

城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 9 月 08 – 14 日 (第 36 週)

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編輯：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



2019.09.08 (Sunday) Devotion

Title: [Don't Fear in God's Delays]

“Do you remember how the Lord led you through the wilderness for all those forty years, humbling you and testing you to find out how you would respond, and whether or not you would really obey him?”(Deuteronomy 8:2 TLB).

Dreams are never fulfilled immediately. There's always a waiting period. The Israelites were brought out of Egypt and then wandered around for 40 years before they went into the Promised Land, even though the trip shouldn't have taken more than a few weeks. Just like the Israelites, sometimes we are delayed by design. Every dream has difficulties. God uses delays to get us ready for those difficulties.

God also uses delays to test us. The Bible says in Deuteronomy 8:2, *“Do you remember how the Lord led you through the wilderness for all those forty years, humbling you and testing you to find out how you would respond, and whether or not you would really obey him?”* (TLB).

So when your dream is delayed, how should you respond?

Don't fear!

Embracing fear is the first mistake the Israelites made. Deuteronomy 1:28a says, *“Why should we go there? We are afraid. The men we sent tell us that the people there are stronger and taller than we are”* (GNT). The Israelites had enough faith to move out of Egypt, but they didn't have enough faith to move into the Promised Land. They were afraid.

The problem with fear is that it keeps you in the wilderness. It prolongs the delay. Many of your dreams have never been fulfilled, not because of God but because of *you*, because you wouldn't step out in faith.

The antidote to fear is faith, focusing on God's presence. Realize that God is with you. He says, *“Fear not, for I am with you”* (Isaiah

41:10a TLB). He’s with you now, he always has been, and he always will be.

Maybe you’re in the delay phase right now. You’ve been praying about something, and it hasn’t happened yet. You may start to think that God has forgotten you.

God has not forgotten you! It is a delay by design. God knows what you’re going through. He wants to build your character, and he wants you to learn to trust in him. You can count on him for his help. Don’t fear.

Talk It Over

- How has God’s testing of your faith produced spiritual growth in your life?
- What are your fears about where God may be leading you or what he may be asking you to do?

2019.09.08 (週日) 靈修

題目: [不要懼怕神的延遲]

「你也要記念耶和華你的神在曠野引導你這四十年，是要苦煉你，試驗你，要知道你心內如何，肯守他的誠命不肯。」（申命記 8:2）

夢想極少能夠立即實現，總是會有段等待的時期。以色列人被領出埃及後在曠野中飄流了四十年才得進入應許之地，雖然這段旅程只需要短短幾週的時間。

如同以色列人，有時我們也被刻意地延遲。每個夢想都存有困難，神用延遲來幫助我們面對困難。

神也用延遲來考驗我們。申命記 8:2 說：「你也要記念耶和華你的神在曠野引導你這四十年，是要苦煉你，試驗你。要知道你心內如何，肯守他的誠命不肯。」

所以在你的夢想被延遲時，你當如何回應？

不要怕！

向恐懼低頭是以色列人犯下的第一個錯誤。申命記 1:28 說：「我們上哪裏去呢？我們的弟兄使我們的心消化，說那地的民比我們又大又高，城邑又廣大又堅固，高得頂天，並且我們在那裏看見亞納族的人。」以色列人雖有足够的信心離開埃及，卻没有足够的信心走進應許之地。他們心中滿是恐懼。

恐懼的問題在於它使你停留在曠野中，繼續延長你的等待。你的許多夢想從未得以實現，原因不在神而是在你自己，因你無法踏出信心的腳步。

信心是面對恐懼的良藥，全心仰望神的同在，相信神與你同在。祂說：「你不要懼怕，因為我與你同在。」(以賽亞書 41:10 上)祂現在與你同在，過去一直與你同在，並且會在未來永遠與你同在。

或許現在的你正停留在延遲的階段。你曾為一事不斷地祈禱，卻不見其發生。可能你已開始認為神不再記得你。

神沒有忘記你！這是刻意的延遲。神知道你正經歷些甚麼，祂要歷練你的品格，祂要你學習信靠祂。你可以仰望祂的幫助。不要懼怕。

生命反思

- 神對你信心的試煉如何使你的靈命成長？
- 對於神可能引領你的方向或可能要你做的事，你害怕的是甚麼？

靈修筆記

2019.09.09 (Monday) Devotion

Title: [Rest, and Trust God's Timing]

“Rest in the Lord; wait patiently for him to act. . . . Don't fret and worry — it only leads to harm” (Psalm 37:7-8 TLB).

