城北華人基督教會 國語部每日靈修

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2019.09.01 (Sunday) Devotion Title: [Celebrate With Your Kids!]

"People ought to enjoy every day of their lives, no matter how long they live" (Ecclesiastes 11:8a NCV).

Kids need celebration!

That's just a fancy word for fun. Families ought to have fun! The home should be a place to play. This is a major fault in many, many homes where the parents are basically good parents and are watching out for their kids, but they don't have enough fun. They're too busy. They come home with a "to do" list after work is over. All that stuff has to be done, and they just don't have time for fun.

Do you endure your kids or do you enjoy them? Kids need celebration.

"People ought to enjoy every day of their lives, no matter how long they live" (Ecclesiastes 11:8 NCV).

When my kids were growing up, we had what we liked to call "Daddy's Magical Mystery Tours." Periodically, I shook up the whole schedule and said, "Forget the routine; we're going to go have fun." I would even wake up the kids in the middle of the night and put them in the car and do something outrageous — on a school night! So what if they miss a day of school? They're going to remember that event. They're going to remember when I got them up real early in the morning and let them eat French toast that I colored green.

Have fun with your kids! Enjoy them! No single day out of routine is going to make or break their lives. But a single special event that is crazy and fun will make a memory your kids will never forget.

If you're not having fun with your kids at home and celebrating, don't be surprised when they don't want to spend time at home. If you don't have fun with your kids and really enjoy them, don't be surprised when they grow up and move out and don't want to come back very often.

Don't just endure your kids. Enjoy them!

- What is more important to you: your schedule or making sure your kids have fun?
- Why do we sometimes put our schedule before our kids?
- What can you do this week to have fun with your kids?
- What will you have to give up in order to do that?

2019.09.01 (週日) 靈修

題目:[和孩子們同慶祝!]

「人活多年,就當快樂多年。」(傳道書 11:8 上)

孩子們需要慶祝!

這只是「開心」的一個更花稍的表達。一家人應該玩得開心!家應該是一個玩的地方。許多家庭的一個主要錯誤是,在這些家庭中,父母基本上是好父母,並且關注他們的孩子,但他們沒有足夠的樂趣。他們太忙了。工作結束後,他們帶著「待辦事項」清單回家。所有事項都必須完成,他們只是沒有時間玩樂。

你是在忍耐孩子們加給的痛苦,還是享受他們帶來的歡樂?孩子 們需要慶祝。

「人活多年,就當快樂多年。」(傳道書 11:8 上)

當我的孩子們長大的時候,我們有一個我們所謂的「爸爸的神奇神秘之旅」。我定期對整個時程表進行調整,然後說:「忘掉日常生活;我們就去開心地玩。」我甚至會在第二天要上學的半夜把孩子們叫醒並把他們放在車裏,做一點反常規的事情!那麼,如果他們錯過了一天的學習呢?他們會記住那件事。他們會記得當我早上很早讓他們起床時,讓他們吃我做的綠色法國吐司。

和你的孩子開心地玩!享受他們!分別一天出來不按常規行事, 這並不會成就或破壞他們的生活。但是,一個瘋狂而有趣的特殊 活動將讓孩子們畢生難忘。

如果你沒有和孩子在家裏開心地玩耍和慶祝 ,當他們不想在家待着時,不要感到驚訝。如果你沒有和孩子一起玩耍並且真的很享

受,那麼當他們長大後搬出去並且不想經常回家時,你不要感到 驚訝。

不要只忍耐你的孩子。享受他們!

生命反思

- 對你來說, 更重要的是你的日程安排還是確保孩子玩得開心?
- 為甚麼我們有時會把自己的日程安排放在孩子前面?
- 本週你能做些甚麽來和孩子們玩耍?
- 為了做到這一點,你需要放棄甚麽?

盤修革記			

2019.09.02 (Monday) Devotion

Title: [Trust Your Kids with Responsibility]

"Whoever can be trusted with a little can also be trusted with a lot . . . If you cannot be trusted with things that belong to someone else, who will give you things of your own?" (Luke 16:10a, 12 NCV).

Kids need experiences that stretch them, reveal their talents, and develop their shape for ministry. They need challenges where they develop responsibility. One of the most important life skills all of us have to learn is responsibility.

How do you teach responsibility to your children? There's only one way: Give them the opportunity. Trust them with responsibility. Will they make mistakes? Absolutely. You did, too, when you were growing up. Will they sometimes be irresponsible? Yes. But if you hold on to responsibility, you're actually hurting your children. The goal of parenting from the moment your kids are born is to move them from parent control in the early years to self-control in the middle years to God's control over their lives.

