

# 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



## 2019.07.07 (Sunday) Devotion

### Title: [Make Time for Exercise]

*“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come” (1 Timothy 4:8 NLT).*

One of the ways we train for godliness is by maintaining our physical health. The truth is, your body was not designed for inactivity. God created you to be active. Even a daily walk will make a difference in your physical and spiritual well-being.

One thing I have noticed is that most of us are convinced but not committed. We know that exercise is good for us. We are convinced of that, but that doesn't mean we are committed to exercise.

What is the common excuse? “I don't have the time.”

Let me ask, do you have time to be sick? If you don't make time for exercise, you'll probably be forced to make time for an illness. Is that how you want to spend your time?

What is the common mistake? We overdo it at the start. We make big resolutions or goals and try to meet them in a few weeks. Some of you might have at one time said, “I'm going to get in shape if it kills me!”

We have the philosophy that if something is good, then more is better. We've been out of shape for several years, but then we try to get in shape in one week! And so we work ourselves to death, get totally exhausted, and, as a result, we wear out quickly and give up.

The key is training, not straining. If you want to get in shape, gradually increase your exercise. That will help you stay committed to a consistent, regular exercise program.

## Talk It Over

- How can you adjust your schedule so that you make time for exercise?
- What new exercise goals will you set this week that will help you stay committed longer?
- What are some ways you and your family can stay active together?

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2019.07.07 (週日) 靈修

## 題目: [騰出時間來鍛煉]

「操練身體，益處還少，惟獨敬虔，凡事都得益處，因有今生和來生的應許。」(提摩太前書 4:8)

我們操練敬虔的方法之一是保持身體健康。真實情況是，你的身體不是為懶散而設計的。神創造你是要你活動。即便是每日散步也會使你的身心健康明顯不同。

我注意到的這一點：大多數人都是確信但沒有力行。我們知道運動對自己有益。這個道理我們都信服，但這並不意味著我們堅持鍛煉。

常見的藉口是甚麼？「我沒有時間。」

我問一下，你有時間生病嗎？如果你沒有時間鍛煉，你可能會被迫為疾病騰出時間。那是你想要使用時間的方式嗎？

常見的錯誤是甚麼？我們一開始就過度運動了。我們下很大的決心，定下很高的目標，並試圖在幾週內達到。有些人可能曾經說過，「假如我可以鍛鍊到極限，那我就能成功塑身了！」

我們的理念是：如果是好事情，那就多多益善。我們體型走樣已經好幾年了，但接下來我們想在一週內變回原樣！因此，我們把自己操練到要死，完全精疲力竭。這樣，我們很快就因疲憊不堪而放棄。

解決問題的辦法是訓練，而不是勞損。若要保持正常體型，就得逐漸增加運動量。這將有助於你固定參加某一連續、定期的健身項目。



## 2019.07.08 (Monday) Devotion

### Title: [God's Power for a Healthier You]

*“God will raise us from the dead by his power, just as he raised our Lord from the dead” (1 Corinthians 6:14 NLT).*

God never wastes anything. God doesn't waste the physical resources of water and energy in our environment. He reuses them in multiple ways. God doesn't waste pain. If you give your pain to him, the Lord will use it to help others.

God was the first and best recycler.

Your body is no exception. God won't waste your body once you die. He has a plan to resurrect it for eternity. Right now you're living in version 1.0 of your body, but in Heaven you'll get version 2.0.

The Bible says, *“God will raise us from the dead by his power, just as he raised our Lord from the dead” (1 Corinthians 6:14 NLT).* Your body is so important to God that he is going to resurrect it.

The Bible says that he'll resurrect your body “by his power.” God will use the same power that brought Jesus back from the dead to one day raise your body from the dead.

If God can do that, then imagine what He can do in your journey toward health. If you're like most people, you've tried the other routes. You know that willpower never works. Yet God's power always does. With willpower you get tired and drop off the diet and exercise plan. The entire time you try to diet by willpower, you're trying to force yourself to do it.

Resolutions don't work. Raising your commitment level doesn't work. You need more than willpower to get healthy.

Using willpower to get healthy is like trying to steer a boat in a different direction than the autopilot. It may work for a short period of

time. You may be able to muscle the wheel in one direction or the other to get where you want to go. But your strength won't last forever. It's a short-term fix.

