

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



2019.07.21 (Sunday) Devotion

Title: [Make the Most of Your Talents]

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms” (1 Peter 4:10 NIV).

God has given you unique abilities, talents, and gifts. At Saddleback Church, we say they represent a person’s SHAPE: spiritual gifts, heart, abilities, personality, and experiences. This bundle of talents is the thing God has given you that makes you who you are and sets you apart from other people.

If you think your talents are simply for you to make a lot of money, retire, and die, you’ve missed the point of your life. God gave you talents to benefit others, not yourself. And God gave other people talents that benefit you.

We’re all a part of the body of Christ, and each part matters. There are no insignificant people in the family of God. You are shaped to serve God, and he is testing you to see how you are going to use the talents he gave you.

Whether you are a musician or an accountant, a teacher or a cook, God gave you those abilities to serve others. Today’s verse says, “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms” (1 Peter 4:10 NIV).

You are a manager of the gifts God has given to you. They may be great or small in your eyes, but they matter to God. “Now it is required that those who have been given a trust must prove faithful” (1 Corinthians 4:2 NIV). When God made you, he made an investment in you, and he expects a return on that investment.

Are you using what he’s given you for the benefit of others to make the world a better place? Or are you just using those talents to benefit yourself?

When God gives you a talent, he expects you to use it. It’s like a muscle. If you use it, it will grow. If you don’t, you’ll lose it. If you have a talent but are afraid to use it, or if you get lazy and don’t use it to benefit others, you’re going to lose it. Like the parable of the 10 talents in Luke 19, if you don’t use what God has given you, he will take it away and give it to someone else who will.

But if you use your talents wisely, God will give you more. If you use your time wisely, God will give you more time. If you use your energy wisely, God will give you more energy. If you use your influence wisely, God will increase your influence. God will bless your level of faithfulness.

Talk It Over

- What is your SHAPE? Take some time to write down how God has given you unique spiritual gifts, heart, abilities, personality, and experiences.
- In what ways has God called you to use your SHAPE to serve others? How have you been obedient?
- How have you seen God use your good use of your time, energy, or influence to bless you?

2019.07.21 (週日) 靈修

題目: [善用你的才能]

「各人要照所得的恩賜彼此服事，作神百般恩賜的好管家。」
(彼得前書 4:10)

神已賦與你獨特的能力、才幹和恩賜。在馬鞍峰教會，我們說它們代表一個人的「形性」：屬靈恩賜、內心、能力、個性和經驗。這整套的恩賜乃是神所賜給你，使你成為自己，使你與眾不同的恩寵。

如果你認為你的才幹只是讓自己賺很多錢，退休然後等死，你就誤解了人生的意義。神賜給你才幹是要使別人，而不是你自己受益。神賦與其他人才幹也是要使你受益。

我們都是基督身體的肢體，每個肢體都很重要。在神的家中沒有無足輕重的人。你被造是為了服事神，祂正在試煉你，看看你將如何使用祂給你的才幹。無論你是音樂家或是會計師、老師或是廚師，神都給了你服務他人的才幹。今天的經文說：「各人要照所得的恩賜彼此服事，作神百般恩賜的好管家。」（彼前 4:10）

你是神所賜給你恩賜的管家。它們在你眼中可能很大或很小，但它們對神很重要。「所求於管家的，是要他有忠心。」（林前 4:2）當神創造你時，就對你做了投資，祂期待這投資有回報。

你是否正在用祂所給的恩賜，造福他人，讓世界變得更美好？或者只是用這些才幹讓自己受益？

當神給你一個恩賜時，祂期待你能用它。它就如同你的肌肉。如果你使用它，它就會健壯。如果你不使用，它就會萎縮。如果你有才華，但怕使用它，或者偷懶，不願使用它讓人受益，那你將

會失去它。就像路加福音 19 章中 10 錠銀子的比喻一樣，神所賜給你的如果你不使用，祂會把它取走並交給願意使用的人。

但如果你智慧地使用你的才幹，神會給你更多；如果你明智地利用你的時間，神會給你更多的時間；如果你智慧地使用你的精力，神會給你更多的精力；如果你智慧地使用你的影響力，神會增加你的影響力。神會按你忠誠的程度賜福與你。

生命反思

- 你的「形性」是甚麼？花點時間寫下神如何給你獨特的屬靈恩賜、內心、能力、個性和經驗。
- 神以何種方式呼召你使用你的「形性」服事他人？你怎樣遵從？
- 你是如何看待神運用你善用時間、精力或影響來祝福你的？

靈修筆記

2019.07.22 (Monday) Devotion

Title: [How to Be Generous When You're Stretched Thin]

"Use your worldly resources to benefit others and make friends. Then, when your possessions are gone, they will welcome you to an eternal home If you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven? You cannot serve God and be enslaved to money" (Luke 16:9-14 NLT).

