

# 城北華人基督教會 國語部每日靈修

Daily Hope  
2019年5月12 - 18日 (第19週)

作者：Rick Warren 牧師  
翻譯整理：城北國語部



此刊物為非賣品, 只限城北國語部兄姊使用

刊物內容以英文版為準

英文內容出自網站: <https://pastorrick.com/devotional/>

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



## 2019.05.12 (Sunday) Devotion

### Title: [Open Your Ears and Sympathize]

*“He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us” (2 Corinthians 1:4 NLT, second edition).*

Jesus gives us a great model for demonstrating mercy in the story of the Good Samaritan. We can draw out at least four steps toward showing mercy from the Good Samaritan’s actions. In yesterday’s devotional we learned that we must see other people’s needs.

But we can’t stop there. We must also sympathize with people’s pain. The Bible says in Luke 10:33 says that when the Samaritan saw the wounded man, he had compassion on him.

You see pain with your eyes, but you sympathize with your ears. Sometimes the greatest way to serve someone is just by listening. Behind every need is a story. In the Parable of the Good Samaritan, the priest saw the man and his obvious need, but he had no clue about this man’s journey. He could have assumed that the man brought this trouble on himself or that he shouldn’t have been so careless. He could have thought up all kinds of stories or excuses to not help the man in need, because he didn’t stop long enough to discover the truth.

But the Bible says in Galatians 6:2, “Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ’s law” (MSG). What is Christ’s law? Love God and love your neighbor.

You may have never thought about this, but God has allowed certain struggles in your life so you can sympathize with and serve the people around you. The Bible says, “He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us” (2 Corinthians 1:4 NLT, second edition).

Think of those times in your life when the Lord has comforted you. To whom can you pass on that blessing?

## Talk It Over

- How do you think God can use your struggles to help someone else?
- What does it mean to share one another's burdens?
- How do you serve others when you listen? Why might this practice be considered countercultural today?

[illegible]

2019.05.12 (週日) 靈修

題目: [開耳傾聽，感同身受]

「我們在一切患難中，他就安慰我們，叫我們自己能用神所賜的安慰去安慰那遭各樣患難的人。」（哥林多後書 1:4）

在好撒瑪利亞人的比喻裏，主耶穌給我們一位極佳的榜樣，說明如何憐憫他人。從這位好撒瑪利亞人的行動，我們至少可以歸納出活出憐憫的四個步驟。在昨日的靈修中，我們學到，必須看見他人的需要。.

然而，不要到此為止。我們也必須體諒他人的痛苦。路加福音 10:33 告訴我們，當撒瑪利亞人看見那位受傷的人，就動了慈心。

人憑眼睛看見痛苦，卻是憑耳朵表達同情。有時候，服事別人的最佳方式，就是傾聽。每項需要背後，都有一個故事。在好撒瑪利亞人的比喻裏，祭司看見那人及其明顯需要，但對那人的行程一無所知。他可能以為，那人自招麻煩或粗心大意。他也可能想出了各種故事，編造了各種藉口，不去幫助那有需要的人，因為他沒有停留足夠長的時間發掘真相。

然而，加拉太書 6:2 告訴我們：「你們各人的重擔要互相擔當，如此，就完全了基督的律法。」基督的律法是甚麼？就是愛神，並且愛你的鄰舍。

你可能從來沒有想過這一點。不過，神一直容許你生命中有若干掙扎，好叫你能夠體諒身邊的人，並且服事他們。聖經告訴我們：「我們在一切患難中，他就安慰我們，叫我們自己能用神所賜的安慰去安慰那遭各樣患難的人。」（哥林多後書 1:4）

試回想，神在你生命中安慰你的那些時刻。你可以將這祝福傳遞給誰？



2019.05.13 (Monday) Devotion

Title: [When You See a Need, Act Now]

*“Never walk away from someone who deserves help; your hand is God’s hand for that person. Don’t tell your neighbor, ‘Maybe some other time’ or ‘Try me tomorrow’ when the money’s right there in your pocket” (Proverbs 3:27-28 MSG).*

The last few days we’ve been looking at what the Parable of the Good Samaritan can teach us about demonstrating mercy to those who are hurting. We’ve seen that we must see the needs around us and sympathize with people’s pain.

