲就開始消散。

生命反思

- 上面談到要憐恤人的三個理由，哪一個最能說服你? 為甚麼?
- 神對你的憐憫怎樣更能幫助你對其他人施憐憫?

靈修筆記

2019.05.06 (Monday) Devotion
Title: [Why You Can't Forgive Someone Too Much]

"Lord, if my brother keeps on sinning against me, how many times do I have to forgive him?" (Matthew 18:21b GNT)

We all have sources of irritation in our lives — people who repeatedly hurt us or mistreat us. The last thing we want to do is forgive them.

Peter had a similar concern, so one day he asked Jesus, "*Lord, if my brother keeps on sinning against me, how many times do I have to forgive him?*" (Matthew 18:21b GNT) Peter thought he was being generous when he added, "Seven times?" Jewish law required that you only had to forgive a person three times. So Peter says, "I'll double that and throw in one more for good measure. How about seven times, Lord?" But Jesus said, "*Not seven times, but seventy-seven times*" (Matthew 18:22b NIV).

In other words, there is no limit. Jesus was saying that if you're keeping score, then you're missing the point. If you're counting, then it doesn't count.

Jesus seems to give an impossible command — to keep forgiving no matter what. Why is it so important that we do this? Let me give you three reasons.

1. God has forgiven me.

The Bible says you and I owe a debt to God, and the debt is so big we can never repay it on our own. But God has chosen, in his mercy, to forgive us and say, "Let's start over." That's the Good News! God has forgiven my sins, and now he wants me to forgive other people. Ephesians 4:32 says, "*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you*" (NIV). The key to forgiveness is to recognize how much God forgives me every day. When I feel forgiven, I'm going to be forgiving.

2. Resentment makes me miserable.

Resentment is hell on earth. It tortures you — and it's a self-inflicted wound. Job 21:23-25 says, "*Some people . . . die happy and at ease . . . Others have no happiness at all; they live and die with bitter hearts*" (GNT). You need to learn to forgive, because resentment will ruin your life.

The torture chamber of unforgiveness is self-imposed. When we fail to forgive, God doesn't have to lock us up in jail. We do it to ourselves. We lock ourselves in a jail of anger and anxiety. We rehearse the hurt over and over, and it gets bigger and bigger and continues to hurt us long after it has happened. The forgiveness of Jesus Christ is the key that unlocks the jail. It can set you free. For your own sake, you must learn to forgive.

3. I will need forgiveness in the future.

Somebody once told John Wesley, the founder of Methodism, "I could never forgive that person!" Wesley said, "Then I hope you never sin." You and I will sin again. We'll need forgiveness again. But forgiveness is a two-way street. Don't burn the bridge you have to walk across in order to be forgiven.

Now, forgiveness isn't an instant restoration of trust. Forgiveness is instant. Trust must be rebuilt over time. For instance, if a woman's husband is abusive, she must forgive him, but that does not mean she must immediately let him back in the house and carry on in life as though nothing ever happened.

Forgiveness is instant and unearned, but trust must be earned.

Talk It Over

- How has your ability to continue forgiving someone been most tested? Why?
- How have you seen a lack of forgiveness impact your life?
- Why is it so important to make a distinction between forgiveness and trust?

2019.05.06 (週一) 靈修
題目: [為甚麼饒恕得還不夠]

「主啊,我弟兄得罪我,我當饒恕他幾次呢?」(馬太福音 18:21 下)

生活中總會有激怒的源頭，就是那些一再傷害或虧待我們的人。我們最不想做的事就是饒恕他們。

彼得也有類似的想法，有一天他問耶穌:「主啊，我弟兄得罪我，我當饒恕他幾次呢? 到七次可以嗎?」(馬太福音 18:21 下)「七次?」彼得認為他已經很寬宏大量了，因為猶太律法要求只須饒恕一個人三次。 所以彼得說:「我將翻倍再加一表示寬厚。 主啊，到七次可以嗎?」 但是耶穌說:「不是到七次，乃是到七十個七次。 」(馬太福音 18:22 下)

