

# 城北華人基督教會 國語部每日靈修

Daily Hope

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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



2019.09.15 (Sunday) Devotion

Title: [God Is in Control Even When Your Plans Stall]

*“Abraham believed in the God who brings the dead back to life and who creates new things out of nothing” (Romans 4:17b NLT).*

There are certain dead-end words in life, including “cancer,” “divorce,” “bankruptcy,” “infertility,” and “unemployment.”

How do you know when you’re at a dead end? You know it when things get out of your control and you can’t do anything about it.

When you’re stuck and waiting for deliverance, you need to remember what God can do. The situation may be out of your control, but it’s not out of God’s control. When you face a dead end, don’t focus on what you can’t do. Focus instead on what God can do.

Romans 4:17b says, *“Abraham believed in the God who brings the dead back to life and who creates new things out of nothing” (NLT).*

Here are two things God does that you can’t do: He can give life to the dead, and he can create something out of nothing. If God can give life to a dead man, he can give life to a dead career. He can bring life to that dead marriage. He can bring life to that dead dream. He can bring life to that financial dead end.

It wasn’t just positive thinking that helped Abraham. Positive thinking works fine in situations you can control. But positive thinking is not faith. They are two very different things.

In situations that are out of your control, positive thinking is worthless. It’s just wishful thinking. It doesn’t change the situation. When you face things that are out of your control, you need something more than a positive mental attitude. You need faith in God, because he can control it when you can’t. Most of life is beyond your control, so you need faith far more than you need positive thinking.



2019.09.15 (週日) 靈修

## 題目: [人的計劃停滯，神仍在掌權]

「亞伯拉罕所信的，是那叫死人復活、使無變為有的神。」（羅馬書 4:17 上）

人生中有某些字詞等同於絕境，像「癌症」、「離婚」、「破產」、「不育」和「失業」等。

你如何知道自己處於絕境？當事情不在你掌握，而你已束手無策，那你便知道了。

陷入困境等待救助時，你需要謹記神能成就甚麼。情況可能不受你控制，但絕非不受神掌控。所以當你面對絕境，不要專注在你做不到的事，而要定睛神能成就的。

羅馬書 4:17 上說：「亞伯拉罕所信的，是那叫死人復活、使無變為有的神。」

神可以做到而你做不到的事情有二：祂可以使死人復活，祂可以從無創造出新事物。如果神能使死人復活，祂可以讓垂死的事業復生。祂可以讓無救的婚姻重燃、祂可以讓無望的夢想復甦，祂可以讓陷入絕境的財務重啟。

幫助亞伯拉罕的不只是積極的思想。積極的思想只在你可控制的情況下發揮作用。但積極思想不是信心，它們兩者截然不同。

在無法控制的情況下，積極思想是毫無價值；它只是癡心妄想，不會改變現況。當你面對無法控制的事情，你需要比積極心態更為重要的事。你需要信靠神，因為祂能掌控而你不能。我們大部份的人生都是超出自己所能控制，所以需要信靠的心遠多於積極的思想。



2019.09.16 (Monday) Devotion

Title: [Jesus Turns Your ‘Hopeless End’ into ‘Endless Hope’]

*“This happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us . . . and he will deliver us again. On him we have set our hope that he will continue to deliver us” (2 Corinthians 1:9b-10 NIV).*

Paul knew that God works in our lives according to our expectation. The Bible says in 2 Corinthians 1:9b-10, *“This happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us . . . and he will deliver us again. On him we have set our hope that he will continue to deliver us” (NIV).*

The purpose of the dead end is to teach you to trust in God. Why does God let things get so bad and so out of control? So he can force you to learn to trust in him instead of trusting in your own ingenuity and cleverness.

What’s the promise when you trust God? He has delivered you, he will deliver you, and he will continue to deliver you. God uses three different kinds of deliverance:

1. God uses circumstantial deliverance. Sometimes God miraculously alters the circumstance, and the Red Sea splits. That will happen many times in your life, but it’s not going to happen all the time.
2. God uses personal deliverance. Instead of changing the circumstance, God changes you from the inside. You get a new dream, a new vision, a new attitude, and a new perspective.
3. God’s ultimate deliverance is Heaven. God has not promised to remove all of your pain in this world or solve every one of your problems. Because we are on earth, there is pain and sorrow and suffering. The ultimate deliverance will be one day in Heaven where there will be no pain, no sorrow, no suffering, and no heartache.