The Good Samaritan also teaches us we must seize the moment.

Don’t wait, don’t delay, and don’t procrastinate. Do what you can at that moment. Love is not so much something you feel as it is something you do. The Samaritan took action. He stooped down and got on the injured man’s level. He didn’t act superior. He used what he had: wine to disinfect and oil to soothe the wounds. It was the best medication of the day. The Samaritan probably used his own clothes to bandage this guy’s wounds. After all, he’s not a doctor. He didn’t have a medicine cabinet with him. He just served. He did the best he could with what he had.

The Bible tells us in Proverbs 3:27-28, “Never walk away from someone who deserves help; your hand is God’s hand for that person. Don’t tell your neighbor, ‘Maybe some other time’ or ‘Try me tomorrow’ when the money’s right there in your pocket” (MSG). Don’t wait for better conditions. When God calls you to minister to somebody, do it now. When you see a need, meet it now.

To seize the moment, you must be willing to take a risk, though. You must be willing to be interrupted. To be a servant you must move against your fears. Imagine the fears the Samaritan may have faced: “What if the robbers are still in the area? What if this is all a trap? What if he rejects my help? What if I can’t really help him?” We often don’t





2019.05.13 (週一) 靈修

題目: [看見需要，馬上行動！]

「你的手若有行善的力量，不可推辭，要施與那應得的人。你若手頭方便，不可對鄰舍說：『去吧，明天再來，我必給你。』」（箴言 3:27-28，和合本修訂版，下同）

過去幾天，我們一直默想好撒瑪利亞人比喻中的教導，看看如何向受傷的人活出憐憫。我們學到，必須看見週圍的需要，並且必須體諒別人的痛苦。

好撒瑪利亞人的比喻還教導我們，必須把握時機。

不要再等，不要遲疑，不要耽延。做你當下所能做的事情。愛不只是感覺，而是有所行動。那位撒瑪利亞人採取了行動。他俯下身來，跟那受傷的人同高。他沒有自認優越。他運用手上所有的：用酒消毒、用油紓緩傷處。酒和油是當時最好的藥物。那位撒瑪利亞人可能用自己的衣服為對方包紮傷口。畢竟，他並非醫生。他隨身沒有藥品箱。他單單服事。他罄其所有，盡其所能。

聖經在箴言 3:27-28 告訴我們：「你的手若有行善的力量，不可推辭，要施與那應得的人。你若手頭方便，不可對鄰舍說：『去吧，明天再來，我必給你。』」不要等到情況好轉才出手。當神呼召你去服事某人，現在就服事吧！當你看見需要，馬上就出手吧！

要把握機會，就必須要甘願冒險。你必須甘心受到打攪。要成為僕人，就必須要克服恐懼。試想像那位撒瑪利亞人可能面對的恐懼：「如果強盜仍在附近，怎麼辦？如果這是陷阱，怎麼辦？如果對方拒絕我的幫忙，怎麼辦？如果我真的無法幫助他，怎麼

辦？」我們通常不想捲入他人的傷痛、破碎。為甚麼？坦白說：對方可能勾起我們自己的傷痛、破碎。然而，憐憫勝過恐懼。

憐憫能夠觸摸那些無法觸碰的人，並且能愛那些不討人喜愛的人。

## 生命反思

- 為甚麼我們有時會延遲幫助其他有需要的人？
- 幫助他人，有何風險？

## 靈修筆記

[illegible]

2019.05.14 (Tuesday) Devotion

Title: [Care Enough to Spend Whatever It Takes]

*“Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring” (Isaiah 58:10-11 NLT, second edition).*

Demonstrating mercy begins with seeing the need, sympathizing with others’ pain, and taking action. The Good Samaritan modeled all of that behavior when he reached out to care for the injured man. But there’s a critical fourth step to showing mercy that he also demonstrated.

You have to spend whatever it takes.