Proverbs 19:2b says, *“Impatience will get you into trouble”* (GNT). It's frustrating when you're in a hurry and God isn't. God is never in a hurry! The Bible says a day is like a thousand years and a thousand years like a day to God. One of the most useless things to try to do is to speed up God. When we try to take matters into our own hands and help God out, we get in trouble.

When you get a dream from God and make the decision to go for it but then are forced into God's waiting room, you start trying to figure out ways of doing God's dream on your own.

But the Bible says to trust God's timing: *“Rest in the Lord; wait patiently for him to act. . . . Don't fret and worry — it only leads to harm”* (Psalm 37:7-8 TLB).

Resting can be an act of faith. It means you're waiting on God. When Jesus and the disciples were in a boat that was caught in a big storm, Jesus just kept sleeping through all the ruckus while the disciples freaked out. When they woke him up to ask, “Why are you sleeping?!” he responded, “Do you think God is going to let the boat sink with me in it?” By sleeping through the storm, Jesus was saying that we can trust God even in the middle of a storm.

When we get into a storm, we tend to lie awake all night and fret about it. But that means we're not living by faith. We can't get any sleep because we don't really trust God to work it out. God says, “Don't fret. Remember that I'm always with you, and you can trust my timing.”

Worry only makes you miserable. So stop worrying, and start trusting

God to work in you and through you while you are in a delay on the way to your dream.

Talk It Over

- Why does rest so often make us feel guilty?
- What do you think God is trying to teach you while you have been delayed? What have you learned about yourself and about God in a delay by design?
- What is one thing you can change about your schedule or your expectations so that you are not tempted to rush God in this phase of your faith?

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 appears to be a standard notebook page or a sheet of stationery.

2019.09.09 (週一) 靈修

題目: [信靠神的時間]

「你當默然倚靠耶和華，耐性等候他……不要心懷不平，以致作惡。」（詩篇 37:7-8）

箴言 19:2 下說：「腳步急快的，難免犯罪。」看到自己急急忙忙而神卻不慌不忙，不免令人沮喪——神是永不急忙的！聖經說，對神而言，一日如千年，千年也如一日。所以，最沒有用的事情之一，就是試著為神加速；當我們試圖幫祂一把，自作主張，只會使自己陷入困境。

你從神那裏得到了一個夢想，並且下定決心要實現夢想了，然後卻被迫進入神的等候室。你開始靠自己想辦法去完成神賜的夢想。

但聖經說要信靠神的時間：「你當默然倚靠耶和華，耐性等候他……不要心懷不平，以致作惡。」（詩篇 37:7-8）

「默然倚靠」會是一種信心的行為，意指要等候神。主耶穌和門徒在船上遇到暴風時，門徒驚惶失措，而祂卻不受驚擾、安然酣睡。門徒叫醒主耶穌，問：「主啊，救我們，我們喪命啦！」祂回答說：「你們這小信的人哪，為甚麼膽怯呢？」主耶穌以暴風中的安睡來教導我們，縱然置身人生的暴風中也可以信靠神。

當我們身處暴風時，往往會因焦慮苦惱而徹夜難眠，這意味著我們不是憑信而活。我們不能入睡，是因為我們沒有真心相信神可以把問題解決。但神說：「不要苦惱！記住，我總是與你同在，你要信任我的時間表。」

憂慮只會使你痛苦悲慘，所以要停止憂慮，並且相信在你夢想延遲實現的日子裏，神正在為你並藉著你做工。

2019.09.10 (Tuesday) Devotion

Title: [Don't Settle for Less Than God's Best]

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up” (Galatians 6:9 NIV).

When you go through the delays in life, don't get discouraged. Don't lose heart. Don't give up!

