

城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 7 月 14 – 7 月 20 日 (第 28 週)

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翻譯整理：城北國語部



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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



2019.07.14 (Sunday) Devotion

Title: [God's Unlimited Resources Are Available to You]

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things" (Colossians 3:1-2 NIV).

As you work to become healthier, you may find stress pulling you away from your goals. The problems of everyday life often tempt us to make unhealthy choices out of convenience or as a temporary fix for handling stress.

But the truth is, problems will follow you the rest of your life. If you're waiting for your life to be stress free, you'll be waiting a long time!

Colossians 3:1-2 says, *"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things"* (NIV).

Stress is a choice. We get stressed out when we choose to focus on our own limited resources instead of focusing on the unlimited resources available through our heavenly Father.

You'll never get healthy by trying to overcome obstacles through your own willpower; it simply isn't strong enough. Focus on the fact that God is big enough to get you through any challenges you face as you strive to get healthy and stay that way for the rest of your life.

Talk It Over

- What causes you the greatest stress? Why do you think that's so?
- How do you think God may help in this situation? What keeps you from letting him help?

- How can you keep yourself focused on Jesus rather than your daily stresses?

[illegible]

2019.07.14 (週日) 靈修

題目: [神的資源無限]

「所以你們若真與基督一同復活，就當求在上面的事，那裏有基督坐在神的右邊。你們要思念上面的事，不要思念地上的事。」
(歌羅多西書 3:1-2)

當你努力變得更健康時，你可能會發現：壓力使你遠離目標。日常生活中的問題常常誘使我們出於方便、或作為處理壓力的臨時解決方案，做出不健康的選擇。

但事實是，你的餘生將會遇到問題。如果你在等待沒有壓力的生活，你會等待很長時間！

歌羅多西書 3:1-2 說：「所以你們若真與基督一同復活，就當求在上面的事，那裏有基督坐在神的右邊。你們要思念上面的事，不要思念地上的事。」

壓力是一種選擇。當我們選擇專注於我們自己有限的資源，而不是專注於我們天父可用的無限資源時，我們會感到壓力。

你永遠不會僅靠自己的意志力克服障礙就能得到健康；人的意志力根本不夠強大。而神足夠強大，可以使你克服在努力保持健康時所面臨的任何挑戰；而且在你的餘生中，神都是如此。

生命反思

- 是甚麼給你帶來最大的壓力？你認為為甚麼是這樣？
- 在這種情況下，神會怎樣幫助你？是甚麼阻止你讓祂幫忙？
- 你如何讓自己專注於耶穌而不是每天的壓力？

靈修筆記

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2019.07.15 (Monday) Devotion

Title: [Sleep Is God's Gift]

"God gives rest to his loved ones" (Psalm 127:2b NLT).

Throughout the day, and when you sleep, your heavenly Father watches over you in love. Sleep is God's gift, and to accept that gift is an act of trust. He restores your body and energy through sleep.

One of the hidden triggers to over-eating is lack of rest. When we're overtired, we often try to boost our energy with caffeine or sugar or carbs, which ultimately leaves us more tired than before.

Trusting God, and prioritizing your sleep builds your faith. Why does sleep require trust? Because we tend to overload our schedules and think that we don't have time to get the proper amount of sleep.

Jesus relaxed, and he never felt guilty about it. Even God took a day off after Creation. Who are we to think we're too busy to get the proper rest? Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls" (Matthew 11:28-29 NIV).

Talk It Over

- How might giving yourself the gift of a good night's sleep help you meet your healthy lifestyle goals?
- Jesus says, *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls"* (Matthew 11:28-29 NIV). What longings stir in you when you read Jesus' invitation to rest?
- What do you need to change about your schedule and priorities so that you can make more time for rest?