換句話說，饒恕是沒有上限的。 耶穌的意思是，如果你只想著次數，你就偏離了饒恕的真義。 如果你數算饒恕，那就不是饒恕了。

耶穌好像下了一道不可能的命令，那就是不管甚麼，你都要持續饒恕。 為甚麼這麼做對於我們如此重要? 我給出三個理由。

1. 神已經饒恕我。

聖經說世人都欠了神的債。 債額巨大，靠自己在有生之年都沒法清償。 但是神因著憐憫，選擇饒恕我們，並且說:「讓我們重新開始。 」這就是福音！ 神赦免了我的罪。 現在祂要我去饒恕別人。 以弗所書 4:32 說:「並要以恩慈相待，存憐憫的心，彼此饒恕，正如神在基督裏饒恕了你們一樣」。 饒恕的關鍵是在於認識神每天饒恕了我多少。 當我感受到被饒恕，就會饒恕人。

2. 怨恨使人悲慘。

怨恨是人間地獄。 它折磨人，並且是一個自我傷害的創口。 約伯記 21:23-25 說:「有人…盡得平靖安逸…有人至死心中痛苦，終身未嘗福樂的滋味」。 你應該學習饒恕，因為怨恨必會毀了你的人生。

不饒恕的折磨是自己找的。 當人不能饒恕時，神不需要把人鎖在囚牢裏。 人會把自己關進去。 我們會把自己鎖在憤怒和焦慮的囚牢中。 我們會反覆傷害自己，並且傷口越來越大。 在事情發生很久後依然傷痛。 耶穌基督的饒恕，是把我們自己從牢籠中釋放出來的鑰匙。 饒恕可以讓你自由。 為了自己的緣故，你必須學習饒恕。

3. 將來我必定需要饒恕。

有一個人曾經跟循道會的創始人約翰·衛斯理說: 「我永遠無法原諒那個人! 」 衛斯理回答說:「那我希望你永遠不會犯罪。 」你我仍會犯罪。 我們也就仍需要饒恕。 但是饒恕是一條雙向道。不要把這座橋燒了，要蒙饒恕你也得走這座橋。

饒恕雖然不能立刻重建信任，但饒恕卻是即時的。 信任的重建需要時間。 例如，如果丈夫虐待妻子，妻子必須饒恕丈夫，但這並不意味著，妻子必須立刻讓丈夫回家一起過日子，就像從來沒有發生過甚麼一樣。

饒恕是即時的，並非應得的，但信任必須是用行動去努力重建的。

生命反思

- 你繼續饒恕別人的能力，曾如何經歷最大考驗？為甚麼？
- 你怎麼看待缺乏饒恕對自己生命的影響？
- 為甚麼區分饒恕和信任是那麼的重要？

2019.05.07 (Tuesday) Devotion
Title: [The Cross Says 'Let It Go']

"Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others" (Hebrews 12:15 Phillips).

Forgiveness is free. But it's not cheap. It cost Jesus Christ his life. And it's also not easy. Forgiveness can only occur when the offended person volunteers to assume the debt and not to get even or seek revenge. That's what Jesus did for us. That's what he calls us to do for others.

But how can you release your hurt? The Bible tells us there are three steps we can take to find freedom from unforgiveness.

Leave it to God. Give up your right to get even. Trying to get even only escalates the conflict. Instead, let God settle the score.

Heal it with grace. The only way to let go of your hurt is to get ahold of God's grace. The Bible says, "*Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others*" (Hebrews 12:15 Phillips). Bitterness is contagious.

Nail it to the Cross. The Cross is God's answer to all your needs. Jesus died so you could be forgiven. He died so you could be set free from fear, bitterness, and resentment. There is no psychology, no therapy, no pill, no self-help seminar that can set you free like the power of the cross.

The Bible says, "*We know that our old life died with Christ on the cross so that our sinful selves would have no power over us and we would not be slaves to sin*" (Romans 6:6 NCV). Don't be a slave any longer to the sin of unforgiveness. Release your grip on the person who hurt you. Do it every day if you have to. No matter how often that painful memory

returns, bring it to God, ask for his grace, and then leave your hurt at the cross.

Talk It Over

- Why is it tough to give up your right to get even?
- How have you seen yourself or others become slaves to the sin of unforgiveness?
- What person or people do you need to forgive? Ask God to give you the grace to do so this week.