That means you have to give up control! When we take responsibility *for* people, we take it away *from* people. If you treat your children as babies and don't let them grow up, you'll have to diaper them the rest of your life. And you're filling the world with another codependent person.

Many parents have said, "If I had it all to do over again, I'd do less for my children and teach them to do more for themselves." The only way we grow is by being given challenges that stretch us, develop us, and build responsibility in our lives.

The Bible says, "Whoever can be trusted with a little can also be trusted with a lot . . . If you cannot be trusted with things that belong to someone else, who will give you things of your own?" (Luke 16:10a, 12 NCV).

Kids respond to responsibility. Having talked to many parents over the years and seen this in my own life, I believe that it's far better to err on the side of giving too much responsibility than not trusting your kids enough. They're going to make mistakes either way! Your goal is to produce a person who walks not just under his own self-control but also under God's control.

- What is the difference between what you trust your kids with and what you were trusted with at their age?
- What about society keeps us from more easily trusting our kids with responsibility?
 How do you teach responsibility and God's sovereignty at the same

time?			

2019.09.02 (週一) 靈修

題目:[賦予孩子們責任]

「人在最小的事上忠心,在大事上也忠心…… 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?」(路加福音 16:10 上,12)

孩子們需要經驗來擴展自己,展現自己的才能,並發展自己的事奉形性。他們需要挑戰來培養責任心。我們所有人必須學習的最重要生活技能之一是承擔責任。

你如何教導孩子承擔責任?只有一種方法:給他們機會。賦與責任,信任他們。他們會犯錯誤嗎?絕對會。你也會在成長的過程中犯錯。他們有時會不負責任嗎?會。但如果你堅持不賦與責任,你實際上是在傷害孩子。從孩子出生的那一刻起,養育孩子的目標就是將他們從早年父母的控制轉移到中年的自我控制,進而達到神對他們一生的掌控。

這意味著你必須放棄控制!當我們對人負責時,我們會把責任從他們手中奪走。如果你把孩子視為嬰兒並且不讓他們長大,那麼你將不得不在他們的餘生中給他們穿尿布。而你正在向這個世界輸送另一個病態依附的人。

許多家長都說:「如果一切重來,我會為孩子做更少的事情,並 教他們為自己做更多的事情。」我們成長的唯一方法就是被賦予 挑戰、擴展我們、發展我們,並在我們的生活中建立責任。

聖經說:「人在最小的事上忠心,在大事上也忠心……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?」 (路加福音 16:10 上,12)

孩子們會對責任作出回應。多年以來,我在與許多父母交談並在 我自己的生活中看到過這一點。我相信,賦與孩子太多的責任比 不給予孩子足夠的信任要好得多。無論如何,他們都會犯錯!你的目標是培養一個不僅在自控之下,更是在神的掌控之下行事為 人的人。

生命反思

重收车司

- 你信任你的孩子與你在他們的年紀被信任有甚麼區別?
- 計會怎麽樣攔阳我們更容易地以責任來信任我們的孩子?
- 你如何同時教導責任和神的主權?

盤修革む		

2019.09.03 (Tuesday) Devotion

Title: [Your Kids Need You to Be Their Cheerleader]

"Love patiently accepts all things. It always trusts, always hopes, and always endures" (1 Corinthians 13:7 NCV).

The world is so negative that the last thing kids need when they come home is more negativity. Colossians 3:21 says, "Do not nag your children. If you are too hard to please, they may want to stop trying" (NCV).

Are you an unpleasable parent? If they get C's, do you want B's, only to want straight A's when they get B's? Do you really want your kids to give up, like the Bible says? Unpleasable parents produce insecure kids.

So, how do you raise confident kids? The Bible says in 1 Corinthians 13:7, "Love patiently accepts all things. It always trusts, always hopes, and always endures" (NCV). If you want to raise confident kids, you've got to build them up more than you tear them down. You've got to give more cheers than you give jeers.

Many parents think, "If I balance it out and give an equal amount of positive to the negative, it will be okay." No! You need to give about 10 praises for every negative you give. Why? Because the negative is what you remember. If you were to get 10 compliments and one criticism, which one would you go home and remember? If I get 10 cards that say, "That sermon really helped me out a lot" and one that says, "You're off the wall!" which one do you think I dwell on the most?