The Israelites did, and it kept them out of the Promised Land. Numbers 14:2-4 says, “All the Israelites grumbled against Moses . . . ‘If only we had died in Egypt! . . . We should choose a leader and go back to Egypt’” (NIV). They gave up on their dream. They had been rescued after 400 years of slavery but then wanted to go back because they were being delayed.

Like the Israelites, some people would rather live in slavery than face the fear of freedom. They are not willing to push through and work on the problem until they get it right. They want to give up. They settle for mediocrity in life.

Don't settle for less than God's best for your life. If that means going through a tunnel of conflict, take the tunnel. In the middle of the tunnel, it will be dark, and you will want to run back to the light. But you've got to keep going until you come out on the other side into the light.

Instead of getting discouraged, be persistent and pray.

Galatians 6:9 says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up” (NIV).

This is the law of the harvest: There is always a delay between sowing and reaping. You plant in one season, and you reap in another. God wants to see if you're going to keep cultivating, planting, and sowing. If he sees consistency in your life, then the harvest will come. It will not come immediately, because it proves nothing if he does it

immediately — no character development or stretching your faith.

Luke 18:1 tells us that we “must always pray and never lose heart” (Phillips).

Those are the two options you have in life: Pray continually, or lose heart. You will always be doing one or the other. If you pray continually, you will not be discouraged. If you don’t pray continually, you will lose heart. You will get discouraged by the problems you’re facing in your life — whether it’s at work or at school or in your family. You’ve got to keep on praying!

What do you pray during the delay phases of life? Pray, “Help me hold on and not give up.” God will hear you, and he will help. You are not alone, so you don’t have to get discouraged, even when you are delayed.

Talk It Over

- What lesson have you learned in your delay? How can you apply that lesson to the pursuit of your dream?
- What does it mean to pray continually or “always pray”? How is that possible?
- How has God shown you in the past that he is faithful? Remind yourself of those experiences when you start to doubt his faithfulness in your delay.

2019.09.10 (週二) 靈修

題目: [要得神所賜最美好的]

「我們行善，不可喪志；若不灰心，到了時候就要收成。」（加拉太書 6:9）

經歷人生的延遲時，請不要氣餒，不要沮喪，也不要放棄！

以色列人灰心喪膽，就因此而遲遲不能進入應許之地。民數記 14:2-4 說：「以色列眾人向摩西……發怨言……『巴不得我們早死在埃及地……我們不如立一個首領回埃及去吧！』」他們放棄了夢想！經過四百年為奴的生活，他們被拯救出來了，卻因為不滿被延遲而寧可回到原狀。

有些人就像以色列人，他們寧願為奴，也不願面對伴隨自由而來的未知之數。他們不願意為夢想努力，去排除萬難。相反，他們選擇放棄，安於平庸的生活。

到達神的最美好之前，你不要將就。如果這意味著要穿過一條碰撞重重的隧道，也要選擇隧道。隧道中會是漆黑的，你會想往回跑到有光之處，但是你必須勇往直前，直到走出隧道的另一端，走進光明。

不要氣餒，要堅持並禱告。

加拉太書 6:9 說：「我們行善，不可喪志；若不灰心，到了時候就要收成。」

有一條收獲的定律：播種和收穫之間必有時間上的延遲。我們在這季播種，另一季才可採收。神要看見你是否會繼續育苗、栽種、播種、。如果祂看到你人生持續如一，就會賜給收穫。但是收穫

不會立刻出現，因為祂如果即時供應，你的信心就得不到擴展，品格也得不到發展。

路加福音 18:1 說：「耶穌設一個比喻，是要人常常禱告，不可灰心。」

這說明了生命有兩個選擇：常常禱告或灰心喪志，兩者必行其一。如果你常常禱告，就不會氣餒。如果你不常常禱告，就一定會灰心喪志；不論是在職場、學校，還是家裏，你都會碰到困難，你就會氣餒沮喪。你必須持續禱告！

如果處於人生的延遲階段，你要如何禱告？答案是持續禱告「求主幫助我堅持不懈。」神會聆聽，會幫助你。你不是獨自面對，所以即使面對延遲也不會沮喪。

生命反思

- 在延遲中你學會甚麼？追尋夢想時你可以如何活用這教訓？
- 恆切或不斷禱告是甚麼意思？如何可以做到？
- 神曾經如何向你顯示祂的信實？當你在延遲中開始懷疑祂的信實時，切記以這些經驗鼓勵自己。

靈修筆記

2019.09.11 (Wednesday) Devotion

Title: [In Your Delay, Remember God's Faithfulness]

"I will bless the Lord and not forget the glorious things he does for me" (Psalm 103:2 TLB).