There’s always a cost to kindness and a sacrifice in service. Showing mercy usually requires a sacrifice of time, energy, money, or even your reputation. For example, the Samaritan took the injured man to a hotel. He likely had to walk a great distance, because he put the man on his donkey. He took care of him through the night, he provided for his needs, and then he even paid the bill — all at his own personal expense. He didn’t just call the authorities. He did all he could to help. And what did he have to gain from his service? Nothing. He just did it out of love. And that’s the kind of service and ministry God wants from us.

Mercy will cost you, too. It’ll cost you time, money, or potentially relationships. Mercy that doesn’t cost much isn’t worth much.

But God promises that when you help hurting people by giving what you have, he will bless you in return. The Bible says, “Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring” (Isaiah 58:10-11 NLT, second edition).



2019.05.14 (週二) 靈修

題目: [甘願付出，不計代價]

「你心若向饑餓的人發憐憫，使困苦的人得滿足，你的光必在黑暗中發現，你的幽暗必變如正午。耶和華必時常引導你們，在乾旱之地使你心滿意足，骨頭強壯。你必像灌溉的園子，又像水流不絕的泉源。」（以賽亞書 58:10-11）

要活出憐憫，就首先要看見需要，接著對他人的傷痛感同身受，然後採取行動。那位好撒瑪利亞人伸出援手，照顧受傷的人，正是這前三步的好榜樣。但還要有關鍵的第四步——這也是他所示範出來的——才能活出愛心：甘願付出所有。

凡服事他人，都要為恩慈付上代價，為服事作出犧牲。要活出憐憫，通常都得犧牲時間、精力、金錢，甚至聲譽。例如：當那位撒瑪利亞人把那受傷的人帶去旅館，他可能需要步行一段很長的路，因為他把那人放在驢子背上。他要徹夜照顧對方，供應所需，甚至一切都是他來買單。他盡上全力幫忙。他從服事賺取甚麼？一無所得！他純粹出於愛。這正是神要我們行出的服事和事奉。

憐憫會令你付上代價，也會令你擺上時間、金錢，甚至人際關係。代價不高，就算不上甚麼憐憫。

然而，神應許過，當我們付出所有，幫助受傷的人，祂就會賜福。聖經告訴我們：「你心若向饑餓的人發憐憫，使困苦的人得滿足，你的光必在黑暗中發現，你的幽暗必變如正午。耶和華必時常引導你們，在乾旱之地使你心滿意足，骨頭強壯。你必像灌溉的園子，又像水流不絕的泉源。」（以賽亞書 58:10-11）

換言之：活出憐憫，無論代價，都是值得。



2019.05.15 (Wednesday) Devotion

## Title: [Look Behind the Behavior of Those Who Frustrate You]

*“When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult” (Proverbs 12:16 GNT).*

We all have people in our lives that drive us nuts. I call them EGRs, which stands for Extra Grace Required. But have you ever thought that God puts them in your life to be heavenly sandpaper. They may irritate us, but God uses them to take off our rough edges and shape our character.

Some EGRs are minor irritations. They may drive too slow in the fast lane. Some of them may be more challenging. They sit in the backseat and tell you how to drive.

Other EGRs may be just plain mean. They never say “thank you.” They can be rude and negative, demanding, demeaning, and disapproving. You just cannot make them happy, no matter how hard you try. Whatever you do, it’s not good enough.

So what do you do with people like that? How can you show them mercy when you’d rather show them the door? Over the next six devotionals, I’ll share six steps to demonstrating mercy to the EGRs in your life.

First, look behind their behavior. When you’re dealing with people who are offensive and irritating, you need to look past their behavior to their pain. When people are hurting others, it’s because they’re hurting on the inside. Hurt people hurt people. They’re full of fear and insecurity. They may have a painful past, or be dealing with some pressure that you don’t know about.

You need to ask yourself why they are acting the way they are. Why are they being short with you? Did they have a fight with their husband or wife today? Is everything okay with their kids? Are they in financial

trouble? Is something going on with their health? What’s the thorn in their foot that’s causing them to be mean to everybody else around them?

You look past the behavior and look at the pain and try to understand.