2019.05.07 (週二) 靈修
題目: [十字架說：『放手吧！』]

「又要謹慎，恐怕有人失了神的恩，恐怕有毒根生出來擾亂你們，因此叫眾人沾染污穢」(希伯來書 12:15）

饒恕是白白的，但不是廉價的。 饒恕是耶穌基督用生命所換回的，這並不容易。 饒恕只有當被侵害的人自願承擔債務，而不是想追債或報復的時候才能實現。 這就是耶穌為我們而做的。 這也是祂呼召我們為別人去做的。

但怎樣才能釋放自己的傷痛呢? 聖經教導我們可以採取三個步驟從不饒恕中得自由。

1. **交托給神。**放棄追債的權利。 試著去追債只會導致衝突的升級。相反，要交託給神，讓神施行報應。

2. **用恩典醫治。**放下自身傷痛的唯一方法，就是獲得神的恩典。聖經說:「又要謹慎，恐怕有人失了神的恩，恐怕有毒根生出來擾亂你們，因此叫眾人沾染污穢」(希伯來書 12:15)。 苦毒是有傳染性的。

3. **釘在十字架上。**十字架是神對人所有需要的回答。 耶穌死了，所以你可以被饒恕。 耶穌死了，所以你可以從恐懼、苦毒和怨恨中得釋放。 任何心理學、心理輔導、藥物治療、自我救助的講座，都不能有十字架的權能幫你獲得釋放。

聖經說:「因為知道我們的舊人和祂同釘十字架，使罪身滅絕，叫我們不再作罪的奴僕」(羅馬書 6:6)。 不要再做不饒恕這個罪的奴僕了。 放過那個曾經傷過你的人吧。 如果有必要，你就每天

如此行。 不管你多麼頻繁地回想到這個傷痛，把它帶到神面前，祈求神的恩典，然後把傷痛留在十字架上。

生命反思

- 為甚麼人很難放棄追債的權利？
- 你是怎麼看自己或者其他人成為不饒恕之罪的奴僕的?
- 你應該原諒甚麼人？求神這星期賜給你恩典去饒恕。

靈修筆記

2019.05.08 (Wednesday) Devotion
Title: [Unraveling the Mystery of Heaven]

"No eye has ever seen, no ear has heard, and no mind has imagined what God has prepared for those who love him" (1 Corinthians 2:9b NLT, second edition).

My family lived in Northern California when I was a little boy. One time we took a family vacation to Disneyland in Southern California. As we were driving, my dad tried to explain to me what Disneyland would be like. It was a waste of time. You can't understand Disneyland unless you experience it.

Some experiences are simply unexplainable.

The same is true about Heaven. We can't compare Heaven to anything we've experienced on earth. The planet where we now reside is just a poor — very poor — carbon copy of the place God has prepared for us in eternity.

The Bible hints at this mystery in 1 Corinthians 2:9b: "*No eye has ever seen, no ear has heard, and no mind has imagined what God has prepared for those who love him*" (NLT, second edition).

Although human words can't properly explain the divine mysteries of Heaven, we do know a little about what Heaven will be like.

1. We'll be reunited with every other believer (Hebrews 12:22-23). The book of Hebrews tells us that every believer who has ever lived will be in Heaven with us. That includes every person you've ever known who followed Jesus — and the children who never had the opportunity to make that decision.

2. We'll have rewards (Luke 6:35). The Bible mentions rewards in Heaven often. You'll be rewarded for your good actions — your generosity, your good character, and your service. God watches everything. You have to decide where you want to be rewarded: on this temporary side of eternity or on the side that lasts forever.

3. We'll have responsibilities (Luke 16:10-12). You'll work in Heaven. Here's the difference though: You'll use your God-given SHAPE to do what you love to do. You'll be 100 percent fulfilled by the work you do. I don't know what your responsibility will be in Heaven. Luke 16 says that will depend on how you handle your responsibilities here on earth.

4. We'll find rest in Heaven (Hebrews 4:9-11). For many of us, eternal rest in Heaven sounds really good. After a lifetime of work, we'll rest in Heaven like never before. Yes, we'll work, but our work in Heaven will be a restful joy, not a burden.

5. We'll rejoice in Heaven (Matthew 25:21). We're going to celebrate in Heaven! We'll enjoy being with God in Heaven. We'll enjoy being with one another in Heaven. We're going to party for eternity in Heaven!