2019.07.15 (週一) 靈修

題目: [睡眠是神所賜]

「惟有耶和華所親愛的，必叫他安然睡覺。」(詩篇 127:2 下)

你起來，你躺下，天父都在以愛看顧你。睡眠是神的禮物，而接受這份禮物就是信靠神。祂藉著睡眠恢復你的身體和精力。

過度飲食的一個潛在動因是缺乏休息。當我們過度疲勞時，我們常常嘗試用咖啡因、糖或碳水化合物來增加能量，這最終會讓我們比以前更累。

信靠神、優先考慮睡眠會建立你的信心。為甚麼睡眠也需要信靠神？因為我們傾向於過度安排自己的日程，並認為沒有時間得到適當的睡眠。

耶穌也曾放鬆，祂從不為此感到愧疚。甚至神在六日創造之後也休息了一天。我們以為自己是誰，竟然忙得無法得到適當的休息？耶穌說，「凡勞苦擔重擔的人，可以到我這裏來，我就使你們得安息。我心裏柔和謙卑，你們當負我的軛，學我的樣式，這樣，你們心裏就必得享安息。」(馬太福音 11:28-29)

生命反思

- 給自己神所賜的一夜安眠，這將如何幫你實現健康生活方式的目標？
- 耶穌說，「凡勞苦擔重擔的人，可以到我這裏來，我就使你們得安息。我心裏柔和謙卑，你們當負我的軛，學我的樣式，這樣，你們心裏就必得享安息。」(馬太福音 11:28-29) 當你讀到耶穌這樣發出邀請讓你休息時，你會有甚麼渴望？
- 你該做甚麼來更改自己的日程和優先順序，使你有更多時間休息？

靈修筆記

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2019.07.16 (Tuesday) Devotion

Title: [Your Body: Don't Reject It; Don't Neglect It]

“You made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well” (Psalm 139:13-14 NCV).

God made you in an amazing and wonderful way! Psalm 139:13-14 says, “You made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well” (NCV).

God sees you as a work of art. He does not look at you critically but with deep love. Our bodies are his workmanship.

Knowing that truth, what is the right attitude toward your body? Don’t reject it, and don’t neglect it.

Keeping your body in shape is a spiritual discipline. God created your body, Jesus died for it, and the Holy Spirit lives in it. Your body is connected to Christ, and it’s going to be resurrected one day. One day God will hold you accountable for how you managed your body.

But he doesn’t leave you alone to do that. He is with you every step of your journey to become healthy and strong.

Talk It Over

- God gave you the body that you will need to complete your mission here on Earth. How does that change the way you look at your body?
- When you reject your body, you are essentially saying, “God, you made a mistake!” What would be a better way to talk to God about your body?
- What are the strengths God has given you? What can you do with those strengths for God’s glory?

2019.07.16 (週二) 靈修

題目: [你的身體：不厭棄，不忽視]

「我的臟腑是你所造的；我在母腹中，你已覆庇我。我要稱謝你，因我受造，奇妙可畏；你的作為奇妙，這是我心深知道的。」
(詩篇 139:13-14)

神以奇妙可畏的方式造你！詩篇 139:13-14 說，「我的臟腑是你所造的；我在母腹中，你已覆庇我。我要稱謝你，因我受造，奇妙可畏；你的作為奇妙，這是我心深知道的。」

神將你視為一件藝術品。祂沒有挑剔，而是帶著深深的愛看著你。我們的身體是祂的傑作。

既然瞭解了這個真理，對自己身體的正確態度是甚麼？既不要厭棄，也不要忽視它。

保持身體健康是一種屬靈操練。神創造了你的身體，耶穌為它而死，而聖靈住在它裏面。你的身體與基督聯繫在一起，有一天它會復活。有一天，神會讓你對如何管理自己的身體負責。

但神不會讓你單獨去做。祂將陪伴你走向健康強壯旅程的每一步。

生命反思

- 神賜給你在地上完成使命所需的身體。這會如何改變你看待自己身體的方式？
- 當你厭棄自己的身體時，你就是在說：「神啊，祢犯了個錯誤！」與神談論你身體的更好方式是甚麼？
- 神賜給你的長處是甚麼？你能用這些長處做甚麼來榮耀神呢？

[illegible]

2019.07.17 (Wednesday) Devotion

Title: [You Need Friends Who Will Help You Succeed]

“And let us consider how we may spur one another on toward love and good deeds” (Hebrews 10:24 NIV).