The Bible says, “When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult” (Proverbs 12:16 GNT). Why do wise people ignore an insult? Because they look behind the behavior to the pain. When you understand a person’s pain, it helps you respond with patience.

**Talk It Over**

- How do you respond to the Extra Grace Required people in your life?
- What have you discovered when you looked behind someone’s behavior?
- How does your own pain influence your behavior?

---

---

---

---

---

---

---

---

---

---

---

---



2019.05.15 (週三) 靈修

題目: [洞察行為原因]

「愚蠢人一惱怒，立刻顯露；精明人能容忍侮辱。」（箴言 12:16，現代中文譯本，下同）

在我們生命裏，都會有令我們抓狂的人。我稱他們為 “EGRs (Extra Grace Required)”，即「需要額外恩典之徒」。不過，大家可曾想過，神將他們放在我們生命裏，是要成為從上而來的砂紙。他們可能令我們按耐不住，但神藉他們磨掉我們的稜角、塑造我們的性情。

有些 EGRs 只是小麻煩而已。他們可能在快車道開車開得太慢。有些可能較為棘手。他們坐在後座，指點你如何開車。

另一些 EGRs 可能只是刻薄。他們從來不說句「謝謝」。他們可能粗魯、消極、苛求、羞辱、反對。你無論怎樣努力，也無法令他們稱心。你無論做甚麼，總是不夠好。

那麼你如何對待這樣的人呢？當你很想把他們請出門外時，你會怎樣向他們活出憐憫？從今天起一連六日，我會分享向生命中的 EGRs 活出憐憫的六個步驟。

首先，洞察行為的原因。當你與容易冒犯和激怒的人交往時，你應該透過他們的行為，洞察他們的傷痛。一個人傷害別人，原因是內心背負傷痛。受傷害的人會傷害別人。他們內心充滿恐懼、不安。他們可能有痛苦的過去，或者正在應付別人所不知道的壓力。

你需要問自己：為甚麼他們會這樣行事為人？為甚麼他們如此無禮？今天他們是否跟配偶爭吵過？他們的兒女是否一切安好？他



## 2019.05.16 (Thursday) Devotion

### Title: [A Tender Heart and a Tough Hide]

*“A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11 NIV).*

In yesterday’s devotional, I wrote that we need to look at the pain behind the behavior of people who need extra grace. We learned that hurt people hurt people.

We can’t stop there, though. We must also refuse to be offended. Your emotional and spiritual maturity is largely measured by how you treat people who mistreat you. Do you try to get even when somebody does you wrong? If they hit you, do you hit back? If they insult you, do you insult back? If you do, then you are no better than they are.

The Bible says, “Watch your words and hold your tongue; you’ll save yourself a lot of grief” (Proverbs 21:23 MSG). When it comes to personal relationships, God says, “Don’t be so easily offended. Learn to get over it.”

You need to pray, “God, give me a tender heart and a tough hide.” Most of us are just the opposite. We’re thin-skinned and tough-hearted. When somebody looks cross-eyed at you on the freeway, somebody cuts you off, or somebody is rude to you, don’t let it bother you. Don’t get upset about it. You know that person is just having a tough day. You need to get thicker skin.

The Bible says, “A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11 NIV). When you understand people’s background and their current condition, it’s easier to show mercy.

Your wisdom gives you patience to overlook their offense.

## Talk It Over

- How does understanding a person's back-story help you not take offense as easily?
- What does the Bible mean when it says, "A person's wisdom yields patience; it is to one's glory to overlook an offense" (Proverbs 19:11 NIV).

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.