It's easy to give your time, energy, or money when you have a lot to spare. But the true test of generosity comes when you don't have a surplus. Do you still give what little you have to help somebody else? If you do, congratulations! You've passed God's test of generosity.

Why does God test your generosity? Because you were made in his image, so if you're going to become like Jesus, you need to learn how to be generous. If you don't, you'll never grow to maturity, and you will never have the blessing of God on your life.

What if you're in a recession and things aren't going well — you're out of work or you're out of money, and you feel like you have no more time or energy to give. How can you be generous when you're stretched thin?

A good example for us is in 2 Corinthians 8. Paul says this about the churches in Macedonia: "Though they have been going through much trouble and hard times, they have mixed their wonderful joy with their deep poverty, and the result has been an overflow of giving to others" (2 Corinthians 8:2 TLB). Joy and generosity always go together.

An acid test of how much you trust God is the way you handle your money, because it shows what's important to you.

As a pastor, I want you to succeed financially so you can be generous, help other people, and do good in the world. So here are five principles to help you thrive.

- **Obedying God’s vision will bring God’s provision.** When you say, “God, I’m going to do what you want me to do regardless of whether I have the money or resources to do it,” God will provide everything you need to get it done.
- **When you do all God tells you to do, he does what you can’t do.** Give God whatever you have, however small it may be, and God will multiply it to do more than you imagined, just like he did with the five loaves and two fish.
- **God gives to generous people.** The more generous you are, the more God will give you.
- **Whenever you have a need, you need to sow a seed.** Whatever you need more of, give it away. In order to harvest a crop, you first have to plant the seeds.
- **There is always a delay between sowing and reaping.** A harvest is not automatic. It takes time and patience.

Talk It Over

- What is something God has called you to do but you’ve put it off because you think you don’t have the time or resources to do it?
- How can you move forward in obedience to show God that you will do what he says and trust him to provide the resources?

2019.07.22 (週一) 靈修

題目: [手頭緊時如何慷慨]

「.....要藉着那不義的錢財結交朋友，到了錢財無用的時候，他們可以接你們到永存的帳幕裏去.....倘若你們在不義的錢財上不忠心，誰還把那真實的錢財託付你們呢？.....你們不能又事奉神，又事奉瑪門。」（路加福音 16:9-14）

當你有餘時，很容易給出時間、精力或金錢。但是，當你沒有盈餘時，真正的慷慨試煉就來了。你還有甚麼東西可以幫助別人嗎？如果你有，那恭喜你！你通過了神對你的慷慨試煉。

為甚麼神要試煉你的慷慨？因為你是按照祂的形像造的，因此，如果要成為像耶穌一樣，你就該學習如何慷慨。如果你不能做到，那你就不會成熟，那你也就得不到神給你人生的祝福。

如果你處於經濟衰退中並且諸事不順——你失業了、或者你沒錢了、你覺得你沒有更多的時間或精力去付出，你如何在你手頭緊時，依然能夠慷慨？

哥林多後書 8 章給我們一個很好的例子。保羅說的是關於馬其頓眾教會的事：「就是他們在患難中受大試煉的時候，仍有滿足的快樂，在極窮之間還格外顯出他們樂捐的厚恩。」（林後 8:2）喜樂和慷慨總是同行。

你處理錢財的方式是對你有多信靠神的一項嚴格考驗，因為它顯示了甚麼才是你認為重要的。

作為一個牧師，我願你在財務上成功，這樣你就能慷慨，幫助他人，並在世上行善。因此這裏給出五條原則幫助你興旺。

遵行神的異象會帶來神的供應。當你說：「神啊，無論我是否有足夠的資金或資源，我都會做祢要我做的事情，」神會提供你完成使命所需的一切。

當你做神要你的一切事情時，祂會做你不能做的事。給神你所擁有的，無論多麼小，神都會使之倍增，超乎你的想象，正如祂所成就五餅二魚的神蹟。

神更多賜與慷慨的人。你越慷慨，神就越多賜給你。

只要有需要，你就該播種。無論你需要更多甚麼，你都要把它給出去。為了收獲作物，你首先必須種下種子。

播種和收割之間總是存在延遲。豐收不是自動的，需要時間和忍耐。

生命反思

- 有哪些事是神呼召你去做，但你卻因為認為沒有時間或資源去做而把它們推遲了呢？
- 你如何在順服上進一步向神表明你會按照祂所說的去做，並信靠祂會提供資源？

2019.07.23 (Tuesday) Devotion

Title: [Faithful People Share Their Faith]

“Some people brought to him a paralyzed man on a mat. Seeing their faith, Jesus said to the paralyzed man, ‘Be encouraged, my child! Your sins are forgiven’” (Matthew 9:2 NLT).