There is only one way to get to Heaven. Jesus said, *“I am the way and the truth and the life. No one comes to the Father except through me”*

(John 14:6 NIV). When you're at a dead end, Jesus can take that hopeless end and turn it into an endless hope.

Are you at a dead end? I invite you to take that problem, that situation, and your own life and give them to Jesus Christ. Jesus always looks out for your best interests.

## Talk It Over

- No matter what phase of faith you are in right now, what are you expecting God to do in your life?
- How does trusting your life to Jesus Christ change the way you face a difficulty or dead end in your journey of faith?

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2019.09.16 (週一) 靈修

題目: [耶穌變「絕望」為「盼望」]

「叫我們不靠自己，只靠叫死人復活的神。他曾救我們脫離那極大的死亡，現在仍要救我們，並且我們指望他將來還要救我們。」  
(哥林多後書 1:9 下-10)

保羅知道神照著我們的期待在我們的生命裏做工。聖經在哥林多後書 1:9 下-10 說：「叫我們不靠自己，只靠叫死人復活的神。他曾救我們脫離那極大的死亡，現在仍要救我們，並且我們指望他將來還要救我們。」

讓你陷於絕境的目的是教你信靠神。為何神讓事情變得如此糟糕，無法控制？這樣祂就可以促使你學會信靠祂，而不是倚靠自己的聰明才智。

當你相信神時會得到甚麼應許？祂已經拯救你、將會拯救你、並繼續拯救你，而拯救方式有以下三種：

1. 神用境況拯救。有時神會奇蹟般地改變境況，把紅海分開。這將在你的生命中多次發生，但不會經常發生。
2. 神用個人拯救。有時神不會改變境況，而是改變你的內心。你會有新的夢想、願景、態度和觀點。
3. 神終極的拯救是天堂。神沒有應許你免於世上的痛苦，或是解決你每一個問題。因為人生在世，總有傷痛、悲哀和苦難。我們最終的拯救是進入天堂，在那裏，不再有傷痛，悲哀和苦難，也不再有心碎。

要到達天堂，只有一條途徑。「耶穌說：『我就是道路、真理、生命，若不是藉着我，沒有人能到父那裏去。』」（約翰福音 14:6）當你處於絕境，耶穌可以把這絕望的結局變成一個無盡的希望。

你是否處於絕境？若是，我邀請你把困難、處境和生命交給耶穌基督，因為祂總是為你的最佳益處着想。

## 生命反思

- 無論你現在處於哪個信心階段？你期望神在你的生命中做甚麼？
- 「把自己的一生交託給耶穌基督」，這將如何改變你在信心旅程中面對困難和絕境的方式？

[illegible]

2019.09.17 (Tuesday) Devotion

Title: [What Happens When God Wants You to Give Up Your Dream?]

*“Abraham, when hope was dead within him, went on hoping in faith . . . He relied on the word of God” (Romans 4:18 Phillips).*

How do you know when hope has died in your life? You start using the word “never.” I’m never going to get married. I’m never going to graduate. I’m never going to get well. I’m never going to get out of debt. I’m never going to be able to let go of my past and forget all of that shame and heartache. I’m never going to be able to change. I’m never going to see this situation turn around. That’s when hope has died.

What do you do when your hope dies? Romans 4:18 says, *“Abraham, when hope was dead within him, went on hoping in faith . . . He relied on the word of God”* (Phillips).

When you are at a dead end, you need the Bible. Read it. Study it. Memorize it. Think about it. Write it down on little notecards, and go over it. The Bible is full of promises. You rely on the Word and trust in its promises, and it will revive you emotionally. Nothing else is going to encourage you like the Bible. When you rely on the Word of God, you don’t panic because you’re reminded that even though something is out of your control, it’s not out of God’s control.

A dead end is a test of your faith. The Bible says in Hebrews 11:17a, *“While God was testing him, Abraham still trusted in God and his promises, and so he offered up his son Isaac”* (TLB). God said he wanted Abraham to sacrifice his son, and Abraham didn’t blink an eye. He didn’t panic because he remembered what God could do, and he relied on what God had promised him.

What happens when God takes your most precious dream and wants you to give it up? Can you do that in faith? You’re at a dead end, and God’s going to deliver you if you give the right answer.

You may be at a dead end now, and it seems there is no way out. But things are never as bleak as they seem. You’re looking at it from the human viewpoint rather than God’s viewpoint.

Romans 4:20 says, “*Abraham never doubted. He believed God, for his faith and trust grew ever stronger, and he praised God for this blessing even before it happened*” (TLB).