Real friends bring out the best in each other. They encourage and motivate one another to reach their goals. Friends who will cheer you on to success are a critical part of getting healthy.

There’s an old Zambian proverb that says, “When you run alone, you run fast. But when you run together, you run far.” The lifetime of healthy habits ahead of you is not a 50-yard dash. It is a marathon.

Marathon runners know there comes a point when you start getting a pain in your side that makes you want to give up. But if you have other people running with you, you can find the strength to continue to the finish line. The same is true in your journey to a healthier you. The only way you’ll achieve your God-given health goals is to have others involved in your life.

The Bible says, *“We are many parts of one body, and we all belong to each other”* (Romans 12:5 NLT).

Talk It Over

- We all have different strengths when it comes to encouraging others. What are some ways you can encourage the people in your small group?
- Why do you think it’s important to want your friends’ success as much as your own?
- As you reflect on Romans 12:5, think about this: Who are the people in your life to whom you can easily reach out for help?

2019.07.17 (週三) 靈修

題目: [真朋友助你成功]

「又要彼此相顧，激發愛心，勉勵行善。」(希伯來書 11:24)

真正的朋友促使對方發揮到極致。他們鼓勵並激勵彼此實現目標。在成功路上為你加油的朋友是健康所不可缺少的。

有一句古老的贊比亞諺語說：「獨行快，眾行遠。」你前面一生的健康習慣並不是 50 碼衝刺，而是一場馬拉松長跑。

跑馬拉松的人都知道：有一個時間點，你跑到開始感到腰痛，這種痛會讓你想要放棄。但如果有其他一起跑，你就可以找到力量堅持到終點線。在你的健康之旅中也是如此。實現神所賜健康目標的惟一方法就是讓其他人參與你的人生。聖經說：「我們這許多人，在基督裏成為一身，互相聯絡作肢體，也是如此。」(羅馬書 12:5)。

生命反思

- 在鼓勵他人方面，我們都有不同的長處。你有甚麼方法可以鼓勵你小組中的人？
- 為甚麼你認為讓朋友成功與你自己的成功一樣重要？
- 當你反思羅馬書 12:5 時，請想一想：生活中有哪些人你可以輕易地向他們尋求幫助？

靈修筆記

[illegible]

2019.07.18 (Thursday) Devotion

Title: [Let God Breathe New Life into Your Healthy Efforts]

“We will never turn our back on you; breathe life into our lungs so we can shout your name!” (Psalm 80:18 The Message)

The Bible says, “We will never turn our back on you; breathe life into our lungs so we can shout your name!” (Psalm 80:18 The Message)

Breathing is one of the few functions of your body that you do automatically — but it can also be done mindfully. When you remember to breathe deeply, you can actually clear your body and mind. By slowing your breathing, you can lower your heart rate and your stress level! Breathing is a powerful way to strengthen your body.

Mindful breathing is a reminder that your need for intimacy with God is like your need to breathe in air. King David sang, “I live and breathe God” (Psalm 34:2).

God can breathe new life into you and your efforts to become healthier. He says, “I will put breath into you and bring you back to life. Then you will know that I am the LORD” (Ezekiel 37:6b TEV).

Talk It Over

- What does it mean to “live and breathe God”? Why is this significant to your success in getting healthy?
- What does the truth that God can breathe new life into you mean to your efforts to become healthy and strong?
- Taking five slow, deep breaths before you eat can help you eat less and enjoy the food more. Try this during your next meal. How does it affect the way you eat and the way you feel during and after the meal?