Talk It Over

- Try to explain to someone else the most amazing place you've ever visited. After you do so, ask yourself why it's so hard to explain Heaven to others.
- Who are you looking forward to being reunited with in Heaven? Why?
- If you're going to work in Heaven but it'll be something that fits you perfectly and that you love doing, what kind of work do you think you'll do?

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2019.05.08 (週三) 靈修
題目: [解開天堂之謎]

「神為愛他的人所預備的，是眼睛未曾看見，耳朵未曾聽見，人心也未曾想到的」(哥林多前書 2:9 下)。

當我還是個小孩子的時候，我家住在北加州。 一次我們家度假去了南加州的迪士尼樂園。 在開車去的途中，我父親試著跟我解釋迪士尼是甚麼樣子。 那真是浪費時間。你不可能完全瞭解迪士尼樂園，除非你經歷過。

有一些經歷就是難以解釋。

天堂也是如此。 我們不能拿天堂跟任何在地上所經歷的事情相比。我們現在所居住的星球是一個只是神為我們所準備永恆居所的一個很簡陋——非常簡陋的副本。

關於這個謎，哥林多前書 2:9 下向我們透露:「神為愛他的人所預備的，是眼睛未曾看見，耳朵未曾聽見，人心也未曾想到的。」

儘管人類語言難以恰如其分地解說天堂的神聖奧秘，天堂究竟如何，我們還是知道一些:

1.信徒將必重聚 (希伯來書 12:22-23) 。希伯來書告訴我們，每個曾經存活過的信徒都將與我們同在天堂。 這包括每個據你所知跟隨耶穌的人，也包括那些從來沒有機會決志的小孩。

2. 信徒都有賞賜 (路加福音 6:35) 。聖經多次講到在天堂裏的賞賜。你會因為你的好行為而得到賞賜——你的慷慨、好品格和服事。神看著一切。 你必須決定你想要在哪邊得到賞賜: 從永世的角度看，是暫時的這一邊，還是常存的那一邊。

3. 信徒都有責任 (路加福音 16:10-12) 。 你將在天堂裏工作。 不過這是與此世不同的: 你會用神給的屬靈恩賜去做你愛做的事情。你將會百分之一百地完成你的工作。 我不知道你在天堂的責任會是甚麼。 路加福音 16 章說這將取決於你怎樣在地上擔當你的責任。

4. 在天堂裏安息 (希伯來書 4:9-11) 。 對大多數人來說，在天堂裏的安息聽起來很好。在工作了一輩子後，我們將在天堂裏安息，這是前所未有的。 當然我們仍要工作，但是我們在天堂裏的工作將會是寧靜的喜樂，不是一種重擔。

5. 在天堂裏歡喜快樂 (馬太福音 25:21) 。 我們將在天堂裏慶賀! 我們會享受在天堂裏與神同在。我們將享受在天堂中彼此相處。我們要在天堂裏為永恆來開慶祝會！

生命反思

- 嘗試向其他人解釋你曾經去過的最令人驚嘆的地方，然後問自己為甚麼向別人解釋天堂那麼難。
- 你期待與誰在天堂團聚？為甚麼？
- 如果你打算在天堂工作，但是這將是一個完全適合你並且你也喜歡做的事，甚麼樣的工作你會考慮去做？

靈修筆記

2019.05.09 (Thursday) Devotion
Title: [Living for Heaven's Sake]

"If they had wanted to, they could have gone back to the good things of this world. But they didn't want to. They were living for heaven. And now God is not ashamed to be called their God, for he has made a heavenly city for them"(Hebrews 11:15-16 TLB).

Heaven changes everything about how you live today. If you're headed to Heaven (and after yesterday's devotional, I hope you are), then that reality should impact how you live here on earth.

Your value system changes. Instead of living for the here and now, you'll live for eternity. You can also live knowing your future is secure. No matter what happens on earth, you'll spend an eternity with God in the most amazing place you've ever been.

So how do you live if you know your eternal destination is Heaven?

1. Don't be distracted by temptation. "*Dear brothers, you are only visitors here. Since your real home is in heaven, I beg you to keep away from the evil pleasures of this world; they are not for you, for they fight against your very souls*"(1 Peter 2:11 TLB). You can be distracted by lots of things — both good and bad. Stay focused on what's of eternal significance. Delay gratification, even though everything in society tries to get you to do just the opposite. Stay focused on what's ahead.