A promise is only as good as the character of the person who makes the promise. The Bible says God cannot lie because he is complete truth. If he makes a promise to you, he’s going to fulfill it. It will happen exactly as he has said. When you’re at your dead end, trust in God’s truth.

**Talk It Over**

- Even if you’re not at a dead end right now, how can you use God’s Word to prepare yourself for this phase of faith?
- What promises from God encourage you when you are at a dead end?
- How do you think God will respond to someone who turns to his Word when facing a dead end?

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2019.09.17 (週二) 靈修

題目: [當神要你放棄夢想時，怎麼辦？]

「他在無可指望的時候，因信仍有指望，就得以作多國的父，正如先前所說：『你的後裔將要如此。』」（羅馬書 4:18）

你如何知道希望已從生命中消失呢？你開始用「永遠不會」的說詞。我永遠不會結婚、永遠不會畢業、永遠不會好起來、永遠不會還清債務、永遠不會放下過去並且忘記那些恥辱傷痛、永遠不會改變、永遠不會見到轉機。那就是希望幻滅之時了。

希望幻滅時，你會做甚麼？羅馬書 4:18 說：「他在無可指望的時候，因信仍有指望，就得以作多國的父，正如先前所說：『你的後裔將要如此。』」

當你處於絕境時，你需要聖經。你要研讀，學習並記住它、思考它、把它寫在小卡片上，然後再復習。聖經中充滿了應許，依靠神的話語並相信它的應許，會令你振奮。沒有甚麼比聖經更能鼓勵你。當你倚靠神的話語，便不會驚慌。因為它提醒你即使有些事情是你無法控制的，但卻在神掌管之內。

絕境是對你信心的考驗。希伯來書 11:17 上 說：「亞伯拉罕因着信，被試驗的時候，就把以撒獻上。」神說祂要亞伯拉罕以兒子作為祭獻，亞伯拉罕毫不猶豫就做了。他沒有驚慌，因為他記得神所能做的，並倚靠神給予他的應許。

當神拿走你最珍惜的夢想並要你放棄它時，怎麼辦？你可以憑信心去行嗎？如果你做出正確的回應，神將會把你從絕境中拯救出來。



2019.09.18 (Wednesday) Devotion

Title: [To Bear Fruit, Get Connected]

*“Live in me, and I will live in you. A branch cannot produce any fruit by itself. It has to stay attached to the vine. In the same way, you cannot produce fruit unless you live in me” (John 15:4 GW).*

Right before Jesus went to the cross, he gave his last minute instructions to his followers: *“Live in me, and I will live in you. A branch cannot produce any fruit by itself. It has to stay attached to the vine. In the same way, you cannot produce fruit unless you live in me” (John 15:4 GW).*

Jesus says that being spiritually connected is like being attached to a vine. You’re not going to have any fruitfulness or productivity in your life if you’re out there on your own. You’ve got to stay connected.

In plants, a disconnected branch can’t bear fruit. When you don’t have the support, you not only start to wither and die, but you also don’t have any productivity in your life if you’re not spiritually connected.

I grow a lot of vegetables and fruit every spring. If I cut off a branch, those branches aren’t going to produce any tomatoes or anything else. They’ve got to be connected in order to produce fruit.

What kind of fruit should you produce when you are connected to the Body of Christ? *“The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self control” (Galatians 5:22-23a NIV).*

I don’t know about you, but I’d like to be more loving. I’d like to be more joyful. I’d like to be more at peace, no matter what happens to the economy. I’d like to be more kind to people who are mean to me. I’d like to be a good person. I want to be faithful, not unfaithful. I want to keep my promises. I’d like to be gentle with people who are not very gentle. And I’d like to have more self-control.





2019.09.18 (週三) 靈修

題目: [建立連結，才能結果子]

「你們要常在我裏面，我也常在你們裏面。枝子若不常在葡萄樹上，自己就不能結果子。你們若不常在我裏面，也是這樣。」（約翰福音 15:4）

就在耶穌走向十字架之前，他給了信徒最後的教導：「你們要常在我裏面，我也常在你們裏面。枝子若不常在葡萄樹上，自己就不能結果子。你們若不常在我裏面，也是這樣。」（約翰福音 15:4）

耶穌說屬靈的連結就好像連於葡萄樹上。如果靠自己，就不能結果子，也沒有任何結果子的能力。你必須保持連結。

對於植物，斷開的枝子無法結果子。如果在生活中沒有屬靈的連結，當失去供給時，你不僅開始枯萎和死亡，而且也不會有any結果子的能力。

我每年春天都要種很多蔬菜和水果。如果我砍下一個枝子，那些枝子就不會結出西紅柿或其他任何東西。必須有連結才能結果子。

當你與基督的身體相連的時候，會結甚麼樣的果子？「聖靈所結的果子就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。」（加拉太書 5:22－23 上）