Relying on God's resurrection power to make life-altering changes, like getting healthy, is like changing that autopilot. You need your autopilot to be aligned with God's Word. When that happens, God changes your life and helps you build healthy habits.

You need God's help. You need the power that raised Jesus' body from the dead to help you make life-altering changes in your physical health.

Will you trust God to help you change your health? Ask him for help. He's the only One with the power to do so.

**Talk It Over**

- Talk about a time you tried to get healthy through willpower.
- What changes would you like to make in your life to get healthier this year?
- What would it look like to trust God and depend upon his power as you work toward getting healthy?

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2019.07.08 (週一) 靈修

## 題目: [神的能力讓你更健康]

「並且神已經叫主復活，也要用自己的能力叫我們復活。」(哥林多前書 6:14)

神從不浪費任何東西。神不會浪費我們環境中的水和能源，祂以多種方式循環使用。神不會浪費痛苦。如果你把痛苦交給祂，主會用它幫助別人。

神是頭一個、也是最好的一個回收利用者。

你的身體也不例外。一旦你死了，神不會浪費你的身體。祂有計劃讓它為永生而復活。現在你生活在你身體的 1.0 版本中，但在天堂，你將得到 2.0 版本。

聖經說「並且神已經叫主復活，也要用自己的能力叫我們復活。」(哥林多前書 6:14) 你的身體對神如此重要，以至於祂會使它復活。聖經說祂會「也要用自己的能力」叫它復活。有一天神會用祂使耶穌從死裡復活同樣的能力，使你的身體從死裡復活。

如果神能做到這一點，那麼想像一下祂在你的健康之旅中能做些甚麼。如果你跟大多數人一樣，那麼你已經嘗試過其他路線。你知道意志力永遠行不通。然而，神的能力總會成功。憑藉意志力，你會感到疲倦，並放棄節食和健身計劃。靠意志力去節食的整個過程，其實你只是在極力強迫自己去做。

立志行不通，提高力行水準也行不通。要得到健康，你需要的不僅僅是意志力。

用意志力來獲得健康就像是開著自動駕駛儀，卻試圖不斷地扭轉航向來駕駛一艘船。它可能會在短時間內有效。你也許可以用蠻力去掌舵，沿這個或那個方向到你想去的地方，但你的力量不會持久。這是一個短期的補救辦法。

依靠神的復活能力來作轉換人生的改變，比如變得健康，就像改變自動駕駛儀一樣。你需要用神的道校準你的自動駕駛儀。做到這一點，神就改變你的人生並幫助你建立健康的習慣。

你需要神的幫助。你需要耶穌身體從死裡復活的力量來幫助你在身體健康上作轉換人生的改變。

你願信靠神來幫助你改變自己的健康嗎？求祂幫助。祂是惟一有能力這樣做的那位。

生命反思

- 談談你某次試圖靠意志力獲得健康的經歷。
- 今年你想在生活中做出哪些改變使自己更健康？
- 當你在努力獲得健康時，相信神並依靠祂的能力，會是甚麼樣子？

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## 2019.07.09 (Tuesday) Devotion

### Title: [Live a Joy-filled, Generous Life]

*“These instructions are not empty words — they are your life! By obeying them you will enjoy a long life”* (Deuteronomy 32:47a NLT).

Many people think the Bible is only filled with commands labeled “Thou shalt not ...” They assume the Bible is all about restrictions that lead to a boring life.

But God wants you to live a joy-filled, healthy life. Here are two more factors that the Bible says supports good health –

**Giving generously is good for your health.** Every time you’re generous, every time you give to others, whether you’re giving through finances, service, or your time, it improves your health. There are more promises in the Bible about giving than anything else, because God wants you to be like him. And God is a giver.

Everything you have is a gift from God. He’s generous, and he wants you to be generous, too. The Bible says, “*A generous person will prosper; whoever refreshes others will be refreshed*” (Proverbs 11:25 NIV). Doesn’t that verse just make you smile? There’s a reason why it always feels good to help others.