When our dream is delayed, it causes us to forget many things. We tend to forget our dream. We forget what God has done in our lives and his goodness to us in the past. We forget that God is with us. We forget God's power.

The Israelites made this same mistake in the wilderness: *"They forgot the many times [God] showed them his love, and they rebelled against the Almighty at the Red Sea. But he saved them, as he had promised, in order to show his great power. . . . But they quickly forgot what he had done and acted without waiting for his advice"* (Psalm 106:7b-8, 13 GNT).

It's unbelievable how short their memory was! In Egypt, God sent 10 plagues on the Egyptians just to rescue his people, and the children of Israel forgot it just days later when they were at the Red Sea saying, "We're all going to die!" They forgot what God had done. Then God did a miracle and opened the Red Sea. They walked through to the other side and immediately forgot that miracle and cried, "We're going to die of thirst!" God miraculously provided water. The Israelites forgot that and complained, "We're going to die because we have no food!" They were always forgetting.

But we shouldn't be too quick to judge them, because we do the exact same thing. When a delay occurs in our lives, we start acting like God's never done anything for us. Has God done things for you in the past? Sure he has. And you can count on him to do it again tomorrow and the next day and the day after that.

Instead of forgetting, you need to remember God's promises. There are more than 7,000 of them in the Bible. Whenever you have a problem, find a promise like 2 Timothy 2:13: *"Even when we are too weak to have any faith left, he remains faithful to us and will help*

us . . . and he will always carry out his promises to us” (TLB). The promises are always greater than the problems you’re facing!

God may not have fulfilled the promise in your life because he’s waiting on you. He’s waiting on you to learn to not fear, not fret, not faint, not forget. He wants you to learn that before he delivers you.

God can do things immediately, but he’s working on a larger agenda. The delays that come in your life do not destroy God’s purpose. They fulfill God’s purpose in your life.

“I will bless the Lord and not forget the glorious things he does for me” (Psalm 103:2 TLB).

Talk It Over

- What has God done for you that proves his faithfulness?
- How has God been refining you in the delay of your dream?
- What can you change about your attitude as you spend time in God’s waiting room?

2019.09.11 (週三) 靈修

題目: [謹記神的信實]

「我的心哪，你要稱頌耶和華！不可忘記他的一切恩惠！」

(詩篇 103:2)

當夢想遲遲未實現時，我們會忘記許多事情。我們會忘記自己的夢想，遺忘神在我們生命所成就的事和過去對我們的美善，忘了祂與我們同在，忘了祂的大能。

以色列人在曠野裏犯了同樣的錯誤：「不記念你豐盛的慈愛，反倒在紅海行了悖逆。然而，他因自己的名拯救他們，為要彰顯祂的大能……等不多時，他們就忘了祂的作為，不仰望祂的指教。」(詩篇 106:7 下- 8, 13)

他們的善忘真是令人難以置信！為了拯救祂的子民，神向埃及人降下十場災難，但才幾天後，以色列人就在紅海邊說：「我們全都要死了！」他們已經忘記神所成就的。然後神又行了一個神蹟，把紅海分開；他們走到了紅海另一邊，但是又馬上忘記這個神蹟而哭叫著：「我們要渴死了！」於是神再行神蹟給他們提供了水。然後以色列人又忘記了，抱怨說：「我們沒有食物，要餓死了！」他們總是遺忘神為他們成就的一切。

可是我們不應太快地論斷他們，因為我們都犯同樣的錯誤。遇上延遲，我們會表現得彷彿神從沒為我們成就過任何事情。神過去曾經為你成就美事嗎？當然！而且你可以指望祂明天、後天和以後的每一天也為你成就美善。