我不知道你怎麼樣，但我要更有愛心、更喜樂、更和平，無論經濟上發生甚麼狀況。我要對那些刻薄待我的人更友善。我要做一個好人。我要忠誠，而不是不忠。我要信守承諾。我要溫和對待那些不是很溫和的人。我要更有節制。

這就是聖靈的果子，是你們屬靈連結的證據。如果你沒有看到自己在所有這些事情中成長，你猜怎麼著？這意味著你沒有屬靈的連結。

神說，如果你在生活中單靠自己，就不能結出果子，也不會有任何結果子的能力。這非常重要。我必須連於基督的身體。你必須連於基督的身體。我們在一起實在是更好。

## 生命反思

- 你在生活中結果子的證據是甚麼？
- 你需要在甚麼「果子」上成長？你打算怎麼做？
- 連於基督的身體，你見證了甚麼好處？

## 靈修筆記

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## 2019.09.19 (Thursday) Devotion

### Title: [Three Questions to Manage Your Emotions]

*“From now on, then, you must live the rest of your earthly lives controlled by God’s will and not by human desires.” (1 Peter 4:2 TEV)*

The Bible says in 1 Peter 4:2, *“From now on, then, you must live the rest of your earthly lives controlled by God’s will and not by human desires”* (TEV).

What are human desires? It’s your emotions and your affections. Now that you are a Christ-follower, your life should be controlled by God’s will, not by how you feel.

Let me give you three questions to ask about your emotions when you’re trying to figure out how to deal with how you feel. When you’re angry or upset or frustrated — whatever you’re feeling — ask these three questions:

**1. “What’s the real reason I’m feeling this?”** Maybe the answer is fear or worry. Maybe it relates to something your dad said to you years ago, and when your husband said it to you, he got all the anger against your dad that you pent up.

**2. “Is it true?”** Is what you’re feeling at that moment true? There’s a point in the Bible where Elijah gets so discouraged that he went to God and complained, “God, I’m the only one in the entire nation of Israel left serving you.” And God challenged him, saying, “Are you kidding me? I’ve got all these people who are still serving me! You’re acting like you’re the only one trying to do the right thing in the whole world! No. That’s not true.”

**3. “Is what I’m feeling helping me or hurting me?”** Will you get what you want by continuing to feel this way? A lot of feelings we have feel natural, but they’re actually self-defeating.

Let’s say you go to a restaurant, and the service is extremely slow. You wait a long time to be served, and then a couple comes in 15 minutes after you and gets their meal before you do. You get increasingly more irritated until you feel something welling up inside you.

What’s the real reason you’re feeling that way? You’re hungry!

Is it true? Yes. You’re frustrated because the service is slow. But is your emotion helping or hurting? Do you get better service by getting angry at the server? Absolutely not.

Does nagging work? Has it ever worked? When somebody tells you all the things you’re doing wrong, does it make you want to change? No! All it does is make you defensive.

When you ask yourself these three questions, you get a better grip on why you feel the way you do and what you need to do to help the situation.

**Talk It Over**

- Why do you think it’s hard to sometimes admit that the emotion we think we feel isn’t actually true?
- Think of a recent experience where you felt angry or frustrated with someone. How do you think asking these three questions would have changed the outcome of the incident?
- What do you think it means to be controlled by God’s will?

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2019.09.19 (週四) 靈修

## 題目: [情緒管理的三個問題]

「你們存這樣的心，從今以後就可以不從人的情慾，只從神的旨意，在世度餘下的光陰。」（彼得前書 4:2）

彼得前書 4:2 說：「你們存這樣的心，從今以後就可以不從人的情慾，只從神的旨意，在世度餘下的光陰。」

人的情慾是甚麼？是你的情緒和喜好。現在你成為一個跟隨基督的人，你的人生應該受神旨意的掌管，而不是被自己的感受掌管。

當你試著想弄清楚怎樣去處理自己的感受時，讓我給你三個有關情緒的問題去問自己。不論你有何種感受，當你心煩氣躁和失意時，問自己這三個問題：

### 1. 我這感受背後的真正原因是甚麼？

答案可能是恐懼或擔憂。可能跟多年前你父親對你說的話有關。當你的丈夫對你說同一番話的時候，你壓抑在心裏對你父親的怨氣就發給他了。

### 2. 這是真的嗎？

你此刻的感受是真實的嗎？聖經記載，有一次先知以利亞氣餒到一個地步，他向神抱怨說：「神啊，整個以色列只剩下我一個人事奉祢。」而神反問他說：「你在開玩笑嗎？我留有一大堆人還在事奉我！你表現得好像全世界就只有你一個人要做對的事似的！不，這不是真的。」