**Having fun is good for your health.** God tells us in his Word that life is meant to be enjoyed, not just endured. “*A cheerful heart is good medicine, but a crushed spirit dries up the bones*” (Proverbs 17:22). I like to put it this way: “He who laughs, lasts.” Learn to laugh at yourself, put some play in every day, relax, chill out, and have some fun.

### Talk It Over

- How can you be more giving with your money and time?
- What is your motivation when you are generous with others?
- How can you add more play to your days?

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2019.07.09 (週二) 靈修

## 題目: [活出喜樂、慷慨的人生]

「因為這不是虛空與你們無關的事，乃是你們的生命，在你們過約旦河要得為業的地上，必因這事日子得以長久」。(申命記 32:47)

許多人認為聖經只是充滿了帶有「你不可.....」的命令。他們認為聖經裏面全是導致無聊人生的種種限制。

但神要你過上充滿喜樂、健康的生活。以下是聖經所說另外兩個支持身體健康的因素：

**慷慨施與對健康有益。**每當你慷慨，每次你施與別人，無論你是財務、服務或時間上的施與，都會改善你的健康。聖經中講關於施與的應許比其他任何應許都多，因為神要你像祂一樣。而神是一個施與者。

你擁有的一切都是神給的禮物。祂很慷慨，祂也要你能夠慷慨。聖經說：「慷慨好施，更加發達；幫助別人，自己受益。」(箴言 11:25 現代中文譯本)。這節經文不會讓你微笑嗎？為何幫助他人總會感覺很好，是有一個原因的。

**玩得開心對健康有益。**神在聖經中告訴我們，人生應該是享受，而不僅僅是忍受。「喜樂的心，乃是良藥；憂傷的靈，使骨枯乾」(箴言 17:22)。我喜歡這樣說：「喜笑的人活得長久」。學會自我調侃不端架子，每天都要有點娛樂，鬆弛下來，放空思緒，享受樂趣。



## 2019.07.10 (Wednesday) Devotion

### Title: [Stay Healthy By Accepting Others]

*“Accept one another, then, just as Christ accepted you, in order to bring praise to God” (Romans 15:7 NIV).*

God accepts us, despite our messy lives, impure motives, and irritating attitudes. One of the ways we reflect God’s love and bring him glory is to accept each other just as he accepts us. This means we accept others’ quirks and look past their faults in order to see a person created in the image of God.

To make the changes in your life that lead to health, the Bible teaches that we should seek the support of others, such as your small group. It’s very difficult to get and maintain good health just working by yourself.

And we get support by giving support. The Bible teaches us to accept one another unconditionally, just as Christ has accepted you and me unconditionally.

The Bible says, *“Accept one another, then, just as Christ accepted you, in order to bring praise to God” (Romans 15:7 NIV).*

This acceptance will make your group a safe environment, where people are not afraid to express their fears and doubts or talk about their struggles. And that will help each of you to experience lasting change in your lives.

#### **Talk It Over**

- Describe something that makes it hard for you to believe God accepts you?
- Why do you think people are more likely to change after, rather than before, they find acceptance?
- Ask God to help you let down your walls so you can be vulnerable and transparent with your group.

[illegible]



2019.07.10 (週三) 靈修

題目: [接納別人，保持健康]

「所以你們要彼此接納，如同基督接納你們一樣，使榮耀歸與神。」(羅馬書 15:7)

儘管我們生活凌亂、動機不純、態度不良，神還是接納了我們。我們回應神的愛並榮耀祂的方式之一就是彼此接納，正如祂接納我們一樣。這意味著我們要接受別人的怪癖，不要在意他們的缺點，而是要看到一個以神的形象被造的人。

聖經教導我們：要在人生有所改變以獲得健康，就應該尋求其他人，比如所在小組的支持。只靠自己努力很難獲得並保持身體健康。

我們提供支持，就會獲得支持。聖經教導我們要無條件地彼此接納，就像基督無條件接納你和我一樣。

經上說：「所以你們要彼此接納，如同基督接納你們一樣，使榮耀歸與神。」(羅馬書 15:7)

這種接納將使你的小組成為一個安全的環境，在這樣的環境中，人們不會害怕表達他們的恐懼與懷疑，也不會害怕談論他們的掙扎。這將有助於每個人體驗人生中的持久改變。

## 生命反思

- 描述一件讓你難以相信神會接納你的事？
- 為甚麼你認為人們更有可能在他們獲得接納之後改變而不是之前？
- 請求神幫助你拆下自己的藩籬，這樣你就可以在小組中變得坦誠，無話不說。

## 靈修筆記

[illegible]

# 2019.07.11 (Thursday) Devotion

## Title: [To Be Healthy, Focus on Today]

*“Give us today our daily bread”* (Matthew 6:11 NIV).