Faithful people share their faith. Today’s verse comes from the story in Matthew 9 about the friends of a man who was sick and paralyzed. They wanted him to be healed, so they brought him to Jesus by lowering him on his mat through the roof.

Notice that it was not the paralyzed man’s faith that led to the healing; it was the faith of his friends. When Jesus saw these four friends cared enough to bring their paralyzed friend, he said, “Those guys have great faith. They expect me to heal their friend,” and he did.

You have friends who are paralyzed and can’t get to Jesus. They are paralyzed by fear, guilt, doubt, pain, or maybe even resentment over being hurt in some church in the past. They are paralyzed, and they can’t get to Jesus on their own.

God is watching to see if you are going to be faithful enough to bring them. And if you are, God will honor your faith. He’ll not only heal your friend; he will also bless you. It’s a blessing of faith.

As long as we keep bringing paralyzed people to Jesus.

Talk It Over

- Who do you know who needs help getting to Jesus? Start praying for them now.
- What does it mean to bring someone to Jesus? What is your part in someone’s salvation?
- How does your church show that they want to keep bringing people to Jesus?

2019.07.23 (週二) 靈修

題目: [忠信的人分享信心]

「有人用褥子擡著一個癱子到耶穌跟前來。耶穌見他們的信心，就對癱子說：『小子，放心吧！你的罪赦了。』」（馬太福音 9:2）

忠信的人分享他們的信心。今天的經文來自馬太福音 9 章中關於一個生病癱瘓的人和他朋友的故事。他們願他得醫治，所以他們把他連同躺臥的墊子一起穿過屋頂，縋到耶穌面前。

請注意，帶來醫治的不是癱子的信心；乃是他朋友們的信心。當耶穌看到這四個人對朋友關心到把癱瘓的人帶到祂的面前來時，祂說：「他們的信心是大的，他們期待我醫治他們的朋友」。耶穌醫治了他。

你有癱瘓的朋友，無法來到耶穌面前。他們因恐懼、罪疚、懷疑、痛苦，甚至因過去在某個教會受到傷害所帶來的怨恨，他們癱瘓了，不能靠自己到耶穌面前。

神正在注視著你是否夠忠信帶他們前來。如果你是，神會看重你的信心。祂不僅會醫治你的朋友；祂也會賜福與你。這是對信心的賜福。

只要我們繼續將癱瘓的人帶到耶穌面前。

生命反思

- 你知道誰需要幫助才能來到耶穌面前？現在就為他們禱告。
- 將某人帶到耶穌面前意味著甚麼？在某人的救贖中你有甚麼作用？
- 你的教會如何表明他們要繼續把人帶到耶穌面前？

靈修筆記

This image shows a single 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.

2019.07.24 (Wednesday) Devotion

Title: [You Grow as You Help Others Mature]

“The things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others” (2 Timothy 2:2 NIV).

If you want the special blessing of God on your life, you need to learn from other believers who are more mature than you, and you need to mentor believers who are younger than you.

Every Christian needs both a Paul and a Timothy. A Paul is somebody who’s been a Christian longer than you and is helping to train and encourage you. That person may only be a month older than you, but he or she knows a little bit more and can mentor you.

To have a Timothy means there is somebody in your life who hasn’t been a Christian as long as you, and you are helping build that person’s faith. You are offering your Timothy encouragement and discipleship as he or she grows in the Lord.

So you have a Paul and a Timothy in your life. But you are also a Paul and a Timothy to someone else.

In 2 Timothy, Paul says this to Timothy: “The things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others” (2 Timothy 2:2 NIV).

There are four generations in that verse. Paul says to Timothy that he helped mentor him, and now Timothy must find somebody to mentor, and then that person can find somebody else to mentor.

Don’t be intimidated by the word “mentoring.” Mentoring is as easy as taking someone to breakfast once a month and asking, “How’s it going?” You just need to be a friend. Listen to, encourage, and pray for that person. You don’t have to be the perfect Christian to do this. You just have to be willing.