2019.05.16 (週四) 靈修

題目: [內柔外剛]

「智者不輕易發怒，饒恕是他的榮耀。」（箴言 19:11，當代聖經譯本，下同）

在昨天的靈修裏，對於「需要額外恩典之徒」，我鼓勵大家要透過行為、洞察傷痛。我們學到，受傷害的人會傷害別人。

然而，不能到此為止。我們也必須不為冒犯所動搖。我們的情緒、屬靈生命有多成熟，主要視乎我們怎樣看待那些惡待自己的人。當某人虧待你，你會否試圖扯平？當對方打擊你，你會否還擊？如果他們羞辱你，你會否反唇相譏？若有的話，你絕不比他們更好。

聖經告訴我們：「管住口舌，免遭禍患。」（箴言 21:23）論到人際關係，神忠告我們：「不要輕易被激怒。要學習克服！」

你應該這樣祈禱：「神啊，賜我內裏的柔和、外面的堅韌。」我們大多數剛剛相反。我們臉皮薄、心地硬。當人家在高速公路上挑釁你、掛斷你的電話、對你無禮，不要讓這事煩心。不要因此生氣。要知道，那人只是今天諸事不順。你不要計較面子。

聖經告訴我們：「智者不輕易發怒，饒恕是他的榮耀。」（箴言 19:11）當你明白別人的背景和目前情況，就會更容易活出憐憫。

智慧給人耐力，使人輕看所受的冒犯。

# 生命反思

- 明白一個人背後的故事，如何幫助你不那麼容易被激怒？
- 聖經說：「智者不輕易發怒，饒恕是他的榮耀。」（箴言 19:11）究竟是甚麼意思？

# 靈修筆記

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

2019.05.17 (Friday) Devotion

Title: [Cut People Some Slack]

*“Be patient with each other, making allowance for each other’s faults because of your love” (Ephesians 4:2b TLB).*

Everybody has bad days. Kay knows that I have two touchy times every week. I’m touchy on Saturday afternoon because I’m focused on the message I am about to preach. And the other time I’m touchy is Monday morning, because I’m drained from preaching all weekend and talking to people between services. So Kay makes allowances for that. She cuts me some slack.

That’s a key part of how you deal with EGRs (people with Extra Grace Required). In the last few devotionals, I’ve mentioned that in dealing with EGRs we need to look behind the behavior and refuse to be offended. But we also must deal with them like Kay deals with me when I’m in a touchy mood: We have to cut them some slack.

The Bible says, “Be patient with each other, making allowance for each other’s faults because of your love” (Ephesians 4:2b TLB).

Not everyone who bugs you or hurts you realizes what they’re doing. Oftentimes they’re responding to their own hidden pain, and they don’t even know that they’re hurting all these people around them.

So what do you do? When I have a hard time overlooking an offense, I remember the great gift of God’s forgiveness. I remember a verse like Colossians 3:13: “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others” (NLT, second edition).

### **Talk It Over**

- Can you think of a time when you’ve annoyed or frustrated someone but you were completely unaware of it at the time? What’s one lesson you learned from that experience?

- Why do we struggle with cutting one another slack for relatively minor annoyances?
- Who needs some extra slack from you this week?



2019.05.17 (週五) 靈修

題目: [凡事包容]

「忍耐，用愛心互相寬容。」（以弗所書 4:2 下）

每個人都有不愉快的日子。內人知道，我每週有兩個比較敏感的時段。我在週六下午比較敏感，因為我要專注於要講的道。另一個比較敏感的時段，是週一早上，因為整個週末講道、崇拜之間與人交談之後，我已經筋疲力竭。因此，內人通常較為包容，凡事從寬。

這正是看待 EGRs（「需要額外恩典之徒」）的鑰匙。在過去幾天的靈修中，我提及過，與 EGRs 打交道的時候，我們需要洞察對方行為，並且不為冒犯所動搖。然而，我們也必須像我內人在我敏感時對待我那樣，對待他們：我們得凡事包容。

聖經告訴我們：「忍耐，用愛心互相寬容。」（以弗所書 4:2 下）

凡煩擾你、傷害你的人，都不一定知道自己正在做甚麼。許多時候，他們是對自己隱藏的傷痛做出回應，甚至不知道自己正傷害身邊所有人。

所以，如何是好？當我跟別人的冒犯過不去的時候，我會記住神賜下寬恕這份寶貴禮物。我會記得歌羅西書 3:13 這節經文：「倘若這人與那人有了嫌隙，總要彼此包容，彼此饒恕；主怎樣饒恕了你們，你們也要怎樣饒恕人。」



2019.05.18 (Saturday) Devotion

Title: [Hold Your Tongue About EGRs]

*“You will keep your friends if you forgive them, but you will lose your friends if you keep talking about what they did wrong” (Proverbs 17:9 CEV).*

If you don’t have trouble with my first three suggestions for how to deal with those frustrating Extra Grace Required people (EGRs) in your life (look behind their behavior, refuse to be offended, and cut them some slack), the fourth will likely be the toughest.