2. Don't be discouraged by trouble. The Bible says, "*So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever*" (2 Corinthians 4:18 NLT, second edition). When you live in light of eternity, trouble just doesn't bother you as much anymore. You know troubles won't last forever, so you simply don't give up.

3. Focus your energy on what will last. "*Let heaven fill your thoughts; don't spend your time worrying about things down here*" (Colossians 3:2 TLB). Fulfill the purposes of God in your life. Live a life of

worship. Build relationships with God's people. Invest your time in becoming more like Jesus through discipleship. Serve others with abandon. Tell people about Jesus. Those activities last forever.

You were made for Heaven. If you've made Jesus the boss of your life, you'll spend eternity there. Let that truth sink in for a moment.

Then, let it change your life.

Talk It Over

- What temptations distract you from maintaining an eternal point-of-view?
- Sometimes even a good thing can distract us from God's purpose. What are some examples of those good things that can distract?
- What short-term troubles are causing you stress right now? How can focusing on eternity change your perspective on them?

2019.05.09 (週四) 靈修
題目: [為天堂而活]

「他們若想念所離開的家鄉，還有可以回去的機會。 他們卻羨慕一個更美的家鄉，就是在天上的。 所以，神被稱為他們的神，並不以為恥，因為他已經給他們預備了一座城。」(希伯來書 11:15-16）

你今天怎樣生活? 與此相關的一切事情都被天堂改變了。 假如你準備上天堂(在昨天的靈修之後，我盼望你是要這樣) ，那麼這個現實應該會影響你在地上當怎麼活。

你的價值體系改變了。 不是為當下而活，而是要為永生而活。 你也可以活在知道未來穩固的無慮中。 不管在世上會發生甚麼事情，你將會在一個你所去過最奇妙的地方與神永遠相處。

如果你知道你的永恆目的地是天堂，你現在將如何生活?

1. 不要被試探分心。「親愛的弟兄啊，你們是客旅，是寄居的。我勸你們要禁戒肉體的私欲，這私欲是與靈魂爭戰的」(彼得前書 2:11)。 你會被很多事務分心，無論好壞。 讓我們定睛在永恆的價值上。 延遲滿足，哪怕在這個社會中的一切都推著你反其道而行。 要定睛在前面的事上。

2. 不因麻煩而氣餒。 聖經說:「原來我們不是顧念所見的，乃是顧念所不見的，因為所見的是暫時的，所不見的是永遠的」(哥林多後書 4:18) 當你活在永恆的光中，麻煩就不會再打擾你那麼多。既然知道麻煩不會常存，你所要做的只不過是不輕易放棄。

3. 把精力專注於能常存的事上。 「你們要思念上面的事，不要思念地上的事」(歌羅西書 3:2) 。在你的生命中完成神交託的使命，活出敬拜神的生命，與神的子民建立關係。花時間在門徒訓練上

使自己更像耶穌。 放下自己，服務別人，告訴人們耶穌的故事。這些都是可以長久的。

你是為了天堂而受造。 如果你把耶穌當作自己生命的主，就會在天堂裏有永生。 在此思想片刻，好好領會這真理。

然後，就讓真理改變你的生命。

生命反思

- 甚麼樣的試探會讓你從持定永恆上面分心?
- 有些時候，甚至一件好的事情也能分散我們對神旨意的專注。 哪些好的事情可以讓我們分心呢? 舉例說明。
- 現在有哪些短暫的煩惱使你感覺有壓力? 定睛在永恆可以怎樣改變你對這些問題的看法？

靈修筆記

2019.05.10 (Friday) Devotion
Title: [Three Responses to People in Need]

"My children, our love should not be just words and talk; it must be true love, which shows itself in action" (1 John 3:18 GNT).

Probably the most famous story in the Bible about unexpected kindness is the Parable of the Good Samaritan. Jesus told this story to show us what it looks like to love people who are hurting. It's easy to feel a little guilty when we read this story. At one time or another, we have all passed by somebody in need. The needs of people around us, even in our church or small group, can be so overwhelming that it's paralyzing. And we ask the question, "What am I supposed to do?"

In this devotional we'll discover three answers to that question based upon the Parable of the Good Samaritan.