你需要牢記神的應許，聖經裏有 7000 多個神的應許。每當遇到困難，要從中尋找像提摩太後書 2:13 這樣的應許：「我們縱然

失信，他仍是可信的，因為他不能背乎自己。」神的應許總比你面對的困難大！

神可能還沒有實現祂對你的應許，也許因為祂還在等你。等待你學會不再恐懼，不再憂慮，不再怯懦，不再善忘。祂要你祂在拯救你之前學會這些。

神可以立即成就美事，但祂可能正在完成一個更重要的計劃。你遇到的延遲不會破壞在你生命中的旨意，而是在成就它。

「我的心哪，你要稱頌耶和華！不可忘記他的一切恩惠！」
（詩篇 103:2）

生命反思

- 神為你做了甚麼以證明祂的信實？
- 神如何藉著延遲實現你的夢想來煉淨你？
- 當你在神的等候室裏等候時，你可以如何改變自己的態度？

靈修筆記

2019.09.12 (Thursday) Devotion

Title: [Three Mistakes to Avoid in the Face of Difficulty]

“In this world you will have trouble. But take heart! I have overcome the world” (John 16:33b NIV).

In Acts 27, Paul set sail for Rome with other prisoners, and they faced great difficulties on their journey because the winds were against them. Paul warned the men on one leg of their voyage that if they set sail, they would be caught in a major storm and the results would be disastrous. They decided to sail anyway, making three common mistakes that we also tend to make that get us into trouble.

1. We listen to bad advice. *“[They] followed the advice of the pilot”* (Acts 27:11b NIV). God had already said not to do it, and Paul warned them not to do it. But because the “expert” said it was okay, they did it. If God tells you to do one thing and all the experts in the world tell you to do something else, don’t listen to the experts. Listen to what God says. °

2. We follow the crowd. *“The majority decided that [they] should sail on”* (Acts 27:12b NIV). The majority is often wrong! The majority of the Israelites wanted to go back to Egypt, and they were wrong, too. Peer pressure keeps a lot of people from doing what God wants them to do.

3. We rely on circumstances. *“When a gentle south wind began to blow, they saw their opportunity”* (Acts 27:13a NIV). Paul warned the others that they were heading into a storm, but they sailed anyway. You should not go through every open door you see. You should not take advantage of every opportunity given to you. You should not accept every job that is offered to you. You should not date everybody that asks you out. Satan can arrange circumstances, too, so you need to ask God for his direction.

Trouble is a part of life. You will have difficulties! Jesus told us so in

2019.09.12 (週四) 靈修

題目: [面對困難時要避免三個錯誤]

「在世上，你們有苦難；但你們可以放心，我已經勝了世界。」
(約翰福音 16:33 下)

使徒行傳第 27 章記載，保羅與其他囚犯一起坐船前往羅馬；但因為逆風，他們的航行面對很大困難。其中有一段航程，在開始之前，保羅警告人們，如果他們啟航，便會碰上大風暴，陷於險境，後果不堪設想，但他們還是決定啟航。他們犯了三個我們也經常犯的錯誤，以致陷入困境。

一、我們聽從謬議

「但百夫長信從掌船的和船主。」(使徒行傳 27:11 上) 神已經說不要這樣做，保羅亦警告他們不要啟航，但那些「專家」認為沒問題，於是他們堅持啟航。如果神叫你做一件事，而全世界所有「專家」都叫你做另一件事——不要聽「專家」的，要遵行神的旨意。

二、我們隨從眾意

「船上的人就多半說，不如開船離開這地方。」(使徒行傳 27:12 下) 「多數人」往往是錯誤的！大多數以色列人想回到埃及，他們也是錯誤的。群體的壓力會阻止很多人去做神要他們做的事。

三、我們依賴環境

「這時，微微起了南風，他們以為得意……」(使徒行傳 27:13 上) 保羅警告，他們將向著風暴駛去，但他們還是要航行。我們不應總是信賴周遭境況——諸如穿過每一扇敞開的門、利用每一個機會、接受每一項工作、或者答應參加每一個約會——因為撒但也能安排不同境況，因此，你需要尋求神的指引。

2019.09.13 (Friday) Devotion

Title: [Every Storm Is a School, Every Trial a Teacher]

“This small and temporary trouble we suffer will bring us a tremendous and eternal glory, much greater than the trouble” (2 Corinthians 4:17 GNT).