You've got to overemphasize the positive, because you inevitably have to do the negative.

All children need somebody in their corner, somebody who's their cheerleader and believes in them and who says, "I know you can do it. I believe in you. I think you're terrific. You're the best. Go for it! I'm

behind you. I know you can make it." Kids need the confidence that only a parent can give.

- How do you regularly build your child up? With words? With actions?
- What are the most common phrases that you use with your child? How many are positive? How many are negative?
 Who would your children say is their biggest cheerleader?

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2019.09.03 (週二) 靈修

題目:[孩子需要你作啦啦隊長]

「凡事包容,凡事相信,凡事盼望,凡事忍耐。」(哥林多前書 13:7)

世界是如此負面,以至於孩子回家後最不需要的就是更多的消極情緒。歌羅西書 3:21 說:「你們作父親的,不要惹兒女的氣,恐怕他們失了志氣。」

你是一個難以取悅的父母嗎?如果他們得了 C,你想要 B,在他們得了 B的時候又想要他們全部得 A?你真的希望你的孩子放棄,就像聖經所說的那樣?不愉快的父母會讓孩子覺得沒有安全感。

那麼,你如何培養自信的孩子?哥林多前書 13:7 說:「凡事包容,凡事相信,凡事盼望,凡事忍耐。」如果你想培養自信的孩子,你必須把他們建立起來,而不是把他們拆毀。你必須給予更多的歡呼,而不是給予嘲笑。

許多父母認為:「如果我抵銷一下,有負面的回應,再給予等量的正面回應,那就沒關係。」不對!對於你給予的每一個消極的回應,你需要給予大約 10 個讚美才可以彌補。為甚麼?因為負面的回應最容易記住。如果你得到 10 個讚美和一個批評,哪一個你回到家裏還會記得?如果我得到 10 張卡片,上面寫著「這篇講道真的對我有很大幫助」,還有一張卡片上寫著「你已經跑題了!」你認為我會記住哪一張?

你必須充分強調積極因素,因為你不可避免地會做出消極的事情。

所有的孩子都需要有人作他們的捧場群眾,需要有人是他們的啦 啦隊長並相信他們,說:「我知道你可以做到這一點。我相信你。 我覺得你太棒了。你是最好的。去吧!我支持你。我知道你可以 成功。」孩子們需要只有父母才能給予的信心。

生命反思

最收给司

- 你怎麼樣經常激勵自己的孩子?用言語還是用行動?
- 你與孩子一起使用的最常用短語是甚麼?有多少是積極的?有多少是消極的?
- 你的孩子會說誰是他們最給力的啦啦隊員?

盆沙羊山		

2019.09.04 (Wednesday) Devotion Title: [Pray for It Before You Pay for It]

"Until now you have not asked for anything in my name. Ask and you will receive, so that your joy will be the fullest possible joy" (John 16:24 NCV).

Are you in financial need and waiting for God to help?

God has promised to meet your financial needs. He's just waiting for you to ask for his help! The Lord never shuts his storehouse until you shut your mouth.

One of the reasons we see so few miracles in our lives is because we just don't ask for them. Instead of living a life based on Christ, we live a life based on credit. When we have something we need, instead of stopping and asking God for it, before we even *think* about asking God for it, we just use that credit card. We trust credit instead of Christ

If you want to see God work in your life, pray for it before you pay for it. Do you pray about major purchases before you make them? Or do you just take care of it with your credit card? Every time you use that credit card before praying about it, you're short-circuiting a possible miracle in your life. Before you charge a purchase, why don't you ask God about it first?

God is not going to give you everything you pray for, so don't be surprised. But there are some things he does want to give you just to do a miracle in your life. Many people have never had a financial answer to prayer, because they've never prayed specifically.

"Until now you have not asked for anything in my name. Ask and you will receive, so that your joy will be the fullest possible joy" (John 16:24 NCV). Do you know why God wants you to learn to ask for things in prayer? So he can give them, and so you'll be full of joy. God is a loving Father. He's not some ogre sitting in the sky, waiting

to make your life a bummer. He wants to bless your life! You just have to ask.

- How do your spending habits and your prayer life intersect?
- What is your family's policy when it comes to making large purchases?
- What are some ways your life reflects that you trust God with your finances?

2019.09.04 (週三) 靈修

題目: [刷卡前先禱告]

「向来你們沒有奉我的名求甚麼,如今你們求就必得著,叫你們的喜樂可以滿足。」(約翰福音 16:24)

你是否有經濟困難並等候神的幫助?