Notice Matthew doesn’t say, “Give us today our weekly bread” or “Give us today our yearly bread.”

God wants you to trust him one day at a time. You don’t need to be concerned about tomorrow until tomorrow. You don’t need to be concerned about next week until next week.

This means you don’t have to stress about all the future steps necessary to get healthy. You just need to focus on what you need to do today. You can focus on succeeding at your health goals one day at a time. In other words, what will you eat today, and then focus on making it through the day. How will you exercise today, and then meet your goal for the day.

Jesus said, *“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today”* (Matthew 6:34 NLT).

### Talk It Over

- What aspects of getting healthy do you tend to worry about? Why do you think that is? How might this be related to trusting God?
- Why do you think God wants you to take it one day at a time?
- Make a list of all your concerns related to your health goals. Now trim the list down to only those things you need to deal with today. Talk to God about them.

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2019.07.11 (週四) 靈修

題目: [要健康，專注今天]

「我們日用的飲食，今日賜給我們。」（馬太福音 6:11）

注意，馬太沒有說：「我們一週用的飲食，今日賜給我們」或「我們一年用的飲食，今日賜給我們」。

神要你每一天都能信靠祂。你不需要在今天擔心明天的事，也不需要擔心下週的事。

這意味著你不需要為得到健康所需的所有未來步驟而感到壓力。你只需要關注今天當做的事情。你可以每次專注一天來達成你的健康目標。換句話說，今天你要吃甚麼，那麼這一天就專注於達成它。今天你要如何鍛煉，那麼這一天就達到你的目標。

耶穌說，「所以，不要為明天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。」（馬太福音 6:34）

## 生命反思

- 你常會擔心健康的哪些方面？你為甚麼會這麼認為？這怎麼可以聯繫到對神的信靠？
- 為甚麼你認為神要你每次只看一天的難處？
- 列出與你的健康目標相關的所有問題。現在把清單縮小到只有今天需要處理的事，將這些事告訴向神。

## 靈修筆記

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## 2019.07.12 (Friday) Devotion

Title: [Commit to What's Best and Not Just What's Good]

*“Set your minds on things above, not on earthly things”*  
(Colossians 3:2 NIV)

Many of us believe we can multi-task without limits. However, our brain isn't a computer; it can't run different programs simultaneously. When we think we are “multi-tasking,” we are actually switching rapidly between tasks. Our attention is divided. That's why people crash their cars when they try to text and drive.

And it's why people crash in their journey to get healthy. Getting healthy the right way requires a relentless focus on God and his plan for healthy living. You focus on what's most important and not allow yourself to get distracted by the trivial. If Satan can't get you to do wrong, he'll simply wear you out with a lot of good things. He'll get you over-committed to the good but not the best.

The Bible says, *“Set your minds on things above, not on earthly things”* (Colossians 3:2 NIV).

As you make the commitment to get healthy, lay aside what doesn't matter so you can focus on Jesus and his plan for your body.

### Talk It Over

- What are the insignificant things that may distract you from the people and things in your life to which God has called you?
- What do you want to accomplish through your pursuit of a healthy lifestyle? What motivates you?
- By succeeding at your health goals, how will your life be different in five years?