Some people keep their distance (Luke 10:30-31). This was the example the priest gave us in the story. He simply avoided the problem altogether. He didn't even want to know what the problem was. This is what I call the lifestyle of avoidance. We tell ourselves, "Don't get too close to people; you may have to help them. You may get your hands dirty." That was the priest's problem: he was too "holy" to be helpful. He didn't want to be stained by the stuff of life. When we live a lifestyle of avoidance, we try to keep all our relationships superficial. If we can keep everyone at arm's length, we can pretend we don't see their pain and their needs. If we don't get involved, we can avoid getting hurt or inconvenienced.

Some people are curious but uninvolved (Luke 10:32). The Levite, who was the second man to walk by the injured man, demonstrated this response. The Bible says he "*went over and looked at the man*" (Luke 10:32b GNT) before passing him by. In a way, this response is even worse. In the first attitude we "see" the problem from a distance and pretend it isn't there. In this response, we acknowledge the need through our curiosity, but we don't do anything to help. When we do this we're simply saying, "Sorry, I can't be bothered. I've got more important things to do."

Some people get close enough to care (Luke 10:33-37). Of course, this is the Good Samaritan. He went above and beyond to help the inured man at his own expense. The Bible tells us, "*Our love should not be just words and talk; it must be true love, which shows itself in action*" (1 John 3:18 GNT). Mercy takes action where others take off. Mercy isn't afraid to get its hands dirty. And Jesus calls every one of his followers to have the attitude of the Good Samaritan.

Jesus deliberately chose a Samaritan to be the hero in this story, because the Jews hated the Samaritans. Mercy isn't just about helping people you like or helping people who are just like you. Mercy is about helping people no matter who they are, what they look like, or where they come from.

Talk It Over

- Why do you think getting close to someone is connected with caring for him or her?
- How do you respond to these three statements:
    1. Mercy is about helping people no matter who they are, what they look like, or where they come from.
    2. Mercy takes action where others take off.
    3. Mercy isn't afraid to get its hands dirty.

2019.05.10 (週五) 靈修
題目: [對需要的三種反應]

「小子們哪，我們相愛，不要只有言語和舌頭上，總要在行為和誠實上。 」(約翰一書 3:18)

關於意想不到的恩慈，聖經中最有名的可能就是好撒瑪利亞人的比喻。 耶穌講這個故事是為了讓我們知道如何去愛一個受傷的人。 當我們讀這個故事的時候，我們很容易有罪疚感。 無論如何，我們都曾經路過那些有需要的人。 在我們周圍，甚至就在教會或小組裏的需要，多得會讓人不知所措甚至麻木不仁。 我們就會問:「我該做甚麼?」

在今天的靈修中，我們將從好撒瑪利亞人的比喻裏發現對上述問題的三種回答。

1. **有些人置身事外** (路加福音 10:30-31) 。這就是以故事中的祭司為例。 他簡單地迴避了所講到的問題。 他甚至不想知道這個問題是甚麼。 這就是我所講的一種迴避的生活方式。 我們告訴自己:「不要跟人太接近。 你可能必須幫助他們，也可能把手弄髒了。 」這個就是那祭司的問題: 他太「聖潔」，以致不能去幫忙。 他不想被生活中的事沾染。 當我們活在迴避的生活方式中的時候，我們就試圖保持很表面的關係。 假如我們能夠跟每個人保持一臂之遠，就可以假裝看不見他們的痛苦和需要。 假如我們不去介入，就可以避免傷害或者不便。

2. **有些人好奇但未參與** (路加福音 10:32) 。這利未人是第二個走過那個受傷者的人。 聖經說他「看見他，也照樣從那邊過去了」(路加福音 10:32 下) 。在這個情況下，這種回應更加糟糕。 在第一種的回應中，我們是從遠處去「看見」這問題，然後假裝這問題不存在。 在這個回應中，我們從好奇當中認知了這個需要，但

是我們不能做任何事去幫忙。 這樣回應等於直截了當地說:「對不起，我不能被打擾。 我有更重要的事去做。 」

3. 有些人就近關懷 (路加福音 10:33-37) 。 當然，這是好撒瑪利亞人。 他不惜代價地花自己的錢幫助那個受傷的人。 聖經告訴我們:「小子們哪，我們相愛，不要只在言語和舌頭上，總要在行為和誠實上」(約翰一書 3:18)。 別人離開之處，憐憫就在那裏動工。 憐憫不是怕自己的手弄髒。 耶穌呼召每一個跟隨者都要有好撒瑪利亞人的態度。