### 3. 我的感受是在幫我還是傷我？

你繼續這樣的感受就可以得到你想要的嗎？有很多我們覺得很自然的感覺其實是弄巧成拙的。

比如說你去一間餐廳，它的服務非常慢。你等了很久才得到服務，但是有一對客人比你遲來 15 分鐘，卻比你優先得到餐飲。你便會愈加生氣，直到你感到有食物進在胃中飽足為止。

你有這種感覺的真正原因是甚麼？是你餓了！

是真的嗎？是的。因為服務慢，你有挫折感。但是你的情緒是在幫你還是傷你呢？你對服務員生氣就會得到更好的服務嗎？一定不會。

抱怨有用嗎？曾經有用過嗎？當有人告知你所做的一切都是錯的，你會想要改變嗎？不會！它會促使你為自己辯護。

當你問自己這三個問題時，就更能掌握你自己這種感受的原因，並且知道該怎樣做才有助於改善這個情況。

這就是情緒管理。

## 生命反思

- 你為甚麼覺得有時候很難承認自己的情緒感覺其實不是真的？
- 想想你最近一次對某人生氣或失意的經驗。你覺得問這三個問題會怎樣改變那次事件的結果？
- 你認為被神的旨意掌管是甚麼意思？

## 靈修筆記

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2019.09.20 (Friday) Devotion

Title: [Can You Change What You're Feeling]

*“Your attitude should be the kind that was shown us by Jesus Christ.” (Philippians 2:5 TLB)*

If you want to succeed in life, you must learn how to master your moods. When you have emotion that isn't getting you where you want to go, you've got two options: You either change it, or you channel it.

Sometimes you need to **change** what you're feeling.

Some emotions are so destructive, so damaging, so hurtful, so non-effective, the only thing you can do is change it. You've got to change what you're feeling.

Philippians 2:5 says, “Your attitude should be the kind that was shown us by Jesus Christ” (TLB).

Your attitude includes your emotions, so what you're feeling should be the same as that of Jesus. You need to ask yourself, “How would Jesus feel in this situation? Would Jesus get irritated with this waitress? No. Would Jesus yell at that person? No. Would Jesus be up all night, wringing his hands and worrying that it isn't going to work out? No. Would Jesus be fearful? No.”

Then, you instantly dismiss any feeling that doesn't make you more like Jesus. If Jesus wouldn't respond to your wife with that emotion, then you shouldn't, either. You drop that attitude, and you figure out what Jesus would do instead.

Sometimes you need to **channel** what you're feeling.

When my son, Matthew, died, I entered into the deepest possible grief you can imagine. But my wife and I decided from the first moment that we were going to channel that grief for good and use our pain to help other people. That's one of the reasons we host the annual conference





2019.09.20 (週五) 靈修

## 題目: [你能改變自己的感受嗎?]

「你們當以基督耶穌的心為心。」（腓立比書 2:5）

如果你想有成功的人生，你就一定要學會怎樣去熟悉自己的心情。當你的情緒不能讓你隨己意而行的時候，你有兩個選擇：改變它或疏導它。

有時候你需要**改變**你的感受。

有時情緒是如此具破壞性、損害性、傷害性和沒有效用，你唯一可做的就是去改變它。

你要改變自己的感受。

腓立比書 2:5 說：「你們當以基督耶穌的心為心。」

你的態度包含了你的情緒，因此你的感受應該與耶穌的一樣。你該問自己：「耶穌在這個情況下會有何感受？耶穌會對這個女侍應生氣嗎？不會。耶穌會罵那個人嗎？不會。耶穌會整夜不成眠，緊攥雙手，擔心事情會不順利嗎？不會。耶穌會懼怕嗎？不會。

這樣，你就可以去除任何使你不能更像耶穌的感受。如果耶穌不會以這種情緒去回應你的妻子，那麼你也不該這樣。你要放下那種態度，想想耶穌會怎樣做。

有時候你需要**疏導**你的感受。

當我的兒子馬太過世時，你可以想像我當時陷入最深的悲痛中。但是我和妻子從第一刻就已經決定疏導悲痛把它化為力量，用來行善幫助別人。這是我們在馬鞍峰教會每年舉辦精神病研討大會的一個



2019.09.21 (Saturday) Devotion

Title: [Three Steps to Surrender; Eight Results]

*“Surrender your heart to God, turn to him in prayer, and give up your sins— even those you do in secret. Then you won’t be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. You will rest safe and secure, filled with hope and emptied of worry.” (Job 11:13-18 CEV)*

The Bible says in 1 John 4:18, *“Where God’s love is, there is no fear, because God’s perfect love drives out fear”* (NCV).