2019.07.24 (週三) 靈修

題目: [助人成熟，自己成長]

「你在許多見證人面前聽見我所教訓的，也要交託那忠心能教導別人的人。」（提摩太後書 2:2）

如果要在你的人生中得到神特別的祝福，你就該向比你更成熟的其他信徒學習，也需要指導比你年輕的信徒。

每個基督徒都需要保羅和提摩太。保羅是一個比你信主時間更長的基督徒，並且正在幫助訓練和鼓勵你。這個人可能只比你大一個月，但他或她知道更多，可以指導你。擁有提摩太意味著你生命中，某個人作基督徒沒有你久，你就要幫助這個人建立信心。當他或她在主裏成長時，你要對這提摩太提供鼓勵和門訓。

所以，在人生中你擁有了保羅和提摩太。但你也是別人的保羅和提摩太。

在提摩太後書，保羅這樣對提摩太說：「你在許多見證人面前聽見我所教訓的，也要交託那忠心能教導別人的人。」（提後 2:2）

這節經文有四代人。保羅對提摩太說，他幫助指導他，現在提摩太必須找人去指導，那個人又可以找別人去指導。

不要被「指導」這個詞嚇倒。指導就像每個月約某人吃一次早餐，並問「一切都好吧？」一樣容易。你只需要做個朋友。傾聽、鼓勵、並為這個人禱告。你不必成為完美的基督徒才能做。你只要願意即可。

當你這樣做時，你將在人生中得到你無法想像的神的祝福。

生命反思

- 在人生中你能成為誰的保羅？
- 在人生中你能成為誰的提摩太？
- 本週你將如何接觸這兩個人，以建立可能的指導關係？

靈修筆記

[illegible]

2019.07.25 (Thursday) Devotion

Title: [God Wants You to Really Live]

“Jesus [said] ... ‘I came so they can have real and eternal life, more and better life than they ever dreamed of’” (John 10:10 The Message).

Jesus did not come to make life perfect for us. Rather, he came to give us a life connected to him, so that no matter what situation we face, we are eternally attached to the source of true life.

What would a life connected to Jesus look like? Keep in mind that a full and abundant life in Christ involves all of you, not just your spirituality.

How do you think your constant connection with Christ will affect you mentally or emotionally? For instance, how would a life connected to Jesus help you with stress and worry?

What does your health have to do with living a full and abundant life? Why would your physical health be intertwined with your spiritual health?

To live a full and abundant life, instead of trying harder, trust Jesus more, believing in faith that he is guiding us to where we need to go.

Talk It Over

- What do you think about this statement: “To live a full and abundant life, instead of trying harder, trust Jesus more”?
- How have you seen your physical and mental health suffer when you were not connected to Jesus?

2019.07.25 (週四) 靈修

題目: [神要你真正活著]

「耶穌說：『……我來了，是要叫羊得生命，並且得的更豐盛。』」（約翰福音 10:10）

耶穌來並不是使我們的人生更完美。相反，祂來是為了賜給我們與祂相連結的生命，因此，無論我們面對怎樣的情況，我們永遠連於真實生命的源頭。

與耶穌相連的生活會是甚麼樣子？請記住，在基督裏充實並且豐盛的生命包括你的一切，而不僅是你的靈性。

你認為你與基督經常相連會如何影響你的精神或情感？例如，與耶穌相連的生活將如何幫助你面對壓力和憂慮？

你的健康與過充實而豐盛的人生有甚麼關係？為甚麼你的身體健康會與你的屬靈健康交織在一起？

要過個充實豐盛的人生，不是嘗試更加努力，而是更多地信靠耶穌，以信心相信祂正引領我們到達該去的地方。

生命反思

- 你如何看待這句話：「要過個充實豐盛的人生，不是嘗試更加努力，而是更多地信靠耶穌」？
- 當你沒有與耶穌相連結時，你是如何看待自己的身心健康受苦的？

靈修筆記

[illegible]

2019.07.26 (Friday) Devotion

Title: [There Is No Condemnation for Your Mess-ups]

“There is no condemnation now for those who live in union with Christ Jesus” (Romans 8:1 TEV).

God knows that failure is part of life. He doesn’t expect us to be perfect. He’s not surprised when we mess up. In fact, he sent Jesus to clean up our mess. He didn’t send him to point an accusing finger.

That means no matter how bad you blow it in life, God will never condemn you. He is for you, not against you.