因為猶太人恨惡撒瑪利亞人，所以耶穌故意選擇撒瑪利亞人作這個故事中的主角和推崇的對象。 憐憫不是只關心你喜歡的人或者是與你類似的人。 憐憫是不管他們是誰，他們長得怎樣或者是從哪裏來，你都會去幫助他們。

生命反思

- 為甚麼你認為親近某人與關懷他或她有關?
- 你如何回應以下三個陳述:
    1. 憐憫就是不管他們是誰，他們長得怎樣或者是從哪裏來，你都會去幫助他們。
    2. 別人離開之處，憐憫就在那裏動工。
    3. 憐憫不是怕自己的手弄髒。

靈修筆記

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2019.05.11 (Saturday) Devotion
Title: [Opening Our Eyes to the Needs Around Us]

"Do not look out only for yourselves. Look out for the good of others also" (1 Corinthians 10:24 NCV).

Few passages in Scripture give us a more complete view of mercy than Jesus' Parable of the Good Samaritan. In this memorable parable, we can learn four specific lessons about how we can demonstrate mercy. In the next four devotionals we'll look at each of those important lessons.

First, we must see the needs of people around us. Mercy always begins in the eyes. You have to see the need before you can meet the need. You can't care until you are aware. The Bible says, "*When [the Samaritan] saw the man, he felt compassion for him*" (Luke 10:33b NLT, second edition).

Just like the Good Samaritan, you have wounded people all around you. You just don't see them. They may not have been physically beaten or bruised, but they have been beaten up by life. They've been bruised by circumstances and the attitudes and opinions of other people.

Why don't we see these needs? The answer is busyness. We're just moving too fast. Being in a hurry is always the death of kindness. The busier you get, the less loving you will be. But to be sensitive and to see people's needs up close, you have to slow down. Slow down long enough to look people in the eye. Give somebody your undivided attention. Stop to talk to the person and really listen.

How should we respond to someone who is hurting or who has a need? The Bible says, "*Do not look out only for yourselves. Look out for the good of others also*" (1 Corinthians 10:24 NCV).

Talk It Over

- How can busyness keep you from showing mercy to others?
- How can you create more “margin” in your life so that you can invest in the lives of others?
- What are some needs you see around you? How can you help with those?

2019.05.11 (週六) 靈修
題目: [睜眼看見周圍的需要]

「無論何人，不要求自己的益處，乃要求別人的益處。」(哥林多前書 10:24)

在聖經中，很少有哪段經文比耶穌的好撒瑪利亞人比喻更能讓我們看到憐憫的全貌。 在這個令人難忘的故事中，我們可以學到四個關於如何憐恤人的具體教訓。 在接下來四天的靈修裏，我們將逐一討論。

第一，必須看見周圍的需要。 憐憫始於眼見。先看見別人的需要，才能滿足這一需要。 覺察之後才能關懷。 聖經說:「惟有一個撒瑪利亞人行路來到那裏，看見他，就動了慈心。」(路加福音 10:33)

就像這個好撒瑪利亞人，你也有受傷的人，周圍都是。 你只是沒看見他們。 他們可能沒有被打，也沒有瘀傷，然而卻是被生活所擊打。 他們受到環境以及他人態度和意見的傷害。

為甚麼我們看不見這樣的需要? 答案是：忙。 我們只是太匆忙。匆促之中，恩慈泯滅。越忙，越少愛心。要有一顆敏銳的心去近距離地看到別人的需要，你必須要慢下來。腳步放得足夠慢，能夠看著人的眼睛；專心對待人，心無旁騖；停下來與人談話，且要真正地傾聽。

我們應該如何應對那些有疾苦或需要的人? 聖經說:「無論何人，不要求自己的益處，乃要求別人的益處。」 (哥林多前書 10:24)

生命反思

- 忙碌如何讓你不能憐恤人？

- 你如何在自己生活中創造更多「時間和金錢上的富餘」花費到別人身上？
- 在自己周圍，你看見有甚麼樣的需要? 你可以怎麼幫助呢？

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