When we go through difficulties in life, the first thing we often try to do is blame somebody else. But it doesn’t matter where your problem came from — God still has a purpose for it in your life. Even when you do stupid things, God can use it. Even when other people hurt you intentionally, he can use it. Even when the Devil plans bad things for your life, God can bring good out of it.

God’s purpose is greater than your problems and your pain. He has a plan! You need to look past the temporary pain and look instead at the long-term benefit in your life.

Romans 5:3-4 says, *“We can rejoice, too, when we run into problems and trials, for we know that . . . they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady” (TLB).*

What’s the purpose of your problems and difficulty? God wants you to learn something. Every storm is a school. Every trial is a teacher. Every experience is an education. Every difficulty is for your development.

Most of us are slow learners. If you don’t learn something, God will bring it up again in your life. It will come back, because God is more interested in your character than he is in your comfort. He is more interested in seeing you become more like Christ than he is in making things easy for you.

Maybe you are facing a major difficulty right now. It may be an illness or guilt or a financial problem or strain in a relationship. Does

2019.09.13 (週五) 靈修

題目: [風暴是學校，試煉是老師]

「我們這至暫至輕的苦楚，要為我們成就極重無比、永遠的榮耀。」（哥林多後書 4:17）

經歷困難時，我們首先做的往往是責怪別人。但無論困難從何而來——它仍合乎神對你的旨意。即使你做愚蠢的事，神也可以使用它；即使別人故意傷害你，神也可以使用它；即使撒但在你生命中計劃壞事，神也可以從中帶出美善。

神的旨意比你的困難和痛苦更大。祂有一個計劃！所以你不要在意暫時的痛苦，要着眼生命裏長遠的得益。

羅馬書 5:3-4 說：「不但如此，就是在患難中也是歡歡喜喜的；因為知道患難生忍耐，忍耐生老練，老練生盼望……」

你遇到煩惱和困難有什麼意義？神希望你從中學會一些東西——每一場風暴是一堂課，每一場考驗是一位老師，每一個經歷是一個教育，而每一個困難也是為了你的成長。

大多數人學習緩慢。如果你未能從問題和困難中學到東西，神會讓你再次經歷它們。它會回來，因為神對你的品格比對你的舒適更有興趣；比起為你將事情變得容易，祂更有興趣看到你變得更像基督。

也許你現在正面對重大困難——可能是生病、罪惡感、財務困難或關係緊張。經歷困難時，神有話對你說嗎？絕對有！神對你說：「不要放棄，成長吧！」磨難也有目的，努力成就它——成為越來越像祂想創造的「你」吧。

「我們這至暫至輕的苦楚，要為我們成就極重無比、永遠的榮

2019.09.14 (Saturday) Devotion

Title: [In Difficult Times, What Happens in You is Most Important]

“Paul said to the centurion and the soldiers, ‘Unless these men stay with the ship, you cannot be saved’” (Acts 27:31 NIV).

Life is not fair. You will have problems, difficulties, and hurts that will make you better or bitter. You will either grow up or give up. Either you’ll become who God wants you to be or your heart will become hard. You have to decide how you are going to respond to the tough times in your life. How will you handle it?

When you go through those difficult times, what happens to you is not nearly as important as what happens in you. That’s what you take into eternity — not the circumstances but your character.

In Acts 27, we learn three ways you shouldn’t respond in trials:

1. Don’t drift. *“The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along” (Acts 27:15 NIV).* The ship carrying Paul and other prisoners to Rome was in the middle of the Mediterranean and hadn’t seen the sun for 14 days, so they couldn’t get any bearings, and they started to drift.

When they face difficulty, some people start drifting through life. They have no goal, purpose, ambition, or dream for their life. Today, we call this “coasting.” The problem with coasting is that you’re headed downhill. Life is not a coast. Life’s tough. Don’t lose your ambition or your dream just because life gets hard.

2. Don’t discard. *“We took such a violent battering from the storm that the next day they began to throw the cargo overboard” (Acts 27:18 NIV).* The men in charge needed to lighten the ship, so they threw the cargo overboard, then the tackle and the food. They were discarding things they needed because the storm was so tough.