You must refuse to gossip about them.

When somebody angers you or does something that frustrates you, it’s really tempting to call someone else or send a text and say, “You won’t believe what they just did!” It may feel good to do that. But it’s unloving.

The Bible says we must love people who offend us. Gossiping about them is anything but loving. Proverbs 17:9 says, “You will keep your friends if you forgive them, but you will lose your friends if you keep talking about what they did wrong” (CEV). If you gossip about that other person, you’re just adding fuel to the fire of any frustrations you feel.

What is gossip? One definition of gossip is “sharing information with somebody who is not part of the problem or part of the solution.” The person might not have had anything to do with it, but you bring them into it so you can feel better about yourself.

Let’s just be honest about it. Gossip, in its essence, is a form of retaliation. You’re trying to get back at the person who offended you by talking about them behind their back.

God hates it.

In Romans 1:29, God puts gossip in the same category as murder. Gossip is incredibly destructive. It’s destructive to churches. It is destructive to families. It’s destructive to businesses. And gossip just perpetuates the pain.

That’s why God says we should “encourage one another and build each other up”, looking for “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable” in others (1 Thessalonians 5:11 Philippians 4:8 NIV).

**Talk It Over**

- Why is it sometimes tempting to gossip?
- When you realize that God puts gossip in the same category as murder, how does that change your thoughts about it?
- How does this verse contrast with gossip: “Therefore encourage one another and build each other up, just as in fact you are doing (1 Thessalonians 5:11 NIV).

---

---

---

---

---

---

---

---

---

---

---

2019.05.18 (週六) 靈修

## 題目: [勒住舌頭]

「饒恕過犯，促進友愛；重提舊恨，破壞友情。」（箴言 17:9，當代聖經譯本，下同）

關於如何對待生命中那些令你沮喪的「需要額外恩典之徒」（EGRs），如果頭三項建議你行出來沒有困難（即：洞察行為原因、不為冒犯所動搖、凡事包容），那麼第四項建議可能最難實踐。

你必須禁戒對人說長道短。

當某人激怒你，或做了些令你沮喪的事情時，這實在很容易驅使你打電話給別人，或發短信給別人，說：「難以置信他們能做出這等事！」打個電話、發個短信，可能令你好過一些。但愛心何在？

聖經告訴我們，必須愛那些冒犯我們的人。就他們的事在外面說長道短，絕無愛心可言。箴言 17:9 告訴我們：「饒恕過犯，促進友愛；重提舊恨，破壞友情。」你說別人的閒話，只會給自己的沮喪火上加油。

說長道短，究竟是怎麼一回事？定義之一，是「跟某人分享消息，但這人與問題或解決之道毫無關連。」這人可能與事情無關，但你向對方提起，只是為了讓自己好過一些。

讓我們誠實面對。說長道短，本質上是另一種形式的報復。你在冒犯你的人背後說長道短，其實是想報復。

神恨惡這種行徑。

在羅馬書 1:29，神將說長道短與謀殺歸入同一類別。說長道短，極具破壞力：破壞教會、破壞家庭、破壞業務。說長道短，只會延續傷痛。

因此，神提醒我們，務要「彼此鼓勵、互相造就」，在對方身上尋求「一切真實、可敬、公義、純潔、可愛、有好名聲……的事情」（帖撒羅尼迦前書 5:11、腓立比書 4:8）。

### 生命反思

- 為甚麼有時候我們會容易說長道短？
- 當你知道神將說長道短與謀殺歸入同一類別，這如何改變你對說長道短的看法？
- 以下經文，如何與說長道短形成對比？「所以，你們要彼此鼓勵、互相造就，正如你們一向所做的。」（帖撒羅尼迦前書 5:11）

### 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