神應許會滿足你的經濟需要。祂只是在等你尋求祂的幫助!主永遠不會關閉祂的倉庫,除非你閉口不求。我們在生活中看到如此少奇蹟的原因之一是:我們只是不求。我們不是靠基督而活,而是靠信用過日子。當我們有所需要的東西時,我們不會停下來向神求,在我們甚至可以說想著要向神求之前,我們仍只是使用那張信用卡。我們信靠信用而非基督。

如果你想看到神在你的人生中作工,請在付款之前為此祈禱。你 是否在你每次有大筆支出時都會禱告?或者你只是用你的信用卡? 每次你在祈禱之前使用那張信用卡,你都會減損你生命中可能存 在的奇蹟。在你下單之前,為甚麽不首先為此向神求問?

神不會給你每一樣你所祈禱的東西,所以不要驚訝。但有一些事情祂確實要在你生命中行一個奇蹟。許多人從來沒有在經濟上有 禱告得回應的經歷,因為他們從來沒有特別地為此禱告過。

「向來你們沒有奉我的名求甚麼,如今你們求就必得著,叫你們的喜樂可以滿足。」(約翰福音 16:24) 你知道為甚麼神要你學習在禱告中為各種事務祈求嗎?這樣祂就可以給,因此你會充滿喜樂。神是慈愛的父。祂不是一個坐在天空中的食人魔,等著讓你的生活變得糟糕。祂想祝福你的生活!你只須祈求。

生命反思

• 你的消費習慣和禱告生活如何相交?

- 在購買大宗物品上面,你們家的規矩是甚麼?
- 你的生活有哪些方式反映出你在自己的財務上信靠神?

靈修筆記			
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2019.09.05 (Thursday) Devotion Title: [Better to Be Poor and Honest]

"It is better to be poor and honest than to be foolish and tell lies" (Proverbs 19:1NCV).

God does not bless dishonesty. Proverbs 16:11a says, "The Lord demands fairness in every business deal" (TLB). That includes wages, salaries, and taxes. If you want God's blessing on your finances, you must be honest about them. The Bible also says, "It is better to be poor and honest than to be foolish and tell lies" (Proverbs 19:1 NCV).

Why is this an important principle? When you're going through a season of financial stress, the temptation is enormous to toss out your integrity and to cheat in order to make ends meet. It may mean you shade the truth on a sale or exaggerate or deflate the value of something. It may mean you claim a false deduction on your taxes. You always lose in the long run when you lose your integrity. And that's what you are taking to Heaven — your character, not your money. You always lose when you give up your integrity.

The Bible says in Proverbs 10:22, "The blessing of the Lord brings wealth, without painful toil for it" (NIV). Profit that is made dishonestly brings trouble with it. Why? If you rip off people, other people are going to rip you off. If you cheat — including the government — you're going to get cheated in life. What you sow, you will reap.

This decision to be honest in your finances is not something you make once for all. It's a daily decision. You're going to be tempted to lie. Sometimes honesty costs you. Have you learned that? Sometimes it costs to tell the truth on a form.

But God says that if you're faithful to him in this, you'll never have to worry about your financial needs.

- Where in the financial details of your life can you choose to honor God today?
- How have you seen God bless your hard but honest decisions about money?

•	difficult choice?

2019.09.05 (週四) 靈修

題目:[寧可窮而誠實]

「行為純正的貧窮人,勝過乖謬愚妄的富足人。」(箴言 19:1)

人若不誠實,神不會賜福。箴言 16:11 上說:「公道的天平和秤都屬耶和華」。這包括工資、薪水和賦稅。如果你希望神在財務上賜福你,你必須在這些方面誠實。聖經也說:「行為純正的貧窮人,勝過乖謬愚妄的富足人。」(箴言 19:1)

為甚麼這是一項重要的原則?當你經歷財務壓力的時期, 誘惑是巨大的: 拋棄你的誠信,靠欺騙就得以維持生計。這可能意味著你在銷售中掩蓋真相,或誇大或縮小某些東西的價值。這可能意味著你申請對自己的賦稅作虛假減免。當你失去正直時,長遠來看你總是會失敗。你能帶到天堂的是你的品格,而不是你的錢財。當你拋棄誠信,你毫無例外會失敗。

箴言 10:22 說:「耶和華所賜的福,使人富足,並不加上憂慮」。不誠實的利潤帶來麻煩。為甚麼?如果你欺騙別人, 其他人就會欺騙你。如果你欺騙——包括欺騙政府——你將在生活中被騙。你播種甚麼,你會收穫甚麼。

在財務上保持誠實不是一蹴而就的,而是個每天都可能要做出的 決定。你會遇見試探要你去作假。保持誠實就會付上代價。這個 功課你學過嗎? 有時候老老實實填個表就得賠上更多錢。

然而神是這樣說:你若在這事上忠於祂,你就永遠不必為自己的 經濟問題擔心。

生命反思

• 在你生活的財務細節中,你今天可以選擇榮耀神嗎?