This is especially encouraging when you are trying to make changes in your life or get healthy or overcome a tough circumstance. Knowing that God is for you, not against you, will change the way you respond to the times you slip up. It should give you the confidence to keep moving forward in faith, because God is on your side. He wants you to have victory through him over your hang-ups and mess-ups!

God does not expect you to be perfect in life. That’s why he sent his perfect Son — to cover the sin that you wouldn’t otherwise have been able to overcome.

You are not a failure to God. The only time you fail is when you refuse to get up and keep going.

Talk It Over

- What failure do you have a hard time believing God would forgive? Pray, and ask God to help you trust in his forgiveness and his love for you.
- What lessons have you learned from the failures in your life? How have they helped you grow spiritually?

2019.07.26 (週五) 靈修

題目: [對你的混亂沒有譴責]

「如今，那些在基督耶穌裏的就不定罪了。」（羅馬書 8:1）

神知道失敗是人生的一部分。祂並不期待我們完美。當我們弄得一團糟，祂並不吃驚。事實上，祂差派耶穌來清理我們的混亂。祂並沒有差派耶穌來指手控訴。

這意味著無論你在人生中搞砸得多麼嚴重，神絕不會責怪你。祂是支持你，而不是反對你。

當你嘗試在生活中做出改變，改善健康狀況或克服困難環境時，這尤其令人鼓舞。要知道神是支持你，而不是反對你。這將會改變你在每次犯錯時的反應方式。這應該讓你有自信，在信心道路上繼續前行，因為神就在你身邊。祂要你靠著祂克服焦慮和混亂！

神並不期待你在人生中有多麼完全。這就是為甚麼祂差派祂完全的兒子——遮掩你所無法克服的罪。

對神而言，你不是一個失敗的人。你惟一的失敗，就是你拒絕起來並繼續前進。

生命反思

- 甚麼樣的失敗會使你很難相信神會赦免？禱告，求神幫助你信靠祂的饒恕和愛。
- 你從人生的失敗中吸取了哪些教訓？它們如何幫助你屬靈生命的成長？

靈修筆記

This image shows a single 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.

2019.07.27 (Saturday) Devotion

Title: [Help Me Overcome My Unbelief]

“If you can do anything, do it. Have a heart and help us!’ Jesus said, ‘If? There are no “ifs” among believers. Anything can happen.’ No sooner were the words out of his mouth than the father cried, ‘Then I believe. Help me with my doubts!’” (Mark 9:22-24 The Message)

Is it possible to be filled with faith and doubt at the same time? Yes! You can have faith that God wants you to do something and still be scared to death.

But that’s OK, because God lets you begin with the faith you already have. It may be just a little, but that’s all you need to start.

We have all thought at some point, “Lord, I have some faith. But I also have some doubts.” That’s where God will meet us and give us what we need to keep moving and accomplish the work he has given us to do.

What are some areas of your life where you trust that God is at work? What are some areas of your life where you’re struggling with doubt, wondering if God is really helping you?

Your knees may be shaking, but you just have to put one foot in front of the other. Keep moving forward!

Talk It Over

- What do you believe God wants you to accomplish? What are the tasks he has given you for today?
- What scares you about your calling? What do you doubt?
- How can Scripture encourage you as you move forward in faith, despite your fears?

2019.07.27 (週六) 靈修

題目: [幫我克服我的不信]

「『你若能做甚麼，求你憐憫我們，幫助我們。』耶穌對他說：『你若能信，在信的人，凡事都能。』孩子的父親立時喊著說：『我信！但我信不足，求主幫助。』」（馬可福音 9:22-24）

是否有可能同時充滿信心和懷疑？是的！你可以相信神要你做某事卻仍然害怕得要命。

但那沒關係，因為神讓你從已有的信心開始做工。它可能只是一點點的信心，但這就是你開始所需要的一切。

我們都曾在某個時刻想過，「主啊，我有一點點信心，但我也有一些懷疑。」神就是在此刻讓我們與祂相遇，給與我們一切所需，以便繼續前行並完成祂交給我們的工。

在你人生中有哪些方面你信神在做工？你人生中哪些方面讓你在懷疑中掙扎，不知道神是否真的在幫助你？

你的膝蓋可能在顫抖，但你只需要開始一步一步地前行。繼續前進！

生命反思

- 你相信神要你完成甚麼？祂今天給你的任務是甚麼？
- 你的呼召有甚麼讓你害怕？你懷疑甚麼？
- 當你雖然害怕，卻在信心中向前邁進時，聖經上的話能如何鼓勵你？

靈修筆記

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.

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