2019.07.18 (週四) 靈修

題目: [神為你注入新生命氣息]

「這樣，我們便不退後離開你；求你救活我們，我們就要求告你的名。」(詩篇 80:18)

聖經說：「這樣，我們便不退後離開你；求你救活我們，我們就要求告你的名。」(詩篇 80:18)

呼吸是你自動做的少數幾個身體功能之一，但它也可以有意識地完成。當你記得做深呼吸時，你實際上可以清潔你的身心。藉著減慢呼吸，你可以降低心率和壓力水準！呼吸是強化身體的有效方法。

有意識的呼吸提醒你：與神親密的需要就像你需要呼吸空氣一樣。大衛王唱道：「我的心必因耶和華誇耀；謙卑人聽見，就要喜樂。」(詩篇 34:2；英文直譯：「我活出神，吸入神。」下同)

神可以為你、為你變得更健康所作的努力注入新的生命氣息。祂說：「使氣息進入你們裏面，你們就要活了。你們便知道我是耶和華。」(以西結書 37:6 下)

生命反思

- 「我活出神，吸入神」意味著甚麼？為甚麼這對你的健康至關重要？
- 神能「為你注入新的生命氣息」這真理，對你變得更健康更強壯的努力有何意義？
- 在進食前進行五次緩慢深呼吸，可以幫助你減少食量並更享受食物。在下一餐飯時試試這樣做。這如何影響你的飲食方式以及你在用餐期間和之後的感受？

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2019.07.19 (Friday) Devotion

Title: [The Value of Faith in a Faithless World]

“When the Son of Man returns, how many will he find on the earth who have faith?” (Luke 18:8 NLT)

We live in an increasingly faithless world. It is a secular world of shifting values and growing egocentrism. If Jesus came back today, how many people of faith would he find? And would you be one of them?

The Bible makes it very clear that God is looking for faithful people. In 2 Chronicles 16:9 it says, “For the eyes of the Lord search back and forth across the whole earth, looking for people whose hearts are perfect toward him, so that he can show his great power in helping them” (TLB).

God is seeking faithful people because he wants to bless them. He wants to show his love through his great power. Our faithfulness is the key to unlocking his blessing in our lives.

Jesus said, “According to your faith let it be done to you” (Matthew 9:29b NIV). God wants to pour blessings into all areas of your life — your family, career, finances, health, and relationships — but he will do it according to the level of your faith. If you have great faith, you will have great blessing. If you have a little faith, you will receive a little blessing. But if you have no faith, you will not have God’s blessing in your life.

Sadly, faithful people who really trust God and live for Christ day in and day out are often hard to find. The Bible says, *“Everyone talks about how loyal and faithful he is, but just try to find someone who really is !”* (Proverbs 20:6 TEV)

When sin entered the world with Adam and Eve, we were all corrupted. None of us do what is right all the time. But faith is the key to victory. The greater our faith, the more victory we will experience

2019.07.19 (週五) 靈修

題目: [信心的價值]

「然而人子來的時候，遇得見世上有信德嗎？」（路加福音 18:8 下）

我們生活在一個越來越沒有忠信的世界。這是一個價值變換和自我中心主義日漸增長的世俗世界。如果耶穌今天回來，祂會找到多少忠信的人？你會成為其中之一嗎？

聖經清楚地表明神正在尋找忠信的人。歷代志下 16:9 說：「耶和華的眼目遍察全地，要顯大能幫助向他心存誠實的人。」

神正在尋找忠信的人，因為祂要祝福他們。祂要用祂的大能顯明祂的愛。我們的信心是在我們人生中開啟祂祝福的鑰匙。

耶穌說：「照著你們的信給你們成全了吧」（馬太福音 9:29 下）。神要將祝福傾注到你人生的各個方面——你的家庭、事業、財務、健康和人際關係——但祂會根據你信心的程度來行動。如果你有極大的信心，你將獲得極大的祝福。如果你有一點點信心，你會得到一點點祝福。但如果你沒有信心，你就不會在人生中得到神的賜福。

可悲的是，真正信靠神並且日復一日地為基督而活的忠信人往往很難找到。聖經說，「人多述說自己的仁慈，但忠信人誰能遇著呢？」（箴言 20:6）

當罪隨亞當和夏娃進入世界時，我們都受了感染。沒有人能一直做正確的事情。但忠信是得勝的關鍵。我們的信心越大，我們在一生中就能經歷更多得勝。「因為凡從神生的，就勝過世界；使我們勝了世界的，就是我們的信心。」（約翰一書 5:4）。