- 你怎麼看到神賜福你在錢財上艱難卻誠實的決定?
- 為甚麼用你的錢財做誠實的事情往往是更難的選擇?

靈修筆記		

2019.09.06 (Friday) Devotion Title: [Hope in God. Not Your Bank Account]

"Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment" (1 Timothy 6:17 NIV).

The only thing in all of creation that worries is a human being. Plants don't worry. Animals don't worry. Only human beings act as if we don't have a heavenly Father. When you worry about your finances, you're basically saying, "I think God is a liar. I don't really think he will meet my needs." But God will, if you meet the conditions.

When I was a kid, I'd go to my dad and say, "Dad, I need some money." Not once when I was growing up did I ever wonder, "Where is he going to get it?" It's kind of an unwritten rule about money: Dads and moms make it, and kids spend it. Kids never wonder, "Where are my parents going to get this money?" I never worried about it.

Worry is really a form of atheism. Every time you worry, you're basically saying, "I don't believe there's a God who is going to take care of me." If you're a Christian and you worry, you're acting like an orphan. You're acting like you don't have a heavenly Father who has already promised over and over again in Scripture, "I will meet your needs if you will obey me and do what I tell you to do." Trust forces you to live by faith.

Worry is a warning light. Every time we worry about our finances, it's a warning that we doubt God loves us and will take care of us. We always get into trouble when we doubt God's love. Always.

Matthew 6:33 says, "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need" (NLT).

As long as you love anything more than God, that thing is going to be a source of anxiety. There was one thing meant for first place in your life, and it's not your family. Anything you put first in your life besides God will create anxiety, because that thing can always be lost.

Your bank account is not your security, no matter how big it gets. The Bible says in 1 Timothy 6:17, "Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment" (NIV).

Put your hope in God, because he will assume responsibility for your needs if you'll trust him.

•	Is there anything that you love more than God? Is your answer obvious to everyone else by the way you live?
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2019.09.06 (週五) 靈修

題目:[盼望在乎神,而非銀行帳戶]

「你要囑咐那些今世富足的人,不要自高,也不要倚靠無定的錢 財;只要倚靠那厚賜百物給我們享受的神。」(提摩太前書 6:17)

所有受造之物中惟一會擔憂的是人類。植物不會擔憂。動物不會擔憂。 只有人類所行的好像我們沒有天父一樣。當你擔憂自己的財務狀況時,你根本上就是在說:「我認為神是個騙子。我真的不認為祂會滿足我的需要。」但是如果你符合神的條件,神就會滿足你的需要。

當我還是個孩子的時候,我會去找我爸爸,說:「爸爸,我需要一些錢。」在我長大的過程中,我從未想過:「他會在哪裏得到錢?」這有點像一個關於金錢的不成文規則:爸爸媽媽賺錢,孩子們花錢。孩子們從沒想過:「我父母從哪裏獲得這筆錢?」我從不擔心。

憂慮實際上是一種無神論。每次你擔心,你從根本上就是在說: 「我不相信有一個神會照顧我。」如果你是一個基督徒而你擔心,你就像一個孤兒。你的表現就像你沒有這位已經在聖經中一遍又一遍地應許過的天父:「如果你願意服從我並做我告訴你要做的事,我會滿足你的需要。」信靠迫使你憑信心而活。

憂慮是一種警示燈。每當擔心自己的財務狀況時,我們就會懷疑神愛我們並照顧我們。懷疑神的愛時,我們總是陷入困境。

馬太福音 6:33 說:「你們要先求他的國和他的義,這些東西都要加給你們了。」

只要你愛任何事物比神更多,那個事物就會成為焦慮的源頭。在你的生活中,只有一件有意義的事應該放在第一位,但不是你的

家庭。除神以外,你人生中放在首位的任何事物都會產生焦慮, 因為它總是會失去。

不管裏面有多少錢,銀行帳戶不是你的安全保障。提摩太前書 6:17 說:「你要囑咐那些今世富足的人,不要自高,也不要倚靠 無定的錢財;只要倚靠那厚賜百物給我們享受的神」。要仰望神, 因為你若信靠神,神將在你的需要上承擔責任。

生命反思

• 你有甚麼比愛神更多的事嗎?你生活的方式是否向其他每個人顯明你有這樣的回答?