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2019.07.12 (週五) 靈修

題目: [委身於上好的事]

「你們要思念上面的事，不要思念地上的事。」(歌羅西書 3:2)

許多人相信我們可以無限制地完成多項任務。但是，我們的大腦不是電腦；它不能同時運行不同的程序。當我們認為我們是「多重任務處理」時，我們實際上在任務之間快速切換。我們的注意力分散。這就是為甚麼人們在開車時嘗試發短信會撞車的原因。

這就是為甚麼人們會在健康旅途中失敗的原因。以正確的方式獲得健康需要不懈地專注於神和祂的健康生活計劃。要專注於最重要的事，不要讓自己被瑣碎的事分心。如果撒但不能讓你做錯，那牠就會用很多次好的事來消耗你。牠會讓你過分關注次好的事，而不是專注於最好的事上。

聖經說：「你們要思念上面的事，不要思念地上的事」(歌羅西書 3:2)。

當你做出達成健康的承諾時，要放下無關緊要的事，這樣你就可以專注於耶穌和祂對你身體的計劃。

### 生命反思

- 哪些微不足道、可能使你分心的事，使你偏離人生中神對你的呼召？
- 藉著追求健康生活方式，你想要實現甚麼目標？是甚麼在激勵你？
- 你如能在五年內成功達成健康目標，你的人生將與以前有何不同？

### 靈修筆記

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2019.07.13 (Saturday) Devotion

Title: [Think Clearly About What You Eat]

*“Test us for ten days,’ he said. ‘Give us vegetables to eat and water to drink. Then compare us with the young men who are eating the food of the royal court, and base your decision on how we look.’ [The guard] agreed to let them try it for ten days. When the time was up, they looked healthier and stronger than all those who had been eating the royal food” (Daniel 1:12-15 GNT).*

When Daniel refused to be defiled by eating the food of King Nebuchadnezzar’s court, he presented the guard with another option: *“Test us for ten days,’ he said. ‘Give us vegetables to eat and water to drink. Then compare us with the young men who are eating the food of the royal court, and base your decision on how we look.’ [The guard] agreed to let them try it for ten days. When the time was up, they looked healthier and stronger than all those who had been eating the royal food” (Daniel 1:12-15 GNT).*

Daniel didn’t just eat haphazardly, accepting whatever was placed in front of him. He was intentional about what he ate.

When you think clearly about what you eat, God empowers you to continue to make good choices. Clear thinking leads to self-control.

By thinking ahead of time, you can prepare so that you won’t have a “food emergency.” This enables you to eat healthy meals and snacks that you packed ahead of time, and you won’t crash in the afternoon because you ate a greasy fast-food lunch.

Instead, you’ll be on top of your game, energized and ready to do whatever it is that God calls you to do. Being intentional, thinking clearly, and exercising self-control, will help you achieve your health goals and serve God well.

## Talk It Over

- Share three things you can do to think clearly and prepare in order to avoid a food emergency.
- What time of day are you most likely to have a “food emergency”? How can you prepare for these times when you are vulnerable?
- What changes do you notice in yourself when you practice mindful and intentional eating?

[illegible]



## 2019.07.13 (週六) 靈修

### 題目: [想清楚要吃甚麼]

「『求你試試僕人們十天，給我們素菜吃，白水喝，然後看看我們的面貌和用王膳那少年人的面貌，就照你所看的待僕人吧!』委辦便允准他們這件事，試看他們十天。過了十天，見他們的面貌比用王膳的一切少年人更加俊美肥胖。」(但以理書 1:12-15)

當但以理拒絕吃尼布甲尼撒王宮廷的食物以免玷污自己時，他向委辦提出另一種選擇：「『求你試試僕人們十天，給我們素菜吃，白水喝，然後看看我們的面貌和用王膳那少年人的面貌，就照你所看的待僕人吧!』委辦便允准他們這件事，試看他們十天。過了十天，見他們的面貌比用王膳的一切少年人更加俊美肥胖。」(但以理書 1:12-15)

但以理並沒有隨意吃喝，也不是凡放在面前的東西都接受。關於自己要吃甚麼，他的心意已定。

當你想清楚自己要吃甚麼時，神就會讓你能夠繼續做出好的選擇。考慮清楚才會有自我控制。

藉著預先考慮，你可以做好準備，這樣你就不會有「食物救急」。這可以讓你吃到自己提前打包的健康膳食和點心，就不會因為吃了一頓油膩的速食午餐而在下午感受到副作用。

相反，你將在自己的賽程中處於領先，充滿活力，並為神要你做的一切事準備就緒。心有定意、清晰思考並行使自我控制，會幫助你實現自己的健康目標並且更好地服事神。



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  
立他並沒有改變也沒有轉

動的光兒  
羅馬書二章十七節