生命反思

- 甚麼可能使你無法成為「真正信靠神並且日復一日地為基督而活」的人？
- 甚麼可以幫助你變得更忠信？

- 甚麼可以幫助你變得更忠信？

靈修筆記

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

2019.07.20 (Saturday) Devotion

Title: [Your Integrity Shows Your Faithfulness]

“Whoever is faithful in small matters will be faithful in large ones; whoever is dishonest in small matters will be dishonest in large ones” (Luke 16:10TEV).

A common saying today is that “what you do in your private life is nobody’s business.” Well, it actually is. What you do in your private life —behind closed doors or out of view of other people —builds and reveals your true character. And God sees it just as clearly as the things you do in public.

In fact, the small things you do that are unseen are the seeds to God’s public blessing on your life. You cannot compartmentalize your life and say, “I have integrity in my public life, just not in my private life.” I bet you could make a list right now of public figures who have tried to live their lives this way only to have their private indiscretions become this week’s public scandal and their personal downfall. No matter what they say, any leader who is not faithful in small matters will not be faithful in large matters.

Jesus says, *“If you have not been faithful with that which belongs to someone else, who will give you what belongs to you?”* (Luke 16:12 TEV)

For centuries, everybody who learned a skill, trade, or vocation learned it through an apprenticeship. If you were going to be a mechanic, you apprenticed to another mechanic and served in his or her business before you started your own.

This principle of apprenticeship applies to every area of your life. It applies to how you handle other people’s money, how you handle other people’s possessions, and even how you handle other people’s ministry before God gives you your own.

Before God gave me my own ministry, I served as a youth pastor under another man’s ministry. God was watching how I handled it; he was testing my integrity. I needed to prove my faithfulness in that ministry before God would allow me to lead the ministry of Saddleback Church.

If someone loans you his car, how well do you take care of it? If a family lets you stay in their house for vacation, do you treat it as well as you treat your own home? God is watching and testing your integrity. And he will reward you accordingly.

Talk It Over

- What would change about your life if you thought about God standing next to you, watching how you behave in private?
- What are the small things God has entrusted to you? How have you shown faithfulness in the care of those things?
- How can you know how you should behave in any given situation?

2019.07.20 (週六) 靈修

題目: [用正直彰顯忠信]

「人在最小的事上忠心，在大事上也忠心；在最小的事上不義，在大事上也不義。」（路 16:10）

今天一個常見的說法是：「私下所行，與人無涉。」然而，實際上可是不可能沒有關係。你在私人生活中所做之事——在私室之內或在別人視線之外——構建並顯示你的真實品格。神看到它就像你在公共場合做的那樣清楚。

事實上，你所做沒人看見的小事，是神對你生命公開祝福的種子。你不能將你的人生區分開並說，“我在公開生活中很正直，只是我私人生活不這樣。”我可以斷定，你立刻就能列出那些試圖以這種方式過自己生活的公眾人物名單，他們這樣做只會讓自己的隱秘成為本週的公眾醜聞並造成個人垮臺。無論他們說甚麼，任何在小事上都不忠信的領導者在大事上都不會忠信。

耶穌說，「倘若你們在別人的東西上不忠心，誰還把你們自己的東西給你們呢？」（路 16:12）

幾個世紀以來，每個人學會一項技能、生意或職業，都是以學徒的身分學到的。如果你要成為一個技工，在你自己開業前，你就要師從另一個技工，並為其事業服務。

這種學徒原則適用於人生的每個方面。它適用於你如何處理別人的金錢，你如何處理別人的財物，甚至在神賜給你自己的事工之前你如何對待別人的事工。

在神賜給我自己的事工之前，我在別人的事工中擔任青年部傳道。神在看著我是如何做；祂正在考驗我的正直。在神允許我領導馬鞍峰教會的事工之前，我需要在別人事工中證明我的忠信。

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