When you get in a storm and the stress gets unbearable, you tend to start abandoning values and relationships you would not let go of in better times. You say, “I’m giving up on my marriage. I’m giving up on my dream to go to college.”

God says, “Stay with the ship!” For example, have you done that in your marriage? Have you said, “Divorce is not an option for us; we’re going to make it work”? If you haven’t, you’ll always be tempted to walk out. If you don’t throw away the key, you’ll never develop the character God wants you to have. God can change situations and personalities. He can change you. I’ve learned from personal experience that it is never God’s will to run from a difficult situation. God wants you to learn, grow, and develop, and he is there with you all the time.

3. Don’t despair. “*We finally gave up all hope of being saved*” (Acts 27:20b NIV). After 14 days in total darkness and after giving up their cargo, tackle, and food, the passengers finally give up hope. But they’d forgotten one thing: Even in a storm, God is in control. He hasn’t left you. You may not feel him, but if you feel far from God, guess who moved?

God is with you in the storm, and he’ll help you through it. He is testing you to see if you’ll trust him.

Talk It Over

- How do you demonstrate that you trust God when you’re in a storm?
- What difficult situation have you been waiting on God to change?
- How might God be waiting on you to start changing instead of changing the situation? How will you respond?

2019.09.14 (週六) 靈修

題目: [困難時，內心轉變最重要]

「保羅對百夫長和兵丁說：『這些人若不等在船上，你們必不能得救。』」（使徒行傳 27:31）

人生並不公平。你會有煩惱、困難和受傷，它們會讓你更好或更壞。你要麼振作，或放棄；要麼成為神要你變成的人，或變得心硬。你需要決定如何應對生命的艱難時期，你該如何處理？

經歷困難時，發生在你身上的事遠不如你內心的轉變重要——因為你帶進永恆的是自己的品格而非境況。

在使徒行傳第 27 章，我們學會三種面對考驗時不該有的反應：

一、不要隨波逐流

「船被風抓住，敵不住風，我們就任風颳去。」（使徒行傳 27:15）載著保羅和其他囚犯前往羅馬的船正在地中海中央；風暴肆虐，他們已十四天看不到太陽，因而無法找到方位，開始漂流。

面對困難時，有些人開始讓生命放任漂流，變得毫無目標、他們的生命失去目的、抱負和夢想。今天我們稱這為「順勢滑行」，而它的問題是你在向下坡滑行。人生不是一個順勢滑行，而是艱難的；但不要因遇上困難而喪失你的抱負或夢想。

二、不要放棄

「我們被風浪逼得甚急，第二天眾人就把貨物拋在海裏。」（使徒行傳 27:18）船長為要減輕船的負荷，先後把貨物、器具和食物丟進海裏。面對兇險難以應付的風暴，他們拋棄所需。

當你陷入風暴，難以承受壓力，你會傾向放棄那些在美好日子裏所堅持的價值觀和人際關係，說：「我要放棄婚姻、放棄上大學

的梦想。」

但神說：「留在船上！」以婚姻為例，你可曾說過：「離婚不是選項，我們會設法挽救」？如果沒有，你會隨時受到離婚念頭的試探。若不捨棄這念頭，你將永遠不會發展出神要你擁有的品格。神可以改變境況和性格，祂可以改變你。我從個人經驗領會到逃避困境絕不是神的心意。祂要你學習、成長和發展，而祂一直與你同在。

三、不要絕望

「我們得救的指望就都絕了。」（使徒行傳 27:20 下）在昏天黑地中熬了十四天，丟棄貨物、器具和食物後，船上的人終於絕望了。但他們忘了一件事：即使在風暴中，神仍然掌權；祂從沒有拋下他們，也不曾離棄你——你可能感覺不到祂，但如果你感到神離你很遠，猜猜走開的是誰？

風暴中神與你同在，祂會幫助你渡過難關。祂考驗你是否信靠祂。

生命反思

- 在風暴中你如何證明自己信靠神？
- 你曾等候神改變哪些困難境況？
- 神會如何等待你改變，而不是為你改變環境？你會如何回應？

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