盤修聿記			

2019.09.07 (Saturday) Devotion Title: [Hold Your Blessings with an Open Hand]

"There is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it" (1 Timothy 6:6-7NRSV).

God is more interested in your character than your comfort. He's not going to give you things if you haven't learned the principle of contentment first.

Contentment is not a lack of ambition. It's not a lack of goals. Contentment means your happiness doesn't depend on your circumstances.

How do you eliminate discontent? You eliminate the cause: comparing. We compare everything in this country — lawns, cars, husbands and wives, clothes, the education of our kids (we even put "My Kid Was Student of the Month" on car bumpers).

Whenever you compare, you're going to become discontent. You've got to learn to stop comparing yourself to others.

Paul says in Philippians 4:12a, "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation" (NIV). Contentment does not come naturally; it is something we have to learn. If we do this, God promises to meet all our financial needs.

The Bible says, "There is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it" (1 Timothy 6:6-7NRSV).

One of the greatest secrets in learning to be content is to realize that you don't really own anything. It's all on loan to you for about 80 years! You didn't bring a single thing into this world, and you're not going to carry anything out of it, either. You just get to use it while

you're here on earth. The Bible calls that stewardship. You are the manager or steward of what God allows you to have while you're here, but it's not really yours. When you understand that you're just a manager of the blessings God allows in your life and you hold them with an open hand, you won't be uptight about losing them.

So what if you lose things? God can turn off one faucet and turn on another just as easily. Learn to be content, because things don't last. God is more interested in your character than your comfort.

- Practically speaking, what does it mean to hold God's blessings with an open hand?
- Make it a goal today to be conscious of the ways you compare yourself to others. What can you do differently when you're tempted to compare?

2019.09.07 (週六) 靈修

題目:[張開手握住祝福]

「然而,敬虔加上知足的心便是大利了,因為我們沒有帶甚麼到世上來,也不能帶甚麼去。」(提摩太前書 6:6-7)

神對你的品格比對你的舒適更感興趣。如果你沒有先學會知足的原則,祂就不會給你東西。

知足並不是缺乏進取心,也不是缺乏目標。知足意味著你的快樂 並不取決於環境。

如何消除不滿?你要消除其原因:比較。我們比較這個國家的一切——草坪、汽車、丈夫和妻子、衣服、孩子的教育 (我們甚至將「我的孩子是本月的模範生」貼在汽車保險杠上)。

無論何時比較,你都會變得不滿。你必須學會停止將自己與別人比較。

保羅在腓立比書 4:12 說:「我知道怎樣處卑賤,也知道怎樣處豐富,或飽足,或饑餓,或有餘,或缺乏,隨事隨在,我都得了秘訣。」知足並不是自然就來的;這是我們必須學習的。如果我們這樣做,神應許會滿足我們所有的經濟需求。

聖經說:「然而,敬虔加上知足的心便是大利了,因為我們沒有帶甚麼到世上來,也不能帶甚麼去。」(提摩太前書 6:6-7)

學會知足的最大秘訣之一就是,要意識到你並沒有真正擁有任何東西。這一切都是借給你大約80年用的!你沒有給這個世界帶來任何東西,你也不會帶走任何東西。只有當你在地上時,你才可以使用。聖經稱之為管家。當你在這裏時,你是神允許你擁有的一切事物的經理或管家,但這些不是你的。當你明白自己只是

神在你生命中所賜福分的管家,而你是空著手握住它們時,你就 不會因為擔心失去它們而緊張。

那麼,如果你失去了這些該怎麼辦?神可以關掉一個水龍頭,然 後同樣輕鬆地打開另一個水龍頭。學會知足,因為這些事物都不 會持久。神對你的品格比對你的舒適更感興趣。

牛命反思

- 切實而言,張開手握住神的祝福意味著甚麼?
- 今天要立一個目標,要有意識地察覺你將自己與他人比較的方式。 當你想要比較時,你能做些甚麽?

盤修聿記		