So how do you learn to live in God’s love so that you can live free of fear?

Every day, you have to surrender your heart to God.

When you wake up every morning, before your feet hit the floor, you have to say, “God, before I even start this day, I surrender my emotions to you. I want you to be Lord of my feelings. I want you to control my mind and my emotions. I surrender my heart to you. I want you to fill me with your love.”

Job 11:13-18 says, *“Surrender your heart to God, turn to him in prayer, and give up your sins— even those you do in secret. Then you won’t be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. You will rest safe and secure, filled with hope and emptied of worry”* (CEV).

There are three commands and eight promises in that verse. God says you do this, and then he’ll do that. Every promise has a premise.

First, he gives you the commands: Surrender your heart to God every day. Turn to him in prayer. And, give up your sins, or confess your sins

to God.

Then, notice the eight benefits: You won't be ashamed, you'll be confident, you'll be fearless, your troubles will be like water under the bridge, the dark night you're going through is going to be brighter than noon, you'll be able to sleep well because you are safe and secure, you will be filled with hope, and you'll be emptied of worry.

Wow! Who wouldn't want to experience those benefits? You ought to write that verse on an index card and put it somewhere you'll see it throughout the week. Let it remind you to do those three things — surrender your heart to God, turn to him in prayer, and confess your sins — so that God's love will fill your life and cast out all your anxiety and fear.

Try it this week, and then watch how God fulfills his promise as he fills you with his love.

**Talk It Over**

- How does pride keep you from surrendering any part of your life to God?
- What fears do you need God's love to cast out?
- Why do you think God wants you to do something before he fulfills his promise?

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2019.09.21 (週六) 靈修

題目: [降服交託三步驟八結果]

「你若將心安正，又向主舉手；你手裏若有罪孽，就當遠遠地除掉，也不容非義住在你帳棚之中。那時，你必仰起臉來毫無斑點；你也必堅固，無所懼怕。你必忘記你的苦楚，就是想起也如流過去的水一樣。你在世的日子要比正午更明，雖有黑暗仍像早晨。你因有指望就必穩固，也必四圍巡查，坦然安息。」（約伯記 11:13-18）

約翰一書 4:18 說：「愛裏沒有懼怕；愛既完全，就把懼怕除去。」

那麼你如何學習去活在神的愛裏使你沒有懼怕呢？

每一天都必須把自己的心降服交託給神。

你每早起來仍未下床時，你必須說：「神啊，我未曾開始這一天之前，我把自己的情緒降服交託給祢。求祢做我感受的主，掌控我的心思和情緒。求祢用祢的愛充滿我。」

約伯記 11:13-18 說：「你若將心安正，又向主舉手；你手裏若有罪孽，就當遠遠地除掉，也不容非義住在你帳棚之中。那時，你必仰起臉來毫無斑點；你也必堅固，無所懼怕。你必忘記你的苦楚，就是想起也如流過去的水一樣。你在世的日子要比正午更明，雖有黑暗仍像早晨。你因有指望就必穩固，也必四圍巡查，坦然安息。」

在這經句中有三個誡命和八個應許。神說如果你這樣做，祂便會那樣做。每個應許都有一個條件。

首先祂給你三個誡命：每天向神降服交託自己的心。舉手向祂祈禱，除去自己的罪或向祂認罪。

哇！有誰不想去體驗那些好處呢？你一定要在卡片上寫下那金句，把它放在你一星期都能看到的地方。讓它提醒你那三件事——每天向神降服交託你的心。舉手向祂祈禱，除去自己的罪或向祂認罪——這樣神的愛便會充滿你的生命，驅走一切的擔心和懼怕。

## 生命反思

- 驕傲如何阻礙你把人生的任何一部份降服交託給神？
- 你需要神的愛驅走甚麼恐懼？
- 你覺得為甚麼神在使祂的應許應驗之前要你先去做一些事情？

## 靈修筆記

[illegible]

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

